

Vajrasattva Bodhisattva Practice Sadhana

(of the Four Preliminary Practices)

Please note that anyone who wishes to engage in this practice must first take refuge in True Buddha School and receive empowerment from Living Buddha Lian-sheng or authorized True Buddha Vajra Acharyas.

Start by praying for the root lineage blessing:

First empty the mind. Next, visualize your parents, children, relatives, friends, and enemies join you in this practice. Visualize the Root Lineage Guru, Living Buddha Lian Sheng appearing above your crown and radiating light on everyone present. Chant the Root Lineage Guru, Living Buddha's Heart Mantra 7 times. Pray for the practice will be in great perfection and auspicious.

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

1. Recite the Purification & Earth God Mantras:

Speech Purification Mantra:

Om, syo-lee syo-lee, ma-ha syo-lee, syo-syo-lee, so-ha.

Body Purification Mantra:

Om, syo-do-lee, syo-do-lee, syo-mo-lee, syo-mo-lee, so-ha.

Mind Purification Mantra: *Om, wa-dzi-la-dam, ho ho hum.*

Earth God Mantra:

Namo sam-man-do, moo-toh-nam, om, doo-loo doo-loo dei-wei, so-ha.

2. Recite the Invocation Mantra (3 times):


OM


AH


HUM

We sincerely invoke:

Namo Root Guru Living Buddha Lian-sheng

Namo Great White Padmakumara

Namo Lotus Light Self- Mastery Buddha,

Namo the Lineage Gurus of True Buddha School

We sincerely call upon principal deity, Namó Vajrasattva
We sincerely call upon principal deity, Namó Vajrasattva
We sincerely call upon principal deity, Namó Vajrasattva

(In the place of this note, each local chapter may invoke the Buddhas, Bodhisattvas and Dharma Protectors enshrined at its altar accordingly. When practicing at home, one may invoke the deities present at one's shrine.)

Namó the Great Compassionate Lineage Root Gurus of True Buddha School, may all beings obtain happiness.

Namó the Five Buddhas and deities residing in the shrine, may all beings be liberated from suffering.

Namó all Buddhas of the Ten Directions and Three Times, may all beings live in joy and kindness.

Namó the Tripitaka and Twelve Sutras, may all beings forsake discrimination.

Namó all Sages and Sanghas of the Ten Directions and Three Times, may all beings attain true realization.

Namó Truly Realized Holy-Red-Crown-Vajra-Master Lian-sheng, may all beings of the Six Realms of Samsara and I attain instant supreme realization and continue to take refuge in Lian-sheng's Buddha Land.

3. Great Homage, using visualization:

(Visualize in the space before and above you the Root Lineage Guru, all Buddhas, Bodhisattvas, Dharma Protectors, Dakinis, All Heavenly Gods & Devas, they appear like multitudes of twinkling stars, pervading the Empty Space. Touch the brow point [third-eye chakra] with the mudra and visualize a beam of white light entering into your brow chakra. Touch the throat with the mudra and visualize a beam of red light entering into your throat chakra. Touch the heart with the mudra and visualize a beam of blue light entering into your heart chakra. Visualize yourself prostrating fully on the floor to pay homage to the Root Lineage Guru and the boundless universe in all times and directions; finally at the end touch the brow point again and then release the mudra.)



First homage to Root Guru Living Buddha Lian Sheng and all Buddhas in all times and directions (using Buddha Shrine Mudra)

OM  AH  HUM 



Second homage to all Bodhisattvas (using Lotus Mudra)

(Employ the mudra and visualize as above to pay homage to all Bodhisattvas and Mahsattvas)

OM  AH  HUM 



Third homage to all Dharma Protectors (using Vajra Mudra)

(Employ the mudra and visualize as above to pay homage to all Dharma Protectors)

OM  AH  HUM 



Fourth half-bow (using Equanimity Mudra)

(Bow and touch mudra against the brow point before releasing the mudra)

4. Mandala Offering



Mandala Offering Mudra:

Interlace fingers (with hands back to back) so that palms and fingers face upwards. Hook the index finger of the left hand over the middle finger of the right. Hook the index finger of the right hand over the middle finger of the left. Press the thumb of the left hand over the little finger of the right. Press the thumb of the right hand over the little finger of the left. Manipulate the ring fingers so that they stand vertically, back to back. Place the Offering Mudra in front of the chest. After visualization, bring the mudra to touch upon the brow point before release.

