



A BEGINNER'S GUIDE TO DAILY RECITATIONS (每日功课步骤-初学者)

Step 1	Recite Dharani to Purify Karma from Speech (Jing Kou Ye Zhen Yan) 净口业真言 7 times.
Step 2	Offer Incense if you have a Buddhist altar. Otherwise, offer Heart Incense. Note: DO NOT KNEEL DOWN OR BURN JOSS STICKS if you don't have a Buddhist altar.
Step 3	Recite " Respectfully invite the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva ". (3 times) It is mandatory to recite the following 3 scriptures every day. You should start your Daily Recitations with the Great Compassion Mantra (Da Bei Zhou). The order of reciting other sutras/mantras does not matter. Recite Great Compassion Mantra (Da Bei Zhou) 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 increase my spiritual power." Recite Heart Sutra (Bo Re Bo Luo Mi Duo Xin Jing) 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; help me be free from afflictions." Recite Eighty-eight Buddhas Great Repentance (Li Fo Da Chan Hui Wen) 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 want to add the following sutras/mantras to your Daily Recitations according to your situation. Nonetheless, it is strongly recommended that a beginner include Amitabha Pure Land Rebirth Mantra in Daily Recitations.
Step 4	*Recite Amitabha Pure Land Rebirth Mantra (Wang Sheng Jing Tu Shen Zhou) 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 me free the deceased animals whose death I caused from suffering so they could proceed to a better place, and help me eliminate karmic obstacles." *Recite Mantra to Untie Karmic Knots (Jie Jie Zhou) 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 dissolve the bad karmic affinity with <the other party's full name>." Note that "the other party" can be your relative, friend, or colleague, etc. *Recite Jvala Mahaugra Dharani (Xiao Zai Ji Xiang Shen Zhou) 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 dispel calamities, and bring me safety and good fortune." *Recite Cundi Dharani (Zhun Ti Shen Zhou) 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 a successful career (a happy marriage, good exam results, or any other reasonable wish you may have)."
Step 5	Recite Dharani to Patch Flaws in Recitation (Bu Que Zhen Yan) 补阙真言 (3 or 7 times) Recite this dharani after completing your Daily Recitations. You do not need to recite this after each sutra or mantra.
Step 6	Recite Sapta Atitabuddha Karasaniya Dharani (Qi Fo Mie Zui Zhen Yan) 七佛灭罪真言(3 times)
Step 7	After you have done the above steps, recite "Deep 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, 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 scriptures anytime between 5AM and 12AM.
	*In the event of critical illness, occurrence of cancer, or prior to surgery, recite 《Da Bei Chou, 大悲咒》 21 or 49 times (the more the better) every day. Before reciting, say the prayer " May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva treat <your full name's illness regarding which part of your body>, grant me good health".
	*The Heart Sutra (Xin Jing) and the Amitabha Pure Land Rebirth Mantra (Wang Sheng Jing Tu Shen Zhou) can be recited until 10PM in good weather. If it is a cloudy or rainy day, recite them only during daytime. You should not recite them after 10PM, or during extreme weather, such as heavy rain, thunderstorm, or lightning. In addition, if you feel weak or uncomfortable when reciting these sutras and mantras, then do so during daytime on a sunny day.
	*Daily Recitations can be divided into smaller sets to complete throughout the day.