



# Nairatmya Sadhana

## 無我佛母唸誦法



**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**

**Nairatmya Mudra:** Open the left palm horizontally pointing to the right (visualize it holding a kapala) in front of the chest. Make a fist with the right hand with the thumb outside the fist (visualize it holding a kartika) in front of the chest.

**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 the blue seed syllable 「𑖀𑖄」 "ah," emitting blue light.
2. The seed syllable inside the moon disc revolves and transforms into blue Nairatmya. She has one head with two arms. Her right hand holds a kartika while her left hand holds a kapala and the left arm embraces a trident. She is adorned with jeweled necklaces and looks dignified. She is in half-lotus and playful position.
3. From the brow point of Nairatmya, a beam of white light shines onto one's brow point. From the throat of Nairatmya, a beam of red light shines onto one's throat. From the heart of Nairatmya, 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 Nairatmya Heart Mantra (108 times):**

*Om-ah-hum ◦ fa-zha ◦ so-ha ◦*

**12. Entering Samadhi**

**13. Emerging from Samadhi**

**14. Praise Verse**

*Jing-li-jin-gang-wu-wo-mu Yuan-cheng-shi-xiang-wu-zi-xing  
Chu-sheng-yi-qie-pu-ti-xin Sheng-hui-tong-ming-zhuan-fa-lun*

Homage to vajra Nairatmya

Perfectly awakened to the true reality without self-nature

The arising of the absolute Bodhicitta

Turns the dharma wheel with completely enlightened transcendental wisdom

**15. Recite the Principal Heart Mantras**

**16. Recite the Buddha's Name (3 times)**

Namo the 36 trillion 119 thousand and 500 Amitabha Buddhas.

**17. Dedication**

**18. Recite the Hundred Syllable Mantra (3 times)**

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

**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.

Note: Visualization of entering into and merging with Nairatmya:

Visualize Nairatmya 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. Nairatmya is oneself and oneself is Nairatmya. There is no separation between oneself and Nairatmya.)

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