



IDMT Meditation Script

September 6, 2025: Visualizing Buddha Shakyamuni

Arriving in the present

1. Let's take a comfortable position.
2. Being fully aware of the present, of what we hear and feel, taste and touch, smell and think.
3. Knowing that our mind observes things tainted by aversion, desire and indifference, so that our mind is attracted to one thing and repulsed by something else.
4. We can start by practicing a moment of letting go. Not letting go of things, but letting go of aversion and desire, setting all things free. Setting free images and sounds, tastes, smells, tactile sensations, even the body and the mind.
5. We can experience for ourselves that when we set all things free, we also set ourselves free. We become equanimous, happily abiding in the here and now.
6. It is not easy to do sometimes, but worthwhile to learn. Or, as Shantideva says: "We are not capable of covering the world in leather, so we might as well buy shoes."
7. Take a moment to enjoy this open awareness, to which everything is welcome to come and to go, just observing the arising and passing away of all things.
8. Becoming aware that our world is in the nature of experience. What we perceive is not the world as it is, but as our mind represents it.
9. If our mind is unwholesome, our experience is in the nature of suffering and when our mind is wholesome, it is in the nature of happiness.

Cultivating a motivation and the actual practice

10. To make it wholesome, we can try today to visualize the Buddha in front of us. Don't worry too much if you get it right. Give your mind the space to figure out for itself how it works. To some of you, the Buddha might be clearly seen. Some of you might feel him, and both are okay.
 - Imagine this beautiful lion throne in front of us, on each corner two lions, holding the Buddha. Full of jewels, precious stones, and what they hold up is a beautiful, multicolored open lotus, representing his awakened mind.
 - On top of that is a yellow sun cushion, representing his wisdom realizing emptiness.
 - On top of that a white moon cushion, representing Bodhicitta, the mind of awakening, for the benefit of all living beings.
 - On top of that sits Buddha Shakyamuni, smiling and obviously very happy to see you.
 - His skin is golden and he wears monastic robes as an expression of the perfection of his ethics.
 - His right hand hangs across his knee, touching the earth, calling to witness his Enlightenment.
 - His left hand lies in his lap and holds a begging bowl, containing a nectar that represents the healing power of the Dharma. Capable of healing every sickness, negative emotion, desire and death itself.



11. We can reflect that the Buddha is true Refuge, for he is omniscient and cares without distinction for every living being individually. He shows us what we can become. He shows us our true nature.

[Seven limb prayer:]

12. We can imagine we pay homage to him with body, speech, and mind. *[1. Prostration]*
13. We can imagine that we present him with offerings. In any way that we want, as long as it is beautiful, pleasing to the senses. Things that bring happiness and well being to all life: beautiful places, flowers, incense, food, medicine, anything you want. *[2. Offering]*
14. We can put any burden that we carry at his feet. Everything that causes us remorse and guilt, so we can learn from it and let it go. *[3. Confession]*
15. With him, for a moment we can rejoice in all the good that is being done by beings in this world: by Buddhas, by those on the path to Enlightenment, by regular sentient beings and by ourselves, to feel happy for a moment about every moment of kindness and compassion. *[4. Rejoicing]*
16. We can ask the Buddha to stay with us as our friend and guide, until we too find freedom and to keep providing us with the instructions that we need, adjusted for our development. *[5. Requests to stay and 6. to teach]*
17. We can generate a deep motivation now at the beginning of this new year, that all our virtue may ripen into a single thing Buddhahood, for this world is in need of more virtuous friends, like you. *[7. Dedication]*
18. Let's just take some minutes to sit with the Buddha. Allowing our mind to observe him, to feel him and to understand something about ourselves in doing so.
19. Now we can visualize that the Buddha dissolves into a golden light that enters our crown and fills our body and mind, removing all hindrances, strengthening our Buddha potential. Until you have a clear sense: "Yes, I can do that, I can and I will become a Buddha."

Review and finish

20. With that conviction we can slowly rise from meditation.

*Lightly edited script, not reviewed by Ven. Gendun
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