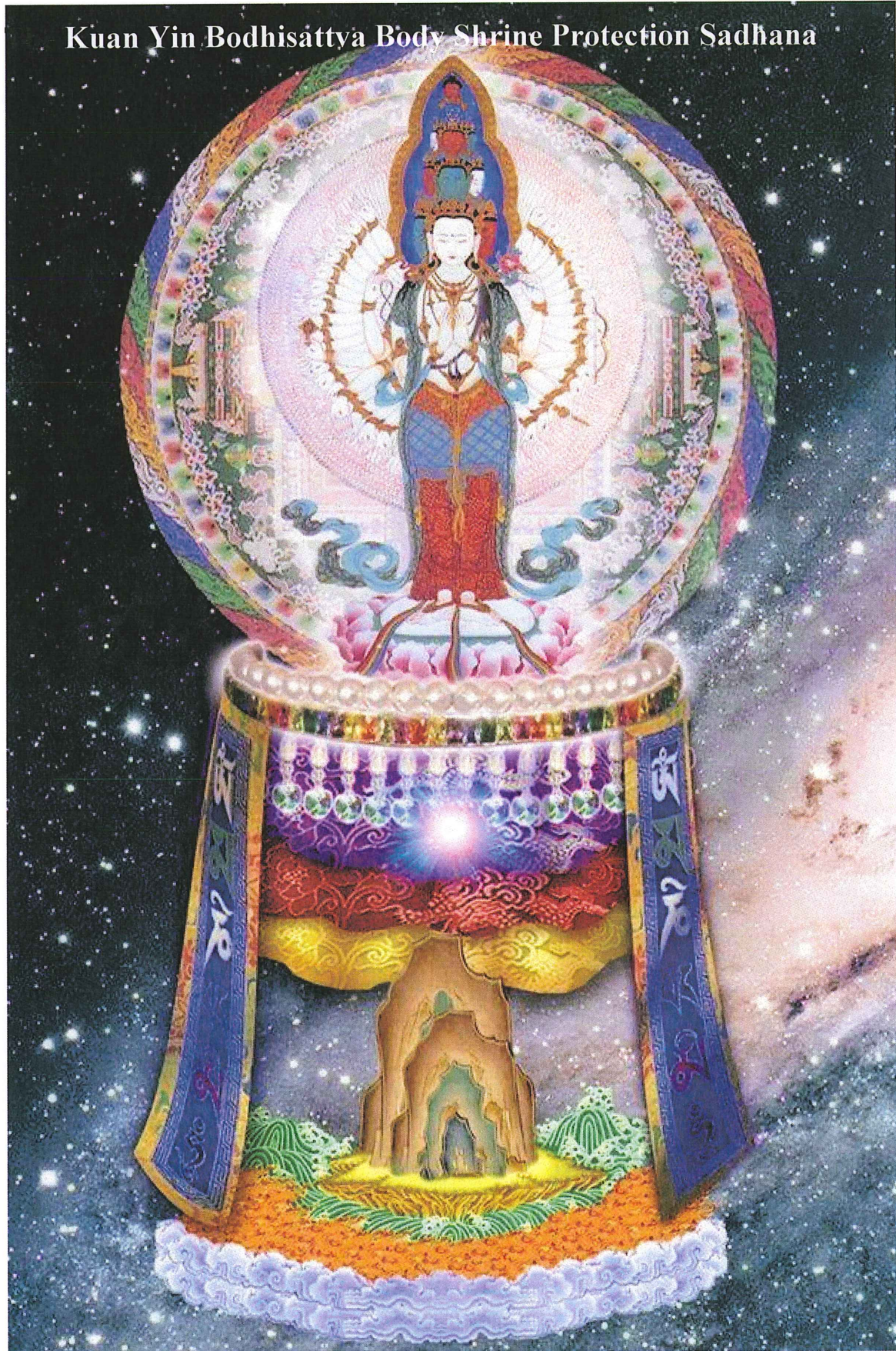


Kuan Yin Bodhisattva Body Shrine Protection Sadhana





The Kuan Yin Bodhisattva Body Shrine Protection Sadhana That Averts Disasters 觀音身壇城息災不共法儀軌

by H.H. Living Buddha Lian-sheng, Sheng-yen Lu¹³
translated by Imelda Tan

First form the Kuan Yin Lotus Mudra. (See Figure 2.)

