

Mahapratisara Bodhisattva Sadhana



Transmitted by His Holiness Living Buddha Lian-sheng, Sheng-yen Lu

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When this sadhana was translated, the official Chinese sadhana was not available. The translation of this sadhana is based on the Grand Master's dharma talk. If you have any questions, please consult with the True Buddha School's (TBS) masters.

Anyone who wishes to practice this sadhana must first receive the appropriate empowerment from Living Buddha Lian-sheng or from authorized TBS's masters.

Begin by praying for the root lineage blessing: First, empty the mind. Next, visualize the Root Guru appearing above your crown and radiating light onto everyone present. Chant the Root Guru Heart Mantra 7 times. Pray to the Root Guru to empower you so that the sadhana 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 the hands, and snap the thumbs and middle fingers.

1. Recite the Purification Mantras and Earth God Mantra

2. Recite the Invocation Mantra: *Om ah hum, so-ha* (3 times)

We sincerely invoke:

Namo Root Guru Living Buddha Lian-sheng,

Namo White Maha Padmakumara,

Namo Lotus Light Unhindered Buddha, (a.k.a Lotus Light Self-Mastery Buddha)

Namo the lineage gurus of True Buddha School,

Namo Mahapratisara Bodhisattva

Herein, each local chapter may invoke the Buddhas, Bodhisattvas and Dharma Protectors enshrined at its altar accordingly. When practicing at home, you may invoke the deities at your shrine.

Namo all Buddhas of the Ten Directions and Three Times,

Namo all Bodhisattvas and Mahasattvas,

Namo Maha Prajna Paramita.

3. Perform the Great Homage with Visualization

4. Perform the Mandala Offering

5. Chant the Fourfold Refuge

6. Perform the Armor Protection

7. Recite the High King Avalokitesvara Sutra

8. Recite the Rebirth Mantra (7 times)

9. Recite the Root Guru (Padmakumara) Heart Mantra

Om Guru, Lian-sheng, Siddhi, Hum (108 times)

10. Mudra and Visualization



Scripture Mudra: Place the right palm facing downward over the left palm facing upward. The two palms resemble a scripture case. Hold this mudra at the level of the navel.

Visualization: First empty the mind.

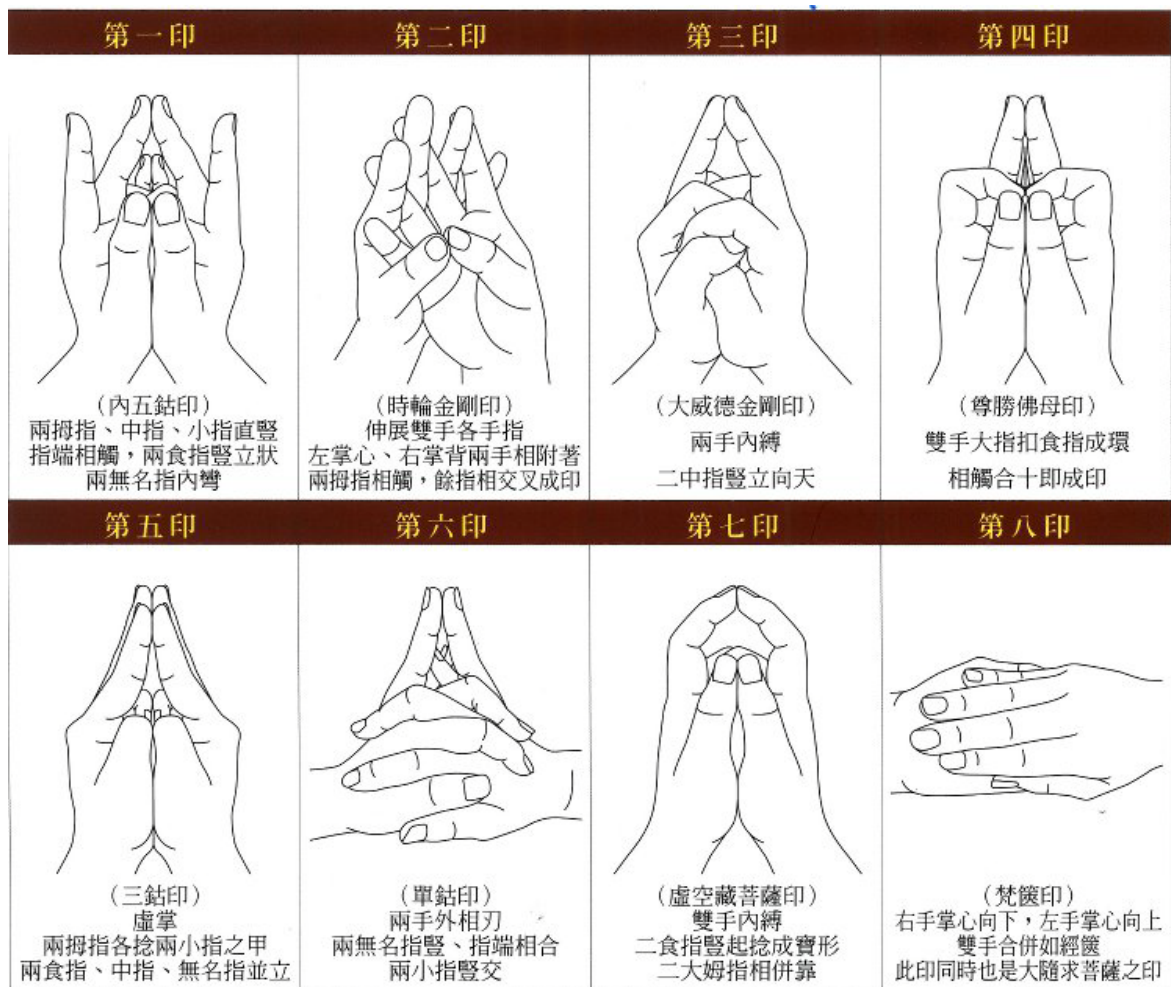
Chant the Emptiness Mantra:

