

Remedies in Times of **Emergency** in Everyday Life



With the collection of life remedies in times of emergency,
everything goes well.

INCREDIBLE POWER OF RECITING BUDDHIST SCRIPTURES

Recitation Can Change Your Life



Free of charge

Reciting Buddhist Scriptures improves our quality of life at no cost. What you need to do is just spend a little of your time to do the daily recitations. If you want to ensure a happy family life, a successful career, or you want your kids to be healthy and bright, now is the time to recite Buddhist Scriptures!



Blessings from the Bodhisattva

Buddhist Scriptures contain words of Buddhas and Bodhisattvas. They encompass our sincere repentance and the invocation of blessings and protection of Bodhisattvas. As such, reciting Buddhist Scriptures helps us resolve past negative karma and accumulate virtues. When we perform recitations, we could pray to Bodhisattvas for blessing. In the meantime, we will be imbued with positive energy.



Free from afflictions

From a Buddhist's perspective, the human realm is a realm of endless suffering and worries from birth to death. Performing daily recitations persistently enables us to attain wisdom, compassion and benevolence. It also protects us from disasters.

Innumerable Efficacious Experiences

I used to have back pain for twenty years, causing me to be hot-tempered and experience untold pain and suffering daily. Despite having exhausted various kinds of medical treatments, the issue with my back pain persisted! It was until I started reciting the first Little House that a miracle happened! I dreamed about Master Lu adjusting my whole body on his lap. When I woke up the next day, I smelled the scent of sandalwood and my back pain had improved remarkably! Ever since I started practicing Guan Yin Citta Dharma Door, I have become more patient and my temper has improved. I have now learned to spend more time with my family.

Roger · Selangor - Petaling Jaya

I am a research scientist. I used to work at Cambridge University where I was involved in medical science research for 14 years. This also means that I had been killing mice for 14 years. This has caused me to experience setbacks in my relationships, career and health condition, leaving me with scars and exhaustion. Fortunately, I learned about Guan Yin Citta Dharma Door. After reciting scriptures and Little Houses, there is an improvement in my emotion and physical health. My body feels lighter than it used to be. Now, I have a smooth-sailing career and many of my prayers are answered. We as research scientists tend to be very obstinate in the sense that we would not believe in anything unless we have witnessed it with our own eyes or it has been proven with practical evidence through experiments. However, after 8 years of practising Guan Yin Citta Dharma Door, I just want to say, Guan Yin Citta Dharma Door is truly efficacious and miraculous.

Emily · Kuala Lumpur - Cheras

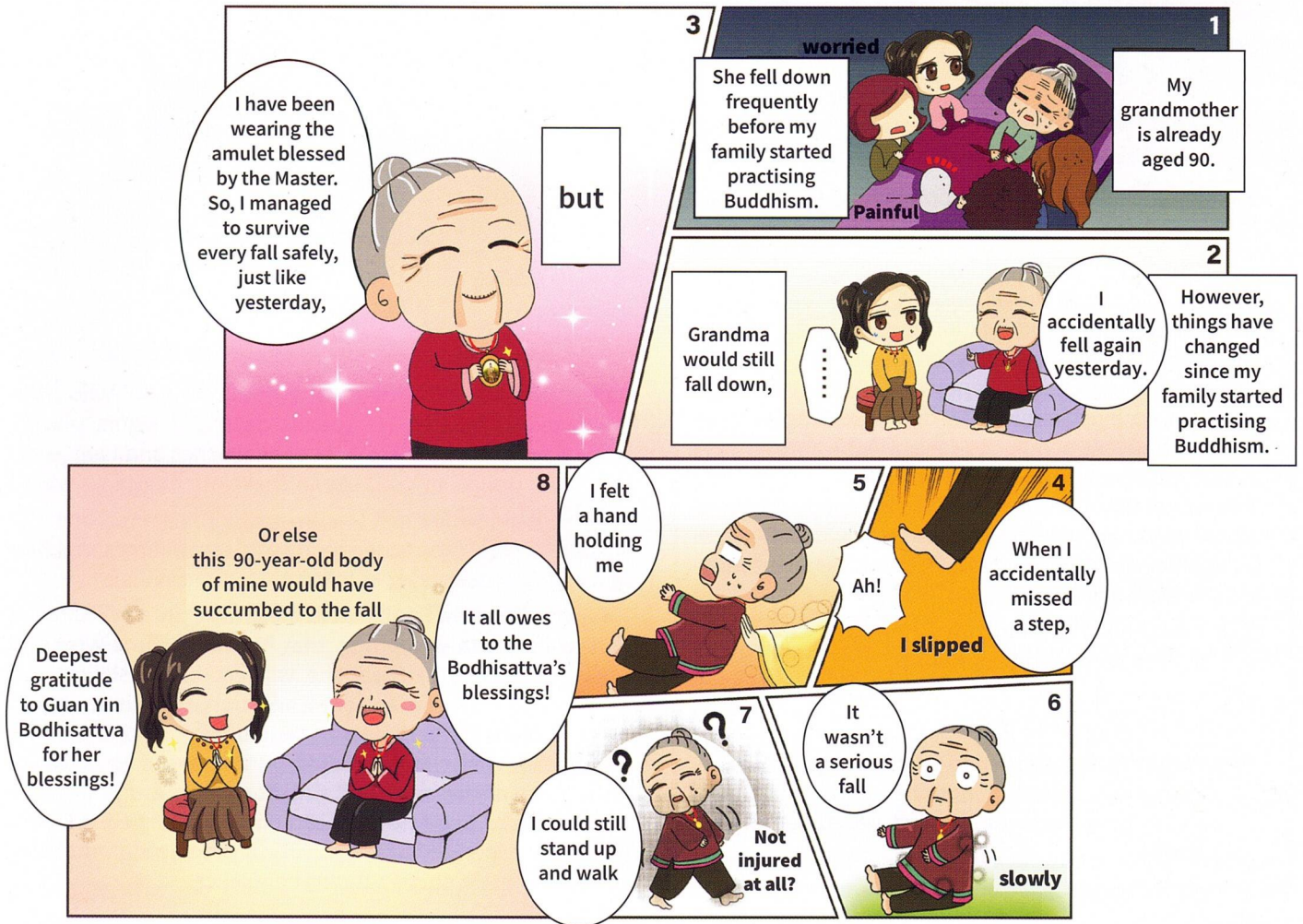
I used to suffer from depression and had a suicidal tendency. There was disharmony in my family and the family members were always bickering. My relationship with my boyfriend was problematic. I also had health problems like constipation and menstruation pain that made me feel dizzy sometimes. Ever since I began to perform recitations, I have become easygoing and no longer have the tendency to commit suicide. There is an improvement in my health condition and the relationship with my boyfriend. My boyfriend has also started practising Guan Yin Citta Dharma Door along with me. I am deeply grateful to Guan Yin Bodhisattva!

Sze Yii · Sarawak - Sibul

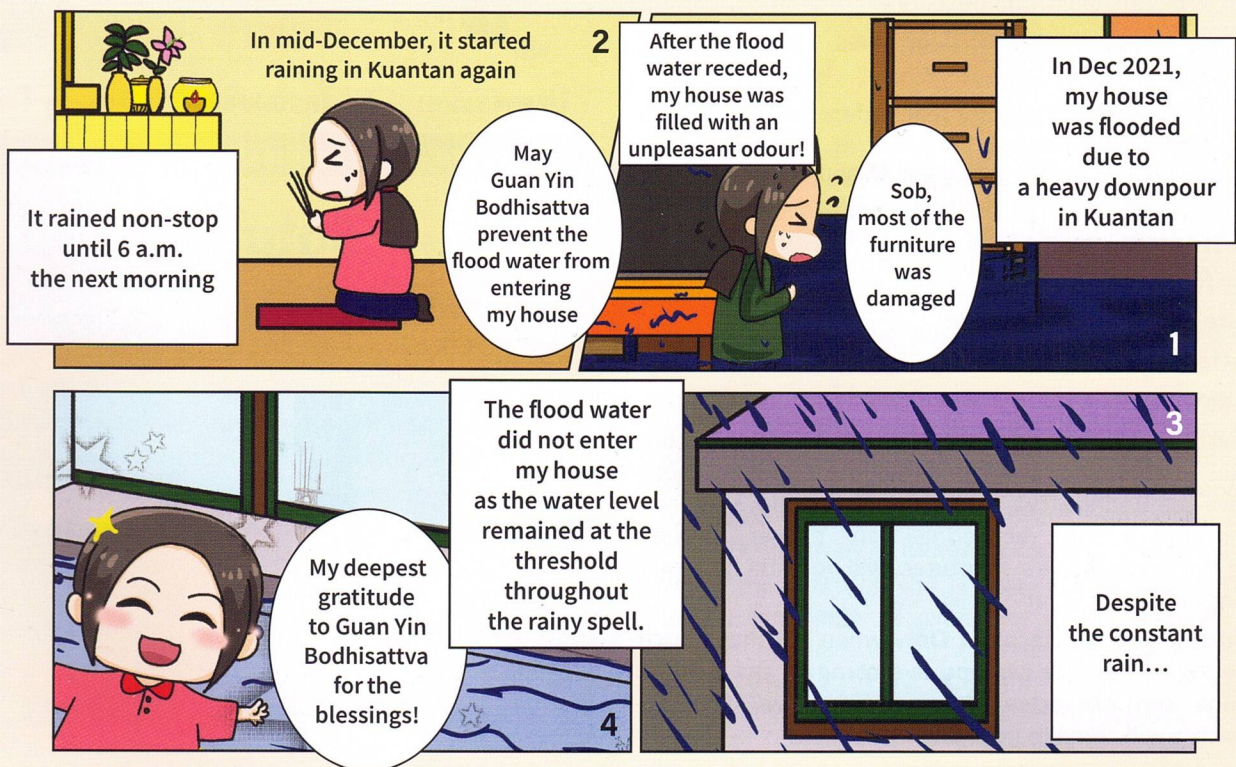
Before learning about Guan Yin Citta Dharma Door, I used to have an aversion to studying. Due to my poor performance in studies, I was assigned to the last class. I was extremely remorseful when my mother scolded me for my poor results after spending so much of her money on attending tuition classes. Since I started practising Guan Yin Citta Dharma Door and performing the three golden practices, my academic performance has improved by leaps and bounds. I went from the last place in lower secondary to the first place in my class in upper secondary. What surprises me the most was the unexpected 6As that I obtained in my SPM results released on June 8! I am deeply grateful to Guan Yin Bodhisattva! I sincerely hope that teenagers who are struggling with their studies could consider practising Guan Yin Citta Dharma Door which is truly efficacious. Without Guan Yin Citta Dharma Door, I wouldn't have been where I'm today.

