



黃財神 *Yellow Jambhala*

Yellow JambCultivation Booklet

I. Recite the Purification Mantras

Bring your hands together and recite the following:

Purification of Speech: Om, syo-lee syo-lee, ma-ha syo-lee, syo-syo-lee, so-ha

Purification of Body: Om, syo-do-lee, syo-do-lee, syo-mo-lee, syo-mo-lee, so-ha.

Purification of Mind: Om, fo ri la dam, ho ho hum

Calling upon the local earth deity to guard the premises:

Namo sam-man-do, moo-toh-nam, om, do-lo do-lo de-wei, so-ha

2. Recite the Invocation Mantra

Om ah hum, so ha. (3 times)

Homage to Amitabha Buddha of the Western Paradise

Homage to Kuan Yin Bodhisattva

Homage to the Thousand-Hand Thousand-Eye Kuan Yin Bodhisattva

Homage to Maha Cundi Bodhisattva

Homage to Ucchusma

Homage to Acala

Homage to the Four Region Heaven Celestial Vajra Protectors

Homage to Ksitigarbha

Homage to Skanda, the Revered Dharma Protector

Homage to the Revered Temple Guardian

Homage to the Golden Mother of the Primordial Pond

The Lord of Deities

Taoist God of Heaven

Taoist Master of Purity

Supreme Lady of the Nine Heavens

The Annual Earth Guardian

Homage to Medicine Buddha

Homage to Ksitigarbha Bodhisattva

Homage to Jambhala

Homage to Padmakumara

The Great Brahma

All Buddhas of the ten directions throughout the past, present and future;
all Bodhisattvas and Mahasattvas.

Homage to Maha Prajna Paramita

3. The Great Homage

Homage to the Buddhas of the Ten Directions

Visualise the Root Guru appearing in the space before and above you. The ancient lineage masters, the eight personal deities, all Buddha's of the ten directions throughout the past, present and future, all the great Bodhisattvas, Vajra Protectors and Nagas covering the space like innumerable stars.

Form the Buddha Mudra by joining your palms together, fingers pointing up and brought together. Leave a slight space between your palms. Perform the following:

- a. Touch your third-eye chakra and visualise white light entering your forehead to purify your body.
- b. Touch your throat chakra and visualise red light entering your throat to purify your speech.
- c. Touch your heart chakra and visualise blue light entering your heart to purify your mind.
- d. Visualise a prostration before all the Buddhas.
- e. Finally bring the mudra back to the third eye chakra and release the mudra.



Buddha Mudra

Homage to all Bodhisattvas

Use the Lotus Mudra and repeat steps a-e as before.

Join your palms together, fingers pointing up. Then open the palms so that only the bases of the palms, the entire thumbs and the entire little fingers meet. The other fingers are spread out straight but as widely as possible, like an opened lotus.



Lotus Mudra

Homage to the Vajra protectors

Use the Vajra Handclasp Mudra and repeat as above.

Join your palms together, fingers pointing up. Spread out the fingers of each hand just enough to interlace the fingers of each hand at the third joint, with the right thumb over the left and each finger of the right hand over the corresponding finger of the left hand.



Vajra Handclasp Mudra

Half Bow

Use the Equanimity Mudra.

Form a triangle by joining the tips of your index fingers together and the tips of your thumbs together. Keep the fingers and thumbs straight. Join the other fingers together by interlacing them in parallel, palms facing towards yourself.

Bring the mudra to your third-eye chakra and perform a half bow. Then release the mudra at your forehead. This bow is to all Buddhas, Bodhisattvas, Vajra Protectors and Devas.



Equanimity Mudra

4. The Great Mandala Offerings

Use the Offering Mudra.

Interlace your fingers (with hands back to back) so that the palms and fingers face upwards. Hook the index finger of the left hand over the middle finger of the right. Hook the index finger of the right hand over the middle finger of the left. Hook the thumb of the left hand over the little finger of the right. Hook the thumb of the right hand over the little finger of the left. Place your ring fingers vertically back to back. Position the mudra in front of your chest.