Om, si-ba-wa, su-da, sa-er-wa, da-er-ma, si-ba-wa, su-do, hang (3 times)

1. Visualize a clear sunny sky over an expanse of ocean. A moon disc rises from the ocean into the sky. On the moon disc there is a seed syllable “**པ**” (pra).
2. The “**པ**” “seed syllable on the moon disc revolves and transforms into Mahapratishara Bodhisattva. Mahapratishara is rich yellow in color. She has eight arms. Her uppermost left hand holds a lotus with a flaming golden wheel on top. The subsequent left hands [from top to bottom] hold a stack of palm-leaf scriptures, a dharma banner, and a noose. Her uppermost right hand holds a five-pronged vajra, followed by a trident, a sword, and finally a battle axe.
3. Mahapratishara Bodhisattva emits a beam of white light from her third-eye (brow) chakra to the third-eye chakra of the practitioner. Her throat chakra emits a beam of red light to the throat of the practitioner, and her heart chakra emits a beam of blue light to the heart of the practitioner. The three beams of white, red, and blue lights merge with and dissolve into the practitioner.

11. Eight Mudras of Mahapratishara Bodhisattva

Form the eight mudras to fortify the practice and beseech one's wishes.



(再用大隨求菩薩手印，雙手互摩三次 翻轉及互拍三次，回大隨求菩薩手印，隨衆生所求而給如願)

Top diagram from left to right:

1. Inner Five-pronged Mudra: Extend the thumbs and middle fingers, with the pinky fingers touching each other and standing straight up. The two index fingers also point straight upward and stand apart, while the two ring fingers bend inward.
2. Kalachakra Mudra: Extend the fingers of both hands. Place the right hand (with the palm facing outwards) on the left palm. Connect the two thumbs and interlace the rest of the fingers.
3. Yamantaka Mudra: Clasp both palms together with all fingers interlacing, except for the middle fingers that stand straight up.
4. Vijaya Mudra: Form two rings with the thumbs and index fingers, while the rest of the fingers touch.

Bottom diagram from left to right:

1. Three-pronged Mudra: Curl the thumbs and pinky fingers inwards, while the rest of the fingers stand straight.

2. Single-pronged Mudra: Clasp the fingers of both palms together, with the ring fingers pointing straight up, and cross the pinky fingers.

3. Akasagarbha Mudra: Curl the fingers of both hands inward, with the index fingers forming the shape of a treasure-roof, while both thumbs are touching.

4. Scripture Mudra: Place the right palm facing downward over the left palm facing upward. This is also known as the Mahapratisara Mudra.

- i. While beseeching your wish from the deity, rub the Scripture Mudra three times with both hands and clap both hands.
- ii. Then, invert the mudra [with the left palm on top of the right palm] and clap both hands.
- iii. Invert the mudra again with the right palm on top and clap both hands.

12. Recite the Mahapratisara Mantra

Om ma-ha ger-la-dee sa-long so-ha (108 times)

or

Om ma-ha per-la-dee sa-long so-ha (108 times)

[Guru recited both versions]

13. Enter into Samadhi. Emerge from Samadhi.

14. Recite the Principal Heart Mantras

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

16. Recite the Dedication

17. Recite the Hundred Syllable Mantra (3 times)

18. Perform the Great Homage with Visualization

19. Recite the Completion Mantra:

Om, bu lin (3 times)

Om Mani Padme Hum

Dismissal

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

End of Practice

May all endeavors be auspicious.