Malaysian 18-year-old girl

My Efficacious Experience: The Blessings of Guan Yin Bodhisattva Experienced by My Grandmother



Flood Avoided with the Blessings of Guan Yin Bodhisattva



CHILD REMAINS REBELLIOUS DESPITE EFFORT

Practitioners' sharing

Wisdom Prevents One from Going Astray

I got into bad company when I was 13. Due to the bad influence, I started drinking alcohol, gambling, smoking and taking drugs. Besides, I also did a lot of unwholesome things in relationships. I used to force my mother to send me to cybercafés to play games. When she refused to oblige, I would throw tantrums and flare up by slamming the door, breaking things, etc., causing my parents to lose weight and all my family members to be depressed. Out of fear my mother would rather send me to the cybercafe than let me cause an upheaval at home. It was only after my mother learned about "it" that we experienced a complete change in our life.

- 1 I succeeded in giving up all the bad habits and started to focus on my studies.
- 2 I began to understand my parents now. I no longer argue with them.
- 3 When my mother tried to practise vegetarianism, I purposely served meat to her. Little did I know that I would become the first vegetarian in my family.



How to Deal with Rebellious Child?

Caller: Hi, Master. I have a 21-year-old son who isn't interested in studies. He spends days and nights playing video games. He gave me a lot of headaches and I am at my wits' end. Hence, I would like to seek your advice on what I should do to help my son.

Master Lu: You can recite the Heart Sutra 7 times daily for him and say your prayer as follows:

"May the Guan Yin Bodhisattva bless my child xxx <name of your child> with wisdom so that he will become wise and obedient." (Alright.) Great, he will get better slowly. If a mother had a miscarriage or an abortion, there is an urgent need to recite Little Houses to send off the child to a better realm. The Little House should be addressed to "child of <full name of the mother>". An aborted child is pitiful with no where else to go, so they can only be attached to family members, especially a living child, causing health problems, loss of interest in studies and disobedience.

Symptoms and Solutions of Depression

Caller: Master Lu, could you please check if I have depression?

Master Lu: Let me tell you several symptoms of depression.

- 1 Are you constantly worried about everything? (Yes) Such as health, child, and husband.
- 2 Are you often deprived of sleep? (Yes. I have difficulty sleeping.)
- 3 Depression causes constant fear. A depressed person is always afraid of meeting people. (Yes, I have. I always feel like...) I can conclude that you are suffering from mild depression. (I am truly thankful to Guan Yin Citta Dharma Door, I cannot imagine what I should do without it.)

Remedy for depression:

- ◆ Recite Heart Sutra earnestly.
- ◆ Stay focused.
- ◆ Reciting Heart Sutra to prevent wandering thoughts.

The Heart Sutra states as such: "When there are no more obstacles in the mind, you can overcome all fears. Those who have the Bodhisattva in their hearts will have no fear. When seeing people recovering from cancer through reciting the Bodhisattva's scriptures, will you still be afraid of getting cancer?"

Tell yourself you will recover! Only when you have such unwavering confidence can you overcome all the worldly afflictions and obstacles. You must believe that the Bodhisattva will come to your aid!



Depression

Always upset



Insomnia

Deprived of sleep



Losing temper

Emotional

Solution

The Heart Sutra

The Heart Sutra is for building a connection with Guan Yin Bodhisattva and developing wisdom through embracing Her compassion. It takes the form of power in heaven, currency in the underworld, and wisdom in the human realm. Its functions include disciplining misbehaving children, inducing religious beliefs in adults, making elders less stubborn, calming emotions, and alleviating depression.

**Please turn to page 10 for the guide to recitations.

QUARRELS AND FLARE-UPS OF TEMPERS DUE TO MISCARRIAGE AND ABORTION?

Husband and Wife Always Quarrel for No Reason?

Caller: I don't know why I always quarrel with my husband over trivial matters for no reason...

Master Lu:

- ◆ Husband and wife are predestined by fate, connected by either good or bad karmic conditions. Retribution will not happen without karmic conditions. A couple will usually enjoy a rosy relationship before marriage, but they start quarreling after marriage, due to a combination of good and bad karmic conditions in their destiny.
- ◆ In such a situation, first we need to see if you have had any miscarriage/abortion. If so, this child spirit will often come to you and your wife to make you quarrel. This is because he hates you for killing him. He has nowhere to go as he has no physical body but only a spirit.
- ◆ Hence when he comes to possess your body, you will lose your temper. As long as you often get angry for no reason, it is due to an aborted/ miscarried child. You must hurry to perform liberation for the child. Any delay will make the resentment more difficult to resolve. After repenting and reciting Little Houses, the relationship between you and your wife will get better.

Practitioners' sharing

Perform Liberation for the Child Spirit through Reciting Scriptures

My husband and I constantly quarreled over trivial matters and we were often suspicious of each other. My husband, ill-tempered with abusive behavior, was causing me to lose faith in the family which was devoid of warmth.

After marriage, I became depressed and unhappy due to gynaecological diseases.

Meanwhile, my son was often down with fever. Thus, he was constantly on medication and could not concentrate on his studies. He did not want to go to school anymore, saying "I've worked so hard, but why am I still getting poor grades? You don't care about me at all!". His despair reminded me of a boy in my dream, questioning me: "Why did you not want me? I'm indeed an excellent child!". My inner thoughts told me that he was the child I had aborted. While reciting the Little Houses to perform liberation for my aborted child, I could sense an angry voice: "I want you to repent through reciting the Eighty-Eight Buddhas Great Repentance!" I realized that he wanted me to apologize for the abortion! I'm really ashamed! I knelt before the Bodhisattva and repented, "May Guan Yin Bodhisattva forgive me. I was wrong. I was too selfish. I killed my child for the sake of dignity. I know I was wrong; I will surely recite sutras to send my child to a higher realm..."

After offering the Little Houses, I dreamt about a boy saying goodbye to me happily. When I awoke, I knew I had successfully sent the aborted child away for rebirth.

Mothers who have had an abortion/miscarriage must repent from deep inside their hearts, sincerely recite the "Eighty-Eight Buddhas Great Repentance", and personally recite the Little Houses until there is no sense of guilt in their hearts so that both themselves and their children can be liberated.

Now my son has been accepted by a university, and the family has enjoyed peace and harmony. There is tremendous improvement to my health, too.

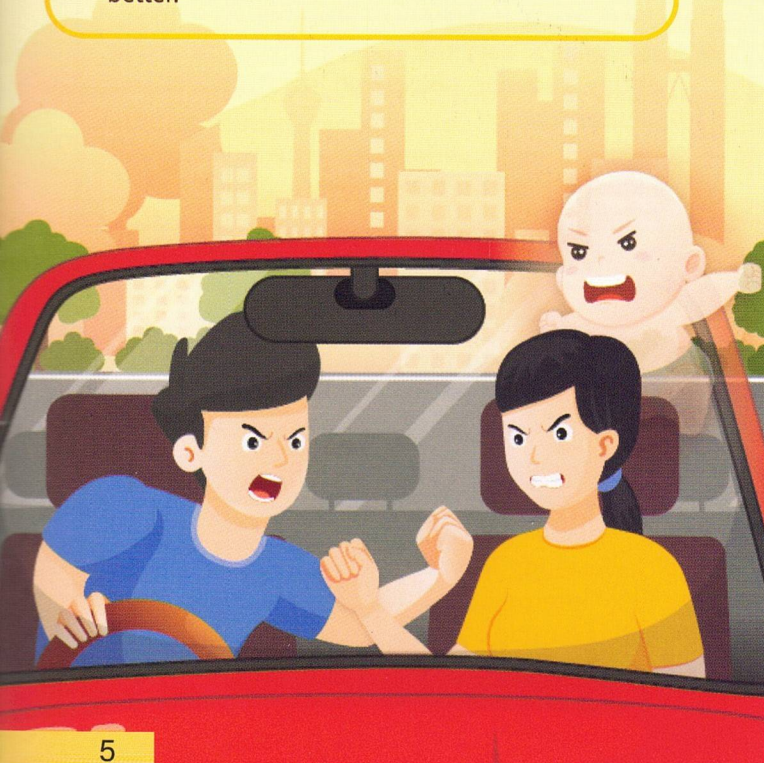
Remember, abortion will bring about retribution.

Abortion at a Young Age Leads to Poor Health Later in Life

Female caller: A pregnant lady who was jilted by her boyfriend wishes to keep the baby because she doesn't want to commit the act of killing. However, she doesn't have the courage to inform her family. She is considering moving to a rented house alone. Could you please give her some words of encouragement?

Master Lu: The guy has committed a sin and he will certainly receive the retribution. Tell the girl to not hide her pregnancy from her parents, she will get a scolding at worst. **If she can't get married at the moment, she can just tell others that she is going to have the wedding later. Abortion will bring her negative karma.** Many people cling to a false sense of pride and resort to abortion because they are not aware of its severe karmic consequences.

When she gets old, she is likely to fall sick, suffer from tumour and pain all over. She should sincerely repent to the Bodhisattva for her mistake, saying that she wants to avoid the act of killing and promise to perform recitations and not repeat the mistake. Besides, she can pray for the Bodhisattva's blessing to protect her child and make the best arrangement for her.



UNABLE TO WIN OVER ONE'S HEART DESPITE TRYING HARD



Practitioners' sharing

After Reciting the Scripture for a Period of Time, My Husband Returned to Me.

When I found out about my husband's affairs, I felt as if the world was tumbling down on me. Every day, I woke up with a face full of tears and lived like a walking dead zombie. We had endless quarrels and fights day and night. We threw things at each other and the scars sustained from the fights still remain on my body. Living in such a condition was really suffering for me to carry on with life. But it would be to their advantage if I took my own life. I couldn't bear why my husband who used to love me so much would be so cruel to me. I was in a state of despair and extreme pain and suffering! But Heavens had mercy on me. I chanced upon the Mantra to Untie Karmic Knots when I was on the verge of breaking down. Initially, I was sceptical about the effect of such a short mantra. However, miracles happened after I recited the mantra for a few days.

