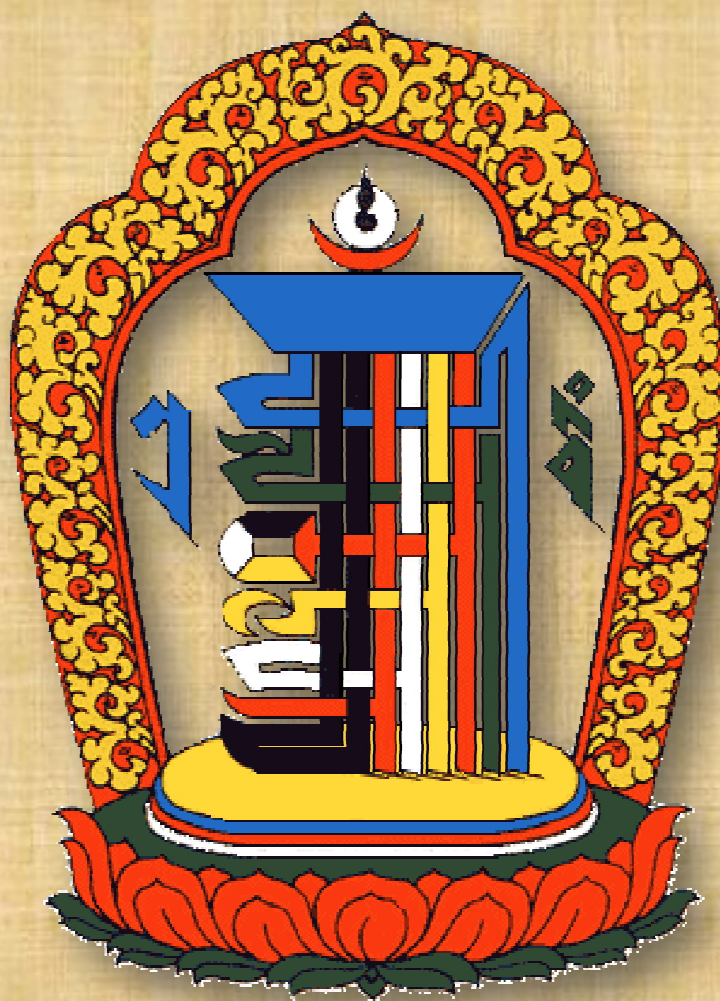


The Uncommon Practice of Kalachakra

時輪金剛不共法

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



True Buddha Practice Book | www.Padmakumara.org

ACKNOWLEDGEMENTS

The Practice Translation Team of the Padmakumara Forum would like to gratefully acknowledge the following individuals for contributing to the production of "*The Uncommon Practice of Kalachakra*" e-book.

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Researcher and Editor: Imelda Tan

E-book Director and Producer: Imelda Tan

The Practice Translation Team of the Padmakumara Forum is most grateful to Grand Master Lu for transmitting such precious Dharma. May Grand Master Lu always be healthy and continue to teach and liberate beings in Samsara. May all sentient beings quickly attain *Buddhahood. Om Guru Lian-Sheng Siddhi Hum.*

Exhaustive research was undertaken to ensure the content in this e-book is accurate, current and comprehensive at publication time. However, due to differing individual interpreting skills and language differences among translators and editors, we cannot be responsible for any minor wording discrepancies or inaccuracies. In addition, we cannot be responsible for any damage or loss which may result from the use of the information in this e-book.

The information given in this e-book is not intended to act as a substitute for the actual lineage and transmission empowerments from H.H. Living Buddha Lian-sheng, Sheng-yen Lu or any authorized True Buddha Master. For further information, please *see page 5*.

If you wish to contact the author or would like more information about the True Buddha School, please write to the author in care of True Buddha Tantric Quarter. The author appreciates hearing from you and learning of your enjoyment of this e-book and how it has helped you. We cannot guarantee that every letter written to the author can be answered, but all will be forwarded.

Please write to:

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Transmitted by H.H. Living Buddha Lian-sheng, Sheng-yen Lu.
Compiled by the Padmakumara Forum Practice Translation Team

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Honor the Guru. Treasure the Dharma. Practice Diligently.



CONTENTS

Upon Reading This E-Book	5
About Living Buddha Lian-sheng, Sheng-yen Lu	6
About The True Buddha School	7
About The True Buddha School Net (TBSN)	7
About The Padmakumara Website	8
About The True Buddha Translation Team	8
Kalachakra Sadhanas	9
The Uncommon Practice of Kalachakra Sadhana 時輪金剛不共法儀軌	11
The Kalachakra Shield Practice Sadhana 時輪金剛盾牌法儀軌	15
Images of Kalachakra	19
Kalachakra Mandala	21
Kalachakra Mantra Wheel	22
Kalachakra Visualization Aid	23
Kalachakra Thangka	25
The Shambala Pureland	26
Kalachakra Ten Syllable Mantra	27
Kalachakra Implements	28
How To Take Refuge in Living Buddha Lian-sheng, Sheng-yen Lu	31
Living Buddha Lian-sheng, Sheng-yen Lu's English Books	32
TBS English Practice E-books	35
Dedication of Merits	37



Upon Reading This E-Book

Any True Buddha student who has taken refuge and has received the *Uncommon Practice of Kalachakra* empowerment from Living Buddha Lian-sheng, Sheng-yen Lu or any authorized True Buddha Master may engage in this practice. If one does not have the lineage empowerment, one should not, under any circumstances, attempt this practice. Under the blessing of the empowerment, students can quickly attain yogic responses with the Deity. Without it, the practice will be futile and one's act would be considered an act of stealing the Dharma.

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

This e-book serves as a guideline for the *Uncommon Practice of Kalachakra*. Please refer to Living Buddha Lian-sheng, Sheng-yen Lu's books or consult with authorized True Buddha Masters for more detailed explanations. If you have any further questions, please write to the True Buddha Foundation.

