





敬請恭敬常念  
南無阿彌陀佛  
*Namo Amitābha*



### The Ten-Recitation Method

This simple, convenient, and effective way to practice Buddha Recitation is especially suitable for those who find that they have little time for cultivation.

It helps us to be mindful of Buddha Amitabha . It brings us quite joy.

We begin when we wake up. Sit up straight and clearly recite “Amitabha” ten times with a calm and focused mind, aloud or silently. We repeat this process eight more times, each time doing one round of ten recitations. Recite nine times daily at these times:

1. Upon waking up
2. Before breakfast
3. Before morning's work
4. After morning's work
5. Before lunch
6. Before afternoon's work
7. After afternoon's work
8. Before dinner
9. Upon retiring (before go to bed)

The key is regularity; disruption of this practice will reduce its effectiveness. When we recite consistently without interruption, we will soon feel an increase in our purity of mind, wisdom, and serenity. Diligent practice of this method, together with unwavering belief and vows, can ensure fulfillment of our wish to be reborn in the WESTERN PURE LAND



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