

The Kuan Yin (Avalokitesvara) Body Shrine Protection Practice That Averts Disasters

*(An Oral Teaching by Grand Master Shen-yen Lu at the Ling Shen Ching Tze
Temple, Redmond, Washington on July 23, 1994.)*

--Translated by Janny Chow

Masters, fellow cultivators, good evening.

The Great Compassion Repentance Ceremony that we have just completed was extremely successful. Before I sat down to do the meditation this evening, I told myself that I would enter into a very deep Samadhi. I hoped that, while in the Samadhi, I would experience a yogic response from the Kuan Yin Bodhisattva, which I would later relate to everyone.

During the entire meditation, from beginning to end, my whole body was completely filled with a spiritual energy. While sitting there, I once sipped some tea, one slightly adjusted the position of my hands, and twice moved my big toes ever so slightly. For the rest of the entire time, my body was completely motionless. I'm grateful that the Kuan Yin Bodhisattva manifested himself to me. I first saw the appearance of many points of sparkling light. Then all those points of light assembled together to form a Kuan Yin Bodhisattva in the Empty Space. This Kuan Yin Bodhisattva then taught me a practice called the Kuan Yin Bodhisattva Shrine Protection Practice the Averts Disasters. He explained his practice very carefully to meet three times.

To verbally describe his practice clearly might be somewhat difficult because the Body Shrine revealed to me was very colorful. The only way to do it justice would be to depict it in a painting. If we have an artist is here tonight, I can describe it later to him or her, and would very much appreciate it if the image

could be reproduced in a painting. In the future, if one faced an imminent disaster, one could practice this Kuan Yin Body Shrine Practice and avert the disaster.

Although a verbal description will not be very clear, I will give it a try. The Bodhisattva had to repeat the description three times before I was able to memorize it completely. It is a very colorful and age. When you do this practice, you have to do the following steps of visualization. Although the shrine in this practice is very different from the shrine of the Wealth Gods of the Five Directions Practice, there is a very slight resemblance between the two.

First, whether you are male or female, visualize the hair on your head gathering together to transform into any Thousand Arms Thousand Eyes Kuan Yin Bodhisattva sitting atop the center of the shrine. Although monks and nuns have their heads shaved, they should still visualize themselves with hair to undergo this transformation. Next, visualize your eyes turning into strands of pearls which are distributed in circles around the shrine. Visualize your nose transforming into gemstones which are mounted as a second layer on the shrine, right below the pearls. The pearls may be visualized as diamonds. So, below the layer of pearls or diamonds formed from one's eyes is a layer of gems which is formed from one's nose. Next visualize your teeth transforming into the necklaces worn by the Kuan Yin Bodhisattva, and these are hung below the gems as a third layer. After this, visualize your ears transforming into Buddhist banners with *Om Mani Padme Hum* written on. These banners are hung all around the shrine.

Your eyes, nose, and mouth (teeth), ears, and hair have now transformed into a Kuan Yin Shrine or Kuan Yin Mandala. He told me this: turn teeth into his necklaces, nose into gems, eyes into diamonds and pearls. All these are very valuable and precious objects.

Next, winds are generated from the soles of your feet. The soles of your feet transform into a blue colored Wheel of Wind. Your root chakra transformed into a red Wheel of Fire. The color of the first layer is blue while the color of the second layer is red. The third layer is a green Wheel of Water which forms from your navel chakra. The fourth layer is a yellow Wheel of Earth which is transformed

from your heart chakra. These are the 4 layers of "Earth, Water, Fire, and Wind," with the wind on the bottom, followed by fire above wind, water above fire, and earth above water. After forming these four layers, and next transform your spinal column into the Mount Meru. Mount Meru is a pointed mountain which is brown in color. On the mountaintop sits a person and you have to visualize that person to be you your self.

When you do this visualization in your meditation practices, you are doing the Kuan Yin Body Shrine Protection Practice that Advert Disasters. This was what Kuan Yin said, "If you run into some kind of disaster, if you know of an imminent disaster, or if you are in the middle of the disaster, you can advert the disaster by doing this practice."