Offering Mudra

Visualise offerings of food, water, flowers water, soapy water, candle, incense or seashell. Visualise the offerings multiplied to first form a row, then multiplied again into an infinite quantity that fills the whole of the universe. Sincerely dedicate these offerings to your Root Guru, all the lineage masters, the eight personal deities, all Buddha's of the ten directions throughout the past, present and future, all great Bodhisattva's, Vajra Protectors and Nagas. Chant the Offering Mantra:

Om, sa-er-wa, da-ta-ga-da, ee-da-mooh, gu-ru la-na, man-cha-la, kan, nee-lee-ye, da-ye-mee

(In Sanskrit: "Om sarva tathagata idam guru ratna mandalakam nairatayami")

Release the mudra at the third-eye chakra

5. Fourfold Refuge

Visualise the Four Refuges as follows: While reciting namo Guru bei, visualise Grand Master Lu radiant and appearing in the space before and above you; for namo Buddha ye, visualise all Buddha's of the ten directions radiant and appearing in the space; for namo Dharma ye, visualise all Buddhist scriptures radiant and appearing in the space; for namo Sangha ye, visualise numerous sanghas and sages radiant and appearing in the space. Bring the palms together and recite the Fourfold Refuge mantra three times:

Namo Guru bei, Namu Buddha ye, Namu Dharma ye, Namu Sangha ye.

After reciting the Fourfold Refuge Mantra, visualise the Four Refuges merging together and transforming into a brilliant revolving light. This light arches through space, entering your body at the crown chakra, and filling your body with light. Problems and negative karma are expelled from your body as black smoke through the pores of your skin. Your body becomes crystal clear, radiating light.

6. Armour Protection

The armour protection protects one's space from negative energy while in meditation. Form the Vajra Handclasp Mudra in front of the forehead. Recite the Protection Mantra:

Om, bo ru lan ze lee (7 times)



Visualisation

After the recitation, touch the mudra to your third-eye chakra, then your throat, heart, left shoulder, right shoulder and back to your third-eye chakra. Visualise a brilliant blue light radiating from the mudra. As you are releasing the mudra at your forehead, visualise Four rays of brilliant blue light emitting from the mudra; one to your left, one to your right, one to your front and one to your back; each turning into a Vajra Protector.

7. Recite the High King Kuan Yin Sutra

GAO WANG GUAN SHI YIN ZHEN JING:
High King Kuan Yin Sutra:

GUAN SHI YIN PU SA,
Homage to Kuan Yin Bodhisattva

NA MO FO,
Homage to the Buddha's,

NA MO FA,
Homage to the Dharma,

NA MO SENG,
Homage to the Sangha.

FO GUO YOU YUAN.
An affinity with the Pure Lands opens the Dhanna Doors.

FO FA XIANG YIN, CHANG LE WO JING, YOU YUAN FO FA.
By engaging permanence, bliss, identity and purity, one is blessed with the Dharma.

NA MO MO HO BO RE BO LUO MI SHI DA SHEN ZHOU.
Namo Maha Prajna Paramita, a great spiritual mantra.

NA MO MO HO BO RE BO LUO MI SHI DA MING ZHOU
Namo Maha Prajna Paramita, a great wisdom mantra.

NA MO MO HO BO RE BO LUO MI SHI WU SHANG ZHOU.
Namo Maha Prajna Paramita, a supreme mantra.



Skanda Vajra Protector

NA MO MO HO BO RE BO LUO MI SHI WU DENG DENG ZHOU.
Namo Maha Prajna Paramita, an unequalled mantra.

NA MO JING GUANG MI MI FO,
Namo the Pure Light Secret Buddha,

FA ZANG FO,
the Dharma Treasury Buddha,

SHI TZE HOU SHEN ZU YOU WANG FO,
the Tranquil King Buddha with Lion's roar and divine speed,

FO GAO SHE MI DENG WANG FO,
the Sumeru Light King Buddha announced by Buddha,

FA HU FO,
the Dharma Protector Buddha,

JIN GANG ZANG SHI ZI YOU XI FO,
the Vajra Treasury Roaming Lion Buddha,

BAO SHENG FO,
the Precious Victory Buddha,

SHEN TONG FO,
the Supernatural Power Buddha,

YAO SHI LIU LI GUANG WANG FO,
the Medicine Crystal Light King Buddha,

PU GUANG GONG DE SHAN WANG FO,
the Universal Light Merit Mountain King Buddha,

SHAN ZHU GONG DE BAO WANG FO,
the Merit Retaining Jewel King Buddha,

GUO QU QI FO,
the Seven Past Buddha's,
WEI LAI XIAN JIE QIAN FO,
the Future Thousand Buddha's of this fortunate eon,

