

Phowa Practice

The blessings of love and respect we offer to all in times past and present who have opened the doors of wisdom, reuniting all beings with their intrinsic purity.

- ❖ *(Name), in the sky in front of you, invoke the embodiment of whatever truth you believe in, in the form of radiant light. Choose whichever divine being or saint you feel close to. If you are a Buddhist, invoke a Buddha or Bodhisattva with whom you feel an intimate connection. If you are a Christian, feel with all your heart the vivid, immediate presence of God, the Holy Spirit, Jesus, or the Virgin Mary. If you don't feel linked with any particular spiritual figure, simply imagine a form of pure golden light in the sky in front of you. The important point is that you consider the being you are visualizing or whose presence you feel IS the embodiment of the truth, wisdom, and compassion of all buddhas, saints, masters, and enlightened beings. Don't worry if you cannot visualize them very clearly, just fill your heart with their presence and trust that they are there.*
- ❖ *Then focus your mind, heart, and soul on the presence you have invoked, and pray:*
 - *Through your blessing, grace, and guidance, through the power of the light that streams from you:*
 - *May all my negative behaviors, destructive emotions, obscurations, and blockages be purified and removed,*
 - *May I know myself forgiven for all the harm I may have thought and done,*
 - *May I accomplish this profound practice of phowa, and die a good and peaceful death,*
 - *And through the triumph of my death, may I be able to benefit all other beings, living or dead.*
- ❖ *Now imagine that the presence of light you have invoked is so moved by your sincere and heartfelt prayer that he or she responds with a loving smile and sends out love and*

compassion in a stream of rays of light from his or her heart. As these touch and penetrate you, they cleanse and purify all your negative karma, destructive emotions, and obscurations, which are the causes of suffering. You see and feel that you are totally immersed in light.

- ❖ *Now you are completely filled and completely healed by the light streaming from the presence. Consider that your very body now dissolves completely into light.*
- ❖ *The body of light you are now soars up into the sky and merges, inseparably, with the blissful presence of light.*
- ❖ *There is no self and other as the awareness of pure undisturbed consciousness slips into all consciousness.*
- ❖ *Remain in that state of oneness with the presence for as long as possible.*
- ❖ *Allow 10-15 minutes. Ring bell two times.*
- ❖ *We offer the merit of our spiritual training, this practice, and all our good acts to you, (NAME), and to all beings, so they may realize truth.*