



Ushnishavijaya Sadhana



尊勝佛母不共法

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**

Praise Verse:

Wu-shang-tian-mu-qiu-yue-se

San-tou-ba-bi-yuan-miao-shen

Bo-re-hui-ming-li-xiang-shi

Wu-fa-fa-sheng-wo-jing-li

Supreme Heavenly Mother autumn moon in color

A perfect and marvelous body with three heads and eight arms

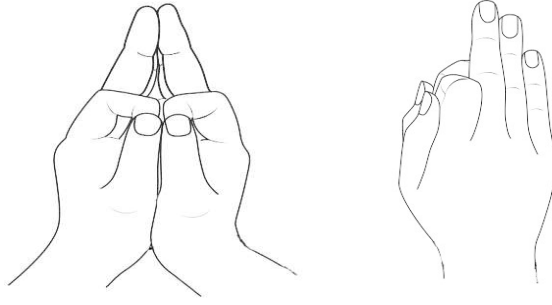
With prajna wisdom-life she gives without attachment

Existence emerging from nonexistence

I pay homage to Ushnishavijaya

Ushnishavijaya Mudra: Put the palms together and form circles by touching the thumbs to the index fingers.

Illustration of mudra:



Seed Syllable: white *Pu-long*

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 blue moon disc rises from the ocean into the sky. Inside the moon disc is the white Sanskrit seed syllable 「ॐ」 "pu-long," emitting white light.
2. The seed syllable inside the moon disc revolves and transforms into a crossed vajra scepter. In the center of the scepter is the seed syllable 「ॐ」. The 「ॐ」 syllable emits light on the practitioner.

Ushnishavijaya appears from the void.

Ushnishavijaya has three faces and eight arms. Each face has three eyes. The white, tranquil and dignified center face is Ushnishavijaya. The golden yellow right face that is smiling and joyful is Avalokitesvara. The blue and wrathful left face is Vajrapani. The body of Ushnishavijaya is like an autumn moon which is clear, bright, white, and flawless. Ushnishavijaya looks like a youthful maiden, sits gracefully upon a moon disc on a lotus, and wears a celestial garment, a garland, a crown, and a necklace of jewels. Dignified and benevolent in appearance, she radiates infinite pure white light.

Ushnishavijaya holds implements in each of her arms as follows:

The first right hand holds a crossed vajra scepter in front of the chest, the second right hand holds an Amitabha sitting atop a lotus seat, the

third right hand holds an arrow, and the fourth right hand forms the Wish-granting Mudra above the right leg. The first left hand forms the Wrathful Mudra and holds a lasso, the second left hand is raised in the Fearless Mudra, the third left hand holds a bow, and the fourth left hand forms the Meditation Mudra with a nectar vase in the palm. Further visualize Acala appearing in the east with his right hand holding a sword, Ragaraja in the south with the right hand holding an iron hook, Rod-holding Vidyaraja in the west with a blue rod in his right hand, and Great-power Vidyaraja in the north with a vajra scepter in his right hand.

All of the left hands of the four blue Vidyarajas form the Wrathful Mudra in front of their hearts. Their hair and eyebrows are flaming while they are fiercely biting with their huge teeth. They wear tiger skin skirts and are adorned with dignified snake necklaces while sitting on a sun disc within blazing prajna flames. They guard and protect Ushnishavijaya on her four sides with their right legs bent and their left legs extended.

3. From the brow point of Ushnishavijaya, a beam of white light shines onto one's brow point. From the throat of Ushnishavijaya, a beam of red light shines onto one's throat. From the heart of Ushnishavijaya, 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. The practitioner instantly transforms into Ushnishavijaya.

11. Recite the Ushnishavijaya Heart Mantra (108 times):

Om ◦ pu-long ◦ so-ha ◦ om ◦ ah-mi-da ◦ ah-yu-la ◦ da-de ◦ so-ha ◦

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 engagingg in this particular sadhana.