

# Guan Yin Citta Dharma Door--Introduction to Buddhist Recitations

## A BEGINNER'S GUIDE TO DAILY RECITATIONS ( 每日功课步骤-初学者 )

Step 1	Recite <b>Dharani to Purify Karma from Speech (Jing Kou Ye Zhen Yan) 净口业真言</b> 7 times.
Step 2	Offer Incense if you have a Buddhist altar. Otherwise, offer Heart (Virtual) Incense. <b>Note: DO NOT KNEEL DOWN OR BURN JOSS STICKS if you don't have a Buddhist altar.</b>
Step 3	Recite " <b>Respectfully invite the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva</b> ". (3 times)
	----- <b>It is necessary to recite the following sutras/mantras daily as part of your Daily Recitation starting with the Great Compassion Mantra (Da Bei Zhou). The order of reciting other sutras/mantras does not matter.</b> -----
	Recite <b>Great Compassion Mantra (Da Bei Zhou) 千手千眼无碍大悲心陀罗尼</b> (3 - 7 times) Recommended prayer: "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, <your full name>, grant me good health and strengthen my spiritual power."
	Recite <b>Heart Sutra (Bo Re Bo Luo Mi Duo Xin Jing) 般若波罗蜜多心经</b> (3 - 7 times) Recommended prayer: "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, <your full name>, grant me wisdom, calmness and a pure mind; relieve me of afflictions."
	Recite <b>Eighty-eight Buddhas Great Repentance (Li Fo Da Chan Hui Wen) 礼佛大忏悔文</b> (1-7 times) Recommended prayer: "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, <your full name>, help me repent and eliminate karmic obstacles (in the body or parts of the body), grant me good health and wisdom."
	You may wish to add the following sutras/mantras to your Daily Recitations according to your situation. Nonetheless, it is strongly recommended that a beginner include <b>Amitabha Pure Land Rebirth Mantra</b> in Daily Recitations.
Step 4	*Recite <b>Amitabha Pure Land Rebirth Mantra (Wang Sheng Jing Tu Shen Zhou) 往生净土神咒</b> (21, 27 or 49 times) Recommended prayer: "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, <your full name>, help me free the deceased animals, whose death I caused, from suffering so they can proceed to a better place, and help me eliminate karmic obstacles." *Recite <b>Mantra to Untie Karmic Knots (Jie Jie Zhou) 解结咒</b> (21, 27 or 49 times) Recommended prayer: "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, <your full name>, help me dissolve my negative affinities with <the other party's full name>." Note that "the other party" can be your relative, friend, or colleague, etc. *Recite <b>Jvala Mahaugra Dharani (Xiao Zai Ji Xiang Shen Zhou) 消灾吉祥神咒</b> (21, 27, or 49 times) Recommended prayer: "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, <your full name>, help me dispel calamities, and bring me safety and good fortune." *Recite <b>Cundi Dharani (Zhun Ti Shen Zhou) 准提神咒</b> (21, 27, or 49 times) Recommended prayer: "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, <your full name>, grant me good fortune and allow my wishes to be fulfilled (success in career, a happy marriage, good exam results, or any other reasonable wish you may have)."
Step 5	Recite <b>Dharani to Patch Flaws in Recitation (Bu Que Zhen Yan) 补阙真言</b> (3 or 7 times) Recite this dharani after completing your Daily Recitations. You do not need to recite this after each sutra or mantra.
Step 6	Recite <b>Sapta Atitabuddha Karasaniya Dharani (Qi Fo Mie Zui Zhen Yan) 七佛灭罪真言</b> (3 times)
Step 7	After you have done the above steps, recite "Deep gratitude to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva for protecting and blessing me, <your full name>."
Note	*If an interruption occurs while you are reciting, start the sutra/mantra all over again. *It is necessary to recite the full title every time you recite a sutra/mantra. *You can recite sutras/mantras anytime between 5AM and 12AM. Avoid reciting between 2AM and 5AM. *In the event of critical illness, occurrence of cancer, or prior to surgery, recite 《Da Bei Chou, 大悲咒》 21 or 49 times (the more the better) every day. Before reciting, say the prayer " May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva treat <your full name's illness regarding which part of your body>, grant me good health". *The Heart Sutra (Xin Jing) and the Amitabha Pure Land Rebirth Mantra (Wang Sheng Jing Tu Shen Zhou) can be recited until 10PM in good weather. If it is a cloudy or rainy day, recite them only during daytime. You should not recite them after 10PM, or during extreme weather, such as heavy rain, thunderstorm, or lightning. In addition, if you feel weak or uncomfortable when reciting these sutras and mantras, then recite them during daytime on a sunny day. *Daily Recitations can be divided into smaller sets to complete throughout the day.