May the compassionate Living Buddha Lian-sheng, Sheng-yen Lu, 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 School related materials, please visit the following websites:

www.tbsn.org
www.padmakumara.org



About Living Buddha Lian-sheng, Sheng-yen Lu



*H*is Holiness Living Buddha Lian-sheng, Sheng-yen Lu, also revered as Grand Master Lu, is the root lineage guru of the True Buddha School. His emanation is from Mahavairocana to Locana to Padmakumara. Grand Master Lu holds lineage transmission from the Nyingma, Kagyu, Sakya, and Gelug schools of Tibetan Buddhism. He is acknowledged as being the Nirmanakaya embodiment of Maha White Padmakumara, a realized being who has descended into this realm out of loving kindness in order to relieve suffering by spreading the Buddhadharma.

Grand Master Lu established a Buddhist lineage known as the True Buddha School, in which he teaches a potent, life-transforming mixture of Taoist, Sutrayana and Tantrayana practices. His Dharma teachings empower his disciples to transform their life issues into positivity on the path towards Enlightenment. He proclaimed openly that he is willing to risk his life, even if he had to subject himself to pulverization, in order to lead sentient beings to liberation -- that is his *True Vow* to liberate sentient beings.

Grand Master Lu is a prolific writer, having written over 200 books on such varied topics as Tantric Buddhism, Geomancy, Zen Buddhism, and Taoism. Many of his books are currently being translated into English and various other languages. These books record his authentic experiences, from his initial initiation to Taoism to Buddhism, his detailed path of spiritual cultivation, as well as the manifestation of his transcendental power, wisdom, and self-mastery. As well, His Holiness has ripened the mindstreams of countless sentient beings and has brought them to fruition through the profound skillful means of karmic supercedence, miraculous transformation, and divine consultation. Many men and women have been recognized and authenticated by Grandmaster Lu as great Bodhisattvas and have received the Archarya (Buddhist Master) empowerment by His Holiness. The successful propagation of the True Buddha Tantric Dharma leading many sentient beings to Enlightenment illustrates its true efficacy.

Today, he is a prominent religious figure throughout the world. As of 2008, 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.



About The True Buddha School

The True Buddha School, founded by Living Buddha Lian-sheng, Sheng-yen Lu, is a school for spiritual cultivation. The name reflects the founder's mission to offer authentic lineage transmission and practice of the Tantric Dharma which can *truly* lead one to Buddhahood. All students who have taken refuge with the True Buddha School must practice the True Buddha Tantric Dharma. The True Buddha Tantric Dharma is a Mahayana practice which, by directly visualizing oneself and Buddha as "One" and, through the cultivation of the purification of body, mind, and speech, can enable an ordinary, worldly person to directly arrive at the realm of Buddhahood.

The True Buddha School differs from other esoteric traditions in that it teaches a unique Yoga Practice called, the *Padmakumara (Lotus Bodhisattva) Vajra Yoga*, which enables the practitioner to arrive at the root guru's "siddhi" of the Maha Twin Lotus Ponds, an inconceivable Buddha Pure Land manifested by the Buddha Locana.



About The True Buddha School Net (TBSN)

The True Buddha School Net is the official website of the True Buddha School. It is available in English and Chinese. Since 1995, TBSN's worldwide popularity and viewer demands have continued to increase, requiring more than 10 servers to maintain its website. Visit <http://www.tbsn.org/> to learn more about the True Buddha School and to access our newsletters, articles, upcoming local chapter ceremonial events, as well as Living Buddha Lian-sheng, Sheng-yen Lu's books and Dharma talks.



About The Padmakumara Website

The Padmakumara website is a free membership Buddhist discussion group that is independently funded and established by Alice Yang, a devout student of Grand Master Lu, since 2001. It specifically caters to non-Chinese speakers' learning needs by publishing insightful, educational and comprehensive translations of True Buddha School related content. Visit <http://www.padmakumara.org/> to access the True Buddha School's latest news, books, yoga practice texts, Dharma talks, sutras, audio recordings of mantras, articles and Buddhist study discussions in English, French, Indonesian, and Spanish languages.



About The True Buddha Translation Team

The True Buddha Translation Team is a non-profit organization formed solely by volunteers belonging to True Buddha School.

Their mission is to translate and publish books, dharma talks, and other Buddhist literature delivered by Grand Master Sheng-yen Lu, so as to help propagate his teachings to all sentient beings. Visit <http://tbs-translation-teams.org/> to join and become a volunteer today.



Kalachakra Sadhanas

True Buddha Practice Text

The Uncommon Practice of Kalachakra Sadhana

The Kalachakra Shield Practice Sadhana



The Uncommon Practice of Kalachakra Sadhana 時輪金剛不共法儀軌

by H.H. Living Buddha Lian-sheng, Sheng-yen Lu
translated by Alice Yang and Imelda Tan

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 Heart Mantra (7 times)
9. Visualize oneself merge into one with the Root Guru while reciting the Root Guru Heart Mantra (108 times).

10. Recite the Bodhicitta Vow

We sincerely pray:

May the extraordinary Kalachakra manifest the endeavors of emptiness and the Great Bliss of Ten Directions and Three Times.

May the extraordinary Kalachakra entice the sentient beings to enter the Buddha realm of Shambala.

<i>di zi zhong deng qi qing xi you de shi lun</i>	弟子眾等祈請稀有的時輪金剛，
<i>jin gang</i>	藉著十方三世的大樂及空性的舞蹈，
<i>ji a shi fang san shi de da le ji kong xing</i>	示現慈悲喜捨的諸事業，
<i>de wu dao</i>	攝召眾生，進入香巴拉的佛土。
<i>shi xian ci bei xi she de zhu shi ye</i>	
<i>shey zhao zhong sheng</i>	
<i>jin ru xiang ba la de fo tu</i>	

11. Mudra and Visualization



Kalachakra Mudra 時輪金剛手印

Visualization:

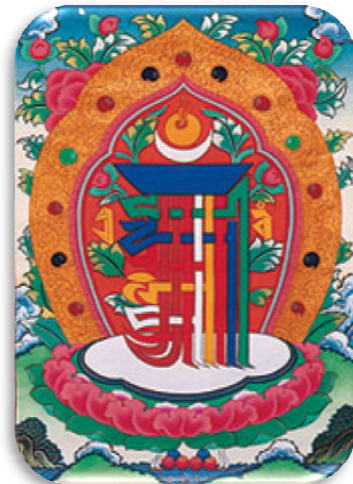
First empty the mind. Chant the Emptiness Mantra:

Om, si-ba-wa, su-da, sa-er-wa, da-er-ma, si-ba-wa, su-do-hang.

