



**Avalokitesvara Bodhisattva
Body Shrine Calamity Evasion Practice
觀音身壇城避災法修持儀軌**



Start by praying for the root lineage blessing: First empty the mind. Next, visualize the Root Lineage Guru 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. **Armor Protection**
8. **Recite the Four Immeasurable Vows**
9. **Recite the Bodhicitta Verse and Mantra**
10. **Recite the High King Avalokitesvara Sutra**
11. **Recite the Rebirth Mantra (7 times)**
12. **Recite the Root Lineage Guru Heart Mantra (108 times)**
13. **Mudra and Visualization**

Lotus Mudra: First form the "prayer gesture." At the level of the chest, join the palms of both hands together with fingers meeting and pointing up. Now open the palms so that the hands meet only in three ways: at the very base of the palms, entire thumb to entire thumb, and entire little finger to entire little finger. Spread the other fingers out straight but as widely as possible, so that the gesture represents an eight-petalled flower.



Illustration of mudra:



Seed Syllable:

Seh (White in color emitting great white light)

Visualization: First empty the mind

- 1) Visualize one's hair gathering together and transforming into Thousand-armed Thousand-eyed Avalokitesvara seating on the highest point of the shrine.
- 2) Visualize one's skin transforming into the shrine's parasol (Sanskrit: chattra).
- 3) Visualize one's eyes transforming into pearls and diamonds adorning the top layer of the parasol.
- 4) Visualize one's nose transforming into precious stones adorning the second layer of the parasol.
- 5) Visualize one's teeth transforming into jeweled necklaces hanging on the third layer of the parasol.
- 6) Visualize one's ears transforming into a pair of banners, each with "Om, ma-ni-pad-me-hum" written in Sanskrit (or Tibetan), hanging on the two sides of the parasol.

ॐ म म प म हूं ཨོཾ་མ་ཎི་པད་མེ་ཧཱུྃ།

(Siddham/Sanskrit)

(Tibetan)



- 7) Visualize the bottom level as the soles of one's feet which transform into the **wind chakra** (represented by a **blue semi-circle**).
- 8) Visualize the root chakra transforming into the **fire chakra** (represented by a **red triangle**) placed right above the wind chakra.
- 9) Visualize the navel chakra transforming into the **water chakra** (represented by a **green circle**) placed right above the fire chakra.
- 10) Visualize the heart chakra transforming into the **earth chakra** (represented by a **yellow rectangle**) placed right above the water chakra.
- 11) Visualize one's spine transforming into **Mount Meru** (brown color) placed right above the earth chakra.
- 12) Visualize oneself seating on top of Mount Meru with all of one's pores radiating golden rays of light. Recite the Thousand-armed Thousand-eyes Avalokitesvara Heart Mantra and enter into Samadhi.

14. Recite the Thousand-armed Thousand-eyes Avalokitesvara Heart Mantra

Namo, sam-man-do, moo-toh-nam, wah-dzi-la, da-mo-seh. (108 or 1080 times)

15. Entering Samadhi

(Nine Cycle Breathing, Entering of the Deity into Oneself, Release of Oneself into the Cosmic Consciousness, Breath Counting)

16. Recite the Principal Heart Mantras

17. Recite the Buddha's Name (3 times)

18. Dedication

19. Recite the Hundred Syllable Mantra (3 times)

20. Tender the Great Homage with Visualization

21. Recite the Completion Mantra

Om, bu- lin. (3 times)

Om, ma-ni, pad-me, hum.

Dismissal: Clap twice, then cross hands and snap thumbs and middle fingers.

End of Practice: *Xiu-fa yuan-man, ru-yi ji-xiang.* 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.