

## About Living Buddha Lian-sheng



Living Buddha Lian-sheng, also revered as Grand Master, is the root lineage guru of True Buddha School. His emanation is from Mahavairocana to Locana to Padmakumara. Grand Master holds lineages from the Nyingma, Kagyu, Sakya and Gelug schools of Tibetan Buddhism.

He is a prominent religious figure throughout the world. As of 2006, over 5 million people have taken refuge in his True Buddha School. With over 300 chapters worldwide, the True Buddha School is recognized as a major component in Buddhism today. Living Buddha Lian-sheng has written over 180 books in Chinese on topics such as Tantric Buddhism, Geomancy, Zen Buddhism, and Taoism. Many of these books are now being translated into English and various other languages.

## Disclaimer

Anyone who wishes to engage in any practice in this book must first take refuge in True Buddha School and receive empowerment from Living Buddha Lian-sheng or authorized True Buddha Masters.

In this book, mantras are translated using simple English phonetics. Sutras, verses, and praises are translated using both English and Han Yu pinyin. Students should not assume that the translations can possibly emulate the exact pronunciations of the Root Guru. It is highly recommended that students obtain mantra tapes from local True Buddha temples or chapters, or consult with authorized masters.

This book serves as a guideline for your daily practice. Please refer to Living Buddha Lian-sheng's books or consult with authorized masters for more detailed explanations. If you have further questions, please write to the True Buddha Foundation.

May the compassionate Living Buddha Lian-sheng, Buddhas, Bodhisattvas, and Dharma Protectors bless these translated practices. May the True Buddha Tantric Dharma liberate all beings in the Six Realms of Transmigration.

For more information and other True Buddha material, please visit the following websites:

[www.tbsn.org](http://www.tbsn.org)

[www.padmakumara.org](http://www.padmakumara.org)

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大日如來



# Maha Vairocana Yoga

First empty the mind. Next, visualize the Root Guru appearing above your crown and radiating light on everyone present. Chant the Root Guru Heart Mantra 7 times. Pray to the Root Guru to empower you so that the practice will be auspicious. Visualize your parents, children, relatives, friends, and enemies join you in this practice.

Wake Up Call: Clap twice, then cross hands and snap thumbs and middle fingers.

- 1. Recite the Purification Mantras**
- 2. Recite the Invocation Mantra**
- 3. Great Homage Using Visualization**
- 4. Mandala Offering**
- 5. Fourfold Refuge**
- 6. Armor Protection**
- 7. Recite the High King Avalokitesvara Sutra**
- 8. Recite the Rebirth Mantra (7 times)**
- 9. Recite the Root Guru Heart Mantra (108 times)**
- 10. Mudra and Visualization**

**Mudra (Wisdom Fist Mudra):**



**Wisdom Fist Mudra:** Form a fist with each hand. Raise the index finger of the left hand and grab it with the right fist. Hold the mudra at chest level.

**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)



Sanskrit Vam (Fang) Syllable

(Note: Grand Master's pronunciation is "fang")

- (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 Sanskrit seed syllable "vam," emitting great white light.
- (2) The seed syllable inside the moon disc revolves and transforms into a magnificent precious stupa, which then transforms into Maha Vairocana.
- (3) Maha Vairocana sits in the full-lotus posture on an eight-petal lotus at the center of the moon disc, emitting awe-inspiring golden light. Bearing the marks of perfection, he is adorned with a swan-white celestial garment, a dharma crown, and hair draped with silk ribbons. His body is attributed with mantras of infinite transformative power, and he forms the Wisdom Fist Mudra which emits infinite brilliant light.
- (4) Every beam of the infinite light contains the seed syllable "vam." The infinite light empowers the practitioner and instills the seed syllables into the practitioner's heart, brow point, throat, navel, both hands, and both feet, filling the whole body with the seed nature of Maha Vairocana. Thus, the practitioner's whole body is filled with the seed syllables and infinite brilliant light.
- (5) With a loud bang, the practitioner transforms in a flash into Maha Vairocana.

## 11. Recite the Maha Vairocana Mantra

**Visualization:** Hold mala beads in front of the chest and move each bead with the thumb during chanting. Visualize the left hand transform into a vajra bell and the right hand into a vajra scepter. The mother bead or emblem transforms into the Many-Jewels Buddha's Stupa and the four "divider beads" transform into the Four Deva Kings. The tassel transforms into a "lotus hand" while the string threading through the beads transforms into a circle of inherent white light of Vajrasattva. During mantra chanting, when a bead is moved, visualize Maha Vairocana appear inside the bead and come to the forefront.

**Mantra:** *Om, wa-dzi-la dah-du, fang.* (108 times)  
(**Alternative:** *Om, be-dza dah-du, fang.*) (108 times)

After reciting the mantra, purify the mala beads by circling the mala above burning incense three times. Hold the mala with the Lotus Mudra, and visualize the seed syllable “vam” entering each bead, penetrating the treasury of profound wisdom.

**Mantra:** *Om, wa-dzi-la, yu see yeh, lah-poh, san-mah-deh, hum.*  
(7 times)

## **12. Entering Samadhi**

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

## **13. Emerging from Samadhi**

## **14. Chant the Principal Heart Mantras**

## **15. Recite the Buddha’s Name (3 times)**

## **16. Dedication:**

*May the power of the merits  
transform into Maha Vairocana.  
Buddhas and Bodhisattvas of Ten Directions  
appear simultaneously in the mandala.*

*yuan yi ci gong de,  
zi cheng da ri zun,  
shi fang fo pu sa,  
dun xian da man zhong.*

May all who uphold the name of Amitabha Buddha  
Be born together in the Pure Land of His Western Paradise.  
Repaying the Fourfold Generosity from above,  
And aiding 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 Guru. May the Root Guru always be healthy, remain in Samsara, never enter Nirvana, and forever turn the Dharma Wheel. May everyone be healthy, free of hindrances, strong in cultivation, and may all circumstances become auspicious.

May all supplications be completely fulfilled.  
May all 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*.)

**17. Recite the Hundred Syllable Mantra (3 times)**

**18. Great Homage Using Visualization**

**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.  
Xiu-fa yuan-man, ru-yi ji-xiang.