



Vajrasattva Practice

(of the Four Preliminary Practices)



金剛心菩薩法（四加行）

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, "*Om, guru, lian-sheng siddhi, hum,*" 7 times. Pray to the Root Lineage Guru to empower you so that the practice will be auspicious.

Engender the Four Immeasurable Minds: Visualize that your father and all your past fathers are on your right, your mother and all your past mothers are on the left, your enemies are in front of you, your friends and loved ones are behind you, all beings of the six realms are surrounding you, and all join 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:

Speech Purification: *Om, syo-lee syo-lee, ma-he-syo-lee, syo-syo-lee, so-ha.*

Body Purification: *Om, syo-do-lee, syo-do-lee, syo-mo-lee, syo-mo-lee, so-ha.*

Mind Purification: *Om, wa-dzi-la-dam, he-he-hum.*

Earth God Mantra: *Namo sam-man-do, moo-toh-nam, om, doo-loo doo-loo dei-wei, so-ha.*

2. Recite the Invocation Mantra: (3 times)

"Om, ah, hum, so-ha."

We sincerely invoke:

Namo Root Guru Living Buddha Lian-sheng

Namo Great White Padmakumara

Namo Lotus Light Unhindered Buddha

Namo the lineage gurus of True Buddha School

(In the place of this note, each local chapter may invoke the Buddhas, Bodhisattvas and dharma protectors enshrined at its altar accordingly. When practicing at home, one may invoke the deities present at one's shrine.)

Namo the Great Compassionate lineage gurus of True Buddha School, may all beings obtain happiness.

Namo the Five Buddhas and deities residing in the shrine, may all beings be liberated from suffering.

Namo all Buddhas of the Ten Directions and Three Periods, may all beings live in joy and kindness.

Namo the Tripitaka and Twelve Sutras, may all beings forsake discrimination.

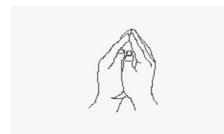
Namo all Sages and Sanghas of the Ten Directions and Three Periods,
may all beings attain true realization.

Namo Truly Realized Holy Red Crown Vajra Master Lian-sheng,
may all beings of the six realms of samsara and I attain instant supreme realization and
continue to take refuge in Lian-sheng's Buddha Land.

3. Tender the Great Homage with Visualization

First homage to the Root Guru and all Buddhas in all times and directions (using Buddha Shrine Mudra).

(Visualize that, in the space before and above you, the Root Guru, all past lineage gurus, the eight Personal Deities, all Buddhas, Bodhisattvas, and Dharma Protectors appear like multitudes of twinkling stars, pervading the Empty Space. Touch the brow point [third-eye chakra] with the mudra and visualize the Root Guru emitting a white beam of light from his brow point to your brow point. Touch the throat with the mudra and visualize the Root Guru emitting a red beam of light from his throat to your throat. Touch the heart with the mudra and visualize the Root Guru emitting a blue beam of light from his heart to your heart. Touch the brow point again and then release the mudra. Visualize yourself prostrating fully on the floor to pay homage to the Root Guru and Buddhas in all times and directions.)



Second homage to all Bodhisattvas (using Lotus Mudra).

(Employ the mudra and visualize yourself as above paying homage to all Bodhisattvas and Mahasattvas.)



Third homage to all Dharma Protectors (using Vajra Mudra).

(Employ the mudra and visualize yourself as above paying homage to all Dharma Protectors.)



Fourth half-bow (using Equanimity Mudra).

(Bow and touch mudra against the brow point before releasing the mudra.)



(For a detailed description of visualization of Great Homage, refer to page 24 of *A Complete and Detailed Exposition on the True Buddha Tantric Dharma*.)

4. Mandala Offering

Offering Mudra:

Interlace fingers (with hands back to back) so that palms and fingers face upwards. Hook the index finger of the left hand over the middle finger of the right. Hook the index finger of the right hand over the middle finger of the left. Press the thumb of the left hand over the little finger of the right. Press the thumb of the right hand over the little finger of the left. Manipulate the ring fingers so that they stand vertically, back to back. Place the Offering Mudra in front of the chest. After visualization, bring the mudra to touch upon the



brow point before release.