- a. Visualize in the empty space the seed syllable “*hum*” appearing above the *Wheel of Time*. The seed syllable manifests the 5 elements (earth, water, fire, wind, and emptiness). Above the 5 elements lies Mount Sumeru. At the center of Mount Sumeru resides the Twenty-Eight Heavens. Visualize a big blue-colored lotus flower appearing at the summit of the Twenty-Eight Heavens. In the center of the lotus, visualize a sun-and-moon disc with a seed syllable “*hum*” at its center. The “*hum*” syllable engenders into Kalachakra. Kalachakra stands on top of the disc with both feet stepping over Mahesvara and his consort. (See page 23 for the visualization aid.)



- b. Visualize Kalachakra is standing in an upright position. He has four faces, twenty-four arms and two legs. Each face has three eyes. His faces are differentiated by colors: the blue-black-colored face at the front, the red-colored face to the right, the white-colored face to the left, and the yellow-colored face at the rear. Each arm holds a different dharma implement.
- c. Kalachakra is crowned with a vajra scepter, or a dorje, dressed in a tiger-skin skirt, and adorned by various precious jewels and gemstones.
- d. Visualize the “*om*” seed syllable appearing between Kalachakra brow points, the “*ah*” seed syllable on the throat chakra, and the “*hum*” seed



Ten Syllable Mantra
(Wheel of Time)

時輪咒

syllable on the heart chakra. Following, visualize the “*ten syllable mantra*” appearing from Kalachakra’s heart chakra and shining yellow light.

- e. Visualize Kalachakra emitting four colored lights (white, red, blue and yellow) upon all sentient beings to eradicate negative karmas, subjugate calamities, accumulate merits and wisdom, and deliver spirits to the Buddha realm of Shambala.

12. Recite the Kalachakra Mantra:

*Om, ha ka-ma-la wa-la-ya so-ha*¹ (108 times)

13. Enter into Kalachakra Samadhi

Visualization of Entering of the Deity into Oneself:

- (1) Visualize Kalachakra sitting on top of one’s crown opening.
- (2) Inside one’s body, the lotus at the heart chakra opens up. On the lotus is a moon disc. In the moon disc is the “*hum*” seed syllable of Kalachakra. Visualize this seed syllable emitting white light.
- (3) Visualize Kalachakra (atop one’s crown) transform into a pearl 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 on the heart chakra lotus.
- (4) Kalachakra (sitting on the heart chakra lotus) gradually enlarges until becoming exactly the same size as one. Visualize oneself as Kalachakra. There is no difference between the two.



¹ Please obtain audio recordings of the mantras for exact pronunciation from local True Buddha temples or chapters, consult with authorized True Buddha Masters, or download online at www.padmakumara.org.

14. Emerging from Samadhi and Dedication

Recite the following verses of dedication:

Kalachakra of the highest yoga Tantra.
He is fulfilling, immutable and
magnificent.

I vow to practice by his virtues and strictly
adhere to all precepts.

*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.*

15. Chant the Principal Heart Mantras

16. Recite the Buddha's name

17. Dedication²:

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!

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

19. Great Homage Using Visualization

20. Recite the Completion Mantra

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.

² For a detailed description of dedication, refer to page 165 of *A Complete and Detailed Exposition on the True Buddha Tantric Dharma*.



The Kalachakra Shield Practice Sadhana 時輪金剛盾牌法儀軌

by H.H. Living Buddha Lian-sheng, Sheng-yen Lu³
translated by Alice Yang and Imelda Tan

I, Sheng-yen Lu, shall transmit the teaching of the *Kalachakra Shield Practice* in 2008 and write out its sadhana in book #202 as follows

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. Sincerely invoke Root Guru, Kalachakra and all of the Buddhas and Bodhisattvas residing in the shrine.
3. Great Homage Using Visualization
4. Mandala Offering
5. Fourfold Refuge
6. Armor Protection
7. Recite the Rebirth Mantra (7 or 21 times)
Recite the High King Avalokitesvara Sutra

8. Recite the Bodhicitta Vow

I sincerely pray:

May the extraordinary Kalachakra manifest the endeavors of emptiness and the Great Bliss of Ten Directions and Three Times.

May the extraordinary Kalachakra entice the sentient beings to enter the Buddha realm of Shambala.

*wo qi qing xi you de shi lun jin gang
ji a shi fang san shi de da le ji kong xing
de wu dao
shi xian ci bei xi she de zhu shi ye
shey zhao zhong sheng
jin ru xiang ba la de fo tu*

我祈請稀有的時輪金剛，
藉著十方三世的大樂及空性的舞蹈，
示現慈悲喜捨的諸事業，
攝召衆生，進入香巴拉的佛土。

³ Translated from pages 204 – 207 of book #202 titled, *Sighting from Thousand Miles Away* 「千里之外的看見」, published in July 2008.

9. Form the Kalachakra Mudra



Kalachakra Mudra 時輪金剛手印

10. Visualization:

a. Visualization of Emptiness

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.