- ◆ With the passing of time, I could not recall when we had our last fight. I think it should have been at least half a year ago. Now, we live our life peacefully and happily.
- ◆ My husband will buy me flowers and birthday cake on my birthday, compliment me on my cooking, appreciate my hard work, share with me the jokes he has heard, look at me with tender affection, etc.

BOSS UNAPPRECIATIVE DESPITE HARD WORK

Deviated Mind Causes Setbacks in Career

Male caller: Master, may I know why my prayers are always answered except my career?

Master: The reason is simple. **Success in your career is mainly determined by your mind. You will not succeed in your career if you have distracting thoughts.** For example, reading pornographic materials. Once your mind is moved, you will not have a smooth-sailing career. You must avoid reading any pornographic materials or else you will encounter setbacks in your career. Many people encounter setbacks in their careers because of this. **Thoughts relating to man and woman intimacy will bring bad luck to one's life. Besides, hot temper can also cause setbacks to your career.**

Afflictions arise whenever we encounter injustice at work. We think our hard work and capabilities are not appreciated no matter how hard we have worked. Besides, our partners and children have also been taking our efforts for granted.

Why is my life so difficult when I have caused no harm to others?

Karmic Feud

from The Previous Life is Resolved in This Life

Karmic conflicts cause husband and wife to quarrel with each other. I have mentioned previously that **reciting the Mantra to Untie Karmic Knots is the solution to persistent quarrels between husband and wife.**

From the Buddhism perspective, forbearance is the key to fostering harmony in the family. Here are ways to avoid conflicts or break-ups between husband and wife.

- ◆ Firstly, during a quarrel, avoid making allegations against each other's parents or someone they respect as this is likely to hurt each other's feelings.
- ◆ Secondly, avoid having a cold war for days after the quarrel. Giving each other a cold shoulder will strain the relations.
- ◆ Thirdly, avoid sharing family issues with friends. Hearing the issue from a third party will increase the tension between husband and wife.

I hope these tips will help you develop positive affinities. We should resolve karmic conflicts through reciting the said Mantra. A couple would not have become husband and wife had it not been for their predestined affinities. Buddhism practice is about changing your destiny and state of mind.

Practitioners' sharing

Enemy Disappeared in a Day

I used to be very unhappy at my place of work, not because of the heavy workload but a colleague who kept picking on me. He even defamed me in front of my superior. It really caused me a lot of agony and I felt very helpless. I couldn't leave because I needed the salary. I had been suffering until I came across it - **Mantra to Untie Karmic Knots.**

- ◆ Just within a day, the colleague was dismissed after my superior discovered the truth. It was really effective!
- ◆ Since then, my superior's misunderstanding and prejudice against me has been resolved.



Solution

Mantra to Untie Karmic Knots

The Mantra to Untie Karmic Knots (Jie Jie Zhou) is meant for seeking help from Guan Yin Bodhisattva to resolve interpersonal karmic conflicts. Its functions include dispelling misunderstanding between couples, fostering harmony in marriage and family, resolving interpersonal conflicts at work, and eliminating karmic obstacles from previous lives.

**Please turn to page 10 for the guide to recitations.

UNDERPERFORMANCE PERSISTS DESPITE EFFORTS.



What Scripture Is Best for Achieving Success in Career?

Caller: I have little chance of getting a position which I have been aiming. Is reciting the Sri Devi Dharani of any help?

Master Lu: **You should recite the Cundi Dharani. The Sri Devi Dharani is usually helpful in matters relating to relationships.** (Does it mean that I should increase my daily recitation of the Cundi Dharani Sutra to 108 times?) Yes. Also, it is important to note that you must not resort to trickery to secure your position. What I mean is taking advantage of your good looks and seducing your male superior by intentionally getting close to him. You will not succeed in getting the position if you play such a trick. (Do you think reciting the Mantra to Untie Karmic Knots to resolve my interpersonal karmic conflicts might help me to secure the position?) Yes.

Practitioners' sharing

I used to face setbacks in my career. My company secured very few work contracts. I had to do something about it urgently or else I would not be able to support my family and employees who had families to feed. So, I decided to resort to performing recitations, the solution with the lowest cost. I started reciting the Cundi Dharani 27 times daily to pray for good fortune in my career. Since then, the company has seen a turnaround with a sudden surge in the number of deals concluded. There are even contracts waiting in line for me to sign. Now, what I am afraid of is having too many contracts for me to cope. Deepest gratitude to Guan Yin Bodhisattva. Performing recitations costs me nothing. To get over all obstacles in life, be it big or small, all I have to do is just keep the Bodhisattva in my heart and recite Buddhist scriptures.

Changes ▶ Previously, it was not easy to secure even a contract. Orders were hard to come by. In contrast, orders keep coming now and there are even many new clients approaching us.

Solution



The Cundi Dharani

The Cundi Dharani (Zhun Ti Shen Zhou) is used to sincerely seek assistance from Guan Yin Bodhisattva to help us fulfil wishes. Its functions include praying for success in a career, harmony in marriage and relationships, and academic achievement. It is particularly helpful for young adults looking for a job, a partner in life or hoping to be successful academically.

**Please turn to page 10 for the guide to recitations.

Studying Hard but the Result Is Only Average?

Caller: Hi, master! My son's exam is just around the corner, may I know what scriptures he should recite? What should he do on the day of examination?

Master Lu: First of all, your son must do revisions seriously and prepare for the exam in the right way.

Daily recitations before an exam:

- ◆ Great Compassion Mantra and Heart Sutra 7 times each, Cundi Dharani 21 or 49 times. Before reciting, say the following prayer: "May Guan Yin Bodhisattva protect and bless me XXX to have my wishes fulfilled, do well in exams and succeed in my studies.
- ◆ Recite Gong De Bao Shan Shen Zhou 49 times daily one month before the exam. Before reciting, pray for the

Bodhisattva's blessings to transform the good deeds accumulated previously into merits in order to excel in exams. Additionally, one may supplement it by making vows and performing life liberation. One must also offer Little Houses to liberate the spirit of one's karmic creditor. If one has no time to recite all the scriptures, he may begin by reciting Cundi Dharani 21 times daily. The recitation will be rendered less effective if the candidate only relies on his family to perform the recitations for him.

- ◆ Prior to the exam, it is best to offer 'self-reservation' of the Great Compassion Mantra, Heart Sutra and Cundi Dharana. Usually, the above mentioned sutras should be

offered three to four days before the exam, not on the day of examination. If one has reserved many copies of the sutras, he can start offering them one month before the exam, with one or two pieces a week.

- ◆ Recitation of the scriptures on the day of exam is of utmost importance. The candidate should recite the Great Compassion Mantra 7 times in the morning. During the exam, the family can recite the Heart Sutra and Cundi Dharani for blessings to pass the exam. Reciting the Cundi Dharani before the results are released is able to change the outcome. Hence, one should recite the Cundi Dharani 108 times daily.

Practitioners' sharing

The Miraculous "Mantra to Avert Calamities"

I brought my child along to fetch my husband from the airport. Before reaching the airport, I stopped at the traffic light. Suddenly, I heard a "bang" from behind. In the rear mirror, I saw an overturned motorcycle on the road and a motorcyclist roll to the roadside. I immediately got out of my car to check the rider's condition. I left the scene only after examining him from head to toe repeatedly. Before I got into my car, I was surprised to find not even a minor scratch on it. It was truly miraculous.

In fact, my right eyelid had been twitching non-stop. I knew it was odd, hence, I recited the Mantra to Avert Calamities several times. Little did I know that it was a reminder from the Bodhisattva. I am deeply grateful to the Bodhisattva.

Common Situations That Can Be Dealt with by Reciting the Mantra to Avert Calamities

Caller: You have mentioned that it is best to recite the Mantra to Avert Calamities (Xiao Zai Ji Xiang Shen Zhou) in the year of our zodiac sign. Should we also recite the mantra when the last digit of our age ends with a 3, 6 or 9?

Master Lu: Yes, you should. (Are we advised to recite the Mantra whenever we are about to experience predestined hardships or even calamities when the last digit of our age ends with a 3, 6 or 9?) Yes, you are right. The Mantra is very effective in averting calamities. Whenever you experience a calamity or keep encountering setbacks in life, it is time to start reciting the Mantra.

How long Is One Required to Recite the Mantra to Avert Calamities to Fend Off a Calamity Indicated in Dreams?

Caller: The Master once mentioned that dreaming about shoes indicates trouble. To resolve the foreseen troubles, for how long one should recite the Mantra to Avert Calamities?

Master Lu: The duration varies depending on the types of troubles. To resolve a temporary trouble, you just need to recite the Mantra for a week. If there is something special in your dream that you couldn't get over and you feel disturbed, you might have to recite the Mantra for a longer time, say about 3 months.

Dreaming about snakes, cats, rats, dangerous animals (tigers, crocodiles/alligator, wolves, bears, etc), bats, crows, spiders, etc usually indicates bad luck and setbacks. It is advisable to recite the Mantra to Avert Calamities.

Solution

The Mantra to Avert Calamities

The Mantra to Avert Calamities can be recited during sudden and unexpected situations. It can also be used for resolving conflicts due to past negative karmic relationships. It can be recited in unexpected situations such as lawsuits, financial loss, serious fights, and sudden illness. This mantra can also help when you have foreseen impending disasters, or nightmares.

