

# How to Meditate With A Buddha Amulet of Wat Paknam



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Buddha amulets of Wat Paknam (Bangkok) are blessed by Dhammakaya meditation masters. Each amulet contains pure energy which is accessible by its owner through meditation practice. In addition, a Buddha amulet of Wat Paknam can be used as a meditation object (*nimitta*) for visualizing in Dhammakaya meditation practice. Owners of Wat Paknam's Buddha amulets can meditate with their Buddha amulets as follow:

1. Choose a Buddha amulet that you wish to meditate with.

2. Look at the Buddha amulet until you can remember well.
3. Close your eyes and visualize or picture the image of your Buddha amulet (it doesn't matter if you can visualize clearly or not), facing outward to the same direction as you do, at the first base which is your nostril (right side for men and left side for women). Then, while visualizing the image, repeat the mantra *Samma Arahang* in your mind three times.
4. Move the visualized image of your Buddha amulet to the second base which is at the corner of your eye where your tear duct is located (right eye for men and left eye for women). Repeat the mantra *Samma Arahang* three times.
5. Move the visualized image into the middle of your head (the third base), and repeat the mantra *Samma Arahang* three times.

6. Move the visualized image to the roof of your mouth (the fourth base) and repeat the mantra three times.

7. Move the visualized image to the top of your throat which is above your Adam's apple (the fifth base) and repeat the mantra three times.

8. Move the visualized image to the middle of your body at the navel level (the sixth base) and repeat the mantra three times.

9. Move the visualized image of your Buddha amulet to the center of your body or the seventh base of mind which is approximately two fingers-breadth above the sixth base and repeat the mantra *Samma Arahang* three times.

10. Continue to visualize the image of your Buddha amulet at the seventh base of mind and repeat the mantra *Samma Arahang* over and over.

As you follow the ten steps above, your Buddha amulet will be unlocked, and your mind will be

connected to the source of pure transcendental energy embedded in the Buddha amulet. When your mind calms down and becomes completely still, you can stop repeating the mantra. You may gain various inner meditation experiences as your meditation develops. But remember that stillness of mind is the key to success in your meditation practice. Do not worry about what you see or experience in your meditation. Simply continue to rest your mind stillly at the seventh base. As meditation experience develops, you will gain more and more of insight, intuition, wisdom, super-knowledge, and brightness as the fruits of your practice. These qualities will coexist with purity, happiness, peace, and joy.

# Seven Bases of Mind