Hum

Visualize in the empty space the seed syllable “hum” appearing above the *Wheel of Time*. The seed syllable manifests the 5 elements (earth, water, fire, wind, and emptiness). Above the 5 elements lies Mount Sumeru. At the center of Mount Sumeru resides the Twenty-Eight Heavens. Visualize a big blue-colored lotus flower appearing at the summit of the Twenty-Eight Heavens. In the center of the lotus, visualize a sun-and-moon disc with a seed syllable “hum” at its center. The “hum” syllable engenders into Kalachakra.

b. Visualization of Kalachakra Image

Visualize Kalachakra is standing in an upright position. He has four faces, twenty-four arms and two legs. Each face has three eyes. His faces are differentiated by colors: the blue-black-colored face at the front, the red-colored face to the right, the white-colored face to the left, and the yellow-colored face at the rear. Each arm holds a different dharma implement. Kalachakra is crowned with a vajra scepter, or a dorje, dressed in a tiger-skin skirt, and adorned by various precious jewels



**Ten Syllable Mantra
(Wheel of Time)**

時輪咒

and gemstones. Both his feet are stepping over Mahesvara and his consort. His demeanor appears wrathful and regal. (See page 23 for the visualization aid.)

- c. Visualize the “om” seed syllable appearing between Kalachakra brow points, the “ah” seed syllable on the throat chakra, and the “hum” seed syllable on the heart chakra. The “om”, “ah”, and “hum” syllables shine brilliant light at one’s mind (*the brow-point chakra –om*), speech (*the throat chakra –ah*) and body areas (*the heart chakra –hum*). With a snap of one’s fingers, the practitioner instantly becomes one with Kalachakra.
- d. Using the mala beads, recite the Kalachakra Mantra to fortify one’s faith in Kalachakra:

Om, ha ka-ma-la wa-la-ya so-ha (108 times)

11. Kalachakra Shield

While holding the Kalachakra shield implement with one’s left hand, one visualizes the Kalachakra’s left hand wielding a shield above his head. The shield rises up, spins in the air and transforms into a vajra canopy. The vajra canopy⁴ radiates multiple beams of light upon the practitioner (who is one with Kalachakra), the Twenty-Eight Heavens, the earth, water, fire, and wind elements and the Mount Sumeru.

The vajra canopy shields the individual practitioner. (It serves as a protection against harm or danger to the individual.)

The vajra canopy shields the practitioner’s residence. (It serves as a protection against harm or danger to the practitioner’s residence.)

The vajra canopy shields the practitioner’s country of residence. (It serves as a protection against harm or danger to the practitioner’s country of residence.)

The vajra canopy shields the Universe. (It serves as a protection against harm or danger to all sentient beings in the human realm.)

⁴On May 3, 2008 at the National College of Physical Education and Sports in Taipei, Taiwan, Master Sheng-yen Lu describes that as one visualizes the vajra canopy (金剛帳), one should imagine oneself is surrounded by multiple beams of light. Following, visualize oneself as wearing a golden helmet and a metallic cloak. The armor protects oneself against curses casted by others and repels evil spirits. For further specifics, please refer to the original Chinese transcript available online at <http://www.wtbn.org/690/p690-02-01.shtm>.

12. Recite the Kalachakra Deflection Mantra:

Ha-so, ya-la-wa la-ma-ka ha, om⁵ (108 times)

(The Kalachakra Deflection Mantra is the reversed recitation of Kalachakra Mantra. It powerfully deflects any malicious spell back at the spell-caster who will then suffer its own evil effects. Hence, it hinders others from casting curses against the practitioner. The vajra shield, or the vajra canopy, protects the practitioner from other people's harm.)

13. Enter into Kalachakra Samadhi

During Samadhi, visualize oneself merges into one with Kalachakra.

(Merge one's consciousness into emptiness until two has completely attained the state of One Taste, which is the union of Kalachakra and practitioner.)

14. Emerging from Samadhi

Recite the following verses of dedication:

The Kalachakra Shield Practice,
With its multiple beams of protective light,
Shall shield me from harm against malicious people
And deflect curses casted by them.

15. Dedication:

May [Kalachakra] confer auspiciousness by day and night in a six-hour cycle
and every minute.

May all [lineage] gurus continuously bestow their blessings [upon one.]

May the Triple Jewel compassionately accept and receive one's offerings.

May the Dharma Protectors constantly [guide and] protect one [against harm.]

And may the Triple Jewel and all sentient beings abide in the state of
auspiciousness.

16. Great Homage Using Visualization

17. Recite the Completion Mantra

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.

To learn more about the usage of the Kalachakra Shield Practice, please refer to book #202 titled, Sighting from Thousand Miles Away 「千里之外的看見」, published in July 2008.

⁵ Please obtain audio recordings of the mantras for exact pronunciation from local True Buddha temples or chapters, consult with authorized True Buddha Masters, or download online at www.padmakumara.org.