QIAN WU BAI FO,
the Fifteen Hundred Buddha's,

WAN WU QIAN FO,
the Fifteen Thousand Buddha's,
WU BAI HUA SHENG FO,
the Five Hundred Flower Victory Buddha's,

BAI YI JIN GANG ZANG FO,
the Ten Billion Vajra Treasury Buddha's,

DING GUANG FO,
and the Fixed Light Buddha,

LIU FANG LIO FO MING HAO:
The Buddha's of Six Directions:

DONG FANG BAO GUANG YUE DIAN YUE MIAO ZUN YIN WANG FO,
To the East the Precious Light Moon Palace Venerable Wonderful Voice King Buddha,

NAN FANG SHU GEN HUA WANG FO,
to the South the Tree-Root Flower King Buddha,

XI FANG ZAO WANG SHEN TONG YAN HUA WANG FO,
to the West the Spiritual Power Flower Blazing King Buddha,
BEI FANG YUE DIAN QING JING FO,
to the North the Moon Palace Purity Buddha,

SHANG FANG WU SHU JING JEN BAO SHOU FO,
Above, the countless Vigor Jewel Crown Buddha's,

XIA FANG SHAN JI YUE YIN WANG FO.
Below, the Tranquil Moon Sound King Buddha.

WU LIANG ZHU FO,
All the countless Buddha's,

DUO BAO FO,
Many Jewels Buddha,

SHI JIA MOU NI FO,
Shakyamuni Buddha,

MI LE FO,
Maitreya Buddha,

A CHU FO,
Akshobhya Buddha,

MI TUO FO.
Amitabha Buddha.

ZHONG YANG YI QIE ZHONG SHENG,
All beings in the Central Realm,

ZAI FO SHI JIE ZHONG ZHE,
and those in the Pure Lands,

XIANG ZHU YU DI SHANG, JI ZAI XU KONG ZHONG
while moving upon the Earth and through the Heavens,
CI YOU YU YI QIE ZHONG SHENG,
shower limitless compassion upon all living beings,

GE LING AN WEN XIU XI
affording them equanimity and peace,

ZHOU YE XIU CUI
that they might cultivate day and night

XIN CHANG QIU SONG CI JING

By constantly invoking this sutra,

NENG MIE SHENG SI KU, XIAO CHU ZHU DO HAI,
one is liberated from the suffering of birth and death, and freed from all the many kinds of suffering.

NA MO DA MING GUAN SHI YIN,
Homage to the great wisdom Kuan Yin,

GUAN MING GUAN SHI YIN,
The observant Kuan Yin,

GAO MING GUAN SHI YIN,
the noble Kuan Yin,
KAI MING GUAN SHI YIN,
the expansively-minded Kuan Yin,

YAO WANG PU SA,
the Medicine King Bodhisattva,

YAO SHANG PU SA,
the supreme Medicine Bodhisattva,

WEN SHU SHI LI PU SA,
Manjusri Bodhisattva,

PU XIAN PU SA,
Samantabhadra Bodhisattva,

XU KONG ZANG PU SA,
Akasagarbha Bodhisattva,

DI ZANG WANG PU SA,
Ksitigarbha Bodhisattva,

QING LIANG BAO SHAN YI WAN PU SA,
the billions of Clear Cool Treasure Mountain Bodhisattva's,

PU GUANG WANG LU LAI HUA SHENG PU SA,
the Universal Light Venerable King Tathagata Bodhisattva.

NIAN NIAN SONG CI JING,
Chanting this sutra continually,

QI FO SHI ZUN, JI SHOU ZHOU YUE:
the Seven World-Honoured Buddha's recite this mantra:

LI PO LI PO DI, QIU HO QIU HO DI, TUO LUO NI DI, NI BO LA DI, BI LI NI DI,
MO HO QIE DI, ZHEN LING QIAN DI, SA PO HO.