Visualization: Visualize that the offerings on the altar multiply to first form a row, then multiply again to form a field, and multiply once more to fill all space. Dedicate this space-filling offering to the Root Guru, past lineage gurus, eight Personal Deities of the True Buddha School, all Buddhas in all times and directions, all Bodhisattvas and Mahasattvas, and all Dharma Protectors.

(For a detailed description of visualization of Mandala Offering, refer to page 35 of *A Complete and Detailed Exposition on the True Buddha Tantric Dharma*.)

Recite the Offering Verse:

*xu mi si zhou bing ri yue,
hua zhu zhen bao gong yang fo.
zhong zhong zhen qi zhu gong de,
xiao ye su su zheng pu ti.*

(Mount Meru together with the Four Continents, sun and moon,
Transforms into precious treasures to offer to the Buddhas.

May the immeasurable merits arisen from these treasures
Quickly remove negative karma to realize Buddhahood.)

Recite the Offering Mantra:

*Om, sa-er-wa, da-ta-ga-da, ee-da-mooh, gu-ru lana, man-cha-la, kan, nee-lee-yeh,
dah-yah-mee.*

5. Fourfold Refuge

Visualization: Visualize that the Root Guru, all past lineage gurus, all Buddhas, Dharma, and Sanghas merge into a great white light that empowers one.

Recite the Fourfold Refuge Mantra: (3 times)

Namo Guru Bei, Namu Buddha ye, Namu Dharma ye, Namu Sangha ye.

(For a detailed description of the Fourfold Refuge visualization and lineage empowerment, refer to page 46 of *A Complete and Detailed Exposition on the True Buddha Tantric Dharma*.)

6. Armor Protection

Form the Vajra Mudra before the forehead.

Recite the Mantra: (7 times)

Om, bo ru lan ze lee.

After recitation, bring the mudra to touch the brow point, then throat, heart, left shoulder, right shoulder, then back to the forehead. At the moment of releasing the mudra, visualize that blue lights and the Dharma Protector at one's shrine transforms into four bodies that guard one in the front, behind, and to the right and left sides.

7. Recite the High King Avalokitesvara Sutra:

gao wang guan shi yin zhen jing: High King Kuan Yin Sutra:

feng qing ba da pu sa ming hao: Sincerely invoke Eight Great Bodhisattvas:

na mo guan shi yin pu sa mo he sa,

Namo Avalokiteshvara Bodhisattva Mahasattva,

na mo mi le pu sa mo he sa, Namó Maitreya Bodhisattva Mahasattva,
na mo xu kong zang pu sa mo he sa,
Namó Akasagarbha Bodhisattva Mahasattva,
na mo pu xian pu sa mo he sa,
Namó Samantabhadra Bodhisattva Mahasattva,
na mo jin gang shou pu sa mo he sa,
Namó Vajrapani Bodhisattva Mahasattva,
na mo miao ji xiang pu sa mo he sa, Namó Manjusri Bodhisattva Mahasattva,
na mo chu ge zhang pu sa mo he sa,
Namó Nivaranaviskambin Bodhisattva Mahasattva,
na mo di zang wang pu sa mo he sa,
Namó Ksitigarbha Bodhisattva Mahasattva,
na mo zhu zun pu sa mo he sa.
Namó all venerable Bodhisattva Mahasattvas.