Images of Kalachakra

Compiled by Imelda Tan

Kalachakra Mandala

Kalachakra Mantra Wheel

Kalachakra Visualization Aid

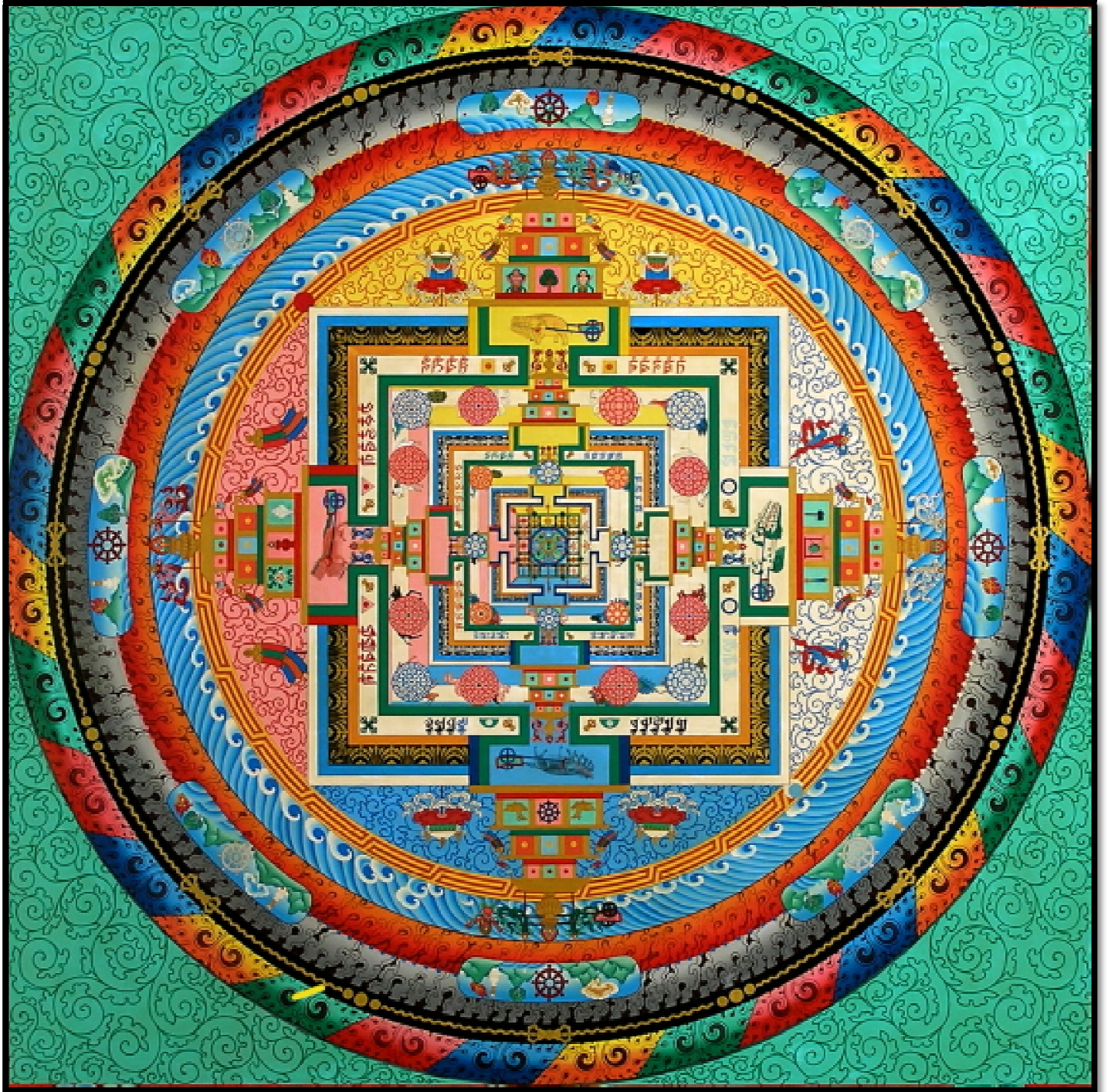
Kalachakra Thangka

The Shambala Pureland

Kalachakra Ten Syllable Mantra

Kalachakra Implements

Kalachakra Shrine Set Up



Kalachakra Mandala

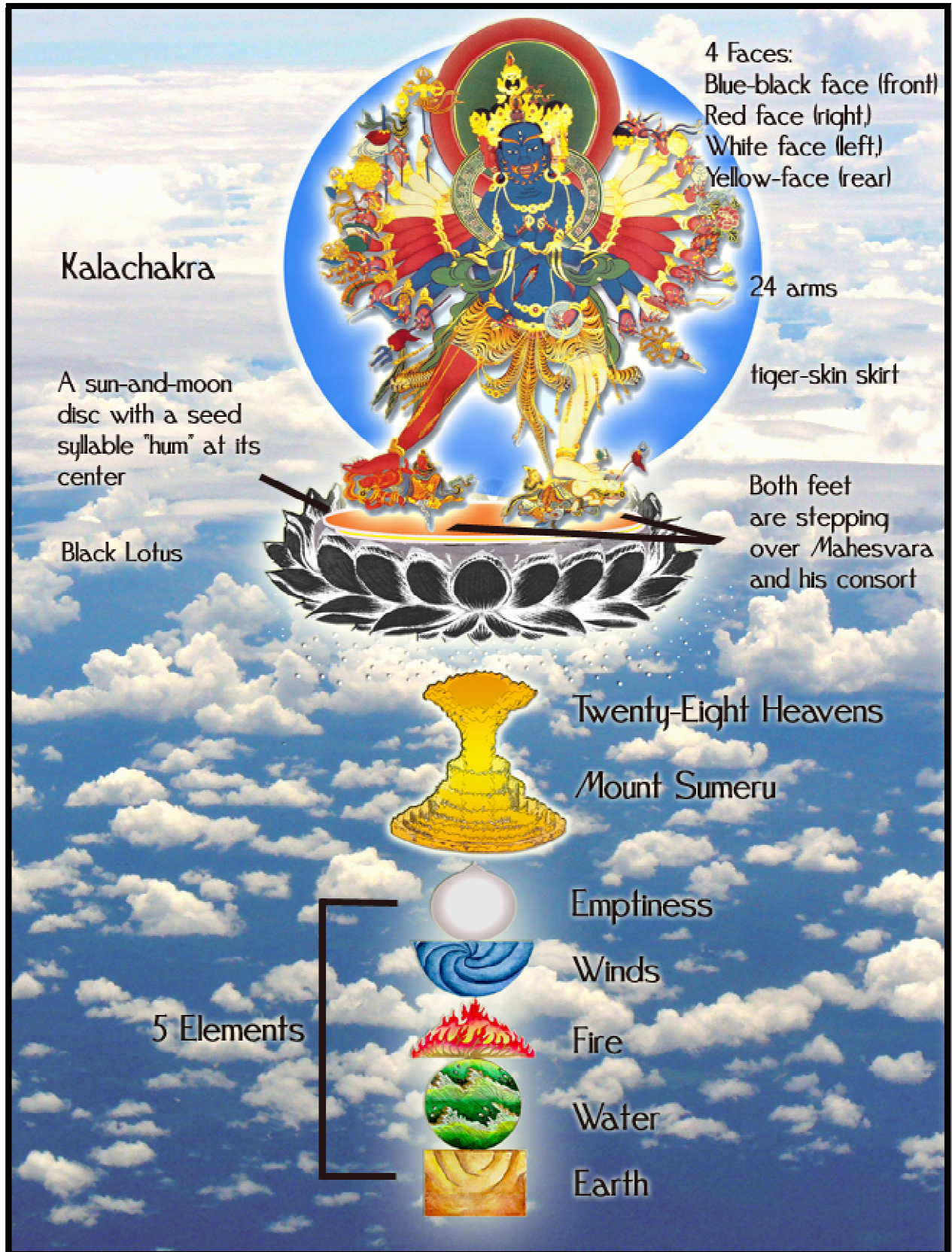


Kalachakra Mantra Wheel

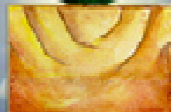
Courtesy of www.yamantaka999.org

Kalachakra Tibetan Syllable Seed Hum

Kalachakra Mantra: om • ha • ka • ma • la • wa • la • ya • so • ha



Kalachakra Visualization Aid







The Shambala Pureland 香巴拉的佛土



Kalachakra Ten Syllable Mantra

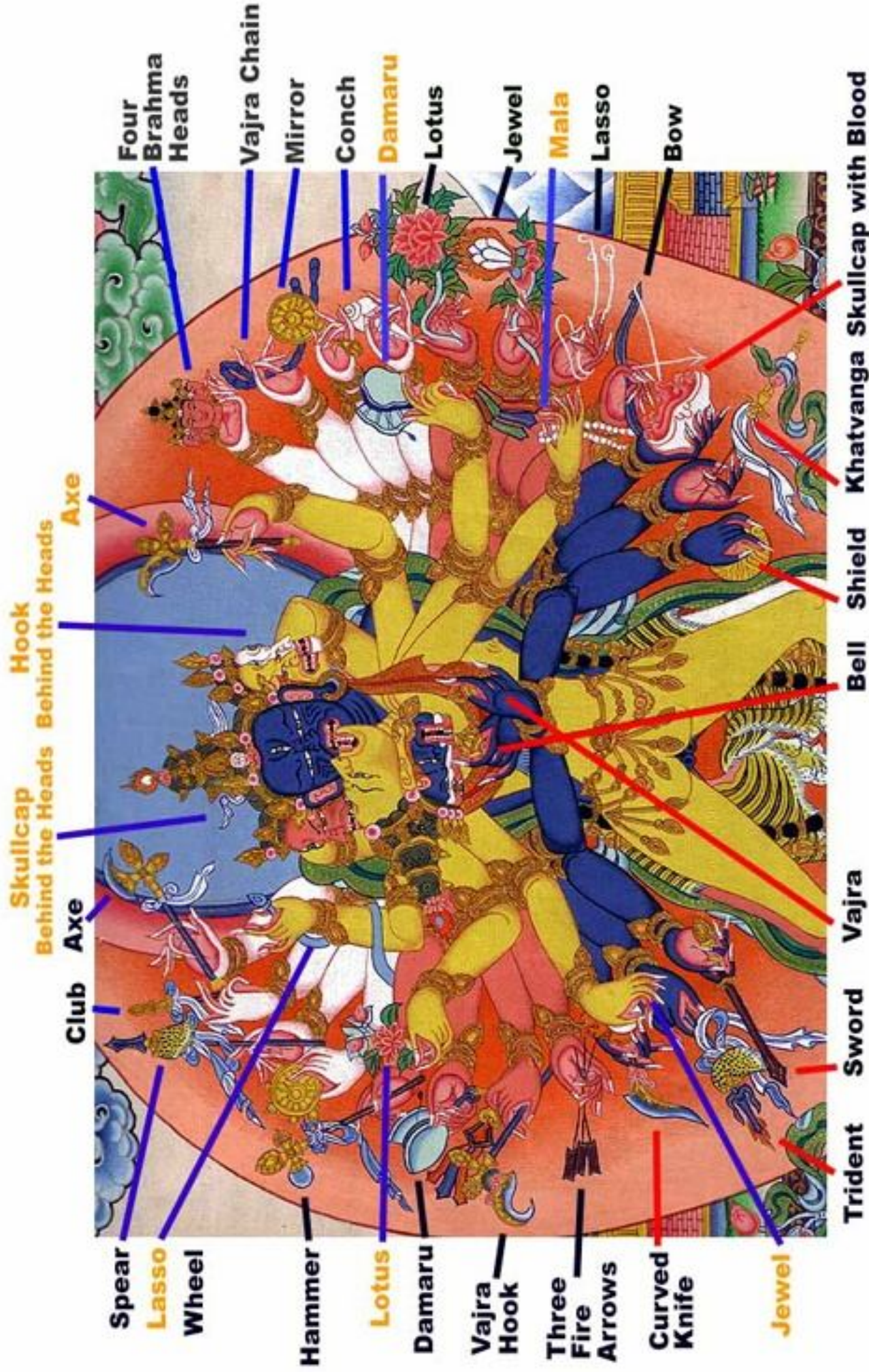
Wheel of Time / The Tenfold Powerful One 時輪咒
courtesy of www.yamantaka999.org

To learn about the Kalachakra symbolism, please visit these websites:

<http://members.fortunecity.com/kalachakra1/10-fold.html>

<http://www.kalacakra.org/kalaskt.htm>

http://kalachakranet.org/kalachakra_tantra_10-fold_powerful.html



24 Implements of Kalachakra in Black

8 Implements of Vishvamata in Saffron



The Kalachakra Vajrakila Shrine Arrangement with the Offerings
「時輪金剛橛」壇城



The Kalachakra Shield Shrine Arrangement with the Offerings
「時輪金剛盾牌」壇城

Kalachakra Shrine Set Up

Courtesy of Daden Cultural Co., Ltd 大燈文化 <http://www.e-daden.com>



Kalachakra Vajrakila
時輪金剛極



Kalachakra Shield
時輪金剛盾牌



5 colored vajra sand
五種顏色的金剛沙



How To Take Refuge in Living Buddha Lian-sheng, Sheng-yen Lu

There are two ways of taking refuge in Living Buddha Lian-sheng, Sheng-yen Lu:

1. In writing

At 7:00 a.m. (your local time) of either the first or fifteenth of a lunar month⁶, face the direction of the rising sun. With palms joined, reverently, you recite the Fourfold Refuge Mantra⁷ three times: “*Namo Guru bei, Namu Buddha ye, Namu Dharma ye, Namu Sangha ye*” and prostrate three times.

