

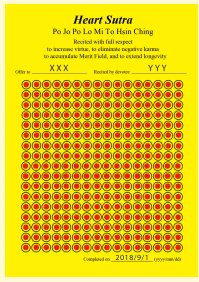
1 Offering incense and paying respect to Guan Yin Bodhisattva
 Say
 “ I express my sincere gratitude to Namó the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva (Mo He Sa). ”
 (3 times)

2 Praying before burning the Form
 Raise the Self-Cultivation Record Form slightly above your forehead, and then place them on the altar.
 Kneel down, join your palms together and say the following prayer:
 “ **May Namó the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva (Mo He Sa) protect and bless _____ < full name > (name of the recipient at the upper left-hand corner where it says, "Offer To:")**
 * _____ <prayer> (pray according to respective Self-Cultivation Record Form)”

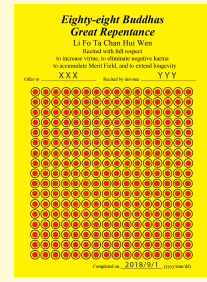
* E.g.



Self-Cultivation Record Form of the Great Compassion Mantra pray for “good health”.



Self-Cultivation Record Form of the Heart Sutra pray for “wisdom”.

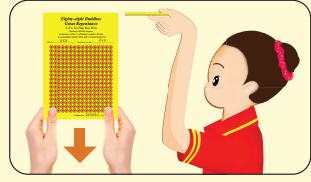


Self-Cultivation Record Form of the Eighty-Eight Buddhas Great Repentance pray for “elimination of karmic obstacles”.

If you are burning the form on special days such as the 1st or the 15th day of the lunar month, you may target a specific wrongdoing committed in this life and pray for repentance and eliminating the karmic obstacles. Alternatively, you can make a general statement when praying for repentance and elimination of karmic obstacles.



Take out the Self-Cultivation Record Form from the red envelope or red fabric.



Note: Hold the Self-Cultivation Record Form facing yourself and raise them slightly above your forehead.

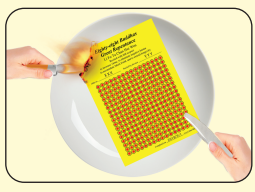


Note: Place the Self-Cultivation Record Form on the altar facing you.



Kneel down and say the prayer.

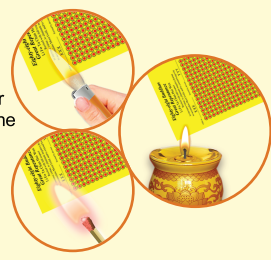
3 Burning Self-Cultivation Record Form
 It is best to burn Self-Cultivation Record Form starting from its upper left-hand corner where it says, "Offer To:".



Hold the Self-Cultivation Record Form with a tweezer while burning. Note: Start burning from the upper left-hand corner where it says, "Offer To:".



Note: Self-Cultivation Record Form must be burnt thoroughly; there should not be any pieces left unburnt.



Use a lighter or match to light the Self-Cultivation Record Form.

It's recommended to avoid using an oil lamp. Using matches or a lighter is considered best.

Note: You may light the Self-Cultivation Record Form using the flame from the oil lamp on the altar, a match or a lighter.

4 Showing gratitude after burning
 After burning the Self-Cultivation Record Form , say
 “ I express my sincere gratitude to Namó the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva (Mo He Sa) for protection and blessing! ”
 (followed by one prostration)



Properly wrap the ashes with a clean tissue or an envelope before disposing of them.