



White Lotus King Sadhana



白蓮花王唸誦法

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.

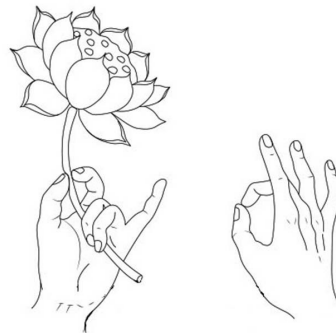
Engender the Four Immeasurable Minds: Visualize your parents, children, relatives, friends, and enemies joining you in this practice.

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. **Recite the Four Immeasurable Vows**
7. **Recite the Repentance Verse and Mantra**
8. **Armor Protection**
9. **Recite the High King Avalokitesvara Sutra (1 time).**
10. **Recite the Rebirth Mantra (7 times).**
11. **Mudra and Visualization**

White Lotus King Mudra: The right hand forms the Dharma-teaching Mudra while the left hand forms the Lotus-holding Mudra.

Illustration of mudra:



(White Lotus King Mudra)



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. Visualize a mountain-shaped thousand-petaled lotus emerging from the seed syllable ༄ "bang" in the empty sky. Then visualize the Shambhala Pure Land appearing within the lotus. The seed syllable ༄ "ah" in the center of the palace of White Lotus King transforms into White Lotus King surrounded by all buddhas, bodhisattvas, vajra protectors, dakinis, dakas, devas, and devis of the ten directions.

White Lotus King has the appearance of a 16 year old youth; is white, pure, stately, and dignified. His right hand forms the Dharma-teaching Mudra while his left hand holds a white lotus with the Lotus-holding Mudra. Sitting upon a throne, he wears a Vairocana Buddha crown, is adorned with all kinds of pearled jewels and is draped in a delicate white celestial net garment.

Visualize White Lotus King radiating a beam of white light of ༄ "om" from his brow point onto one's brow point. From the throat of White Lotus King, a beam of red light of ༄ "ah" radiates onto one's throat. From the heart of White Lotus King, a beam of blue light of ༄ "hum" radiates onto one's heart.

2. Practice the Merging of Self and Deity Contemplation.
3. Visualize oneself transforming into White Lotus King.

12. Recite the White Lotus King Heart Mantra (108 times):

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

Om, Bie-zha, Xiang-ba-la, gu-ru, bei-ma, hum

(One can either chant the White Padmakumara Mantra before or after White Lotus King Mantra.)

13. Nine Cycle Breathing Exercise and Entering Samadhi

White Lotus King and the practitioner merge into one.

All buddhas and bodhisattvas, vajra protectors, dakinis, dakas, devas, and devis of the ten directions bestow empowerment to the practitioner. The practitioner's body is entirely filled with nectar.

The practitioner is completely refreshed. Practitioner's afflictions, delusions and negative karma all vanish. Through the nectar empowerment everything is perfectly accomplished.

Completely release oneself into emptiness with no thoughts in mind.

14. Emerging from Samadhi

Praise Verse:

Tou-ding-pi-lu-guan

Zhuang-yan-you-ci-xiang

Jian-zhe-jie-huan-xi

Chi-an-hua-guang-ming

Xing-shen-bo-re-chu

Ding-li-lian-hua-wang

Wearing a Vairocana Crown

Stately and benevolent

Seeing him brings delight

Ignorance and afflictions transformed into brilliant light

When deep in the prajna realm

I pay homage to White Lotus King

More praise:

Duo-jie-fu-mu-ji-juan-shu

Jiu-mo-yu-chi-hei-an-zhong

Yu-qiu-yi-yi-de-jie-tuo

Su-ling-de-dao-bo-re-zhi

Wei-you-bai-lian-zui-sheng-fa

Shen-shen-ru-ding-ke-cheng-jiu

Mothers, fathers, and relatives from past lives

Obscured by ignorance for countless eons

All seeking liberation

May they swiftly attain prajna wisdom

The supreme dharma of White Lotus

Enables one to enter profound meditation and reach enlightenment

Make offerings again.

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

Wo-cheng-lian-hua-wang

Cong-ci-fu-hui-zeng

Yong-de-wu-shang-le

Kou-yan-ba-wan-fa

Yi-yi-jie-cheng-jiu

Transforming into the White Lotus King

Enriches fortune and wisdom

Followed by attainment of everlasting supreme bliss

Discoursing eighty thousand dharma teachings

Each and every one is accomplished

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.

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