

# Smoke Offering Practice

Smoke Offering is a ritual practice of making vast offerings to all sentient beings, spirits, demons and obstacle makers. In this practice we clear our past debts, resolve lifetimes of karma and find communion with the elemental forces. We create harmony, vitality, success, prosperity and health in our life, our land and our local community with this sacred smoke that carries our prayers into the subtle dimension.

This is my personalized practice text of the smoke offering teaching by Master Sheng-yen Lu. Acknowledgments to the official practice text created by A Yang and I Tan. Initiation is required prior to doing this practice. – R To

5:00 to 9:00 AM –Buddhas and Bodhisattvas, place on altar (open windows)

5:00 to 9:00 PM – Gods, Ghosts, Enemies, and Debtors, place on deck (with air circulation)

## Prepare Ingredients:

1. Sandalwood incense powder
2. Roasted flour (no oil) (or peanuts, brown rice, milk powder, bean powder)
3. Brown and white sugar mixture
4. Rectangular clothes (red, white, blue, green, yellow)
5. Dried mixture of flour (or brown rice, oatmeal), milk, butter

During preparation recite “Om Ah Hum”

Om     make it big as the universe  
Ah     purify all the offerings  
Hum    increase the wonderful or magical taste of it

And also recite “Lang Yang Kang”

Lang   represent the fire  
Yang   represent the wind to blow the smoke  
Kang   fill entire space

When you make this cake offering make this mudra of the Garuda (represents smoke flying to all corners of the universe and to transform):



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<http://www.tbsseattle.org/english/content/view/91/77/lang.en/>

First relax the mind. Next, visualize your Root Guru appearing above your crown and radiating light on everyone present. Chant your Root Guru Heart Mantra 7 times. Pray to your Guru to empower you so that the practice will be auspicious. Visualize your parents, children, relatives, friends, and enemies join you in this practice.

Wake Up Call: Clap twice, then cross hands and snap thumbs and middle fingers.

## 1. Purification

Speech: *Om, syo-lee syo-lee, ma-ha syo-lee, syo-syo-lee, so-ha.*

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

Mind: *Om, wa-dzi-la-dam, ho ho hum.*

Earth God Mantra: *Namo sam-man-do, moo-toh-nam, om, doo-loo doo-loo dei-wei, so-ha.*

## 2. Invocation

Om ah hum, so-ha. (3 times)

Namo Guru Living Buddha Lian-sheng  
*namo gun bun xian shi lian xian hou fo,*

Namo White Maha Padmakumara  
*namo da bai lian hua tong zhi,*

Namo Lotus Light Unhindered Buddha  
*namo, hua guang zi zai fo*

Namo All the Lineage Gurus  
*namo, li dai chuan chung zu shi*

Namo Four Arms Avalokitesvara Bodhisattva  
*namo guan shi yin pu sa,*

Namo Earth-Store (Ksitigarbha) Bodhisattva  
*namo di zang wang pu sa,*

Namo Golden Mother of the Primordial Pond  
*namo wu ji yao chi jin mu da tian zun*

Namo all Heavenly Beings represented on the altar.

Namo all Buddhas of the Ten Directions, Past, Present, and Future,

Namo all Bodhisattvas and Mahasattvas,

Namo Prajna Paramita (Great Wisdom)

### 3. The Great Homage



Buddha Shrine Mudra

#### **Homage to your Root Guru and all Buddhas in all times and directions (using Buddha Shrine Mudra.)**

(Visualize in the space before and above you the Root Guru, all past lineage gurus, the eight Personal Deities, all Buddhas, Bodhisattvas, and Dharma Protectors. They appear like multitudes of twinkling stars, pervading the Empty Space. Touch the brow point [third-eye chakra] with the mudra and visualize the Root Guru emitting a white beam of light from his brow point to your brow point. Touch the throat with the mudra and visualize the Root Guru emitting a red beam of light from his throat to your throat. Touch the heart with the mudra and visualize the Root Guru emitting a blue beam of light from his heart to your heart. Touch the brow point again and then release the mudra. Visualize yourself prostrating fully on the floor to pay homage to the Root Guru and Buddhas in all times & directions)



Lotus Mudra

#### **Homage to all Bodhisattvas (using Lotus Mudra.)**

(Employ the mudra and visualize as above to pay homage to all Bodhisattvas and Mahasattvas.)