Send a letter to the True Buddha Tantric Quarter to request a refuge empowerment. State your name, address, age, and enclose a voluntary offering⁸. Upon receiving your letter, the True Buddha Foundation will send a certificate, a picture of Living Buddha Lian-sheng, Sheng-yen Lu, and a note stating the level of practice you should start with. The address of the True Buddha Tantric Quarter is:

True Buddha Tantric Quarter
17102 NE 40th Ct.,
Redmond, WA 98052 USA

2. In person

You may receive refuge empowerment personally from Living Buddha Lian-sheng, Sheng-yen Lu by making an appointment to visit the True Buddha Tantric Quarter in Redmond, Washington, USA. Alternatively, you may obtain refuge empowerment personally from any authorized True Buddha Master by visiting a True Buddha temple or local chapter⁹, or by attending a True Buddha ceremony.

⁶ To find out the dates of the first or fifteenth of a lunar month, please refer to the Western-Chinese calendar converter at <http://www.mandarintools.com/calendar.html>.

⁷ In Vajrayana, the Fourfold Mantra is as follows: “*Namo Guru bei*” means I invoke the Guru who is the embodiment of all refuges. “*Namu Buddha ye*” means I invoke the Enlightened One who is the source of refuge. “*Namo Dharma ye*” means I invoke the Teaching (Practice or Way) which is the actual refuge. “*Namo Sangha ye*” means I invoke the community which is the support of refuge.

⁸ If you wish to practice a particular True Buddha Tantric Practice but have not received its empowerment, you may request for a remote empowerment as instructed above. Most Tantric Practices, except for the Dharma Protector Yoga Practices, can be obtained remotely. For any Dharma Protector Yoga Practice, you must personally receive its empowerment from the Root Guru.

⁹ To locate your nearest True Buddha temple or local chapter, please refer to the True Buddha School Net’s address directory at <http://www.tbsn.org>.



Living Buddha Lian-sheng, Sheng-yen Lu's English Books

If you enjoyed this book, and are interested in more of Living Buddha Lian-sheng, Sheng-yen Lu's work, a whole catalog of his work is posted on the Net!

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Alternatively, you are invited to visit your nearest local chapter to obtain True Buddha School complimentary books and/or borrow items, including Living Buddha Lian-sheng, Sheng-yen Lu's Dharma talks and teachings recorded in the format of cds, dvds, audio cassettes, or VHS video cassettes. Find your nearest local temple or chapter at

<http://www.tbsn.org/>

Living This Moment in Purity

*By Grand Master Sheng-yen Lu
Translated by Janny Chow*



Nowadays, people are becoming greedier because of their insatiable lust for desires. Few would remain to live simply with scant desires. This book will be of great benefit to humans who wish to be spiritually awakened by self disciplining their lust. It consists of 13 fascinating true stories detailing the karmic consequences of sexual misconduct. It also explains how Vajrayana Buddhism practice "chi" as an antidote to suppress ones sexual lust.

An Overview of the Buddhadharma

*By Grand Master Sheng-yen Lu
Translated by Janny Chow*



Having penetrated the depth of the Buddhadharma, Grand Master Lu extracts the essences of the vast Buddhadharma and presents them to his readers in a very systematic and logical manner.



The Inner World of the Lake

*By Grand Master Sheng-yen Lu
Translated by Janny Chow*

In this book, the enlightened Buddhist Master, Grand Master Lu, describes how the Lake Sammamish in the State of Washington is transformed into the Lake of Self Nature (Buddha Nature) in his eyes in the summer of 1985. Readers can glimpse into mind of this enlightened master and share his joys and insights in the cultivation of the Buddhadharm.



The Mystical Experiences of the True Buddha Disciples

*By Grand Master Sheng-yen Lu
Translated by Siong Ho*

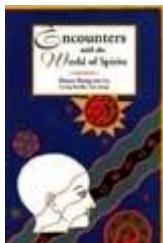
Miracles in this book include the curing of terminal and karmic illnesses, accurate spiritual predictions, warning of imminent disasters, and lottery winnings. The authentic cases recorded in this book represent some of the numerous cases of mystical experiences witnessed by Master Lu's students.



A Complete and Detailed Exposition on the True Buddha Tantric Dharma

*By Grand Master Sheng-yen Lu
Translated by Janny Chow*

Showing the various visualizations, and mantras, hand gestures, and breathing techniques necessary for a highly effective practice, Grand Master Lu enables the practitioner to quickly progress towards Buddhahood. The reader can learn the methods of deity invocations, paying homage to the deities, guarding against negative forces, merging consciousness with one's Personal Deity, and entering into samadhi.



Encounters with the World of Spirits

*By Grand Master Sheng-yen Lu
Translated by Janny Chow*

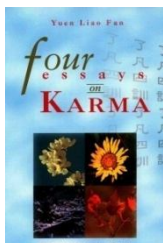
Grand Master Lu reveals his early spiritual contacts from the spirit realm including his spirit teacher, the spirits who contacted him for his aid, the spirits that he subjugated, and other supernatural phenomenal that happened during his feng-shui consultations.



Dharma Talks by a Living Buddha

*By Grand Master Sheng-yen Lu
Translated by Janny Chow*

Learn the methods of how to attain abundance. Vajrayana practice for wealth include the dragon king practice, the benefits of attending the fire ceremony, and the meaning of deliverance.



Four Essays on Karma

*By Grand Master Sheng-yen Lu
Translated by Evelyn Li and KC Ng*

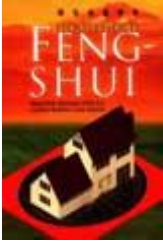
This book follows the lives of several individuals faced with difficult circumstances and tells how they were able to avert their crisis and live successful lives by understanding the concept of karma. The techniques mentioned in the book for transmuted karma are simple for anyone to apply to achieve a better life.



