

About Living Buddha Lian-sheng



Living Buddha Lian-sheng, also revered as Grand Master, is the root lineage guru of True Buddha School. His emanation is from Mahavairocana to Locana to Padmakumara. Grand Master holds lineages from the Nyingma, Kagyu, Sakya and Gelug schools of Tibetan Buddhism.

He is a prominent religious figure throughout the world. As of 2006, over 5 million people have taken refuge in his True Buddha School. With over 300 chapters worldwide, the True Buddha School is recognized as a major component in Buddhism today. Living Buddha Lian-sheng has written over 180 books in Chinese on topics such as Tantric Buddhism, Geomancy, Zen Buddhism, and Taoism. Many of these books are now being translated into English and various other languages.

Disclaimer

Anyone who wishes to engage in any practice in this book must first take refuge in True Buddha School and receive empowerment from Living Buddha Lian-sheng or authorized True Buddha Masters.

In this book, mantras are translated using simple English phonetics. Sutras, verses, and praises are translated using both English and Han Yu pinyin. Students should not assume that the translations can possibly emulate the exact pronunciations of the Root Guru. It is highly recommended that students obtain mantra tapes from local True Buddha temples or chapters, or consult with authorized masters.

This book serves as a guideline for your daily practice. Please refer to Living Buddha Lian-sheng's books or consult with authorized masters for more detailed explanations. If you have further questions, please write to the True Buddha Foundation.

May the compassionate Living Buddha Lian-sheng, Buddhas, Bodhisattvas, and Dharma Protectors bless these translated practices. May the True Buddha Tantric Dharma liberate all beings in the Six Realms of Transmigration.

For more information and other True Buddha material, please visit the following websites:

www.tbsn.org
www.padmakumara.org

Last revised on June 2, 2006
Revision 3.0

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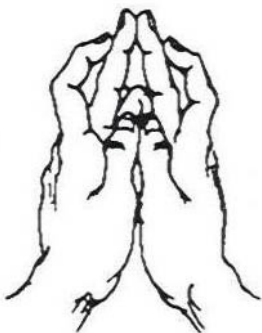


Maha Cundi Bodhisattva Personal Deity Yoga

First empty the mind. Next, visualize the Root Guru appearing above your crown and radiating light on everyone present. Chant the Root Guru Heart Mantra 7 times. Pray to the Root Guru to empower you so that the practice will be auspicious. Visualize your parents, children, relatives, friends, and enemies join you in this practice.

Wake Up Call: Clap twice, then cross hands and snap thumbs and middle fingers.

1. Recite the Purification Mantras
2. Recite the Invocation Mantra
3. Great Homage Using Visualization
4. Mandala Offering
5. Fourfold Refuge
6. Armor Protection
7. Recite the High King Avalokitesvara Sutra
8. Recite the Rebirth Mantra (7 times)
9. Recite the Root Guru Heart Mantra (108 times)
10. Mudra and Visualization



Maha Cundi Root Mudra: Interlace the little fingers and ring fingers of both hands inside the palms. Extend the middle fingers so their tips touch. Maneuver the index finger of each hand to press upon the back of each corresponding middle finger.

Bring the thumbs together so they touch side by side. Hold the mudra in front of the chest.

Visualization: First empty the mind.

Chant the Emptiness Mantra:

Om, si-ba-wa, su-da, sa-er-wa, da-er-ma, si-ba-wa, su-do-hang. (3 times)



