

# Phowa practice

*Ringu Tulku Rinpoche | Summer Camp 2025*

Refuge and Bodhichitta prayers.

Feel that your body is like a glass jar or made of light.

In the middle, you feel this central channel. It starts from below your naval, where it's blocked, and from there it goes up to your fontanel where it's open.

It's the diameter of an arrow, white outside and red inside.

In the middle of that, at your heart level, you imagine your own consciousness. You feel that your consciousness is in the form of a very bouncy ball of light.

Make the wish that you would like to transform your state of mind into a completely pure, fully enlightened being. You wish to be in the experience of a fully enlightened being and would like to be transferred and transformed.

Like Captain Kirk in Star Trek! You push a button and then you are there.

Imagine Amitabha sitting just above the top of your head in meditation posture holding a bowl of amrita. Say "PHAT" and imagine your consciousness shoots up like a shooting star into Amitabha's heart. Then it falls back down to your heart. Like throwing a stone into the air and letting it come back.

While you do that you can say Amitabha's mantra:

ཨོཾ་མ་ཇི་རྣེ་མ་རྣེ།

## **Om Ami Dewa Hrih**

Do this every few minutes, not necessary too long. Five or ten minutes.

Then Amitabha (dressed as a monk) transforms into Amitayus (dressed like a prince) holding a vase of long life. Amitayus is the one who gives long life.

You feel that, from him, lots of lights and blessings come to you so that your body becomes totally transformed and all your elements become healthy and harmonious.

While thinking about that, recite the mantra of long life, the mantra of Amitayus, as much as you wish, but at least one mala.

ཨོཾ་མ་རྩ་ར་ཏི་རྣེ་མ་རྣེ་ཡི་སྐྱ་ནུ།

## **Om amarani dziwentiyé soha**

At the end, feel that Amitayus dissolves into light and into you. He becomes one with you, giving long life and health.

That's the Phowa practice.

When you actually die, then you don't come back.

Conclude with Dewachen prayer and dedication.

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Amitabha



Amitayus