



# Prajnaparamita Sadhana

## 般若佛母相應法



**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.

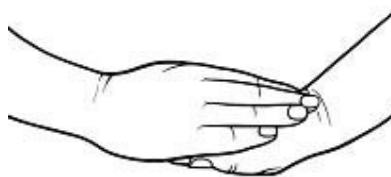
1. **Recite the Purification Mantras and Earth God Mantra**
2. **Recite the Invocation Mantra**
3. **Tender the Great Homage with Visualization**
4. **Mandala Offering**
5. **Fourfold Refuge**
6. **Armor Protection**
7. **Recite the High King Avalokitesvara Sutra (1 time).**
8. **Recite the Rebirth Mantra (7 times).**
9. **Recite the Root Guru's Heart Mantra (108 times):**

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

10. **Mudra and Visualization**

**Prajnaparamita Mudra (Prajna Scripture Mudra):** With the hands held horizontally, place the right palm facing down on top of the left palm facing up. Close the palms together like a scripture and place them in front of the navel.

**Illustration of mudra:**



**Seed Syllable:**






White *Bang*

White/Yellow *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. Visualize in the void a white syllable 「」 "bang" transforming into a white eight-petalled lotus.
2. Visualize a white syllable 「」 "ah" on the lotus.
3. The 「」 "ah" transforms into a moon disc in which a yellow 「」 "ah" appears.
4. The 「」 "ah" transforms into a yellow and four-armed Prajnaparamita, a sambhogakaya Buddha in the form of a celestial maiden. Prajnaparamita wears a celestial maiden crown, celestial garments, and layers of skirts. She is adorned with earrings, bracelets, and pearl necklaces. She appears stately and dignified. One pair of hands form the Amitabha Meditation Mudra. Another right hand holds a gold nine-pronged vajra scepter while another left hand holds a prajna sutra.
5. At this time, the practitioner chants "Om ◦ ah ◦ hum" three times followed by visualizing Five Buddhas descending.
6. Visualize Prajnaparamita radiating a beam of white light from her brow point onto one's brow point. From the throat of Prajnaparamita, a beam of red light radiates onto one's throat. From the heart of Prajnaparamita, a beam of blue light radiates onto one's heart. The three lights of white, red, and blue merge completely into one's body and mind.
7. Then visualize Prajnaparamita and the Five Buddhas in the void all transforming into light which enters the practitioner's heart through the crown. The entire body of the practitioner is filled with nectar. The practitioner then transforms into Prajnaparamita.

**11. Recite the Prajnaparamita Heart Mantra (108 times):**

*Die-ya-ta ◦ om ◦ gei-di-gei-di ◦ bo-re-gei-di ◦ bo-re-sang-gei-di ◦ bo-dhi ◦ so-ha ◦*

**12. Entering Samadhi**

**13. Emerging from Samadhi**

Recite the praise verse:

*Bo-re-fo-mu*

*Zhi-hui-ben-zun*

*Ci-da-gan-lu*

*Bo-re-yuan-man*

Prajnaparamita

Deity of Wisdom

Bestows great nectar

That perfects wisdom

**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.

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