Vajra Mudra

#### **Homage to all Dharma Protectors (using Vajra Mudra.)**

(Employ the mudra and visualize as above to pay homage to all Dharma Protectors.)



Equanimity Mudra

### **Half-bow (using Equanimity Mudra.)**

(Bow and touch mudra against the brow point before releasing the mudra.)

## **4. Mandala Offering**



Offering Mudra

**Offering Mudra:** Interlace fingers (with hands back to back) so that 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. Press the thumb of the left hand over the little finger of the right. Press the thumb of the right hand over the little finger of the left. Manipulate the ring fingers so that they stand vertically, back to back.

Place the Offering Mudra in front of the chest. After visualization, bring the mudra to touch upon the brow point before release.

**Visualization:** Visualize the offerings at the altar multiply to first form a row, then multiply again to form a field, and multiply once more to fill all space. Dedicate this space-filling offering to the Root Guru, past lineage gurus, eight Personal Deities of the True Buddha School, all Buddhas in all times and directions, all Bodhisattvas and Mahasattvas, and all Dharma Protectors.

### **Offering Verse:**

*Mount Meru together with the Four Continents, sun and moon,  
Transforms into precious treasures to offer to the Buddhas.  
May the immeasurable merits arisen from these treasures  
Quickly remove negative karma to realize Buddhahood.*

(Chinese pronunciation):

*xu mi si zhou bing ri yue,  
hua zhu zhen bao gong yang fo.  
zhong zhong zhen qi zhu gong de,  
xiao ye su su zheng pu ti.*

**Offering Mantra:**

*Om, sa-er-wa, da-ta-ga-da, ee-da-mooh, gu-ru la-na, man-cha-la, kan, nee-lee-yeh, dah- yah-mee.*

**5. Fourfold Refuge**

**Visualization:** Visualize the Root Guru, all past lineage gurus, all Buddhas, Dharma, and Sanghas merge into a great white light that empowers one.

Remember the Guru  
Remember the Buddha  
Remember the Dharma  
Remember the Sangha

Treasure the Guru  
Treasure the Buddha  
Treasure the Dharma  
Treasure the Sangha

Namo Guru bei  
Namo Buddha ye  
Namo Dharma ye  
Namo Sangha ye

**6. Armor Protection**

Form the Vajra Mudra before the forehead.

**Mantra:**

*Om, bo ru lan ze lee. (7 times)*

After recitation, bring the mudra to touch the brow point, then throat, heart, left shoulder, right shoulder, then back to the forehead. At the moment of releasing the mudra, visualize the Dharma Protector at one's shrine transform into four bodies that guard one in the front, behind, and to the right and left sides.

Mudra is the secret used to purify body, mantra is the secret used to purify speech, and visualization is the secret used to purify mind or habitual consciousness. The purification of body, mind, and speech is an inherent secret of Mahavairocana Buddha. Utilizing this secret of the Tathagata, a tantrika can integrate the three secrets and purify karmic traces associated with the three existences of body, mind, and speech and forms the entire basis of all Tantric practices.

**7. High King Avalokitesvara Sutra (if extra time allows)**

gao wang guan shi yin zhen jing

**Goddess of Mercy**

guan shi yin pu sa,

**Homage to the Buddha**

na mo fo,

**Homage to the Dharma**

na mo fa,

**Homage to the worshippers**

na mo seng,

**The country of Buddha's birth has a cause,**

fo guo you yuan,

**to which the Buddhist Law is complementary.**

fo fa xiang yin,

**Always happy and clean,**

chang le wo jing,

**the four transcendent perfections have their cause in the Buddha Law.**

you yuan fo fa.