## A Beginner's Guide to Little House Recitation

Note: You must perform Daily Recitations so that you can recite Little Houses. Start your Daily Recitations with the Great Compassion Mantra (Da Bei Zhou). The order of reciting other sutras/mantras in Daily Recitations or in Little House can be determined at your discretion.

1. Before reciting, use a black- or blue-ink pen to write down the name of the receiver on the right-hand side under "**Offer To**". The receiver can be your Karmic Creditor (then write "Karmic Creditor of <full name>"), an aborted or miscarried child (then write "The Child of <full name of the mother>"), a deceased relative or friend (then write "<full name of the deceased>"), or a Karmic Creditor of the house (then write "Karmic Creditor of the house of <full name of the occupant>"). If you want to use Little House to resolve karmic conflicts with someone, then simply write "<your full name> resolves karmic conflicts". If this Little House is for later unspecified uses, then simply leave the space under "**Offer To**" blank.

2. Write down the full name of the reciter on the left-hand side under "**Offered By**", also using a black- or blue-ink pen.

Say the following prayer before reciting Little House:

"Respectfully invite the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva". (3 times)

"May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, <full name>, help me give this Little House that I am about to recite to <name of the receiver> (which can be your Karmic Creditor, a deceased relative or friend, a Karmic Creditor of your house, or an aborted or miscarried child)."

**The following order of reciting Little House is highly recommended:**

- 1 - 9 times of Da Bei Zhou
- 2 - 3 times of Da Bei Zhou + 49 times of Heart Sutra
- 3 - 3 times of Da Bei Zhou + 84 times of Wang Sheng Zhou
- 4 - 3 times of Da Bei Zhou + 87 times of Qi Fo Mie Zui Zhen Yan
- 5 - 9 times of Da Bei Zhou

Correct way to dot in the circles



Note: Essentially, Little House recitation starts and ends with Da Bei Zhou. In between are the recitations of other sutras and mantras. The above combination is not the only way to do it, and it's fine if you choose not to follow this method due to time constraint or other reasons. What matters is the sincerity and efforts that you put in to recite Little House.

**How to dot in the circles?**

- 1 - It is compulsory to use a red-ink pen or marker to dot inside the circles.
- 2 - Remember to dot at the centre of the circle and not to put a tick or fill up the entire circle (80% full is the best).
- 3 - Use a blue- or black-ink pen to write down the date of completion on the lower right-hand side of Little House.

**How to burn Little House when you have a Buddhist altar at home?**

1. First, offer incense and make full prostrations to Guan Yin Bodhisattva.
2. Say "Respectfully invite the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva." 3 times.
3. Raise the Little Houses slightly above your forehead, and then place them on your altar. Kneel down and say the following prayer.
4. "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, <full name>, help me give these (number) Little Houses to <name of the receiver> (which can be your Karmic Creditor, a deceased relative or friend, a Karmic Creditor of your house, or an aborted or miscarried child)."
5. Before burning Little Houses, say "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva have compassion on me."
6. Burn Little Houses, starting from its upper right-hand corner (that is, the "**Offer To**" side).
7. While burning Little Houses, do not recite scriptures or say anything extra. Simply say "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva have compassion."
8. After finishing burning Little Houses, say "I bow in gratitude to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva for helping me give these Little Houses to <name of the receiver>. I express my deepest gratitude to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva for protecting and blessing me!" (with one full prostration) You could also say corresponding prayers. For example, if you give Little Houses to your Karmic Creditor, you could pray to Guan Yin Bodhisattva for granting you good health, safety and good fortune. If you use Little House to resolve karmic conflicts with someone, you could pray to Guan Yin Bodhisattva for helping you dissolve the bad karmic affinity between that person and you.

