



# Humsvaranadinitara Sadhana



## 吽音度母唸誦法

**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. **Recite the Repentance Verse and Mantra**
7. **Recite the Four Immeasurable Vows**
8. **Armor Protection**
9. **Recite the Bodhicitta Verse and Mantra**
10. **Recite the High King Avalokitesvara Sutra (1 time).**
11. **Recite the Rebirth Mantra (7 times).**
12. **Recite the Root Guru's Heart Mantra (108 times):**

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

13. **Mudra and Visualization**

**Humsvaranadinitara Mudra:** Interlace the fingers of both hands inwards; place the middle fingers upright touching and point the index fingers apart. Touch the thumbs lightly against the ring fingers (hold the mudra in front of your chest.)

**Illustration of mudra:**






**Seed Syllable:** *hum*


**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 moon disc appearing in the void. Within the moon disc is

the seed syllable 「」 "hum" emitting light.

2. Visualize that the 「」 "hum" within the moon disc revolves and transforms into Humsvaranadinitara. Humsvaranadinitara is yellow in color with one head and two arms. She has incomparably beautiful facial features and the appearance of a sixteen years old girl. Her right hand forms the Wish-fulfilling Mudra while the left hand holds a lotus. A bow and arrow are above the lotus.

3.

- A. Visualize a white syllable 「」 "om" appearing in the void. Practitioner inhales the "om" syllable through the nostrils and while holding the breath, pushes the "om" syllable down through the central channel onto the sun disc within the eight-petalled lotus in one's heart chakra. At the same time practitioner contracts the anus while lifting upwards. Practitioner then exhales the "om" syllable.

- B. Visualize a red syllable 「」 "ah" appearing in the void. Practitioner inhales the "ah" syllable through the nostrils and while holding the breath, pushes the "ah" syllable down through the central channel onto the sun disc within the eight-petalled lotus in one's heart chakra. At the same time practitioner contracts the anus while lifting upwards. Practitioner then exhales the "ah" syllable.

- C. Visualize a blue syllable 「」 "hum" appearing in the void.

Practitioner inhales the "hum" through the nostrils and while holding the breath, pushes the "hum" syllable down through the central channel onto the sun disc within the eight-petalled lotus in one's heart chakra. At the same time practitioner contracts the anus while lifting upwards. Without exhaling the "hum," visualize the blue "hum" transforming into yellow color. The yellow "hum" then transforms into yellow Humsvaranadinitara sitting upon an eight-petalled lotus within practitioner's heart chakra.

Humsvaranadinitara gradually enlarges to exactly the same size as practitioner. Instantly, practitioner transforms into Humsvaranadinitara.

- D. Visualize a yellow "hum" syllable appearing atop the sun disc within the eight-petalled lotus in the heart chakra of the Humsvaranadinitara transformed from oneself. One may then perform practices for calamity eradication, enrichment, magnetization, and subjugation.

**14. Recite the Humsvaranadinitara Heart Mantra (108 times):**

*Om ◦ da-lie ◦ dou-da-lie ◦ dou-lie ◦ hum ◦ so-ha ◦*

**15. Nine Cycle Breathing Exercise and Entering Samadhi**

**16. Emerging from Samadhi**

Praise Verse:

*Ding-li-hum-yin-chi-zha-mu ◦ Sheng-bian-yu-se-xu-kong-jie ◦*

*Qi-zu-ya-fu-qi-shi-jian ◦ Jie-neng-gou-zhao-jin-wu-yu ◦*

To Humsvaranadinitara I pay homage

Her sound pervades the Realms of Desire, Form, and Formless

Trampling the seven realms beneath her feet

She summons all, leaving none behind.

**17. Recite the Principal Heart Mantras**

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

Namo the 36 trillion 119 thousand and 500 Amitabha Buddhas.

**19. Dedication**

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

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

**22. 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:** One must request instructions from the Root Guru for all dharma practices.

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