**Homage to the Maha Prajna Paramita, a great spiritual mantra.**

na mo mo he bo re bo luo mi shi da shen zhou.

**Homage to the Maha Prajna Paramita, a great wisdom mantra.**

na mo mo he bo re bo luo mi shi da ming zhou.

**Homage to the Maha Prajna Paramita, a supreme mantra.**

na mo mo he bo re bo luo mi shi wu shang zhou.

**Homage to the Maha Prajna Paramita, an unequalled mantra.**

na mo mo he bo re bo luo mi shi wu deng deng zhou.

**Homage to the the Pure Light Secret Buddha,**

na mo jing guang mi mi fo,

**the Buddha which provides our treasured Law,**

fa zang fo,

**the Lion's Roar Spirit Hidden King Buddha,**  
shi zi hou shen zu you wang fo,

**the Distant Lamp King Buddha,**  
fo gao xu mi deng wang fo,

**the Buddha who protects the Dharma,**  
fa hu fo,

**Vajrasattva of the Roaming Lion Buddha,**  
jin gang zang shi zi you xi fo,

**the Precious Victory Buddha,**  
bao sheng fo,

**the Supernatural Buddha,**  
shen tong fo,

**the Medicinal Blue-Crystal Light Buddha,**  
yao shi liu li guang wang fo,

**the Buddha of the Mountain of Universal Merit,**  
pu guang gong de shan wang fo,

**the Benevolent Meritorious Buddha,**  
shan zhu gong de bao wang fo,

**the Seven Buddhas of the past,**  
guo qu qi fo,

**the Thousand Buddhas yet to come,**  
wei lai xian jie qian fo,

**the Fifteen Hundred Buddhas,**  
qian wu bai fo,

**the Fifteen Thousand Buddhas,**  
wan wu qian fo,

**the Five Hundred Beautiful Flower Buddhas,**  
wu bai hua sheng fo,

**the Ten Billion Diamond Buddhas,**  
bai yi jin gang zang fo,

**and the Crystal Buddha.**

ding guang fo.

**The Six Buddhas of Six Directions:**

liu fang liu fo ming hao:

**To the East the Precious Light Moon Palace Venerable Wonderful Voice King Buddha,**

dong fang bao guang yue dian yue miao zun yin wang fo,

**To the South the Tree Root and Flowers King Buddha,**

nan fang shu gen hua wang fo,

**To the West the Supernatural Blazing Flowers King Buddha,**

xi fang zao wang shen tong yan hua wang fo,

**To the North the Moon Palace Purity Buddha,**

bei fang yue dian qing jing fo,

**Above, the ever-victorious Jewel Crown Buddha,**

shang fang wu shu jing jin bao shou fo,

**Below, the Placid Moon Sound King Buddha.**

xia fang shan ji yue yin wang fo.

**All the countless Buddhas,**

wu liang zhu fo,

**the Buddhas of Many Treasures,**

duo bao fo,

**Shakyamuni Buddha,**

shi jia mou ni fo,

**Maitreya Buddha,**

mi le fo,

**Akshobhya Buddha (no hatred, unmoving),**

ah chu fo,

**Amitabha Buddha.**

mi tuo fo.