Lee-poh-lee-poh-deh, kyo-ho-kyo-ho-deh, toh-loh-nee-deh, nee-ah-la-deh, pee-lee-nee-deh, mo-ho-kya-deh, jen-len-chen-deh, so-ha (7 times)

8. Recite the Deliverance Mantra (7 times)

Na-mo A-mi-doh-poh-ye, doh-ta-ga-doh-ye, doh-deh-ye ta
A-mi-lee-doo poh pee,
A-mi-lee-doh seh dan poh pee,
A-mi-lee-doh pek-ga-lan-deh,
A mi-lee-doh pek-ga-lan-doh,
Ga-nee-nee ka-ka-la, ji-doh-ka-lee, so ha.

This mantra is to increase the affinity with Amitabha's Pure Land and to deliver the souls in the spiritual realms.

9. Recite the Prajna Paramita Heart Sutra

The Bodhisattva Avalokitesvara, while moving in the deep course of Prajnāparamita, shed light on the five skandhas and found them equally empty. After this penetration, he over came all pain.



Amitabha Buddha
Rebirth Mantra



"Listen, Shariputra, form is emptiness, emptiness is form; form does not differ from emptiness, emptiness does not differ from form. The same is true with feeling, perception, intention and consciousness.

"Hear, Shariputra, all dharmas are marked with emptiness; they are neither produced nor destroyed, neither defiled nor immaculate, neither increasing nor decreasing. Therefore, in emptiness there is no form, feeling, intention, or consciousness; no eyes, ears, nose, tongue, body, or mind; no forms, sounds, smell, tastes, touches, or mental objects; nor is there the realm of the eyes, up to and including the realm of mind consciousness. There is no ignorance or ending of ignorance; up to and including no decay and death or ending of decay and death. There is no suffering, no origination of suffering, no extinction of suffering, and no path; no knowledge and also no attainment.

"Because there is no attainment, the bodhisattvas, supported by the Prajnāparamita, find no obstacles for their minds. Having no obstacles, they overcome fear, liberating themselves forever from illusion and realizing perfect Nirvana. All Buddhas in the past, present, and future, through reliance upon Prajnāparamita, arrive at full, right, and universal Enlightenment.

"Therefore, one should know that Prajnāparamita is a great spiritual mantra, a great wisdom mantra, a supreme mantra, an unequalled mantra. It destroys all suffering because it is the incorruptible truth. A mantra of Prajnāparamita should therefore be proclaimed. This is the mantra:

"GATE GATE PARAGATE PARASAMGATE BODHISVAHA."

Pronounce as "gah-teh gah-teh, pah-ra-gah-teh, pah-ra-sum-gah-teh, boo-di so-ha"

10. Visualization of the Empowerment of the Three Lights:

Hold both hands below the navel chakra, with the right hand over the left and palms facing up. Form a circle with the thumb and index finger of the right hand, and form another with the thumb and index finger of the left so that both circles meet.



Vajra Mudra

Visualization: First empty the mind. Chant the Emptiness Mantra:

Om, Si-ba-wa, Su-da, Sa-er-wa, Da-er-ma, Si-ba-wa, Su-do-hang. (3 times)

(1) Visualize the smoke given off by three incense sticks (inserted in a tray of rice) rise and transform into a moon disc. Inside the moon disc is the yellow seed syllable "dzam" emitting great yellow light.



Dzam Syllable

(2) The seed syllable inside the moon disc revolves and transforms into Yellow Jambhala. His body is yellow and he sits in a half-lotus posture. Wearing a gemstone crown and gemstone chains on his body, Yellow Jambhala's round face appears prosperous and slightly fierce. His right hand holds a pear-shaped treasure object and his left hand holds a treasure-spouting mongoose.



Yellow Jambhala

(3) Next visualize the big toe of Yellow Jambhala's right extended foot swelling up, causing him great pain. At this time, chant in one's heart "Om ah hum, so-ha" 3 times to invoke the Five Buddhas to appear in the Empty Space above.