**Please turn to page 10 for the guide to recitations.

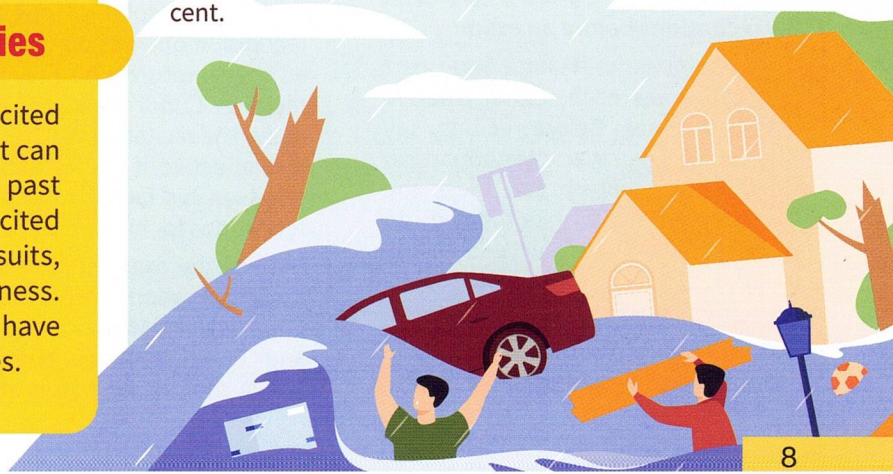
ACCIDENTS DID HAPPEN DESPITE BEING CAREFUL



Practitioners' sharing

Flood Avoided after Reciting the Mantra to Avert Calamities

On 17th December, a heavy downpour began from midnight and lasted until the next morning. It was still raining heavily when I performed the morning prayer at 6 a.m. I could see the water level rising and getting close to flowing into my house! I prayed to the Bodhisattva to prevent the flood water from entering my house. Previously, before I started practising Buddhism, my house had been flooded once. All the furniture in the house was damaged. The house was filled with an unpleasant odor. I was in utter grief on seeing the immense damage to my house. Since I began to practice Buddhism, I have been reciting the Mantra to Avert Calamities daily. I am immensely grateful to the Guan Yin Bodhisattva for the blessings. Despite the constant rain, the water level remained below the threshold of my house throughout the rainy spell. Little did I know that such a short mantra could save me from having to incur expenses brought by a calamity. I was spared without spending a single cent.



Is Taking Contraceptive Pills Considered an Act of Killing?

It does constitute an act of killing if the embryo has been formed by the time the pill is taken because the pills can kill the embryo. Hence, taking pills carries heavier karma consequences than other preventive methods that prevent the formation of an embryo.

Miscarriage Can Happen to Any Female in the Course of Performing Intimacy

Caller: Hi, Master. May I know whether it is possible for one to have a miscarriage unknowingly without performing sexual intimacy?

Master Lu: It is impossible for those who have never performed sexual intimacy to unknowingly experience a miscarriage. On the other hand, for those who have performed intimacy, there is always a possibility for them to experience a miscarriage even if they have taken birth control pills or any other preventive measures. Miscarriage might even occur when there is no menstruation. There might be an embryo formed but it failed to survive and later be discharged in the next menstrual cycle.

Gynaecological Diseases are Related to Miscarriage / Abortion

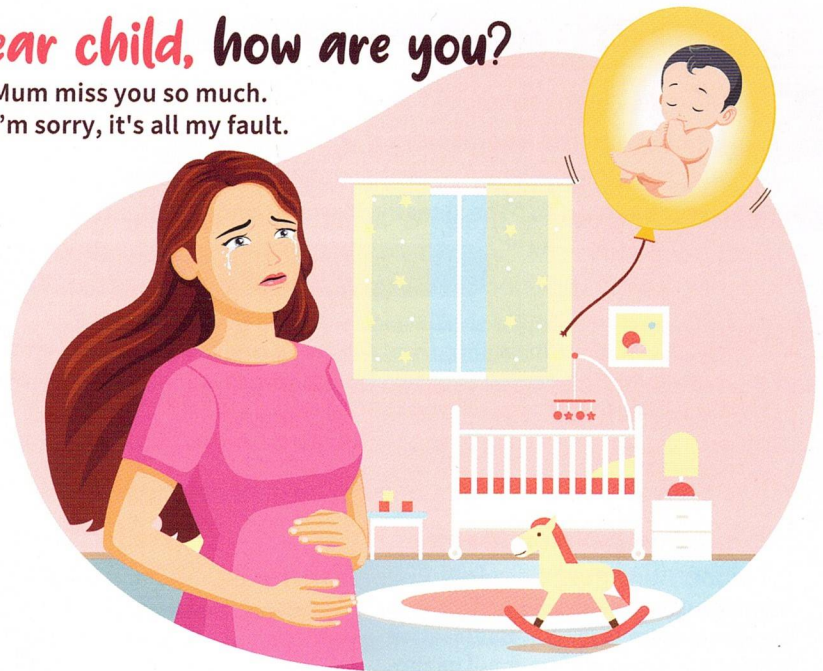
Performing liberation for the spirits of miscarried/ aborted children is very important. Otherwise, they will always stay attached to us, affecting our luck and health. Lots of women have had miscarriages/ abortions, but they do not know that they have a child spirit attached to them. A child spirit usually stays attached to a human body with two legs clamping on the mother's abdomen and two hands stretching her chest. Numerous women who have had abortions will suffer from severe illnesses in their later years and often suffer from backaches. If you have seen a doctor and received medical treatment, yet failing to recover from your gynaecological diseases, performing liberation for the spirit of the aborted/ miscarried child through chanting will significantly help your gynaecological condition.

Little House is a combination of 4 classic Buddhist scriptures (sutras and mantras). It is available for free distribution at every Guan Yin Citta Practice Centre.

Note: Little House, Collection of Buddhist Scriptures and other dharma materials are available for free distribution.

Dear child, how are you?

Mum miss you so much.
I'm sorry, it's all my fault.



Most Spirits of Miscarried Children Stay on the Mother's Body because They Have Nowhere to Go?

Abortion is a serious misconduct. Abortion kills the spirit of a baby who is supposed to be reborn into this human world, causing him to lose his physical body, so he is unable to proceed with subsequent rebirth. The spirit of the baby has no choice but to occupy the mother's body, leading to gynaecological diseases. The gynaecological problems are not caused by a sudden ripening of one's negative karma but by the spirit of an aborted child that has long been occupying one's body. The spirit is full of resentment because it has nowhere to go. It has no choice but to stay in its mother's body. Hence, its mother will never be happy again. Therefore, never ever resort to abortion, if you have done so, it is a must to perform recitations for the child.

How to Liberate the Spirit of a Miscarried Child



Question: Hi, Master Lu. I have had an abortion, miscarriage and ectopic pregnancy. How should I recite Buddhist scriptures to help the spirits of the children ascend to a higher spiritual realm?

Answer:

- ◆ If you have had an abortion, miscarriage or ectopic pregnancy, you need to recite at least 7 to 21 Little Houses for each child as long as they were not born alive. Generally, it takes at least 7 Little Houses to send each child away and 21 for them to be reborn in the Human Realm. However, if the child was destined to claim karmic debts from you, you may need to offer more Little Houses.
- ◆ Dreaming about a well-dressed child walking happily or being led away by someone after offering Little Houses usually indicates that the spirit of the child has been liberated. Conversely, dreaming about a child in an unfavourable condition indicates that you have to offer more Little Houses to liberate the child's spirit.
- ◆ To recite Little Houses and help the spirit of a child ascend to a higher spiritual realm, you should address the Little Houses to "Child of <full name of the mother>". Generally, you should write the full name of the mother. If you do not know the full name of the mother, you can write the full name of the father.
- ◆ When the spirit of a miscarried child occupies the body of your child in this present life, your child tends to be disobedient and is always throwing a tantrum. You just have to make a vow to offer 49 Little Houses to the miscarried child. If the condition does not improve, you can recite the Heart Sutra for him. If he still does not stop crying after 12a.m, you can recite the Great Compassion Mantra for him.

A Beginner's Guide to Daily Recitations

- 1 **Jing Kou Ye Zhen Yan** (recite 7 times)
- 2 **Offer incense to the Bodhisattva if you have a Buddhist altar. Otherwise, you may offer Heart Incense.** (Offering heart incense means visualising the paying of homage to Guan Yin Bodhisattva in your mind.)
- 3 **Deepest gratitude to "The Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva"** (recite 3 times)

Basic Daily Recitations / Functions of the Scriptures

- 4 • The following three scriptures are mandatory for daily recitations. The daily recitation shall begin from the recitation of the Great Compassion Mantra (Da Bei Zhou). There are no hard and fast rules on the sequence of reciting other sutras and mantras.
 - The title of the scriptures must be mentioned at the beginning of every recitation while the prayer needs to be mentioned only once. Beginners may start by reciting the required scriptures once a day.
 - After getting familiar with the three basic scriptures, you may start reciting the Little Houses and increase the number of your daily recitations according to your ability.

Great Compassion Mantra (Da Bei Zhou)

"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 3-7 times)

Heart Sutra (Xin Jing)

"May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me <your full name>, grant me wisdom, calmness, a pure mind, and relieve me of afflictions. "

(recite 3-7 times)
(can only be recited indoors)

Great Repentance (Eighty-eight Buddhas Great Repentance)

"May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me <your full name>, help me to repent and eliminate the karmic obstacles due to negative karma, grant me good health and wisdom."

(recite 1 time)

The Ten Buddhist Small Mantras (optional depending on individual needs)

- 5 • The ten Buddhist small mantras are delivered by Namu Shakyamuni Buddha, Guan Yin Bodhisattva, Namu Bhaisajyaguru Buddha and other Buddhas and Bodhisattvas. The ten Buddhist small mantras contain an abundance of merits and energy from the Buddhas and Bodhisattvas from the ten directions and three realms.
 - Reciting the ten small mantras can accrue great merits and virtues. Every small mantra has a different function, they can be recited based on individual needs. Recite 21, 27 or 49 times daily.

Wang Sheng Jing Tu Shen Zhou

(Generally needs to be recited by beginners)

"May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me <your full name>, help the spirits of the deceased (animals), whose death caused by my action, ascend to a higher spiritual realm, and help me to eliminate karmic obstacles."

Jie Jie Zhou

(Resolves karmic conflicts between spouses and improves interpersonal relationship)

"May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me <your full name>, help me to resolve my negative karmic affinity with (can be your relative, friend, or colleague's name)."

Xiao Zai Ji Xiang Shen Zhou

(Ensuring safety)

"May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me <your full name>, help me to eliminate disasters, and bring me safety and good fortune."

Zhun Ti Shen Zhou

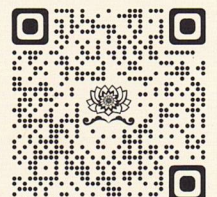
(Making your wish come true)

"May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me <your full name>, help me have my wishes fulfilled and grant me success in career (or any other reasonable wishes you may have)."

