

# Guan Yin Citta Dharma Door

## Daily Recitation for Beginners

Standard Daily Recitation Procedure	
Step 1	Recite <b>Dharani to Purify Karma from Speech (Jing Kou Ye Zhen Yan) 净口业真言</b> 7 times. (Page 1)
Step 2	Offer incense (with altar) / Offer Heart Incense (without Altar) <b>DO NOT KNEEL DOWN OR LIGHT JOSS STICK (without altar)</b>
Step 3	Say: <b>"Sincerely invite the Great Merciful and Great Compassionate Guan Yin Bodhisattva, saviour of suffering and disasters"</b> (3 times.) I, <your full name>, hereby pay my respect to the Great Merciful and Great Compassionate Guan Yin Bodhisattva, saviour of suffering and disasters.
<p><b>It is mandatory to recite the following 3 scriptures daily.</b></p> <p><b>You should start your Daily Recitations with the Great Compassion Mantra (Da Bei Zhou).</b></p> <p><b>The order of reciting other sutras/mantras does not matter.</b></p>	
Step 4	<p><b>Great Compassion Mantra (Da Bei Zhou) 千手千眼无碍大悲心陀罗尼 (Recite 3,7, 9, 11... 49 times)</b></p> <p>Recommended prayer: "May the Great Merciful and Great Compassionate Guan Yin Bodhisattva protect and bless me, &lt;your full name&gt;, grant me good health, and increase my power." Then, recite the Mantra.</p>
	<p><b>Heart Sutra (Bo Re Bo Luo Mi Duo Xin Jing) 般若波罗蜜多心经 (Recite 3,7, 9, 11... 49 times) (Do not recite after 10 p.m. or during extreme bad weather)</b></p> <p>Recommended prayer: "May the Great Merciful and Great Compassionate Guan Yin Bodhisattva protect and bless me, &lt;your full name&gt;, grant me wisdom, a pure mind, calmness; and help me to be free from afflictions." Then, recite the Sutra.</p>
	<p><b>Eighty-eight Buddhas Great Repentance (Li Fo Da Chan Hui Wen) 礼佛大忏悔文 (Recite 1,2,3, ,5 times) (Do not recite after 10 p.m.)</b></p> <p>Recommended prayer: "May the Great Merciful and Great Compassionate Guan Yin Bodhisattva protect and bless me, &lt;your full name&gt;, help me to repent and eliminate karmic obstacles (in the body or parts of the body), grant me good health and great wisdom." Then, recite the Mantra.</p>
<p><b>Short Sutra/mantra (depends on individual needs) (21 times,27 times or 49 times)</b></p>	
Step 5	<p><b>Amitabha Pure Land Rebirth Mantra (Wang Sheng Jing Tu Shen Zhou) 往生净土神咒 This is strongly recommended for daily recitations.</b></p> <p>Recommended prayer: "May the Great Merciful and Great Compassionate Guan Yin Bodhisattva protect and bless me, &lt;your full name&gt;, help me free the deceased animals whose death I have caused from suffering so that they could proceed to a better place, and help me eliminate karmic obstacles" <b>(Do not recite after 10 p.m. or during extreme bad weather)</b></p>
	<p><b>Mantra to Untie Karmic Knots (Jie Jie Zhou) 解结咒</b></p> <p>Recommended prayer: "May the Great Merciful and Great Compassionate Guan Yin Bodhisattva protect and bless me, &lt;your full name&gt;, help me dissolve the bad karmic affinity with &lt;the other party's full name&gt; Note: "the other party" can be your relative, friend, colleague, etc or just mention 'others' generally.</p>
	<p><b>Jvala Mahaugra Dharani (Xiao Zai Ji Xiang Shen Zhou) 消灾吉祥神咒</b></p> <p>Recommended prayer: "May the Great Merciful and Great Compassionate Guan Yin Bodhisattva protect and bless me, &lt;your full name&gt;, help me to dispel calamities, and bring me safety and good fortune."</p>
	<p><b>Cundi Dharani (Zhun Ti Shen Zhou) 准提神咒</b></p> <p>Recommended prayer: "May the Great Merciful and Great Compassionate Guan Yin Bodhisattva protect and bless me, &lt;your full name&gt;, grant me good fortune and success (in career, studies, a happy marriage, or other reasonable wish)."</p>
<p><b>Daily Recitation Closure (3 or 7 times)</b></p>	
Step 6	Recite <b>Dharani to Patch Flaws in Recitation (Bu Que Zhen Yan) 补阙真言</b> (3 - 7 times) Recite this when you have completed your Daily Recitation. You do not need to recite these after each sutra or mantra.
	Recite <b>Sapta Atitabuddha Karasaniya Dharani (Qi Fo Mie Zui Zhen Yan) 七佛灭罪真言</b> (3-7 times)
Step 7	Recite <b>"Deepest gratitude to the Great Merciful and Great Compassionate Guan Yin Bodhisattva for protecting and blessing me, &lt;your full name&gt;."</b>
<b>**Notes**</b>	
*	You may recite scriptures anytime between 5AM to 12AM.
*	In the event of critical illness, occurrence of cancer, or prior to surgery, recite <<Da Bei Zhou 大悲咒>> 21 or 49 times (the more the better) every day. Before reciting, say the prayer "May the Great Merciful and Great Compassionate Guan Yin Bodhisattva treat <your full name>'s illness (you may specify which part of the body)>, grant me good health".
*	If due to time constraint, daily recitation of homework can be separated into different time of the day to complete.
*	If an interruption occurs while you are reciting, start the sutra/mantra all over again.
*	The environment must be clean. Places like kitchen (butchery and non vegetarian), toilets, underground basement, rubbish areas which exude bad odors are not suitable for recitation.
*	The <b>&lt;Heart Sutra&gt;</b> , <b>&lt; Amitabha Pure Land Rebirth Mantra&gt;</b> and the <b>&lt;Eighty-eight Buddhas Great Repentance&gt;</b> can be recited until latest 10PM.
*	You should avoid reciting the <b>&lt;Heart Sutra&gt;</b> and the <b>&lt; Wang Sheng Jing Tu Shen Zhou&gt;</b> during extreme weather, including heavy rain, thunderstorm, and lightning. In addition, if you feel that you are physically weak or you experience discomfort when reciting these sutras and mantras, then it would be best to recite them during day when the weather is good.
**	Avoid reciting <Heart Sutra>, < Amitabha Pure Land Rebirth Mantra> in adverse environment
<p><b>For more information please read &lt;Introduction to Guan Yin Citta Dharma Door&gt; and &lt;Metaphysics Q &amp; A&gt;</b></p>	