

Nembutsu Samadhi



For the Happiness and Spiritual development of All Beings

Nembutsu Samadhi is the spiritual practice of the Pure Land style of Japanese Buddhism. The purpose of Nembutsu is twofold: 1) to allow all beings and spirits to go to Pure Land, which is to live in a peaceful and happy state in this world. Enlightenment is right here, right now); 2) for all to receive the merit, wisdom, compassion, majestic power and great love of **Amida Buddha** (the spirit of Buddha, the universal heart).

One of the main components of Nembutsu is the repeated musical chant of the Buddha's name "**Namu Amida Butsu**". While chanting, each practitioner wishes for the happiness and spiritual growth of all beings (including oneself), and keeps trying to deepen this wish from their heart. By concentrating on this aspect of the giving heart one may enter a state of nonduality where differences cease to exist and connect to Amida Buddha (also known as Amala 9th consciousness / Buddha nature*). This is the deepest part of the heart from which genuine healing power flows.

*By the way, this is the source of **Tao Shiatsu**, and this is why Tao Shiatsu is involved with the spiritual practice of Nembutsu.*

The uniqueness of Nembutsu Buddhist chanting also includes **melodies, musical tones and movements**. Everyone knows how music unifies everyone, beyond borders and beyond time. The repeated short phrase "Namu Amida Bu" penetrates into our Buddha nature* and unifies all beings. This meditative chanting is practiced while sitting and sounding a drum, and in the movements of kneeling and standing prostrations as well as walking.

The Nembutsu workshop includes intriguing **experiential exercises** that ready participants' hearts for the chanting practice. They experience the meaning of ancient scriptures and spiritual teachings through Ki (energy) sensations in the body. For example, in a pair exercise each one first imagines "loving thy neighbor", and then imagines not "loving thy neighbor." Through **Ki and Heart practices** participants will be able feel the effect of each state and realize what kind of heart synchronizes with the principles of the universe.

Ryokyu Endo, a Japanese Buddhist priest and Tao Shiatsu Master introduced **Deborah Bachmann** to Nembutsu practice in 1992 while she was studying Tao Shiatsu in Kyoto. She is a member of Nembutsu Sangha and practices at the Madison branch of Wada Ji Sangha Temple. The Temple and the practices are devoted to the happiness and spiritual development of all beings. It is non-denominational, non-sectarian and open to all.

***Buddha Nature** is the indivisible oneness of wisdom and emptiness, hidden within all sentient beings, meaning in a way, everyone is really a Buddha now.

For more info please visit our website: <http://www.taosangha-na.com>