Completion of Daily Recitation

- 6 **Bu Que Zhen Yan** (You may recite 3-7 times after completing your Daily Recitation as above. You do not have to recite the Mantra for Rectifying Errors in Recitation (Bu Que Zhen Yan) after reciting each sutra or mantra.)
- 7 **Recite the Qi Fo Mie Zui Zhen Yan** (recite 3 times)
- 8 **After you have done the above steps, recite "My deepest gratitude to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva for blessing me, (Your full name)"**

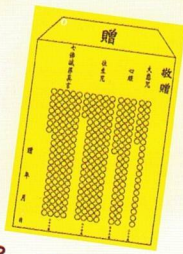
- Suitable time to perform recitations for beginners: **5a.m. to 10 p.m.**
- Can sit naturally on a chair in the living room or in the study room to perform recitations. There is no need to sit cross-legged. Please do not sit on the floor.
- It is not necessary to recite sutras loudly; it's fine as long as reciters can hear themselves murmuring the sutras.
- If interruptions occur during your recitation, it is recommended that reciters start reciting the sutras all over again.
- **The Heart Sutra and the Amitabha Pure Land Rebirth Mantra (Wang Sheng Jing Tu Shen Zhou) can only be recited indoors.** You should avoid reciting them under extreme weather conditions, such as dark gloomy days, heavy rains, thunderstorms, or lightning. You may resume reciting them after the rain has stopped.
- As a sign of respect, **we are not supposed to recite scriptures in washrooms.**
- To get a free copy of the collection of Buddhist scriptures, please visit any Guan Yin Citta Practice Centre or whatsapp to 03-6258 3811 for more information.



Please scan this QR code for audio guide to scripture recitation.

What is "Little House"?

"Little House" is a collection of Buddhist scriptures comprising Great Compassion Mantra 27 times, Heart Sutra 49 times, Amitabha Pure Land Rebirth Mantra (Wang Sheng Jing Tu Shen Zhou) 84 times and Qi Fo Mie Zui Zhen Yan 87 times. It is one of the Buddhist Practices which the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva bestows upon us to help spirits ascend to a higher spiritual realm and to eliminate our karmic obstacles in this Age of Dharma Decline. The miraculous Little Houses can help to resolve issues related to finances, marriage, family, career, relationship, health, studies, miscarriage, life and destiny. Let's learn about reciting Little Houses today!



Little House is a combination of four classic Buddhist scriptures (sutras and mantras).

It is available for free distribution at every Guan Yin Citta Practice Centre.

Note: Little House, Collection of Buddhist Scriptures and other dharma materials are available for free distribution.

Without having to spend a single cent, you are able to make

- Offering to karmic creditors seeking karmic debts
- Offering to the deceased
- Offering to aborted or miscarried children
- Offering to the spirits in the house
- Resolving karmic conflicts involving spouses or interpersonal relations

How does the Little House help spirits ascend to a higher spiritual realm?

The Little House is an important Buddhist method that the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva bestows upon us in this Age of Dharma Decline. All four sutras and mantras contained in a Little House are from Buddhist scriptures and can be found in the Buddhist Recitation Collection compiled by Zhao Puchu. Just like medication, each Buddhist scripture functions differently, but they all exist for the same reason - to help people become spiritually awakened. However, different combinations produce different results. These four Buddhist scriptures contained in a Little House turn out to be a very powerful combination. Little Houses are a bestowal from Guan Yin Bodhisattva to the human realm in this Age of Dharma Decline, allowing lay practitioners like us to help the deceased to ascend to a higher spiritual realm, resolve personal issues, eliminate karmic obstacles and elevate spiritual states **without having to spend a single cent**. For this reason, this unique combination of four Buddhist scriptures is not to be altered at will. You are advised to get free copies of Little Houses from any Guan Yin Citta Practice Centre.

What is the relation between the Little House and daily recitation?

Daily recitation is similar to your daily expenditures, while the Little House is like your loan repayments. Daily recitations cannot be counted towards a Little House. The prayers and the number of recitations that you perform for everyday use should be separated from those for Little Houses. Do not mix them up. The daily recitation forms the foundation for Little House recitation. Performing a portion of your daily recitation prior to recitation of the Little House can result in better effects.

There are two kinds of illnesses from the Buddhist point of view. One is caused by your body itself, and the other is caused by foreign spirits. Spirits and ghosts are commonly associated with the spirit world. Foreign spirits that occupy a living person are usually deceased relatives, aborted or miscarried children, deceased close friends or foes, and foreign spirit(s) from their house. If foreign spirits occupy a person's body for an extended period of time, this person can experience physical illness, bad temper, misfortune, and difficulty in career or studies.

With the recitation of Little Houses, we are able to repay karmic debts from previous lives. They provide spirits, including deceased loved ones, with the power to ascend to a higher spiritual realm. Therefore, the Little House is a great tool for helping ourselves as well as others. It works miracles!

Insomnia Miraculously Cured with 18 Little Houses

I used to suffer from severe insomnia. At night, I was always afraid of not being able to fall asleep. To me, sleeping had never been a form of enjoyment but a form of torture. I had been suffering from insomnia for more than 10 years during which I was consumed by wild imaginations, which nearly caused me to suffer from depression.

Because of my insomnia, I sought help from doctors and mediums everywhere. I had exhausted all sorts of treatments from doctors recommended by others, including a psychiatrist.

There was no sign of improvement in my condition despite taking the strongest sleeping pills and sedation medication. Instead, I started becoming forgetful, always felt moody and fatigued. I was literally like a living zombie. No one could feel the agony and sorrows that I had gone through. I was on the verge of committing suicide.

One day, when I was talking with my colleague about my insomnia, she told me how miraculous Master Lu's totem reading power was. When I first heard about it, I was confused and skeptical about it. However, I decided to give it a try because I knew I had nothing to lose as my terrible condition was already at its worst. Ever since my whole family started practising Buddhism and offering 18 Little Houses, my insomnia was miraculously cured!

Madam Goh

Praying Procedure

(with Buddhist altar)



1 Wash your hands before performing prayer

Burn the incense with the fire of the oil lamp



3 Lift the incense over your forehead level with both hands

Recite in your heart as follows:
"I, <your full name>,
offer my deepest gratitude to
XXX Bodhisattva."

Insert the incense into the incense burner with both hands



How to Perform Prostrations?



Put your palms together.



Bend your body until your forehead touches the praying cushion while supporting the body with both hands. It's not necessary to turn your palms upwards.



Lift your body up and put your palms together naturally. Remain in kneeling position. You've performed one prostration with the completion of these steps.

Offering Heart Incense

(without a Buddhist altar)

When offering the Heart Incense, visualise that the image of Guan Yin Bodhisattva is in front of you. Visualise that you are making an oil lamp offering, followed by taking an incense stick and lighting the incense, putting your palms together and then raising the incense above your forehead between your eyebrows. Then you visualise that you are placing the incense into the incense burner, making full prostrations, and saying your prayers in your heart.

Offering heart incense is using our mind to connect with the Bodhisattvas' energy field. If you are unable to set up an altar in your home for the time being, or you are away on a business trip or vacation, you can offer the Heart Incense to pay respect and make offerings to the Bodhisattvas to ensure the effectiveness of your recitations.

Remarks: you can offer the heart incense while standing or sitting, do not perform any other postures such as bowing or physically kneeling down.

1 Put your palms together and follow the steps below to bow in front of the Buddhas and Bodhisattvas (with your forehead touching the praying cushion).

Recite the following:

I express my (deep/sincere) gratitude to Namo Shakyamuni Buddha
(recite 3 times and then bow 3 times)

My (deep/sincere) gratitude to Namo the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva Mo He Sa (recite 3 times and then bow 3 times)

My (deep/sincere) gratitude to Namo Nanjing Bodhisattva (and then bow 3 times)

My (deep/sincere) gratitude to Namo Tai Sui Bodhisattva (and then bow 3 times)

My (deep/sincere) gratitude to Namo Guan Di Bodhisattva (and then bow 3 times)

My (deep/sincere) gratitude to Namo Zhou Tsang Bodhisattva (and then bow 3 times)

My (deep/sincere) gratitude to Namo Guan Ping Bodhisattva (and then bow 3 times)

**If there is only the image of Guan Yin Bodhisattva on the Buddhist altar at home, one need not recite the holy names of other Bodhisattvas.

2 Recite the Great Compassion Mantra (Da Bei Zhou) once, followed by the Heart Sutra (Xin Jing) once.

3 Pray or make vows according to your situation.

For example:

When making vows: 'I, <Your full name>, make a vow to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva to... (e.g., be a full vegetarian, etc.)'

When saying prayers: 'May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, <Your full name>, grant me good health, safety and good fortune, etc.' (It is recommended that you make no more than three wishes.)

4 Put your palms together and follow the steps below to bow in front of the Buddhas and Bodhisattvas (with your forehead touching the praying cushion).

Recite the following:

I express my (deep/sincere) gratitude to Namo Shakyamuni Buddha
(recite 3 times and then bow 3 times)

My (deep/sincere) gratitude to Namo the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva Mo He Sa (recite 3 times and then bow 3 times)

My (deep/sincere) gratitude to Namo Nanjing Bodhisattva (and then bow 3 times)

My (deep/sincere) gratitude to Namo Tai Sui Bodhisattva (and then bow 3 times)

My (deep/sincere) gratitude to Namo Guan Di Bodhisattva (and then bow 3 times)

My (deep/sincere) gratitude to Namo Zhou Tsang Bodhisattva (and then bow 3 times)

My (deep/sincere) gratitude to Namo Guan Ping Bodhisattva (and then bow 3 times)

**If there is only the image of Guan Yin Bodhisattva on the Buddhist altar at home, one need not recite the holy names of other Bodhisattvas.

5 Recite Qi Fo Mie Zui Zhen Yan 7 times.

6 Stand up and bow once or three times with your palms together.
Take one step back.

You may now leave or proceed with your recitation of Buddhist scriptures.

Altar Setup

About Oil Offerings

Offering oil to Bodhisattvas can invoke Dharma in the mind.

- Generally, vegetable oils such as olive oil, canola seed oil, corn oil, and lotus oil, etc. can be used for oil offerings except butter.
- While filling the oil lamp, one should recite in their heart, "May Guan Yin Bodhisattva bless me with good eyesight and clarity of mind."
- The oil lamp should be extinguished before the incense; never leave it lit all day long. Avoid lighting the oil lamp without offering incense, as this would attract spirits.

About Water Offerings

Offering water to Bodhisattvas can purify your mind and make you feel secured.