1. Visualize one's hair gathering together to transform into the Thousand-Armed Thousand-Eyed Kuan Yin Bodhisattva as sitting atop the center of the shrine¹⁴.
2. Visualize one's skin transforms into a precious canopy of the shrine.
3. Visualize one's eyes transform into strands of bright pearls on the shrine.
4. Visualize one's nose transforms into gemstones which are the second layer of the shrine, below the strands of bright pearls.
5. Visualize one's teeth transform into the necklaces of precious stones, which are draped as the third layer of the shrine, below the gemstones.
6. Visualize one's two ears transform into a pair of ceremonial banners with the Sanskrit inscription of the Heart Mantra, "Om Mani Padme Hum" or the Heart Mantra of the Thousand-Armed Thousand-Eyed Kuan Yin, "Namo sam-man-do moo-toh nam wa-er-la da-mo-seh." These banners are hung at the opposite sides of the shrine.
7. Visualize the bottom of the first layer is one's soles of feet which is transformed into a Wind Wheel (blue colored).
8. Visualize one's root chakra transforms into a Fire Wheel (red colored), above the Wind Wheel.
9. Visualize one's navel chakra transforms into a Water Wheel (green colored), above the Fire Wheel.



Figure 2
Kuan Yin Lotus Mudra
觀世音菩薩手印

¹³ Grand Master Lu's written sadhana is found on pages 35–39 of book #114 titled, "Vajrayana Practices 「密教的法術」," published on August 1995.

¹⁴ For this particular practice, whenever Grand Master Lu says the word, "shrine," he is actually referring to the white parasol or canopy upon which Thousand-Armed Thousand-Eyed Kuan Yin Bodhisattva sits. He is not literally referring to a cultivator's physical shrine.

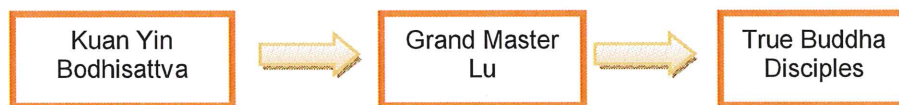
10. Visualize one's heart chakra transforms into an Earth Wheel (yellow colored), above the Water Wheel.
11. Visualize one's spinal column transform into Mount Meru (brown colored), above the Earth Wheel.
12. Visualize oneself sitting on the peak of Mount Meru, with beams of golden light glittering from ones skin pores throughout the shrine. Recite the Heart Mantra of Kuan Yin Bodhisattva, or the Compassionate Dharani Heart Mantra of Thousand-Armed Thousand-Eyed Kuan Yin Bodhisattva, for 108 or 1080 times¹⁵.
13. Enter Samadhi (Deep Meditation).
14. Exit Samadhi.

End of Practice: Xiu-fa yuan-man, ru-yi ji-xiang. (May all endeavors be auspicious.)

One should repeat this practice every half lunar month¹⁶ to avert disasters and break all black curses or spells. Such form of practice is equivalent to offering one's physical body as the mandala. As long as one visualizes the steps clearly and systematically as instructed, one will avert various forms of disasters such as illnesses, Mara possession, man-made disasters, and natural disasters, and all other disasters will be eradicated by Kuan Yin Bodhisattva's great compassionate blessings and protection. This practice is an Uncommon Practice of the True Buddha School.

While conducting the Great Compassion Repentance Ceremony, I had entered into the deepest samadhi when suddenly Kuan Yin Bodhisattva appeared to personally and orally transmit such a wonderful, protective practice to me. All in all, she explained to me the procedure three times until I remembered it so that when I came out of my samadhi, I was able to reiterate it to my disciples.

Therefore, the lineage of this practice is Kuan Yin Bodhisattva to Grand Master Lu to True Buddha Disciples. It is directly transmitted to me by the Bodhisattva.



¹⁵ Please obtain audio recordings of the mantras for exact pronunciation from local True Buddha temples or chapters, consult with authorized True Buddha Masters, or download online at www.padmakumara.org.

¹⁶ To find out the dates of the first or fifteenth of a lunar month, please refer to the Western-Chinese calendar converter at <http://www.mandarintools.com/calendar.html>.