New Revelations from the Buddha King

*By Grand Master Sheng-yen Lu
Translated by Janny Chow*

The Living Buddha Lian-sheng reveals the true identities of the White Maha Padmakumara and the Living Buddha's invisible teacher, Mr. Three-Peaks-Nine-States. The Buddha King in the title refers to Amitabha



Household Feng Shui

*By Grand Master Sheng-yen Lu
Translated by Janny Chow*

Unlike any other feng-shui books on the market today, Living Buddha Lian-sheng, Sheng-yen Lu reveals the insights to the "worldly Dharma" to help one to secure success in the mundane world.



The Annotated True Buddha Sutra

*By Grand Master Sheng-yen Lu
Translated by Janny Chow*

The True Buddha Sutra is short for The Sutra of Authentic Dharma that Removes Hindrances and Bestows Good Fortune. This sutra contains the authentic Buddhadharma and holds the key to eradicating one's disasters and receiving good fortune. This is tantamount to transforming one's fate. Additionally, this sutra can help one attain rebirth to the Maha Twin Lotus Ponds, the highest realm within Amitabha's Pure Land.



TBS English Practice E-books

Available at www.padmakumara.org under the "Practice" category

E-Book	Courtesy of	Date
Vajrasattva and Eight Personal Deity Practices 真佛宗金剛心菩薩及八大本尊法本	Janny Chow, Luljeta Subasic, and Alice Yang	2006
Root Guru (Padmakumara) Yoga Practice 蓮花童子相應法	Janny Chow, Luljeta Subasic, and Alice Yang	2006
Avalokitesvara Bodhisattva Personal Deity Yoga Practice 觀世音菩薩相應法	Janny Chow, Luljeta Subasic, and Alice Yang	2006
Vajrasattva Personal Deity Yoga Practice 金剛心菩薩相應法	Janny Chow, Luljeta Subasic, and Alice Yang	2006
Padmasambhava Personal Deity Yoga Practice 蓮華生大士相應法	Janny Chow, Luljeta Subasic, and Alice Yang	2006
Lapis Lazuli Light Medicine Buddha Personal Deity Yoga Practice 藥師佛相應法	Janny Chow, Luljeta Subasic, and Alice Yang	2006
Maha Cundi Bodhisattva Personal Deity Practice 準提佛母相應法	Janny Chow, Luljeta Subasic, and Alice Yang	2006
Amitabha Buddha Personal Deity Yoga Practice 阿彌陀佛相應法	Janny Chow, Luljeta Subasic, and Alice Yang	2006
Yellow Jambhala Personal Deity Yoga Practice 黃財神相應法	Janny Chow, Luljeta Subasic, and Alice Yang	2006
Ksitigarbha Bodhisattva Personal Deity Practice 地藏王菩薩相應法	Janny Chow, Luljeta Subasic, and Alice Yang	2006
Smoke Offering Practice 煙供法	Janny Chow, Alice Yang, Imelda Tan and Lian-hua Zhi-wei	2008
Golden Mother Seven Longevity Health Practices * 瑤池金母七大法	Imelda Tan	2008
The Golden Mother Instant Wealth Dharma Practice 瑤池金母馬上有錢法	Padmakumara Forum Practice Translation Team	2008
The Dragon King Treasure Vase Practice ^ 龍王寶瓶法	Padmakumara Forum Practice Translation Team	2008
The Collection of Thousand-Armed Thousand-Eyed Kuan Yin Bodhisattva Practices ^ 千手千眼觀音菩薩法	Padmakumara Forum Practice Translation Team	2008
Kuan Yin (Avalokitesvara) Body Shrine Protection Practice That Averts Disasters ^ 觀音身壇城避災法	Padmakumara Forum Practice Translation Team	2008
Thousand-Armed Thousand-Eyed Kuan Yin Bodhisattva Personal Deity Yoga Practice * 千手千眼觀音本尊相應法儀軌	Imelda Tan	2008
The Great Compassion Dharani Water Sadhana 大悲咒水的作法	Padmakumara Forum Practice Translation Team	2008
The Tantric Practice of Kurukulla Yoga ^ 密宗咕嚕咕咧佛母法	Padmakumara Forum Practice Translation Team	2008

The Uncommon Practice of the Great White Parasol (Sitapatre) [▲] 大白傘蓋佛母不共法	Padmakumara Forum Practice Translation Team	2008
The True Buddha Money Tree Sadhana [▲] 真佛宗「搖錢樹法」儀軌	Padmakumara Forum Practice Translation Team	2008
The Uncommon Practice of Ucchusma Vajrapala [▲] 穢跡金剛不共法	Padmakumara Forum Practice Translation Team	2008
The Manjushri Practices [▲] 文殊師利菩薩法	Padmakumara Forum Practice Translation Team	2008
The Roaring Lion Manjushri Sadhana 獅子吼文殊菩薩儀軌	Alice Yang and Imelda Tan	2008
The Uncommon Practice of Kalachakra Sadhana 時輪金剛不共法儀軌	Alice Yang and Imelda Tan	2008
The Kalachakra Shield Practice Sadhana 時輪金剛盾牌法儀軌	Alice Yang and Imelda Tan	2008

* The unofficial True Buddha translation sadhana is based on the dharma talk recordings instead of the official Chinese texts issued by Living Buddha Lian-sheng, Sheng-yen Lu or the True Buddha Foundation. At the time of the publication, the translation is not approved by the True Buddha Foundation yet. Therefore, its content is subject to change without notice.

▲ It contains one or more old translated articles which are revised and updated for content accuracy and clarity.



Dedication of Merits

*M*ay the merits of printing this e-book be dedicated to Living Buddha Lian-sheng, Sheng-yen Lu, for his well-being and that he may continue to teach and liberate us all.

May all who uphold the name of Amitabha Buddha be reborn 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.

May the merits of printing this book be dedicated to everyone, that all may be healthy, free of hindrances, strong in cultivation, and that all wishes may come true.

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Honor the Guru. Treasure the Dharma. Practice Diligently.



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