na mo guan shi yin pu sa, Namó Avalokitesvara Bodhisattva,
na mo fo, Namó Buddhaya,
na mo fa, Namó Dharmaya,
na mo seng, Namó Sanghaya,
fo guo you yuan, fo fa xiang yin,
An affinity with the Pure Lands opens the Dharma Doors. *chang le wo jing, you yuan fo fa*.
By engaging permanence, bliss, identity, and purity, one is blessed with the Dharma.
na mo mo he bo re bo luo mi shi da shen zhou.
Namó Maha Prajna Paramita, a great spiritual mantra.
na mo mo he bo re bo luo mi shi da ming zhou.
Namó Maha Prajna Paramita, a great wisdom mantra.
na mo mo he bo re bo luo mi shi wu shang zhou.
Namó Maha Prajna Paramita, a supreme mantra.
na mo mo he bo re bo luo mi shi wu deng deng zhou.
Namó Maha Prajna Paramita, an unequalled mantra.
na mo jing guang mi mi fo, Namó the Pure Light Secret Buddha,
fa zang fo, the Dharma Treasury Buddha,
shi zi hou shen zu you wang fo,
the Tranquil King Buddha with Lion's Roar and Divine Speed,
fo gao xu mi deng wang fo,
the Sumeru Light King Buddha announced by Buddha,
fa hu fo, the Dharma Protector Buddha,
jin gang zang shi zi you xi fo, the Vajra Treasury Roaming Lion Buddha,
bao sheng fo, the Precious Victory Buddha,
shen tong fo, the Supernatural Power Buddha,

yao shi liu li guang wang fo, the Medicine Crystal Light King Buddha,
pu guang gong de shan wang fo,
the Universal Light Merit Mountain King Buddha,
shan zhu gong de bao wang fo, the Merit Retaining Jewel King Buddha,
guo qu qi fo, the Seven Past Buddhas,
wei lai xian jie qian fo, the Future Thousand Buddhas of this fortunate eon,
qian wu bai fo, the Fifteen Hundred Buddhas,
wan wu qian fo, the Fifteen Thousand Buddhas,
wu bai hua sheng fo, the Five Hundred Flower Victory Buddhas,
bai yi jin gang zang fo, the Ten Billion Vajra Treasury Buddhas,
ding guang fo. and the Fixed Light Buddha.
liu fang liu fo ming hao: The Buddhas of Six Directions:
dong fang bao guang yue dian yue miao zun yin wang fo,
To the East the Precious Light Moon Palace Venerable Wonderful Voice King Buddha,
nan fang shu gen hua wang fo,
To the South the Tree-Root Flower King Buddha,
xi fang zao wang shen tong yan hua wang fo,
To the West the Spiritual Power Flower Blazing King Buddha,
bei fang yue dian qing jing fo,
To the North the Moon Palace Purity Buddha,
shang fang wu shu jing jin bao shou fo,
Above, the countless Vigor Jewel Crown Buddhas,
xia fang shan ji yue yin wang fo.
Below, the Tranquil Moon Sound King Buddha.
wu liang zhu fo, All the countless Buddhas,
duo bao fo, Many Jewels Buddhas,
shi jia mou ni fo, Shakyamuni Buddha,
mi le fo, Maitreya Buddha,
ah chu fo, Akshobhya Buddha,
mi tuo fo. Amitabha Buddha.
zhong yang yi qie zhong sheng, All beings in the Central Realm,
zai fo shi jie zhong zhe, and those in the Pure Lands,
xing zhu yu di shang, ji zai xu kong zhong,
while moving upon the Earth and through the Heavens,
ci you yu yi qie zhong sheng, shower limitless compassion upon all beings,
ge ling an wen xiu xi, affording them equanimity and peace,
zhou ye xiu chi. that they might cultivate day and night.
xin chang qiu song ci jing, By constantly invoking this sutra,
neng mie sheng si ku, one is liberated from the suffering of birth and death,
xiao chu zhu du hai. and freed from all the many kinds of suffering.

