



Vairocana Sadhana - Womb Realm



大日如來胎藏界唵誦法

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.

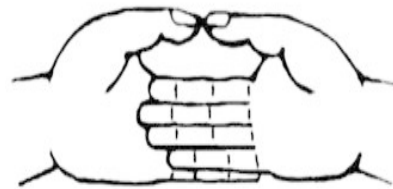
1. **Recite the Purification Mantras and Earth God Mantra**
2. **Recite the Invocation Mantra**
3. **Tender the Great Homage with Visualization**
4. **Mandala Offering**
5. **Fourfold Refuge**
6. **Armor Protection**
7. **Recite the High King Avalokitesvara Sutra (1 time).**
8. **Recite the Rebirth Mantra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

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

10. **Mudra and Visualization**

Vairocana Mudra: Dharma-realm Meditation Mudra, overlap hands with both palms facing up, the right palm atop the left palm while the thumb tips are touching. Place the mudra below the navel.

Illustration of mudra:




Seed Syllable: golden *Ah* (Womb Realm)

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 golden seed syllable 「」 "ah," emitting golden light.
2. The seed syllable inside the moon disc revolves and transforms into golden Vairocana in the form of a Bodhisattva seated on an eight-petaled lotus platform in full lotus position. He wears a jeweled Five Buddha crown and garments of white silk. His crown and back emit light orbs of many colors. His head is surrounded by clouds of light. His body emits layers of lights like multi-layers of silk. His hair brushes his shoulders. He wears gold earrings, necklaces, and precious jade. Greenish-black hair and grey hair reach to his knees. He wears jade on both arms and gold bracelets on both wrists. Overlap hands with both palms facing up, the right palm atop the left palm while the thumb tips are touching. Place the mudra below the navel. His white upper garment is light and subtle with matching beautiful skirt, green silk brocade pants, and green silk belt.
3. From the brow point of Vairocana, a beam of white light shines onto one's brow point. From the throat of Vairocana, a beam of red light shines onto one's throat. From the heart of Vairocana, 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 Vairocana Heart Mantra (108 times):

Ah ◦ e ◦ la ◦ hum ◦ kan ◦

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.