

How to Practice Pure Land Buddhism

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Practice Pure Land Buddhism

The Pure Land [school](#) of Buddhism believes that this world is the Impure Land. Amidabha, the Buddha of Boundless Light will deliver followers to the Pure Land, called Sukhavati, land of the original Buddha, Sakyamuni. Reciting mantras is the central practice of Pure Land Buddhism. Visualizations are used, with Five Gates of Mindfulness as the basis for all Pure Land rituals.

Difficulty: Challenging

Instructions

Things You'll Need:

- Pure Land Master
- The Smaller Sukhavati Sutra
- The Larger Sukhavati Sutra

- **Visualization Sutra**
- **Pure Land Mandalas**

1.



Perform the unified practice of Compassion and Wisdom, by which you open your heart in order to achieve compassion. Concentrate your mind to achieve wisdom. Wisdom and Compassion intertwine to attain True Mind and True Heart, the fertile ground of enlightenment.

2.



Recite with concentration and deep heart, "Namo Amidabha Buddha." This mantra honors the Buddha of Boundless Compassion and Wisdom. Mantra reciting includes meditation, sutra study and discipline of the whole person, all of the necessary elements of Buddhist teachings

3.



Visualize Amidabha Buddha, the appropriate Bodhisattvas and the Realm of Bliss (Pure Land). The Visualization Sutra, one of the three sutras that form the basis of Pure Land Buddhism, gives the visualization of Amitabha. One also can contemplate Pure Land Mandalas (provided in Additional Resources).

4.



Read the Pure Land Sutras. The Smaller Sukhavati Sutra, The Larger Sukhavati Sutra, and The Visualization Sutra. The first two sutras are Buddha's teachings to disciples on Amidabha Land and the 48 Vows. The Visualization Sutra is a meditation manual.

5.



Rely exclusively on the "other-power" of Amitabha Buddha to bring you to Pure Land, Sukhavati. Your merit will not gain entrance, but Amidabha's compassionate vows will.