- Don't use glass cups. Spirits are transparent. They cling on to transparent materials easily.
- Don't use cups engraved with Buddhist scriptures. When you are changing the water on the altar every day, your hands would touch the sacred scriptures or Bodhisattva's names printed on the cup. This is disrespectful. It is advisable to change the water used for offering daily.
- Water cups need to be brand new; preferably with a lid. When changing the water in the cups the next day, pour the Great Compassion Water into another cup for drinking. Drinking the water from the cups used for offering is not allowed.

About Flower Offerings

Offering flowers more often makes us look better.

- It's good to offer lucky bamboos on the altar.
- Flowers such as chrysanthemums, lilies, orchids, daffodils, peonies, carnations, etc. can be offered to Buddhas and Bodhisattvas.
- Roses with thorns, sunflowers, peach blossoms and morning glories are not suitable for offerings.
- Do not place potted plants with soil on Buddhist altars.
- In general, when offering lucky bamboos, place one vase on each side of the altar. It is fine to offer one, two, or three stems of lucky bamboos in each vase, but not too many. There is no quantity requirement for the offering of fresh flowers.

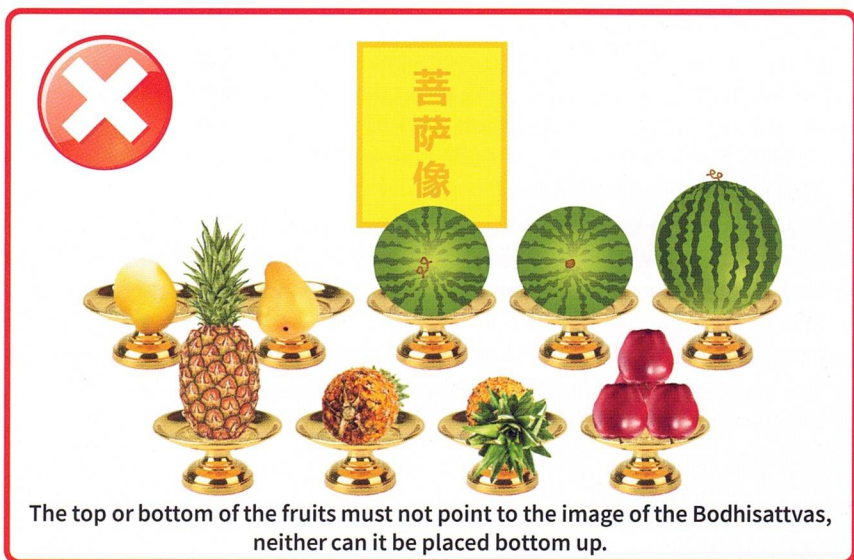
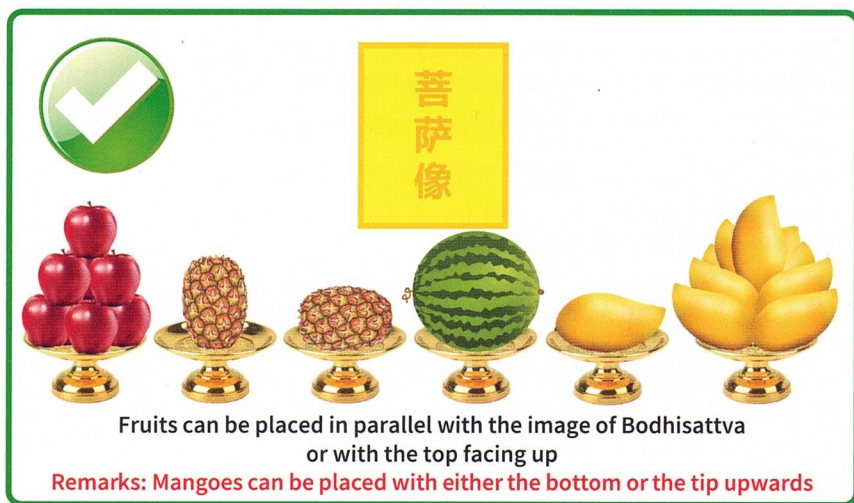
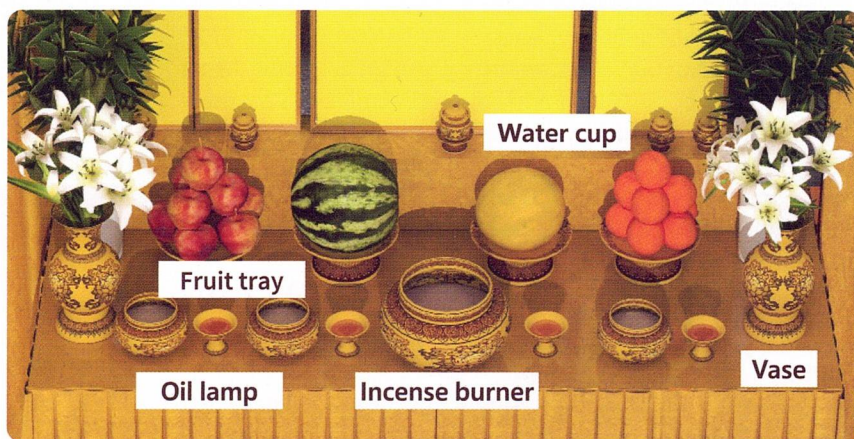
About Fruit Offerings

Making fruit offering more often helps fulfil your wishes sooner.

- It's better to offer fruits with fragrance such as apple, pomelo, orange, mandarin, mango, pineapple, watermelon and dragon fruit.
- Fruits such as banana, peach and pear should not be offered to Bodhisattvas.
- Fruits that are offered to the Buddhas and Bodhisattva on the Buddhist altar must be in odd numbers on each level when stacking them on a plate. Eg: 1 on the first layer and 3 on the second layer.
- Fruits that have dropped on the floor cannot be offered.
- Fruits that have been offered and taken down from the altar can be consumed.

When paying respect to the Buddhas, offering flowers will improve our appearance, and offering oil is good for our eyesight and for gaining wisdom. Some wise people suggest children spend their pocket money buying a bottle of oil as an offering to the Bodhisattva to pray for more wisdom. Offering water can ease and calm our mind while also helping us eliminate greed as water doesn't cost anything. A novice Buddhist practitioner will feel secure once they offer water to Bodhisattvas. Their mind will be as pure as water. Therefore, if one prays for a sense of security, it's best to offer water. The water offered on the altar needs to be changed every day. Furthermore, offering fruits can help you achieve what you wish sooner if you pray for something specific. For example, if you pray for a smooth career path or job security, offering fruits such as oranges and apples could speed things up, so you'll get the outcome sooner. Offering fruits makes the wishes of a kind-hearted person come true sooner. For those who have done evil, making fruit offerings will cause karmic retribution to come due earlier. The severity of the karmic retributions would be reduced if they take place earlier, which is better than suffering harsh retributions at a later stage. Such is the law of cause and effect.

Reference for altar setup





INDULGING IN FOOD PUTS YOUR HEALTH AT RISK

Skin Problem Due to Seafood

Caller: Master Lu, please take a look at this person who was born in 2005, the year of the Rooster. He is a twin, but he has always been much thinner than his brother. His skin condition is not looking good.

Master Jun Hong Lu: There are many foreign spirits of dead seafood in his body - 8 fish and countless crabs. His mother fed him with too much seafood and chicken. (How many Little Houses does he need?) Tell him to recite the Amitabha Pure Land Rebirth Mantra 49 times daily and consistently offer Little Houses. After that, his skin condition will improve, and tell him to drink Great Compassion Water.

How to Perform Recitations for Skin Diseases

Question: Hello Master Lu! My child has eczema, is this a form of karmic disease? How should I perform recitation for this condition?

Answer:

- ◆ Skin diseases, especially congenital ones, are usually considered as a type of karmic disease. They are typically the effects of hefty negative karma committed in one's past life or by one's ancestors.
- ◆ You must perform many recitations of the Great Compassion Mantra—21 or 49 times daily—and pray to Guan Yin Bodhisattva to cure your skin disease.
- ◆ Recite the Heart Sutra 7 times or more daily and pray to Guan Yin Bodhisattva to help you gain wisdom.
- ◆ Recite the Eighty-Eight Buddhas Great Repentance 3 times daily and pray to Guan Yin Bodhisattva to bless and help you repent and eliminate the negative karma causing your skin disease.
- ◆ If you or your family committed the act of killing or ate live animals in the past, or you consumed too much live seafood during your pregnancy, then any of these can affect your child. You need to recite the Amitabha Pure Land Rebirth Mantra 21, 27, or 49 times daily for 3 months to help the foreign little spirits ascend to a higher realm. In addition, you must never consume anything alive or perform the act of killing again.
- ◆ You may offer 3 or more Little Houses weekly addressed to the "Karmic Creditor of XXX".
- ◆ Meanwhile, you should combine this with making vows and performing life liberation. You must make a vow to never consume anything alive or perform the act of killing.
- ◆ You can also apply the Great Compassion Water on the affected areas on your skin.
- ◆ You may recite the Amitabha Pure Land Rebirth Mantra 21 times daily for the little lives that you unintentionally harmed in your everyday life, such as mosquitoes, flies, ants, etc.

Practitioners' sharing

Plagued by my skin problem for the past 20 years, I had been relying on medication to control it. However, later on, it reached the stage where medication could no longer keep it under control, and it took a turn for the worse. No dermatologists were able to help me. I used to be an atheist but I decided to give myself a chance to learn more about Guan Yin Citta Dharma Door. I figured out that I would lose nothing even if it did not work. I started tackling my skin problem by performing recitations, reciting Little Houses and performing life liberation. I was amazed to see such a tremendous improvement! Little had I expected that my uterine fibroids would miraculously shrink from 4.8cm to 1.79cm! My deepest gratitude to Guan Yin Bodhisattva!

Practitioners' sharing

At 10 years old, my daughter started developing rashes and ringworms all over her body, causing red swelling and unbearable itchiness. Our hearts ached when we saw the scars on her body caused by scratching. She experienced outbreaks of pimples that were itchy and painful, especially after eating seafood. There was no improvement despite more than 20 years of medication and injections. The doctor said that there was no cure for her condition. Later on, I learnt that diseases that cannot be cured by doctors are known as karmic diseases. Every day, my daughter would perform her daily recitations and chant the Amitabha Pure Land Rebirth Mantra. She also vowed to abstain from taking live seafood, consume a vegetarian diet on the 1st and 15th day of the Lunar Month, and offer Little Houses. 6 months later, her skin disease of 22 years was finally cured!

