

# Praying Procedure



(I)

Please wash your hands before praying



(II)

Light up incense sticks using the oil lamp



(III)

Hold the incense stick(s) with both hands and raise them before your forehead. Say your prayer quietly as follows:

" I, Disciple <your full name>, express my deep/sincere gratitude to ... Bodhisattva."



(IV)

Hold the incense stick(s) with both hands and insert them into the incense burner.

Remarks:

If you are offering incense to several Buddhas and Bodhisattvas and holding several incense sticks in your hands, you may insert the incense stick(s) into each incense burner with one hand. (If you have three incense sticks, you do not need to insert them separately.)

with altar

- 1 My sincere gratitude to Namó Shakyamuni Buddha (Say 3 times, followed by 3 prostrations) ,  
My sincere gratitude to Namó the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva (Mo He Sa) (Say 3 times, followed by 3 prostrations) ,  
My sincere gratitude to Namó Nanjing Bodhisattva (Say 1 time, followed by 3 prostrations) ,  
My sincere gratitude to Namó Tai Sui Bodhisattva (Say 1 time, followed by 3 prostrations) ,  
My sincere gratitude to Namó Guan Di Bodhisattva (Say 1 time, followed by 3 prostrations) ,  
My sincere gratitude to Namó Zhou Tsang Bodhisattva (Say 1 time, followed by 3 prostrations) ,  
My sincere gratitude to Namó Guan Ping Bodhisattva (Say 1 time, followed by 3 prostrations) ,  
My sincere gratitude to Master Lu Jun Hong (Say 1 time, followed by 3 prostrations) .

- Put your palms together and make prostrations -



Put your palms together.



Kneel down;  
Bow down (with your forehead touching the prayer cushion/ mat).  
There is no need to turn your palms upward;



Then straighten your back, put your palms together (This is one prostration)  
There is no need to stand up when you have completed one prostration.

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

- 3 Pray or make vows:  
When making vows: " I, (Disciple)<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 (Mo He Sa) 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 My sincere gratitude to Namó Shakyamuni Buddha (Say 3 times, followed by 3 prostrations) ,  
My sincere gratitude to Namó the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva (Mo He Sa) (Say 3 times, followed by 3 prostrations) ,  
My sincere gratitude to Namó Nanjing Bodhisattva (Say 1 time, followed by 3 prostrations) ,  
My sincere gratitude to Namó Tai Sui Bodhisattva (Say 1 time, followed by 3 prostrations) ,  
My sincere gratitude to Namó Guan Di Bodhisattva (Say 1 time, followed by 3 prostrations) ,  
My sincere gratitude to Namó Zhou Tsang Bodhisattva (Say 1 time, followed by 3 prostrations) ,  
My sincere gratitude to Namó Guan Ping Bodhisattva (Say 1 time, followed by 3 prostrations) ,  
My sincere gratitude to Master Lu Jun Hong (Say 1 time, followed by 3 prostrations) .

- 5 Recite the Sapta Atitabuddha Karasaniya Dharani (Qi Fo Mie Zui Zhen Yan) seven (7) times.

- 6 Stand up, put your palms together and make one bow or three bows, take one step back. Then you may leave or proceed with your recitation of Buddhist scriptures.