na mo da ming guan shi yin, Namó the great wisdom Avalokitesvara,
guan ming guan shi yin, the observant Avalokitesvara,
gao ming guan shi yin, the noble Avalokitesvara,
kai ming guan shi yin, the expansively-minded Avalokitesvara,
yao wang pu sa, the Medicine King Bodhisattva,
yao shang pu sa, the Supreme Medicine Bodhisattva,
wen shu shi li pu sa, Manjusri Bodhisattva,
pu xian pu sa, Samantabhadra Bodhisattva,
xu kong zang pu sa, Akasagarbha Bodhisattva,
di zang wang pu sa, Ksitigarbha Bodhisattva,
qing liang bao shan yi wan pu sa,
the billions of Clear Cool Treasure Mountain Bodhisattvas,
pu guang wang ru lai hua sheng pu sa,
the Universal Light Venerable King Tathagata Bodhisattva.
nian nian song ci jing, Chanting this sutra continually,
qi fo shi zun, ji shuo zhou yue:
the Seven World-Honored Buddhas recite this mantra:
Lee-poh-lee-poh-deh, kyo-he-kyo-he-deh, toh-loh-nee-deh, nee-he-la-deh, pee-lee-nee-deh,
mo-he-kye-deh, jen-len-chen-deh, so-ha. (7 times)

shi fang quan shi yin Avalokitesvaras of the ten directions
yi qie zhu pu sa and all Bodhisattvas
shi yuan jiu zhong sheng. have vowed to save sentient beings.
cheng ming xi jie tuo.

All beings will be liberated when calling their names.
ruo you zhi hui zhe, To ones with wisdom,
yin qin wei jie shuo. expounds it diligently.
dan shi you yin yuan, One with the affinity,
du song kou bu chuo. recite it at all times.
song jing man qian bian Recite the sutra 1,000 times
nian nian xin bu jue. and keep it in mind constantly.
huo yan bu neng shang. Flame cannot harm one.
dao bing li cui zhe. Knives and weapons will break instantly.
hui nu sheng huan xi. Turn anger to happiness.
si zhe bian cheng huo. Change death into life.
mo yan ci shi xu. Do not say these are false.
zhu fo bu wang shuo. The words of the Buddhas are not fabricated.
gao wang guan shi yin High King Avalokitesvara
neng jiu zhu ku e. can alleviate sufferings.
lin wei ji nan zhong, Faced with a fatal crisis,

si zhe bian cheng huo. the doomed shall live.
zhu fo yu bu xu The words of buddhas are always true
shi gu ying ding li. and therefore we pay homage to the Buddhas.
chi song man qian bian, By reciting it 1000 times,
zhong zui jie xiao mie. all one's heaviest sins shall be eradicated.
hou fu jian xin zhe Those with great merit and unwavering faith
zhuan gong shou chi jing. single-mindedly chant the sutra.
yuan yi ci gong de Dedicate the merit
pu ji yu yi qie. to the entire universe.
song man yi qian bian. Recite 1,000 times.
zhong zui jie xiao mie. All serious sins are eradicated.
gao wang guan shi yin zheng jing zhong.
The end of High King Avalokitesvara Sutra.

8. Recite the Rebirth Mantra: (7 times)

Na-mo a-mi-doh-poh-ye, doh-ta-ga-doh-ye, doh-deh-ye-ta, a-mi-lee-doh-poh-pee, a-mi-lee-doh-seh-den-poh-pee, a-mi-lee-doh pek-ga-lan-deh, a-mi-lee-doh pek-ga-lan-doh, ga-mee-nee, ka-ka-nah, zhi-doh-ka-lee, so-ha.

9. Recite the Four Immeasurable Vows:

yuan yi qie zhong sheng ju zu le ji le yin, shi ci wu liang.

yuan yi qie zhong sheng tuo li ku ji ku yin, shi bei wu liang.

yuan yi qie zhong sheng yong zhu wu ku an le, shi xi wu liang.

yuan yi qie zhong sheng qi ai zeng zhu ping deng, shi she wu liang.

May all beings have happiness and the causes of happiness; this is immeasurable loving-kindness.

May all beings be liberated from suffering and the causes of suffering; this is immeasurable compassion.

May all beings be free of suffering and always stay happy; this is immeasurable joy.

May all beings be free of grasping and aversion and practice equanimity; this is immeasurable relinquishment.