The Category of Live Seafood

Anything that is alive is considered live seafood. For example, live seafood includes crabs and fish in restaurants that are picked and killed for your order. No matter what live animals they are, they must not be killed.

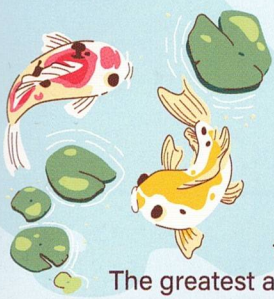
Solution



The Amitabha Pure Land Rebirth Mantra

Amitabha Pure Land Rebirth Mantra (Wang Sheng Jing Tu Shen Zhou) helps the spirits of small animals (e.g. poultry, seafood and insects, etc) that you might have killed in the past to ascend to a higher realm.

**Please turn to page 10 for the guide to recitations.



Procedure of Performing Life Liberation

While performing life liberation, we are deemed to have performed the giving of wealth, the giving of Dharma, and the giving of fearlessness which give us innumerable merits and virtues. The greatest advantage of performing life liberation is that it helps to eliminate calamities and promote longevity.

Upon arrival

01 Express your gratitude

Put your palms together and perform the following prayer 3 times while facing the sky:

"I express my sincere gratitude to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva"

02 Perform recitations

Recite the Great Compassion Mantra and Heart Sutra once each, and the Qi Fo Mie Zui Zhen Yan 7 times.

**For those who can't recite scriptures, you may keep reciting the holy name of the Bodhisattva: Namó the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva.

03 Prayers

Performing life liberation for yourself:

"Namó the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva, I, <your name> am releasing <number of fish/ turtle/prawn or other animals. May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, <your name>, help me to eliminate disasters and extend my lifespan, help me to resolve my karmic conflicts, eliminate my karmic obstacles (or any other wishes that you may have). I will continue accumulating more merits and virtues.

Performing life liberation on behalf of others:

"Namó the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva, <name of the family member or friend> is releasing <number of fish>. May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless <his or her name>, help him/her to eliminate disasters and extend their lifespan (or bless with a specific matter)." Regardless of whether you are using their money or your own money to perform life liberation for them, it is best not to mention the amount of money.

Note: At the end of your prayer, you should say, "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, <your name>. Today, I am performing life liberation on behalf of <name of the family member or friend>. May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva bless and protect me, so that I will not bear the burden of karmic debts of <name of the family or friend>. I hope that the life liberation can eliminate their karmic obstacles."

Performing life liberation for the deceased:

You may perform life liberation for a deceased relative within 49 days after their death.

"Namó the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva, today, I, <your name> am releasing <number or weight of fish>. May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless <full name of the deceased> to eliminate karmic obstacles.

Remark

When performing life liberation on behalf of your family members, you should use their own money for the best result. If you are using your own money, you must recite the following prayer before performing life liberation.

"May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva forgive me. I, <XXX>, hereby give my own money RMX to XXX (member's full name). May the Bodhisattva regard this money as his or hers.

04 Before performing life liberation

It is advisable to make the following plea to the Bodhisattva:

"If there is an issue of pollution in the course of performing life liberation and if the fish released are newly hatched, I beg for forgiveness from the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva and Dharma Protectors."

Before releasing creatures, recite the following:

"XXX (your name) or YYY (name of person for whom you are performing life liberation) is releasing (number of fish / prawn / other animals). May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me XXX (your name) or YYY to eliminate karmic obstacles and increase longevity (or any wishes you may have).

- Be gentle when you release the fish into the water so that it will not cause them any harm.
- While you are releasing fish, you can also recite the Great Compassion Mantra, the Heart Sutra, and the Amitabha Pure Land Rebirth Mantra as many times as you like. The more the better.
- If any of the creatures die while being released, you need to recite the Amitabha Pure Land Rebirth Mantra to help the spirits of the deceased ascend to a higher spiritual realm. Generally, you need to recite 7 times for each fish that died.
- If you realize that the fish are dying or in difficult conditions, you may perform prayer and recitation after releasing them.

05 Express your gratitude

Upon completion of life liberation, put your palms together and say the following prayer 3 times:

"I express my sincere gratitude to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva"

In regard to the timing of performing life liberation, any time throughout the year is suitable. For people who would like to pray for longevity, it is best to perform life liberations on their birthday. Other significant dates include Chinese New Year's Eve, the transitional period between the old and new years, the 1st and 15th of each lunar month, and the birthdays of Buddhas and Bodhisattvas. Other suitable times to perform life liberations include the time when someone encounters their predestined calamities, such as prior to hospitalisation or a major operation, after being diagnosed with severe illness, or after being involved in unfortunate incidents such as a car accident, etc. To achieve the best results, it is best to choose a sunny day when Yang energy is at its peak. Avoid doing it at night time; cloudy or rainy days are fine during the daytime.

On your way to the venue

It is best to recite the Great Compassion Mantra. You may make the following prayer before the recitation.

Performing life liberation for yourself:

"May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, XXX, help me to eliminate disasters and extend my lifespan. I will continue accumulating more merits and virtues."

Then you can recite the Great Compassion Mantra, the more the better.

Performing life liberation on behalf of someone else, you can say:

"May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless, XXX, help him/ her to eliminate disasters and extend his/her lifespan."

Change Your Life and Destiny with the Five Golden Practices



01 Performing Recitations

The three main pillars of Guan Yin Citta Dharma Door practice are the Great Compassion Mantra, the Heart Sutra, and the Eighty-eight Buddhas Great Repentance. Reciting the Great Compassion Mantra enhances our spiritual power. Reciting the Heart Sutra develops our wisdom and resolves our afflictions. Reciting the Eighty-eight Buddhas Great Repentance helps us to repent and eliminate karmic obstacles.

The ten small mantras in the Scriptures Collection help resolve various problems and afflictions we may face in the present. For instance, Mantra to Untie Karmic Knots (Jie Jie Zhou) fosters harmony in relationships and resolves negative affinities between spouses, children and parents and between colleagues. Reciting the Cundi Dharani (Zhun Ti Shen Zhou) paves the way for success in career and studies.

As long as we persist in performing recitations, our negative karma will be resolved and everything will come our way, resulting in a change in our life and destiny. Performing recitations with a focused and sincere mind helps us connect with the spiritual energy of Buddhas and Bodhisattvas and receive their blessings. Performing recitations not only can resolve negative karma, but also helps develop wisdom and the root of kindness.



02 Making Vows

Making vows is to make a vow before the Bodhisattva to perform certain meritorious deeds such as refraining from consuming living seafood throughout one's life, going on a vegetarian diet for two days in a month, changing a bad habit and so on. Once we make a vow, we will have willpower and accrue a lot of merits and virtues. Hence, making a vow is significant. Making vows means building a magnetic field that is connected to the Bodhisattva. Hence, when one makes a vow, one's willpower will be connected to the heart of the Bodhisattva and one will receive the great magnetic field of the Bodhisattva. As a result, one's life will become more smooth sailing. We must make sure the vows we make are viable because both the heaven and underworld are well-informed of every vow we make. Hence, it is imperative that we honour our vows.



03 Life Liberation

Performing life liberation is important. When a person releases a dying small creature back to nature and allows it to survive, the act will invoke compassion and kindness, which is sorely lacking in the hearts of modern-day people. When one goes on a vegetarian diet and performs life liberation, he will avoid committing the act of killing. When one does not commit the act of killing, there will be improvement in his career.

It is best to release animals that are commonly consumed by humans, such as fish, prawns, crabs, clams and the like. Additionally, any other animals that are likely to be killed or consumed by humans can be released, too.

After a fish is released, it will develop gratitude which will connect to heaven and the underworld.



04 Buddhism in Plain Terms

The Bodhisattva refers to the human realm as the "realm of afflictions". From birth, humans are constantly burdened by various afflictions such as poor health, financial difficulties, and the upbringing of children. These afflictions continue to follow us throughout our lifetime. In "Buddhism in Plain Terms," the master teaches us how to apply the doctrines of the Buddha-dharma to solve the problems we encounter in life, learning, health, and work. As a result, our calamities can be resolved, and we may have a peaceful and happy life. Although practising Buddhism can help us alleviate daily afflictions, its ultimate goal is for us to attain great wisdom. Only by gaining wisdom can one overcome afflictions, break through ignorance, and ultimately be liberated from the suffering caused by rebirth.



05 Great Repentance

Living in the human world, making mistakes is inevitable. What can we do if we have made mistakes in our present and previous lives? Reciting the Eighty-eight Buddhas Great Repentance can bring us countless merits and virtues. It is like cleansing deep-seated impurities within our souls with a brush and detergents. We are prone to creating negative karma with our body such as stealing, hitting others, and pointing an accusing finger at others. Generating the karma of speech is even easier. Just by simply speaking ill of others, sowing discord, lying and so on are considered as generating the karma of speech. Sincerely reciting the Eighty-eight Buddhas Great Repentance allows us to lessen or eliminate our negative karma with the help and forgiveness of the Bodhisattva. Understanding the importance of repentance is akin to obtaining the "remedy of remorse" to heal the wounds of our souls. When our negative karma is eliminated, a smooth-sailing life will follow suit.



Crocodile Hypothesis

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What Is the Crocodile Hypothesis?



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Assuming that your leg is gripped by a crocodile, you try to free your leg with your bare hands, resulting in the crocodile clamping your hands as well. The more you struggle to break free, the tighter it clenches its teeth.



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So please remember, if your leg is gripped by a crocodile, the only way to save yourself is to sacrifice the leg that is gripped by the crocodile.

This is meant to tell us not to wallow in the grief of the past.

Resorting to litigation is amounting to rubbing salt into the wound.



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When you are abandoned by your child, just regard him as someone who was born into the family to claim what you owe him and think about the impermanence of life.

It's no use crying over spilled milk. Don't grieve over the past. The harder you try to retrieve the past glory, the deeper you'll sink into it.

Only when you look into the future and put the past behind you will you be able to move forward with courage.

For every minute of happiness you possess, you will have one less minute of affliction.



If you have an hour of happiness, this hour is yours to cherish.