Visualization:

Visualize the offerings at the altar multiply to first form a row, then multiply again to form a field, and multiply once more to fill all space. Dedicate this space-filling offering to the Root Lineage Guru, past lineage gurus, Eight Personal Deities of the True Buddha School, all Buddhas in all times and directions, all Bodhisattvas and Mahasattvas, and all dharma protectors.

Recite the Offering Verse :

*Mount Meru together with the Four Continents, sun and moon,
Transforms into precious treasures to offer to the Buddhas.
May the immeasurable merit arise from these treasures
Quickly remove negative karma to realize Buddhahood.*

Recite the Offering Mantra:

*Om, sa-er-wa, da-ta-ga-ta, ee-da-mu, gu-ru la-na, man-cha-la, kan, nee-lee-ye,
da-ye-mee*

5. Four Fold Refuge

Visualization: Visualize the Root Lineage Guru, all past lineage gurus, all Buddhas, Dharma, and Sanghas merge into a great white light that empowers one.

Recite the Fourfold Refuge mantra (3 times):

Namo Guru bei
Namo Buddha ye
Namo Dharma ye
Namo Sangha ye

6. Armor Protection

Form the Vajra Mudra before the forehead.

Recite the mantra (7 times):

Om, bo ru lan ze lee



After the recitation, bring the mudra to touch the mid-brow point, then the heart, the left shoulder, the right shoulder, and then back to the forehead. At the moment of releasing the mudra, visualize the Dharma Protector at one's shrine transform into four bodies that guard the practitioner in all four sides: in the front and behind, left and right sides.

7. Recite the High King Avalokitesvara Sutra

Namo Avalokitesvara Bodhisattva,
na mo guan shi yin pu sa,

Namo Buddhaya,
na mo fo,

Namo Dharmaya,
na mo fa,

Namo Sanghaya,
na mo seng,

An affinity with the Pure Lands opens the Dharma Doors.
fo guo you yuan, fo fa xiang yin,

By engaging permanence, bliss, identity, and purity, one is blessed with the Dharma.
chang ler wo jing, you yuan fo fa.

Namo Maha Prajna Paramita, a great spiritual mantra.
na mo mo her bo re bo luo mi shi da shen zhou.

Namo Maha Prajna Paramita, a great wisdom mantra.
na mo mo her bo re bo luo mi shi da ming zhou.

Namo Maha Prajna Paramita, a supreme mantra.
na mo mo her bo re bo luo mi shi wu shang zhou.

Namo Maha Prajna Paramita, an unequaled mantra.
na mo mo her bo re bo luo mi shi wu deng deng zhou.

Namo the Pure Light Secret Buddha,
na mo jing guang mi mi fo,

the Dharma Treasury Buddha,
fa zang fo,

the Tranquil King Buddha with Lion's Roar and Divine Speed,
shi zi hou shen zu yo wang fo,

the Sumeru Light King Buddha announced by Buddha,
fo gao xu mi deng wang fo,

the Dharma Protector Buddha,
fa hu fo,

the Vajra Treasury Roaming Lion Buddha,
jin gang zang shi zi yu xi fo,

the Precious Victory Buddha,
bao sheng fo,

the Supernatural Power Buddha,
shen tong fo,

the Medicine Crystal Light King Buddha,
yao shi liu li guang wang fo,

the Universal Light Merit Mountain King Buddha,
pu guang gong der shan wang fo,

the Merit Retaining Jewel King Buddha,
shan zhu guong der bao wang fo,

the Seven Past Buddhas,
guo qu qi fo,

the Future Thousand Buddhas of this fortunate eon,
wei lai xian jie qien fo,

the Fifteen Hundred Buddhas,
qien wu bai fo,

the Fifteen Thousand Buddhas,
wan wu qien fo,

the Five Hundred Flower Victory Buddhas,
wu bai hua sheng fo,

the Ten Billion Vajra Treasury Buddhas,
bai yi jin gang zang fo,

and the Fixed Light Buddha.
ding guang fo.

