



All You Need to Know About How to Lead a Nianfo Session

Dear Nianfo Volunteers,

Thank you so much for being our Nianfo facilitators, here is a little guideline for you to ensure smooth facilitation throughout the process.

First, your pace should neither be too fast nor too slow.

Some good reference videos will be Jiawen's videos here

Namo Amitufo by Jiawen

<https://www.youtube.com/watch?v=3J--Ou47m2o>

Namo Amitufo by Jiawen

<https://www.youtube.com/watch?v=3dWT5pyD6fM&list=PLEmfvv7Ttp-LZHSs1ZE49pL-XskSNmO8k&index=9>

Amitufo (3-3-4) by Jiawen

<https://www.youtube.com/watch?v=8MmXI3ndj2c>

The above pace are good for leading daily Nianfo sessions, neither too fast nor too slow, alternatively you can also follow Master Chin Kung's video below:

Amitufo by Master Chin Kung (this is a bit slow compare to Jiawen's Nianfo, but this is good for assisting Nianfo at the time of death, when the person who is about to die, s/he can't follow Nianfo that is too fast nor too slow, so this is a good pace to follow.)

<https://www.youtube.com/watch?v=sLhiqTju08c&list=PLEmfvv7Ttp-LZHSs1ZE49pL-XskSNmO8k&index=13>

You can begin with 10 minutes of Namu Amitufo then Amitufo, or just Amitufo for the whole session.



Second, please make sure you don't make extra noises (like typing away with your hands, counting with mala beads etc. - you can use mala beads but please don't make noises, moving chairs etc.), and be in a quiet environment with leading Nianfo (no people chatting in the background nor dogs barking etc.). These noises may not seem like a great deal, but when it transmits through the microphone, it can be a bit disturbing to other participants.

For best results, please wear earphones when leading Nianfo.

Generally the leading session is half an hour (if you want to Nianfo for longer, you can also let us know), please come in 10-15 minutes earlier prior to your session to get ready, and when it is your turn to lead, you can simply turn on the mic and when you finish Nianfo, please mute yourself after. Thanks!

Namo Amitabha Buddha!
Namo Amitufo!