



## Golden Light Meditation

About Golden Light Meditation...

This is the sitting meditation group of the Reno Buddhist Center. Our name comes from the *Larger Sutra on the Sukhavati* - where the golden light of wisdom casts no shadow.

We present traditional meditation techniques of sitting and walking meditation with intention. Please understand that in our Shin Buddhist tradition we teach and practice mindfulness as an important grounding practice. We consider it spiritually neutral and not a process of “perfecting the individual”. You are ok just as you are.

All levels of experience are welcome and those new to meditation can receive extra instruction. Please enter the meditation space quietly to help create a peaceful environment. We enter from the Taylor Street door. A normal session consists of an invocation, a 20 minute Mindfulness sitting, followed by a shorter walking meditation and then a second sitting - tea and question time will follow.

## Normal Pattern for our gathering

**Taking refuge**

**Seated meditation (20 min)**

**Walking meditation (10 min)**

**Reading and discussion**

**Seated meditation**

**Taking Refuge**

**Buddham saranam gacchā mi**

**Dhammam saranam gacchā mi**

**Sangham saranam gacchā mi**

(I go to the Buddha for refuge)

(I go to the Dharma for refuge)

(I go to the Sangha for refuge)

Setting Intention - Shinjin

Truly entrusting in the infinite life and boundless light of Amida Buddha.

We awaken the spark, the spirit to seek enlightenment, for the sake of all.

Gratitude - Ondokusan

Nyo ra i dai hi no ondoku wa

Mi o ko ni shi i te mo hozu be shi

Shi shu chi shi ki no ondoku mo

Ho ne o ku da ki te mo, sha su be shi

The blessing of the Tathagata's great compassion should be returned in gratitude, even if it takes all our effort. The great gifts of masters and teachers, should be repaid in gratitude, even if we must tax our bodies.

Great Vows of the Bodhisattva - Shigu Se Gan

Shu jo mu hen sei gan do  
Bon-no mu jin sei gan dan  
Ho mon mu ryo sei gan gaku  
Butsu do mujo sei gan jo

Sentient Beings are numberless, I vow to save them  
Desires are inexhaustible, I vow to end them all  
Dharma gates are boundless, I vow to enter them all  
Buddha's way is unattainable, I vow to attain it.

Merit Dedication - Eko

• •

GAN NI SHI KU DOKU  
BYO DO SEI SAI  
DO HO BO DAI SHIN  
O JO AN • RA • KO •

We dedicate the Merit of our practice to help all beings  
awaken the Spark, the spirit to seek enlightenment and  
live a life of peace and harmony.

**RBC and PURE LAND BUDDHISM** – Our path is called Shin Buddhism. Of the 84,000 paths in Buddhism, this tradition, sometimes referred to as ‘the easy path’, is designed for the average person; people who work, are involved in the community, have families, and are not part of any monastic order. It requires no grand sacrifice, yet guarantees a positive result for your practice. It was founded by Shinran Shonin (1173 – 1262 A.D.)

Shin Buddhists focus on the role of Amida Buddha – who vowed to aid all sentient beings to attain enlightenment by guiding their rebirth into the Pure Land. This primal force toward the light is referred to as “Other Power” which we have all experienced in our lives. Imagined as Golden Light.

Through the practice of meditating on the name of Amida Buddha and True Entrusting, we attain rebirth in the Pure Land – A Time, Space, Place, Field - where there are no impediments to understanding. Amida's Other Power is accessible and available to us; we need only open our hearts to it and have True Entrusting in Amida's vow to help all beings. Ending false views of Self Power is what Gotama Buddha taught. Through understanding *The Four Noble Truths* and the *Eightfold Path* we are weaned away from the delusion of self power. Clarity and openness to Other Power is the path of Shin Buddhism.

Buddhism teaches and investigates the true nature of reality. When we open to Other Power we see that all things are impermanent and that our attachment to impermanent things is the principle cause of our suffering. We see the inevitability of change and that freedom from attachment liberates the heart from greed, hatred, and delusion; it opens us to wisdom and compassion. We see that all things are inexorably connected and that the universe is fundamentally empty of separateness.

- Namu Amida Butsu -