Earlier, while I was sitting here, the Bodhisattva kept reminding me that I had to memorize it vividly and explain it clearly. The colors have to be correct. That is, the soles of the feet give rise to blue wind, the root chakra turns into the red fire, the navel chakra turns into the green water, and the heart chakra turns into a yellow earth. Then, atop the brown, pointed Mount Meru you yourself sit, about the size of a grain of rice. On top of you, at the uppermost and, is Thousand Arms Thousand Eyes Kuan Yin Bodhisattva. Your eyes have transformed into offerings of pearls. Your nose has transformed into offerings of gems. Your teeth have transformed into offerings of necklaces. Both of your ears have transformed into Buddhist banners, inscribed with "*Om Mani Padme Hum*," and these are hung all around the shrine. This is called, "*the Kuan Yin Body Shrine Protection Practice that Advert Disasters.*"

The Kuan Yin Bodhisattva related this description to me three times, then he said, "As long as one does this visualization, chant my Heart Mantra, and entered into deep meditation, one can advert all kinds of disasters." [Editor's note: On September 4th, 1994, Grand Master announced at the Redmond Ling Shen Ching Tze Temple that, as an alternative to "*Om Mani Padme Hum*", one may also chant the Heart Mantra of the Thousand Arms Thousand Eyes Kuan Yin which is, "*Namo, sam-man-do moo-toh-nam wah-re-la da-mo-seh*"]

Should anyone wish to practice this Sadhana, one must first take refuge and receive the *Kuan Yin Bodhisattva Body Shrine Protection Practice* empowerment from me.

I honestly tell everyone, I have been to the Western Paradise. I have witnessed the Padmakumara. I have personally heard Tathagata speaking Buddhadharma. I truthfully did drink coffee with Buddha Shakyamuni. As well, Kuan Yin Bodhisattva indeed did transmit the "*Kuan Yin Bodhisattva Body Shrine Protection Practice that Averts Disasters*" to me. Such kinds of auspicious incidents did happen to me. Yet, many Archyas, Great Reverends, and cultivators disbelieve me. They accuse me of speaking lies, day dreaming, or insanity.

From the age of 21 until now, I have lived half a century and I continue to be criticized. Yet, in my view, I see myself as travelling in the human realm to spread the truth to people. I am here to pass around the truth with no intention of gaining fame. I do things according to affinity. Just like the Empty Space, I own everything as well as own nothing.

My most important goal is to let people realize that there is the existence of the Spirit Realm (or the Soul Realm), to teach people how to merge their hearts and phenomena together and unravel the True Principles of life, to teach people how to remove their obsessions and gain enlightenment, to teach people how to attain Buddhahood, and to help people become liberated and happy by removing their disasters and increasing their merits. My heart is the "Buddha Heart."

Believe me or disbelieve me. Praise me or slander me. I could care less.

What a wonderful practice this is! If you are aboard an airplane, as long as you sit down you may do this practice. If you are driving, there might not seem to be sufficient time to do this, as compared to an airplane flight. But, if you have perseverance and if you are going on a long distance trip, you may still get inside the car and do this practice before you start the engine. I can think of many other good uses for this practice. For example, if there is an influenza epidemic caused by one of the many types of flu viruses, you may do this practice beforehand. The virus will stay outside the mandala and not go inside.

If you know that someone is being very mean to you and is trying to harm you, you may do this practice. The Kuan Yin Bodhisattva will definitely protect you and make the malevolent person go away. I also think that if you are ill now, by doing this practice often, the Bodhisattva will also take care of you and help you to get better soon.

I had not expected that, during this evening's Great Compassion Repentance Ceremony, the Kuan Yin Bodhisattva would appear to transmit such a wonderful protection practice. He described the visualization very clearly to me, including all the colors. The shrine [mandala] he showed to me was very beautiful, especially the Buddhist banners, which were waving in the wind. Very nice! When you go home, you may make painting based on my description. Oh yes, there is also a precious canopy above! The Bodhisattva also mentioned a precious canopy which I forgot to tell you. [Audience laughter]

You have to transfer your skin into a precious canopy. I forgot to mention this most important point. Transfer your skin into a precious canopy. Then from all the skin pores, golden beams of light are in the all around the shrine. Your skin becomes a precious canopy and all of the skin pores radiate light. This is how the precious canopy of the shrine is derived. I forgot to mention this most important part.

This is a method to transform one's own body into the Kuan Yin Body Shrine, for the purpose of averting disasters. In this practice, one transforms one's body, including the chakras in one's body, into the shrine. This also includes making an offering out of one's own body. In this visualization, there is the presence of both

Kuan Yin and oneself, with Kuan Yin guarding and protecting one. What a wonderful practice! I hope this practice can benefit all of you and enable you to avert all kinds of disasters. Thank you.