Recite the Bodhicitta Verse:

Student Lian-hua _____ shall take refuge in the Root Lineage Guru and Triple Jewels until reaching enlightenment. I will never backslide on the path. May all my virtues be dedicated to the benevolence of all beings.

Recite the Bodhicitta Mantra: (3 times)

Om, bo-dee-zhi-da, bie-zha, sa-ma-ya, ah-hum.

Recite the Repentance Verse:

wo xi suo zuo zhu zui ye,

jie yiu wu shi tan chen chi.

cong shen yu yi zhi suo sheng,

yi qie wo jin jie chan hui.

All my transgressions committed since time immemorial
which originate from beginningless greed, hatred, and ignorance
and are manifested through my body, speech, and mind that
I fully confess and repent of altogether.

Recite the Repentance Mantra: (108 times)

Om, bie-zha, sa-ma-ya, soo-deh-ah.

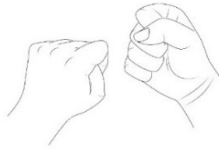
10. Recite the Root Lineage Guru Heart Mantra: (108 times)

Om, guru, lian-sheng siddhi, hum.

11. Mudra and Visualization

Vajrasattva Mudras:

facing inward with the
a fist facing outward with
front of the chest.



Mudra 1: The right hand makes a fist
thumb outside the fist. The left hand makes
the thumb inside the fist. Hold this mudra in

Illustration of mudra 1:

Mudra 2: Cross the arms with the right hand on top of the 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.

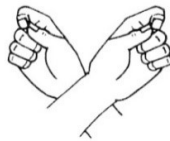


Illustration of mudra 2



Seed Syllable: Hum (white 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. 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 white Tibetan seed syllable

「 ཧུཾ 」 "hum," emitting great white light.

2. The seed syllable inside the moon disc revolves and transforms into Vajrasattva. His body is white and he is adorned by a Five-buddha Crown, celestial garments and ornaments. Sitting on a moon disc supported by an eight-petal lotus, Vajrasattva holds, against his heart, a vajra scepter in his right hand (in the Fierce Mudra) and by his left thigh, a vajra bell in his left hand (also in the Fierce Mudra).


At the level of his heart is a recitation wheel containing the Hundred Syllable Mantra. This mantra surrounds his heart chakra, revolves, and radiates brilliant white light.

3. This great white light arcs over and down, pouring through one's crown and filling one's entire body. One's whole body exhibits a great white light, and negative karma and thoughts are expelled as black mist through all skin pores. One's body becomes crystal clear, radiating light. One enters a state of joy in meditation.

12. Recite the Hundred Syllable Mantra: (21 or 49 times)

Om, bie-zha, sah-do sa-ma-ya, ma-nu bah-la-ya, bie-zha sah-do deh-nu-pah-deh-cha, zhe-jo mi-bah-wa, soo-do ka-yu mi-bah-wa, soo-poo ka-yu mi-bah-wa, an-nu-la-do mi-bah-wa, sa-er-wa, sid-di, mi-bu-la-ya-cha, sa-er-wa, ka-er-ma, soo-cha-mi, ji-ta-moo, see-li-yam, gu-ru hum, ha-ha-ha-ha-hoh, bah-ga-wan, sa-er-wa, da-ta-ga-ta, bie-zha, ma-mee mun-cha, bie-dzi-ba-wa, ma-ha sa-ma-ya, sah-do-ah, hum, pei.

13. Entering Samadhi

1. Visualize Vajrasattva sitting on top of one's crown opening.
2. Inside one's body, a lotus flower at the heart chakra opens up. On the lotus is a moon disc. In the moon disc is the 「」 "hum" seed syllable of Vajrasattva. Visualize this seed syllable emitting white light.
3. Visualize Vajrasattva (atop one's crown) transforming into a small orb of light, the size of a grain of rice. He travels through the crown opening to descend down the central channel until reaching and resting in the heart chakra lotus.
4. Vajrasattva (sitting in the heart chakra lotus) gradually enlarges, until becoming exactly the same size as the practitioner. Visualize oneself as Vajrasattva until there is no distinction between the two.