The Buddhas of Six Directions:
liu fang liu fo ming hao:

To the East the Precious Light Moon Palace Venerable Wonderful Voice King Buddha,
dong fang bao guang yue dian yue miao zun yin wang fo,

To the South the Tree-Root Flower King Buddha,
nan fang shu gern hua wang fo,

To the West the Spiritual Power Flower Blazing King Buddha,
xi fang zao wang shen tuong yen hua wang fo,

To the North the Moon Palace Purity Buddha,
bei fang yue dien qing jing fo,

Above, the countless Vigor Jewel Crown Buddhas,
shang fang wu shu jing jin bao shou fo,

Below, the Tranquil Moon Sound King Buddha.
xia fang shan ji yue yin wang fo.

All the countless Buddhas,
wu liang zhu fo,

Many Jewels Buddhas,
duo bao fo,

Shakyamuni Buddha,
shi jia mou ni fo,

Maitreya Buddha,
mi ler fo,

Akshobhya Buddha,
ah chu fo,

Amitabha Buddha.
mi tuo fo.

All beings in the Central Realm,
zhong yang yi qie zhong sheng,

and those in the Pure Lands,
zai fo shi jie zhong zher,

while moving upon the Earth and through the Heavens,
xing zhu yu di shang, ji zai xu kuang zhong,

shower limitless compassion upon all beings,
ci yo yu yi qie zhong sheng,

affording them equanimity and peace,
ge ling an wun xiu xi,

that they might cultivate day and night.
zhou ye xiu chi.

By constantly invoking this sutra,
xin chang qiu suong ci jing,

one is liberated from the sufferings of birth and death,
neng mie sheng si ku,

and freed from all the many kinds of suffering.
xiao chu zhu du hai.

Namo the great wisdom Avalokitesvara,
na mo da ming guan shi yin,

the observant Avalokitesvara,
guan ming guan shi yin,

the noble Avalokitesvara,
gao ming guan shi yin,

the expansively-minded Avalokitesvara,
kai ming guan shi yin,

the Medicine King Bodhisattva,
yao wang pu sa,

the Supreme Medicine Bodhisattva,
yao shang pu sa,

Manjusri Bodhisattva,
wun shu shi li pu sa,

Samantabhadra Bodhisattva,
pu xien pu sa,

Akasagarbha Bodhisattva,
xu kuong zang pu sa,

Ksitigarbha Bodhisattva,
di zang wang pu sa,

the billions of Clear Cool Treasure Mountain Bodhisattvas,
qing liang bao shan yi wan pu sa,

the Universal Light Venerable King Tathagata Bodhisattva.
pu guang wang ru lai hua sheng pu sa.

Chanting this sutra continually,
nian nian song ci jing,

the Seven World-Honored Buddhas recite this mantra:
qi fo shi zun, ji shuo zhou yue:

Lee-poh-lee-poh-deh, kyo-ho-kyo-ho-deh, toh-loh-nee-deh, nee-ah-la-deh, pee-lee-nee-deh, mo-ho-kyo-deh, jen-len-chen-deh, so-ha. (7 times)

Avalokitesvaras of the ten directions
shi fang quan shi yin

and all Bodhisattvas
yi qie zhu pu sa

have vowed to save sentient beings.
shi yuan jiu zhong sheng

All beings will be liberated when calling their names.
cheng ming xi jie tuo

To ones with wisdom

Ruo you zhi hui zhe

expounds it diligently.

