



# Mahesvara Buddaha Sadhana



## 大自在王佛唸誦法

**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**
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**

**Mahesvara Buddha Mudra:** Put your palms together. Keeping your thumbs, index fingers, and little fingers straight, cross your middle and ring fingers over.

Illustration of mudra:



**Seed Syllable:** blue *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 a blue seed syllable 「𑖀」 "ah," emitting blue light.
2. The seed syllable inside the moon disc revolves and transforms into Mahesvara Buddha. Blue Mahesvara Buddha wears a kashaya and possesses thirty-two major physical marks of a Buddha. He sits on a lotus seat while his hands form a Turning the Dharma Wheel mudra.
3. From the brow point of Mahesvara Buddha, a beam of white light shines onto one's brow point. From the throat of Mahesvara Buddha, a beam of red light shines onto one's throat. From the heart of Mahesvara Buddha, a beam of blue light shines onto one's heart. The three lights of white, red, and blue merge completely into one's body and mind.

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

*Om ◦ mo-xi-shi-la-po-ye ◦ bu-da ◦ 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.

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