14. Emerging from Samadhi and Dedication

*lian sheng huo fo jiao shou da mi fa,
jin gang sa duo bian hua jin gang xin,
er zhe rong he zhen shi da xiang ying,
zui zhang xiao chu zhen zheng de qing jing.*

Living Buddha Lian-sheng teaches Great Tantric Practice,
Vajrasattva transforming into Vajra-Heart,
An authentic spiritual interfusion when the two merge into one,
Eradicating negative hindrances to attain purity.

15. Recite the Principal Deities Heart Mantras

Om, ah-mee-deh-wah-seh. (Amitabha Buddha Heart Mantra)

Om, mani padme hum. (Avalokitesvara Bodhisattva Heart Mantra)

Om, pun-lah-moh lin-toh-lin, so-ha. (Ksitigarbha Bodhisattva Mantra that Removes Fixed Karma)

Om, ha ha ha, wei sam-mo-yeh, so-ha. (Ksitigarbha Bodhisattva Heart Mantra)

Om, dze-lee dzu-lee, zhun-tee, so-ha. (Maha Cundi Bodhisattva Heart Mantra)

Om, jum-bah-lah, chan-lan chah-nah-yeh, so-ha. (Yellow Jambhala Heart Mantra)

Om ah hum, bie-zha, gu-ru, beh-ma, sid-dhi, hum, seh. (Guru Padmasambhava Heart Mantra)

Om ah hum, gu-ru-bei, ah-ha-sa-sa-ma-ha, lian-sheng sid-dhi hum. (Padmakumara Heart Mantra)

Deh-yah-tah, om, beh-ka-dzee-yah, beh-ka-dzee-yah, ma-ha beh-ka-dzee-yah, la-dza-sah-mo-kyah-doh-heh, so-ha. (Medicine Buddha Heart Mantra)

16. Recite the Buddha's Name: (3 times)

Na-mo san-shi-liu-wan-yi yi-shi-yi-wan jiu-qian-wu-bai tong-ming-tong-hao ah-mi-tuo-fo.

Namo the 36 trillion 119 thousand and 500 Amitabha Buddhas.

17. Dedication

May all who uphold the name of Amitabha Buddha

Be born together in the Pure Land of His Western Paradise.

Repay the Fourfold Generosity from above,

And aid those who suffer in the Three Paths below.

Upon seeing the Buddha,

May I be liberated from the cycle of birth and death,

And may I develop the qualities of Buddhahood,

And thus free all who suffer.

I, _____ (your name), dedicate the merits of this practice to the Root Lineage Guru. May the Root Lineage Guru always be healthy, remains in samsara, never enters nirvana, and forever turning the dharma wheel. May everyone be healthy, free of hindrances, persistent in cultivation, and may all circumstances become auspicious.

May all supplications be completely fulfilled.

May all karmic hindrances be removed. Wun!

(For a detailed description of Dedication, refer to page 165 of *A Complete and Detailed Exposition on the True Buddha Tantric Dharma.*)

18. Recite the Hundred Syllable Mantra: (3 times)

Om, bie-zha, sah-do sa-ma-ya, ma-nu bah-la-ya, bie-zha sah-do deh-nu-pah-deh-cha, zhe-jo mi-bah-wa, soo-do ka-yu mi-bah-wa, soo-poo ka-yu mi-bah-wa, an-nu-la-do mi-bah-wa, sa-er-wa, sid-di, mi-bu-la-ya-cha, sa-er-wa, ka-er-ma, soo-cha-mi, ji-ta-moo, see-li-yam, gu-ru hum, ha-ha-ha-ha-hoh, bah-ga-wan, sa-er-wa, da-ta-ga-ta, bie-zha, ma-mee mun-cha, bie-dzi-ba-wa, ma-ha sa-ma-ya, sah-do-ah, hum, pei.

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: *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 one engaging in this particular sadhana.