yin qin wei jie shou

One with the affinity,

dan shi you yin yuan

recite it at all times.

du song kou bu chuo

Recite this verse,

ji shuo ji yue

All seasons will be prosperous regardless they are four.

si ji quang jing si ji hao

As time flies like an arrow people rapidly reach old age.

quang yin ru jian cui ren lao

By generating bodhicitta one extends wisdom and good fortune.

fa xin pu sa hui fu yan

Practicing wisdom and health together produces longevity.

xing ming qi xiu nian shou gao

Recite the sutra 1,000 times

song jing man qian bian

and keep it in mind constantly.

nian nian xin bu jue

Flame cannot harm one.

huo yan bu neng shang

Knives and weapons will break instantly.

dao bing li cui zhe

Turn anger to happiness.

hui nu sheng huan xi

Change death into life.

si zhe bian cheng huo

Do not say these are false.

mo yan ci shi xu

The words of the Buddhas are not fabricated.

zhu fo bu wang shuo

High King Avalokitesvara

gao wang guan shi yin

can alleviate sufferings.

neng jiu zhu ku e

Faced with a fatal crisis,

lin wei ji nan zhong

the doomed shall live.

si zhe bian cheng huo

The words of buddhas are always true

zhu fo yu bu xu

and therefore we pay homage to the Buddhas.

shi gu ying ding li

By reciting it 1000 times

chi song man qian bian

all one's heaviest sins shall be eradicated.

zhong zui jie xiao mie

Those with great merit and unwavering faith

nou fu jian xin zhe

single-mindedly chant the sutra.

zhuan gong shou chi jing

Chant the names of the eight major bodhisattvas:

nian ba da pu sa ming hao

Namo Avalokiteshvara Bodhisattva Mahasattva,

namo guan shi yin pu sa mo he sa

Namo Maitreya Bodhisattva Mahasattva,

namo mi le pu sa mo he sa

Namo Akasagarbha Bodhisattva Mahasattva,

namo xu kong zang pu sa mo he sa

Namo Samantabhadra Bodhisattva Mahasattva,

namo pu xian pu sa mo he sa

Namo Vajrapani Bodhisattva Mahasattva,

Namo jin gang shou pu sa mo he sa

Namo Manjusri Bodhisattva Mahasattva,

namo miao ji xiang pu sa mo he sa

Namo Nivaranaviskambin Bodhisattva Mahasattva,

namo chu gai zhang pu sa mo he sa

Namo Ksitigarbha Bodhisattva Mahasattva,

namo di zang wang pu sa mo he sa

Namo all venerable Bodhisattva Mahasattvas.

namo zhu zun pu sa mo he sa

Dedicate the merit

yuan yi ci gong de

to the entire universe.

pu ji yu yi qie

Recite 1,000 times.

song man yi qian bian

All serious sins are eradicated.

zhong zui jie xiao mie

The end of High King Avalokitesvara Sutra.

gao wang guan shi yin zhen jing zhong

8. Recite the Rebirth Mantra:

*Na-mo a-mi-doh-poh-ye, doh-ta-ga-doh-ye, doh-deh-ye-ta,
a-mi-lee-doh-poh-pee, a-mi-lee-doh seh-dan-poh-pee,
a-mi-lee-doh pek-ga-lan-deh, a-mi-lee-doh pek-ga-lan-doh,
ga-mee-nee, ka-ka-nah, zhi-doh-ka-lee, so-ha. (7 times)*



9. Recite the Four Immeasurable Vows:

*May all beings have happiness and the causes of happiness; this is
immeasurable loving-kindness.*

*May all beings be liberated from suffering and the causes of suffering; this is
immeasurable compassion.*

*May all beings be free of suffering and always stay happy; this is immeasurable
joy.*

May all beings be free of grasping and aversion and practice equality; this is immeasurable equanimity.

Recite the Bodhicitta Verse:

(Student Lian-hua _____) shall take refuge in the Root Lineage Guru and Triple Jewels until reaching enlightenment. I will never recede on the path. May all my virtues be dedicated to all beings for their speedy enlightenment.

