

# 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 the <b>Jing Kou Ye Zhen Yan</b> 净口业真言 7 times.
Step 2	Offer incense if you have a Buddhist altar. Otherwise, offer <i>Heart Incense</i> . <b>Note: DO NOT KNEEL OR BURN INCENSE STICKS if you don't have a Buddhist altar.</b>
Step 3	Recite: “I express my sincere gratitude to Namó the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva Mo He Sa” (3 times).
Step 4	It is necessary to recite the following sutras/mantras daily as part of your Daily Recitation, starting with the <b>Great Compassion Mantra</b> . The order of reciting other sutras/mantras does not matter.
	Recite the <b>Qian Shou Qian Yan Wu Ai Da Bei Xin Tuo Luo Ni</b> ( <b>Great Compassion Mantra</b> ) 千手千眼无碍大悲心陀罗尼 (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 the <b>Bo Re Bo Luo Mi Duo Xin Jing</b> ( <b>Heart Sutra</b> ) 般若波罗蜜多心经 (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 the <b>Li Fo Da Chan Hui Wen</b> ( <b>Eighty-Eight Buddhas Great Repentance</b> ) 礼佛大忏悔文(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.
	*Recite the <b>Wang Sheng Jing Tu Shen Zhou</b> ( <b>Amitabha Pure Land Rebirth Mantra</b> ) 往生净土神咒 (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 the spirits of the deceased (animals), whose death was caused by me, ascend to a higher spiritual realm, and help me eliminate karmic obstacles."
	*Recite the <b>Jie Jie Zhou</b> ( <b>Mantra to Untie Karmic Knots</b> ) 解结咒 (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 resolve my negative karmic affinity with <the other party's full name>." Note that "the other party" can be your relative, friend, or colleague, etc.
	*Recite the <b>Xiao Zai Ji Xiang Shen Zhou</b> 消灾吉祥神咒 (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 eliminate calamities, and bring me safety and good fortune.”
	*Recite the <b>Zhun Ti Shen Zhou</b> ( <b>Cundi Dharani</b> ) 准提神咒 (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 the <b>Bu Que Zhen Yan</b> ( <b>Mantra for Rectifying Errors in Recitation</b> ) 补阙真言 (3 or 7 times) This mantra is only recited after completing your Daily Recitations—you do not need to recite it after each sutra or mantra.
Step 6	Recite the <b>Qi Fo Mie Zui Zhen Yan</b> 七佛灭罪真言 (3 times)
Step 7	After completing the above steps, recite: “My sincere 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, it is recommended that you 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.
	*Avoid reciting the <i>Eighty-Eight Buddhas Great Repentance</i> between 10pm and 5am.
	*In the event of critical illness, cancer, or prior to surgery, recite the <i>Great Compassion Mantra</i> 21 or 49 times daily (the more the better). Before reciting, say the prayer “May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva heal <your full name>’s illness in <specific body part> and help me regain my health.”
	*The <i>Heart Sutra</i> and the <i>Amitabha Pure Land Rebirth Mantra</i> can be recited until 10pm in good weather. If it is a cloudy or rainy day, recite them only during the daytime. You should not recite them after 10pm, or during extreme weather, such as heavy rain, thunderstorms, or lightning. In addition, if you feel weak or uncomfortable when reciting these sutras and mantras, then recite them during the daytime on a sunny day.
	*Daily Recitations can be divided into smaller sets to complete throughout the day.