



Sarvanivarana-Viskambhin Bodhisattva Sadhana

除蓋障菩薩唸誦法



Start by praying for the root lineage blessing: First empty the mind. Next, visualize the Root Lineage Guru Living Buddha Lian-sheng appearing above your crown and radiating light on everyone present. Chant the Root Lineage Guru Heart Mantra 7 times. Pray to the Root Lineage Guru to empower you so that the practice will be auspicious.

Engender the Four Immeasurable Minds: Visualize your parents, children, relatives, friends, and enemies joining you in this practice.

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

1. Recite the Purification Mantras and Earth God Mantra

2. Recite the Invocation Mantra

(Must invoke the Eight Great Bodhisattvas: Namó Avalokiteshvara Bodhisattva, Namó Maitreya Bodhisattva, Namó Akasagarbha Bodhisattva, Namó Samantabhadra Bodhisattva, Namó Vajrapani Bodhisattva, Namó Manjushri Bodhisattva, Namó Sarvanivarana-Viskambhin Bodhisattva, Namó Ksitigarbha Bodhisattva.)

3. Tender the Great Homage with Visualization

4. Mandala Offering

5. Fourfold Refuge

6. Armor Protection

7. Recite the High King Avalokitesvara Sutra (1 time).

8. Recite the Rebirth Mantra (7 times).

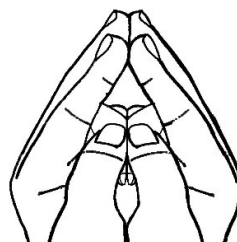
9. Recite the Root Guru's Heart Mantra (108 times):

Om, gu-ru, lian-sheng sid-dhi hum

10. Mudra and Visualization

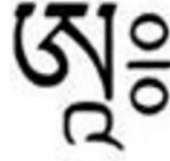
Sarvanivarana-Viskambhin Bodhisattva Mudra: With palms together, bend the little and ring fingers (without interlocking) while keeping the rest of fingers straight and thumbs touching the bent ring fingers. (Place the hands in front of the chest)

Illustration of mudra:





In Sanskrit



In Tibetan

Seed Syllable: Ah

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)

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 seed syllable ། ། "ah."
2. The seed syllable inside the moon disc revolves and transforms into Sarvanivarana-Viskambhin Bodhisattva whose left hand holds a Dharma banner. A lotus is on top of the banner and a sun disc is on top of the lotus. His right hand forms the Bestowing or Fearless mudra.
3. From the brow point of Sarvanivarana-Viskambhin Bodhisattva, a beam of white light shines onto one's brow point. From the throat of the Sarvanivarana-Viskambhin Bodhisattva, a beam of red light shines onto one's throat. From the heart of the Sarvanivarana-Viskambhin Bodhisattva, a beam of blue light shines onto one's heart. The white, red, and blue colored beams merge completely into one's body-mind.

11. Recite the Sarvanivarana-Viskambhin Bodhisattva Heart Mantra (108 times):

Om ◦ na-sa-la-ya ◦ so-ha ◦

12. Entering Samadhi

13. Emerging from Samadhi

14. Recite the Principal Heart Mantras

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

Namo the 36 trillion 119 thousand and 500 Amitabha Buddhas.

16. Dedication

17. Recite the Hundred Syllable Mantra (3 times)

18. Tender the Great Homage with Visualization (same as step 3)

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.

Note: Visualization of entering into and merging with Sarvanivarana-Viskambhin Bodhisattva:

Visualize Sarvanivarana-Viskambhin Bodhisattva transforming into a light pearl. This light pearl enters through the crown opening and rests on top of the lotus at one's heart chakra. Her body gradually enlarges until it becomes exactly the same size as one's own body. (The two are completely merged. Sarvanivarana-Viskambhin Bodhisattva is oneself and oneself is Sarvanivarana-Viskambhin Bodhisattva. There is no separation between oneself and Sarvanivarana-Viskambhin Bodhisattva.)

An empowerment must be received from Living Buddha Lian-sheng or an authorized True Buddha School master before engaging in this particular sadhana.