**How to burn Little House if you don't have a Buddhist altar at home?**

1. **First, offer Heart Incense to Guan Yin Bodhisattva.**
2. Say "Respectfully invite the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva." 3 times.
3. **Recite the Great Compassion Mantra (Da Bei Zhou) 1 time and the Heart Sutra (Xin Jing) 1 time.**
4. **Raise the Little Houses slightly above your forehead. Visualise that you kneel down and say the following prayer.**
5. "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, <full name>, help me give these (number) Little Houses to <name of the receiver> (which can be your Karmic Creditor, a deceased relative or friend, a Karmic Creditor of your house, or an aborted or miscarried child)."
6. Before burning Little Houses, say "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva have compassion on me."
7. Burn Little Houses, starting from its upper right-hand corner (that is, the "Offer To" side).
8. While burning Little Houses, do not recite scriptures or say anything extra. Simply say "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva have compassion."
9. After finishing burning Little Houses, **visualise that you make one full prostration to Guan Yin Bodhisattva** and say "I bow in gratitude to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva for helping me give these Little Houses to <name of the receiver>. I express my deepest gratitude to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva for protecting and blessing me!" You could also say corresponding prayers. For example, if you give Little Houses to your Karmic Creditor, you could pray to Guan Yin Bodhisattva for granting you good health, safety and good fortune. If you use Little House to resolve karmic conflicts with someone, you could pray to Guan Yin Bodhisattva for helping you dissolve the bad karmic affinity between that person and you.

OFFERING									
O F F E R R E D	CHI FO	WANG	HSIN	TA	O F F E R				
	MIEH TSUI	SHENG	CHING	PEI	E R				
	CHEN YAN	CHOU	CHOU		T O : K a r m i c C r e d i t o r o f <f u l l n a m e>				
B y : M i s t r i e s o f r e c i t e d									
2015									
Y									
3									
M									
18									
D									

(Revised by 2OR Secretariat in Dec 2014)



# Steps for Guan Yin Citta Life Liberation

1. Find the altar at the releasing site and make incense. Lighting the incense using an oil lamp, joining your palms together, and then raising the incense above your forehead between your eyebrows. And saying your prayers in your mind. Muted **“xxx <full name> send greetings to The Great Merciful and Great Compassionate Guan Yin Bodhisattva.”**
2. Say the following **“Sincerely invite the Great Merciful and Great Compassionate Guan Yin Bodhisattva”** (repeat 3 times with 3 salutes)  
**“Disciples, xxx <your full name> is here greeting to the Great Merciful and Great Compassionate Guan Yin Bodhisattva and all Buddhas. xxx <your full name> is releasing <the amount or total weight> of <fish, shrimp, or other aquatic creatures being released>, may The Great Merciful and Great Compassionate Guan Yin Bodhisattva protect and bless me <full name> help me to eliminate calamities and extend life. I will continue to cultivate and perform virtuous deeds.”** (3 salutes)
3. Then recite the **Great Compassion Mantra (Ta Pei Chou)-1 time** , **Heart Sutra (Hsin Ching)-1 time** and **Sapta Atitabuddha Karasaniya Dharani (Chi Fo Mieh Tsui Chen Yan)-7 times.**
4. **Before release the fish**, say the following one more time, **“xxx <your full name> is releasing <the amount or total weight> of <fish, shrimp, or other aquatic creatures being released>, may The Great Merciful and Great Compassionate Guan Yin Bodhisattva protect and bless me <full name> help me to eliminate calamities and extend Life..”**
5. **Be gentle when you release the fish** into the water **to minimize the potential harm.** If there are fishes, shrimps or other aquatic creatures are death during life liberation, you need to recite **Amitabha Pure Land Rebirth Mantra (Wang Sheng Chou)**, for shrimp-3 times each ;  
For crab- 7 times each and for fish-7 times each.
  - **You may start reciting on your way to the releasing site.** It is best to recite the **Great Compassion Mantra (Ta Pei Chou)**. Before you recite, you should state your full name: **“May the Great Merciful and Great Compassionate Guan Yin Bodhisattva protect and bless me, <your full name>, help me to eliminate calamities and extend life. I will continue to cultivate and perform virtuous deeds.”**  
If you are releasing on behalf of someone else, you can say, **“May the Great Merciful and Great Compassionate Guan Yin Bodhisattva protect and bless<his/her full name>, help <his/her full name> to eliminate calamities and extend life. <His/her full name> is releasing <amount or total weight> of <fish, shrimp, or other aquatic creatures being released>.”**
  - The greatest benefit that we receive from performing Life Liberation is that our calamities will be dispersed and our lives will be extended. During major events when you are asking the Great Merciful and Great Compassionate Guan Yin Bodhisattva for protection and blessings, if you perform Life Liberation in addition to performing recitations, you would achieve better results.
  - You should recite sutras and mantras when you perform Life Liberation. Recite the Great Compassion Mantra (Ta Pei Chou), Heart Sutra (Hsin Ching) and the Amitabha Pure Land Rebirth Mantra (Wang Sheng Chou). The greater the number you recite the better.

(Kindly return back in place after used to facilitate recycling used, thanks for your mercy!)