Recite the Bodhicitta Mantra:

Om, bo-dee-zhi-da, be-dza, sa-ma-ya, ah-hum. (3 times)

Recite the Repentance Verse:

All my transgressions committed since time immemorial which originate from beginningless greed, hatred, and ignorance and which are manifested through my body, speech, and mind these I fully confess and repent of altogether. (3 times)

Recite the Repentance Mantra:

Om, be-dza, sa-ma-ya, soo-deh-ah. (108 times)

10. Recite the Root Lineage Guru Heart Mantra:

Om, guru, lian-sheng siddhi, hum. (108 times)

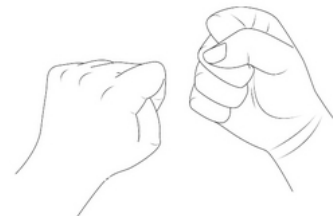
11. Mudra and Visualization

Vajrasattva Mudra:

The right hand makes a fist facing inward, with the thumb outside the fist. The left hand makes a fist facing outward, with the thumb inside the fist.

Hold this 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)*



Tibetan seed syllable "hum,"

- (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 Tibetan seed syllable "hum,"  emitting great white light.



- (2) The  seed syllable inside the moon disc revolves and transforms into Vajrasattva. His body is white and he is adorned by a Five-Buddha Crown, celestial garments and ornaments. Sitting on a moon disc supported by an eight-petal lotus, Vajrasattva holds, against his heart, a vajra scepter in his right hand (in the Fierce Mudra) and by his left thigh, a vajra bell in his left hand (also in the Fierce Mudra). At the level of his heart is a recitation wheel containing the Hundred Syllable Mantra. This mantra surrounds his heart chakra, revolves, and radiates brilliant white light.

- (3) This great white light arcs over and down, pouring through one's crown and filling one's entire body. One's whole body exhibits a great white light, and negative karma and thoughts are expelled as black mist through all skin pores. One's body becomes crystal clear, radiating light. One enters a state of meditation joy.



12. Recite the Hundred Syllable Mantra: (21 or 49 times)

Om, be-dza, sah-do sa-ma-ya, ma-nu bah-la-ya, be-dza sah-do deh-nu-pah-deh-cha, zhe-jo mi-bah-wa, soo-do ka-yu mi-bah-wa, soo-poo ka-yu mi-bah-wa, an-nu-la-do mi-bah-wa, sa-er-wa, sid-di, mi-bu-la-ya-cha, sa-er-wa, ka-er-ma, soo-cha-mi, ji-ta-moo, see-li-yam, gu-ru hum, ha-ha-ha-ha-hoh, bah-ga-wan, sa-er-wa, da-ta-ga-ta, be-dza, ma-mee mun-cha, be-dzi-ba-wa, ma-ha sa-ma-ya, sah-do-ah, hum, pei.

13. Entering Samadhi:



Visualization of Entering of the Deity into Oneself:

- (1) Visualize Vajrasattva sitting on top of one's crown opening.
- (2) Inside one's body, a lotus flower at the heart chakra opens up. On the lotus is a moon disc. In the moon disc is the "𑖀𑖳𑖹𑖬" seed syllable of Vajrasattva. Visualize this seed syllable emitting white light.
- (3) Visualize Vajrasattva (atop one's crown) transform into a small orb of light, the size of a grain of rice. He travels through the crown opening to descend down the central channel until reaching and resting in the heart chakra lotus.
- (4) Vajrasattva (sitting in the heart chakra lotus) gradually enlarges, until becoming exactly the same size as the practitioner. Visualize oneself as Vajrasattva. There is no difference between the two.