(4) Visualize the Five Buddhas emitting a beam of light each to empower Yellow Jambhala. Chant the Empowerment Mantra "Om hum jum seh ya" 3 times. As a result of the empowerment from the Five Buddhas, the swelling on his right big toe recedes and disappears. Yellow Jambhala breaks into a smile and his mongoose opens its mouth to spew out gold onto the rice platter, turning the mound of rice into a mountain of gold.

(5) At this time, one may visualize the object of one's desire being spewed out of the mongoose's mouth.

11. Recite Yellow Jambhala Heart Mantra

Visualization: Hold mala beads in front of the chest and move each bead with the thumb during chanting. Visualize the left hand transform into a vajra bell and the right hand into a vajra scepter. The mother bead or emblem transforms into the Many-Jewels Buddha's Stupa and the four "divider beads" into the Four Deva Kings. The tassel transforms into a "lotus hand" while the string threading through the beads transforms into a circle of inherent white light of Vajrasattva. During mantra chanting, when a bead is moved, visualize Yellow Jambhala appear inside the bead and come to the forefront.

Mantra (108 times):

Om, jum-bah-lah, chan-lan chah-nah-yeh, so-ha.

12. Visualization

a) Visualize an ocean with a placid, mirror like surface. Above is a clear cloudless sky. A full moon rises above the horizon. Inside the moon is a seed syllable 'Dzam' radiating yellow light.

b) The seed syllable 'Dzam' inside the moon begins to spin, transforming into Yellow Jambhala seated on a red lotus. Yellow Jambhala appears in sky as being dignified and peaceful.

c) At Yellow Jambhala's third eye chakra, he sends forth a beam of brilliant white light, which enters your third eye chakra to clean the karmic hindrances from your body. Next, from his throat chakra, he sends forth a beam of brilliant red light which enters your throat chakra to clean the karmic hindrances from your speech. Finally, from his heart chakra, he sends forth a beam of brilliant blue light which enters your heart chakra to clean the karmic hindrances from your mind.

d) Use your mind to visualize Yellow Jambhala seated on a red lotus above your head on your crown chakra.

e) Within your body, visualize a 8 petalled red lotus flower appearing at your heart chakra. Above the lotus is a moon disc. Inside the disc is the seed syllable 'Dzam' radiating yellow light.

f) Visualize Yellow Jambhala above your head turning into a white pearl about the size of a grain of rice. This light enters your body through the crown chakra, then descends through the central channel to rest on the red lotus at your heart chakra.

g) The white pearl on the lotus flower gradually transforms into Yellow Jambhala. At this stage, you and Yellow Jambhala become one.

13. Nine Cycle Breathing Meditation

Beginners may wish to use the breath counting method instead.

Sitting in a meditation position, visualise that your body is pure and transparent like a shining crystal, with three "subtle energy channels" as follows:

The central channel begins at a place about four finger widths below the navel (called the dan-tien in Chinese), and ascends the centre of the body to open up like a trumpet at the top of your skull. The left and right channels also begin at the dan-tien, but branch off to each side and ascend parallel to the central channel to the level of the crown chakra, then curve down to end in the respective left and right nostrils.

Perform the Nine Cycle Breathing by following these steps. Each breath should be slow and smooth, deep and complete.

1. Visualise white light entering the right nostril to become red light. The light descends the right channel to the dan-tien. The red light ascends the left channel exiting the left nostril as dark smoky light.
2. Visualise white light entering the left nostril to become red light. The light descends the left channel to the dan-tien. The red light ascends the right channel exiting the right nostril as dark smoky light.
3. Visualise white light simultaneously entering both nostrils, transforming into red light and descending the left and right channels to the dan-tien. Next the red light ascends the central channel to the crown chakra and descends again to the dan-tien. Finally, the red light ascends the left and right channels exiting the nostrils as dark smoky light.
4. Breathe in through the left nostril and out at the right (as in 2).
5. Breathe in through the right nostril and out at the left (as in 1).
6. Breathe in and out through both nostrils (as in 3).
7. Breathe in and out through both nostrils (as in 3).
8. Breathe in through the right nostril and out at the left (as in 1).
9. Breathe in through the left nostril and out at the right (as in 2).

Breath Counting Method

Focus your mind with single-pointed attention on your breathing. Count each inhalation and exhalation as one breath. Count to one hundred and start again. Continue to count until you reach the state of selflessness (samadhi).