Sanskrit zhun syllable

- (1) Above an expanse of ocean is a stretch of clear sunny sky. A moon disc rises from the ocean into the sky. Inside the moon disc is the white Sanskrit seed syllable “zhun,” emitting light-yellow light.
- (2) The seed syllable inside the moon disc revolves and transforms into a majestic Maha Cundi Bodhisattva whose body is light-yellow. Wearing a crown adorned with the image of a Buddha, Maha Cundi has three eyes and eighteen arms. She wears a white celestial garment and her arms are adorned with ornaments. While the original pair of hands hold the Root Mudra, the other sixteen hands hold the following implements in a clockwise direction: wish-fulfilling pennant, lotus, bathing vase, lasso, eight-spoke wheel, conch, precious vase, wisdom chest, headdress, vajra scepter, hook, axe, heavenly fruit, mala beads, wisdom sword, and Fearless Mudra.
- (3) Visualize the third eye of Maha Cundi Bodhisattva emitting a brilliant white light that arches and enters one’s body through the crown chakra, purifying the body into crystal white.
- (4) Visualize the third eye at Maha Cundi Bodhisattva’s brow-point shine a brilliant light into one’s third eye. Dwell on this visualization with utmost effort. (If one desires to open one’s third eye, one needs to work on this visualization until there is a tingling sensation at the brow-point.)

11. Recite the Maha Cundi Bodhisattva Heart Mantra

Visualization: Hold mala beads in front of the chest and move each bead with the thumb during chanting. Visualize the left hand transform into a vajra bell and the right hand into a vajra scepter. The mother bead or emblem transforms into the Many-Jewels Buddha’s Stupa and the four “divider beads” transform into the Four Deva Kings. The tassel transforms into a “lotus hand” while the string threading through the beads transforms into a circle of inherent white light of Vajrasattva. During

mantra chanting, when a bead is moved, visualize Maha Cundi appear inside the bead and come to the forefront.

Mantra: *Om, dze-lee dzu-lee, zhun-tee, so-ha.* (108 times)

12. Entering Samadhi

(Nine Cycle Breathing, Entering of the Deity into Oneself, Release of Oneself into the Cosmic Consciousness, Breath Counting)

13. Emerging from Samadhi

Praise Verse:

Great Sacred Cundi Deity, full of mercy and accomplishments, homage to you!

Great Compassionate Personal Deity, with grace and merits as vast as oceans, homage to you!

Great Powerful Mantra-holding Deity, subjugator of all demons and disasters, homage to you!

Great Boundless Fortune-bestowing Deity, fulfiller of wishes and revealer of Suchness, homage to you!

Da-sheng zhun-ti zun, ai-min yu shi-jian, cheng-jiu zhu si-di, wo jin gong-jing li.

Da-ci zhun-ti-zun, wo jin wei ben-zun, fu-chi gong-de-hai, wo jin gong-jing li.

Da-li zhun-ti-zun, shan-zai ming-chi-wang, xiang-fu zhu mo-nan, wo jin gong-jing li.

Da-fu zhun-ti-zun, ru-yi wu-deng-deng, zheng-ru you mo-ni, wo jin gong-jing li.

14. Chant the Principal Heart Mantras

15. Recite the Buddha's Name (3 times)

16. Dedication:

May I attain stability, wisdom, and enlightenment,

May I attain the opening of the third eye.

With the manifestation of the Pure Land of Maha Cundi,

May all beings arrive at the Buddha's Path.

May all who uphold the name of Amitabha Buddha

Be born together in the Pure Land of His Western Paradise.

Repaying the Fourfold Generosity from above,

And aiding those who suffer in the Three Paths below.

Upon seeing the Buddha,
May I be liberated from the cycle of birth and death,
And may I develop the qualities of Buddhahood,
And thus free all who suffer.

I, _____ (your name), dedicate the merits of this practice to the Root Guru. May the Root Guru always be healthy, remain in Samsara, never enter Nirvana, and forever turn the Dharma Wheel. May everyone be healthy, free of hindrances, strong in cultivation, and may all circumstances become auspicious.

May all supplications be completely fulfilled.
May all hindrances be removed. Wun!

17. Recite the Hundred Syllable Mantra (3 times)

18. Great Homage Using Visualization

19. Recite the Completion Mantra:

Om, bu lin. (3 times)
Om Mani Padme Hum.

Dismissal: Clap twice, then cross hands and snap thumbs and middle fingers.

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