14. Emerging from Samadhi and Dedication:

*Living Buddha Lian-sheng teaches Great Tantric Practice,
Vajrasattva transforming into Vajra-Heart,
An authentic spiritual response when the two merge into one,
Eradicating negative hindrances to attain purity.*

15. Recite the Principal Deities Heart Mantras:

Om, ah-mee-deh-wah-seh.
(Amitabha Buddha Heart Mantra)

Om, mani padme hum.
(Avalokitesvara Bodhisattva Heart Mantra)

Om, pun-lah-moh lin-toh-lin, so-ha.
(Ksitigarbha Bodhisattva Mantra that Removes Fixed Karma)

Om, ha ha ha, wei sam-mo-yeh, so-ha.
(Ksitigarbha Bodhisattva Heart Mantra)

Om, dze-lee dzu-lee, zhun-tee, so-ha.
(Maha Cundi Bodhisattva Heart Mantra)

Om, jum-bah-lah, chan-lan chah-nah-yeh, so-ha.
(Yellow Jambhala Heart Mantra)

Om ah hum, be-dza, gu-ru, beh-ma, sid-dhi, hum, seh.
(Guru Padmasambhava Heart Mantra)

Om ah hum, gu-ru-bei, ah-ha-sa-sa-ma-ha, lian-sheng sid-dhi hum.
(Padmakumara Heart Mantra)

*Deh-yah-tah, om, beh-ka-dzee-yah, beh-ka-dzee-yah, ma-ha beh-ka-dzee-yah,
la-dza-sah-mo-kyah-doh-heh, so-ha.*
(Medicine Buddha Heart Mantra)

16. Recite the Buddha's Name:

Namo the 36 trillion 119 thousand and 500 Amitabha Buddhas. (3 times)

17. Dedication

Note: Supplication for Grand Master to Stay in the Saha World verse is not part of the practice, this is an add-on in the practice to beseeching H.H. to stay with us .

Recite the “Supplication for Grand Master to Stay in the Saha World

I pay homage and supplicate Grand Master,
the virtuous and marvelous Tantrika,
All Buddhas of the Ten Directions of the Buddhalands
as numerous as grains of sand,
All Buddhisattvas who are full of compassion toward all sentient beings,
All Herukas, Dharmapalas and Dakinis, protectors of Dharma.
The nights are long, the three poisons are proliferating.
My body and soul are stricken, tumbling in the misery of perpetual rebirth.
With great compassion,
Grand Master came to this world to salvage the deluded ones.
Henceforth, the Three Treasures emanate wondrous light
to provide refuge for all.
All fortunate beings, human and those in heavens rely on his Vajra Body.
For the bestowal of teachings, vows, precepts, empowerment,
and attainments.
We, the disciples of Buddha,
plead that you stay in the Saha World to turn the Dharma Wheel.

Dedication:

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 Root
Guru. May the Root Guru always be healthy, remain in Samasara, 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!

18. Recite the Hundred Syllable Mantra:

Om, be-dza, sah-do sa-ma-ya, ma-nu bah-la-ya, be-dza sah-do deh-nu-pah-deh-cha, zhe-jo mi-bah-wa, soo-do ka-yu mi-bah-wa, soo-poo ka-yu mi-bah-wa, an-nu-la-do mi-bah-wa, sa-er-wa, sid-di, mi-bu-la-ya-cha, sa-er-wa, ka-er-ma, soo-cha-mi, ji-ta-moo, see-li-yam, gu-ru hum, ha-ha-ha-ha-hoh, bah-ga-wan, sa-er-wa, da-ta-ga-ta, be-dza, ma-mee mun-cha, be-dzi-ba-wa, ma-ha sa-ma-ya, sah-do-ah, hum, pei. (3 times)

19. Great Homage with Visualization:






First homage to Root Guru Living Buddha Lian Sheng and all Buddhas in all times and directions

Recite: OM  AH  HUM 



Second homage to all Bodhisattvas

Recite: OM  AH  HUM 



Third homage to all Dharma Protectors

Recite: OM  AH  HUM 



Fourth half-bow (using Equanimity Mudra)

(Bow and touch mudra against the brow point before releasing the mudra)

20 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.