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Who Has Control Over Fate

Throughout history, countless people have proclaimed, “I will seize fate by the throat,” yet after much effort, many have eventually succumbed to fate and abandoned their struggle. A reader on the internet wrote to me, “I have become more pessimistic after reading Liao Fan’s Four Lessons. Since my fate is predetermined, what is the point of working hard? Things will happen if they are meant to be, and working hard is futile if they are not.” Many tragedies in this world have been attributed to the concept of destiny, which appears to be the root cause of all kinds of suffering.

We often blame our career setbacks, relationship failures, children’s illnesses, or family conflicts on destiny, as if we are the innocent victims of a cruel fate. But is it true that we bear no responsibility for what has happened, and that we lack the ability to change what is fated? In reality, we are the true architects of our own destiny, and only we possess the power to change it.

Destiny is merely a segment of our current life within the cycle of rebirth. Each time we enter a new cycle, it is as if we are starting a new stage play. We assume a new role in a different environment, following a script that we have written ourselves. However, we forget everything we have written and mechanically act according to the script’s demands.

The Basic Principle of Destiny

Destiny is a path formed by the intertwining of karmic rewards and retributions one receives in their lifetime. Whether it’s rebirth or destiny, it operates following two basic principles. It moves in cycles, involving everyone in its course. These two principles are the foundation of the cycle of rebirth, before which all beings are equal with no disparity.

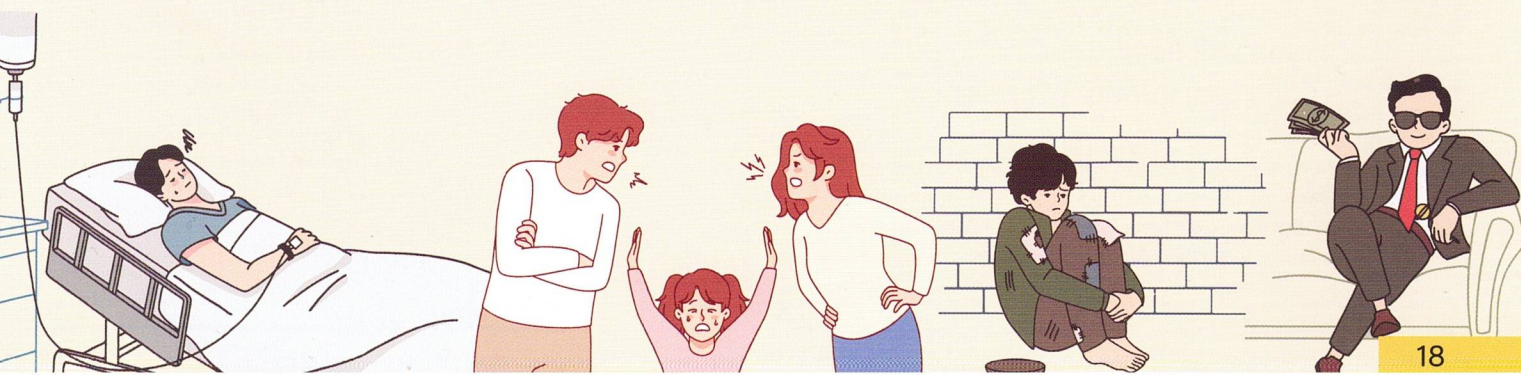
The first principle is the universal law of cause and effect. This principle, commonly known as “you reap what you sow,” dictates that every cause produces a corresponding effect. The law of cause and effect is an ironclad rule that the cosmos must follow, with no power capable of interrupting its cycle. For example, if you plant an evil cause by treating your mother-in-law poorly today, you may face a troubled relationship with your spouse in the next life. If you committed numerous acts of violence or killing in your past life, you may suffer from lingering diseases and chronic pain in this life. Every cause has an effect, and no super forces can obliterate the karmic fruits before they ripen. For instance, if you did many bad deeds in previous lives and are destined to experience the consequence of suffering from a blood-related disease, then there will be no other force that can stop it from happening.

Even if some super force helped you avoid the negative karmic retribution in this life, you would still have to repay the karmic debt in your next life. Of course, if someone or another force is willing to bear the karmic consequences for you, then it will involve your blessings and the workings of another set of cause and effect. The calculation may seem complicated, but it still

operates according to the law of cause and effect. In the end, you cannot escape bearing the consequences of your actions.

The second principle is the Heavenly Law of Causation. This law governs the cycles of karmic retribution, ensuring that individuals reap what they sow. The Heavenly Law of Causation is a system of governance that details the type and timing of karmic consequences for specific actions. It not only governs individual cause and effect but also regulates the karma of regions, dynasties, countries, and even the world. Natural and man-made disasters are the results of collective negative karma; the greenhouse effect serves as an example of such karma. Everything falls within the scope of the Heavenly Law of Causation.

When a person commits a bad deed or conceives an evil thought, the Heavenly Law of Causation automatically arranges the corresponding karmic consequences. These consequences will manifest as karmic obstacles in the next life, occurring at a specific time and place. Similarly, good deeds and merits will result in rewards at the appropriate time. Our every thought, intention, and action creates causes that, according to the Heavenly Law of Causation, are transformed into karmic effects that connect and form our “fate” in the next life. When we haven’t committed many good or bad deeds, our timeline may have many blank spaces. This is why we often feel that we spend much of our time waiting - for school, exams, graduation, the right person, career opportunities, or the birth of a child. This endless waiting wastes both time and life.



How Is Negative Karma from Past Lives Brought Forward to the Current Life?

We often hear, particularly in Western religious doctrines, that every person is born sinful. This statement is true. But why would a pure newborn baby be considered sinful? Where does this sin come from? In numerous examples shared by our radio show listeners, we've heard of young parents who haven't had a full night's sleep in the first three years after childbirth due to their children's eczema and frequent nighttime awakenings. This phenomenon serves as a compelling explanation for the concept of "original sin." In fact, every individual in the Human Realm has karmic obstacles, which are referred to as "sin." Without these karmic obstacles, one would not exist in the human world. Therefore, the concept of original sin is indeed accurate.

Once karmic retributions are arranged and transformed into karmic obstacles by the Heavenly Law of Causation, they are like a computer program that stores all the information within a person's soul. From Totem readings, dark patches of negative energy can be seen in specific parts of the body. The more bad deeds a person commits, the more dark patches of negative energy accumulate. At birth, this negative energy accompanies our soul, and

karmic retribution takes effect at a specific time in this lifetime. This is how karma works, like a shadow that never leaves us. When people in a region or country commit only bad deeds, negative energy forms, thus affecting the climate and topography, triggering catastrophic retribution upon them.

Before karmic obstacles take effect, do they still affect us? Indeed, they do, and the impacts can be quite severe. The dark negative energy in our souls acts like a corrosive liquid, constantly eroding our bodies, obstructing the circulation of energy, constricting our nerves, and affecting our emotions and mental state. That's why some people's illnesses are caused by spirits, while others result from karmic obstacles. This is also the reason why I typically differentiate between spiritual illnesses and those caused by karmic obstacles.

Karmic obstacles can undergo two changes: they can either be eliminated or transformed into spirits. Spirits may evolve from karmic obstacles or come from external sources. Since karmic obstacles are the effect of certain causes, it seems impossible to eliminate. So, how can it be obliterated? What can be done to counteract it?

Why Can Practising Buddhism, Paying Respects to Buddhas and Bodhisattvas, and Reciting Buddhist Scriptures Eliminate Karmic Obstacles?

Karmic obstacles are the negative consequences of the karma one has created. No other power can remove them unless they are offset by a positive cause and effect. A positive cause and effect is equivalent to merit and virtue. Hence, merit and virtue can offset karmic obstacles (please refer to Chapter 7 of *Buddhism in Plain Terms Volume 1 – The Difference between Good Deeds, Merit, and Virtue*).

What is the purpose of practising Buddhism? Practising Buddhism is to cultivate the mind, to attain purity of mind, kindness, equanimity, and compassion while eliminating delusion, greed, anger, ignorance, and attachment. We all know that good and bad are just a thought away; only by cultivating a wholesome mind can we ensure that no evil cause is created, thereby avoiding bad karma. Hence, the primary goal in practising Buddhism is to cultivate the mind.

Reciting Buddhist scriptures and paying respects to Bodhisattvas is not about having the Bodhisattvas eliminate our karmic obstacles. Reciting scriptures and

paying respect to Bodhisattvas are meritorious acts in themselves. Their "karmic reward is inconceivable," and they can "accomplish inconceivable merit and virtue." Merit and virtue will operate and arrange themselves according to the Heavenly Law of Causation, but they will not offset karmic obstacles automatically. When you pray to the Bodhisattva to have compassion on you and bless you with a smooth career or favourable love relationship, the Bodhisattva, through Her supernatural power, will use your merit and virtue to offset the karmic obstacles hindering your career or love relationship so that things will go your way. Both your merit and virtue and the Bodhisattva's supernatural power are indispensable, but this can only be done on the foundation of your own merit and virtue. One wholesome karma offsets one karmic obstacle. As for those who pray to the Bodhisattva without doing meritorious deeds and reciting scriptures, there is no way the Bodhisattva can help them. Neither will people with hefty karmic obstacles but insufficient merit and virtue have their prayers answered.

How Can We Apply This in Our Daily Lives?

Having understood all these principles, we should recognise the need to make the best use of our time and devote every minute to cultivating the mind and accumulating merit and virtue. By understanding the relationship between merit and virtue and karmic obstacles, each of us can establish a short-term cultivation goal based on the extent of our karmic obstacles. Those with substantial karmic obstacles may find that things consistently go awry and don't improve despite praying to the Bodhisattva and reciting scriptures. This is due to karmic hindrances resulting from their substantial negative karma. In this case, they should focus on eliminating karmic obstacles and reciting more Little Houses. For those with few karmic obstacles, they may

find that their chanting and prayers are quickly answered. This means that they have cultivated well and accumulated significant merit and virtue. In this case, they must set higher goals for themselves, as cultivating the mind and accumulating merit and virtue are of utmost importance.

Upon understanding these principles, I hope all of you will gain a clearer picture of how your destiny is formed. Do not shirk responsibility and shift the blame to others. Instead, let go of your burdens, focus on cultivating the mind, and fill your time with reciting scriptures and accumulating merit and virtue instead of waiting in vain. Even if we are still in the Human Realm in our next lifetime, we shall live every day reaping the fruit of good karma, as if living in Heaven.



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