



# Cakrasamvara Sadhana

## 勝樂金剛唸誦法



**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):**

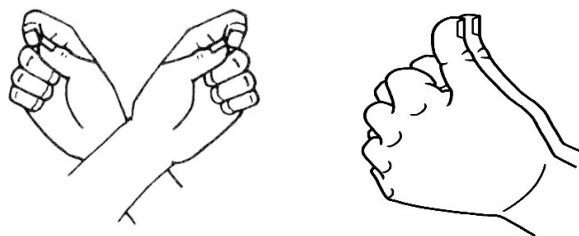
*Om, gu-ru, lian-sheng sid-dhi, hum.*

### 13. **Mudra and Visualization**

**Cakrasamvara Mudra:** (either of the following two mudras are acceptable)

1. Cross the arms with the outward right hand on top of the inward left hand while each hand is making a fist facing inward. Make a circle by touching the tip of the index fingers with the thumb tip of each hand.
2. Interlace fingers inward. Straighten thumbs and keep them side by side.

**Illustration of mudra:**







**Seed Syllable:** *Hum* (blue in color)

**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 blue 「」 "hum" syllable appearing within a sun disc in the center of a multi-colored lotus.
2. The 「」 "hum" syllable transforms into blue Cakrasamvara with one head, three eyes, and two arms. Cakrasamvara looks wrathful with fangs exposed.
3. He holds a vajra scepter and a vajra bell in each hand respectively while embracing Vajravarahi.
4. His hair is adorned with crossed vajra scepters. A new moon is to his left.
5. Cakrasamvara wears a crown of five skulls.
6. He wears a necklace of 50 fresh human heads.
7. He wears a tiger skin skirt.
8. While his right leg is extended, his bent left leg tramples upon Fearsome King and Nighttime Mother.

Vajravarahi:

1. Red Vajravarahi has one face, three eyes, and two arms.
2. She is naked and her hair is loose. Her left arm embraces Cakrasamvara while holding a kapala. Her right hand holds a kartika while forming the Tarjani Mudra.
3. Her body is adorned with necklaces of skulls, pearls, jade, and bone.

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

Perform mala beads visualization before chanting the mantra

*Om ◦ seh ◦ ha-ha ◦ Hum-hum ◦ pei ◦ (108 times)*

Mantra of Cakrasamvara and Vajravarahi together:

*Om ◦ hai-ha-en-da-ruo-he ◦ Hum-hum ◦ pei ◦ (108 times)*

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

**16. Emerging from Samadhi and Praise Verse**

*「Yong-fu-hei-lu-ga Jin-gang-zhi-zhu-zun Bei-xin-you-hai-mu Xing-zhe-gong-*

*jing-li*

*Yong-fu-yong-mu-zhong Wu-zhong-sheng-di-zhu Ju-ji-shi-lin-jian Xing-zhe-qi-jing-li*

Daka Heruka

A principal Vajra

With compassionate Vajravarahi

Practitioner pays homage to

Dakas and dakinis

Abiding in the five holy places

Gathering in the charnel grounds

Practitioner pays homage to all

**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.

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