

Namo Amida Butsu

Nickomo

S
Na - mo A - mi - da Bu - tsu Na - - - mo

A
Na - mo - A - mi - da Bu - tsu Na - - - mo

T
Na - mo A - mi - da Bu - tsu Na - - - mo

B
Na - mo A - mi - da Bu - tsu Na - - - mo

The Text

Recitation of this mantra is the central practice of Jodo Shinshu Buddhism, mainly practiced in Japan, where it was founded by Shinran Shonin in the 13th century. Amida is the Buddha of Boundless Life and Light who vowed not to attain enlightenment until all beings are freed from suffering. Followers of Jodo Shinsu believe that anyone who hears or speaks his Name will be reborn in the "Pure Land;" a place free of defilement and suffering in which all those reborn will quickly attain Enlightenment within one lifetime. The "Name" is **Namo Amida Butsu**, literally meaning "I place my faith in Amida Buddha." Recitation of he mantra is the means by which we can raise our vibrational level to that of Amida Buddha and ultimately achieve enlightenment.

These seem good reasons for working with this mantra, and even if it doesn't do exactly what it says on the tin (and I'm not saying it doesn't - what do I know?), it makes a good vehicle for sound healing and/or meditation, and I offer this setting as such.

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