14. Meditation to Enter the State of Samadhi

Visualisation of Oneness

Continuing to visualise yourself as Yellow Jambhala, expand your body to merge with the light of the Universe.

15. Exit the State of Samadhi

The steps for exiting samadhi are the reverse of the procedures used for the "Visualisation" (10)

Visualise yourself as Yellow Jambhala re-entering your body through your crown chakra. Yellow Jambhala descends the central channel to rest on the lotus at your heart chakra, whereupon Yellow Jambhala transforms into a white crystal. The crystal ascends through the central channel exiting your body through the crown chakra. The crystal transforms into Yellow Jambhala just above your crown chakra. Release the visualisation to complete this meditation.

16. Recite the Eight Personal Deity Heart Mantras

Amitabha Buddha

Om, a-mee deh-wah, seh.

(Sanskrit: Om, Amitabha hri.)

Kuan Yin Bodhisattva

Om, ma-nee pad-mee, hum.

(Sanskrit: Om, mani padme hum.)

Ksitigarbha Bodhisattva mantra that purifies fixed karma

Om, pun-lah-moh lin-toh-lin, so-ha.

(Sanskrit: Om, prama nidani svaha.)

Ksitigarbha Bodhisattva heart mantra

Om, ha ha ha, wei sam-mo-deh, so-ha.

(Sanskrit: Om, ha ha ha vismaye svaha.)

Maha Cundi Bodhisattva

Om, dze-lee dzu-lee zhun-teh, so-ha.

(Sanskrit: Om, cale cule cunde svaha.)

Jambhala

Om, Jum-bah-lah, chah-lan chah-nah-yeh, so-ha.

(Sanskrit: Om, Jambhala dsalendraye svaha.)

Ksitigarbha

Om, ah hum, be-dza, gu-ru, beh-ma, sih-dee, hum, seh.
(Sanskrit: Om, ah hum vajra guru padma siddhi hum hri.)

Padmakumara

Om, ah hum, gu-ru-bei, ah-ho-sa-sa-ma-ha, Lian-shen sih-dee hum.

Medicine Buddha

Deh-yah-tah, om, beh-ka-dze-yah, beh-kah-dze-yah, ma-ha beh-kah dze-yah, la dza
sah mo kyah-doh-ah, so-ha.

(Sanskrit: Tadyatha om bhaisajya bhaisajya mahabhaisajya raja samungate savha.)

17. Homage to the Amitabha Buddhas:

Homage to the 36 trillion, 119 thousand and 500 Amitabha Buddhas. (3 times)

18. Verse for Transferring Merit

May all who uphold the name of Amitabha Buddha, be re-born together in the Pure Land of His Western Paradise. Repaying the Fourfold Generosity from above and aiding those who suffer in the Three Paths below.

Upon seeing the Buddha, may I be liberated from the cycle of birth and death; and may I develop the qualities of Buddhahood and thus free all who suffer.

As a True Buddha practitioner, I dedicate this merit to everyone, that all may be healthy, free of hindrances, strong in cultivation, and that all wishes may come true.

(At this time, one may silently make one's personal dedication).

19. Recite The Hundred syllable mantra (3 times):

Om bayja sato sa maya manu palaya
Bayja sato dayno pa tee stra
Jay jo may poh wah
Soto kai yo may poh wah
Sobo kai yo may poh wah
Anu rasto me bhawa
Sarawah siddhi yum ba lii ya cha
Sarawah karma soo cha mee
Jee ta moo silly yum gulu hum
Ha ha ha ha haw!
Ba gow wun sarawah da ta gat da
Bayja ma mee mantra
Bayja ba wah maha samaya sato ah hum pei



20. The Great Homage

Homage to the Buddhas of the Ten Directions (Use the Buddha Mudra.)

Homage to all Bodhisattvas (Use the Lotus Mudra.)

Homage to the Vajra Protectors (Use the Vajra Handclasp Mudra.)

Half-bow (Use the Equanimity Mudra.)

21. Recite the Completion Mantra:

Om, bu lin. (3 times)

Om Mani Padme Hum.

Dismissal: clap twice, cross hands, and snap thumbs and middle fingers.

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