**the Brahma at the center,**

zhong yang yi qie zhong sheng,



**in the central Buddha-realm,**  
zai fo shi jie zhong zhe,

**while moving upon the Earth,**  
xing zhu yu di shang,

**and through the Heavens,**  
ji zai xu kong zhong,

**shower limitless compassion upon all beings,**  
ci you yu yi qie zhong sheng,

**affording them equanimity and peace,**  
ge ling an wen xiu xi,

**that they might cultivate day and night.**  
zhou ye xiu chi.

**By constantly invoking this sutra,**  
xin chang qiu song ci jing,

**one is liberated from the suffering of birth and death,**  
neng mie sheng si ku,

**and freed from all the many kinds of suffering.**  
xiao chu zhu du hai.

**Homage to the great wisdom Avalokitesvara,**  
na mo da ming guan shi yin,

**the observant Avalokitesvara,**  
guan ming guan shi yin,

**the noble Avalokitesvara,**  
gao ming guan shi yin,

**the expansively-minded Avalokitesvara,**  
kai ming guan shi yin,

**the Medicine King Bodhisattva,**  
yao wang pu sa,

**the Supreme Medicine Bodhisattva,**  
yao shang pu sa,

**Manjusri Bodhisattva,**  
wen shu shi li pu sa,

**Samantabhadra (universally worthy) Bodhisattva,**  
pu xian pu sa,

**Akasagarbha (empty space) Bodhisattva,**  
xu kong zang pu sa,

**Ksitigarbha (earth) Bodhisattva,**  
di zang wang pu sa,

**the billions of Clear Cool Treasure Mountain Bodhisattvas,**  
qing liang bao shan yi wan pu sa,

**the Universal Light Venerable King Tathagata Bodhisattva.**  
pu guang wang ru lai hua sheng pu sa.

**Chanting this sutra continually,**  
nian nian song ci jing,

**the Seven World-Honored Ancient Buddhas,**  
qi fo shi zun,

**now say this mantra:**  
ji shuo zhou yue:

*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. Rebirth Mantra:**

*Na-mo a-mi-doh-poh-ye, doh-ta-ga-doh-ye, doh-deh-ye-ta, a-mi-lee-doh-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-mee-nee, ka-ka-nah, zhi-doh-ka-lee, so-ha. (7 times)*

## 9. The Four Immeasurables:

*“May all beings have happiness and the causes of happiness; this is immeasurable loving-kindness. May all beings be liberated from suffering and the causes of suffering; this is immeasurable compassion. May all beings be free of suffering and always stay happy; this is immeasurable joy. May all beings be free of grasping and aversion and practice equality; this is immeasurable equanimity.”*

Loving Kindness, wishing that sentient beings be endowed with happiness, and the causes of happiness,      antidote for hatred

Compassion, wishing that they be free of suffering, and the causes of suffering,      antidote for cruelty

Joy, delight in their dwelling always in joy, rejoicing in their well being,      antidote for jealousy

May all beings be free of grasping and aversion towards one another; where kindness, compassion, and joy are impartial to all.      antidote for all three

Four Immeasurables (Chinese pronunciation):

*yuan yi qie zhong sheng ju zu le ji le yin, shi ci wu liang.*

*yuan yi qie zhong sheng tuo li ku ji ku yin, shi bei wu liang.*

*yuan yi qie zhong sheng yong zhu wu ku an le, shi xi wu liang.*

*yuan yi qie zhong sheng qi ai zeng zhu ping deng, shi she wu liang.*

## 10. Repentance Verse (if extra time allows)

*All my transgressions committed since time immemorial  
which originate in beginningless greed, hatred, and ignorance  
and which are manifest through my body, speech, and mind  
these I fully confess and repent of altogether. (3 times)*

(Chinese pronunciation):

*wo xi suo zuo zhu zui ye,*

*jie you wu shi tan chen chi.*

*cong shen yu yi zhi suo sheng,*

*yi qie wo jin jie chan hui.*

## 11. Root Guru Heart Mantra (if extra time allows)

*Om, guru, lian-sheng siddhi, hum. (abbreviated)*

**or**

*Om ah hum, gu-ru-bei, ah-ha-sa-sa-ma-ha, lian-sheng sid-dhi hum. (full)*

## 12. Mudra and Visualization – Clear and decontaminate the mind.



Prayer Gesture



Lotus Mudra



“Seh” Sanskrit Syllable



“Hum” Sanskrit Syllable

Form the prayer gesture. At chest level, spread the fingers out pointed up and as widely as possible (lotus mudra). This represents an eight-petal flower.

First of all, visualize a lake with a clear sky. On the emerald surface of the lake are gentle ripples. In the middle of the lake is a pointed mountain with a silvery white full moon at its pinnacle. This round moon radiates to all directions a beautiful, brilliant, silvery white light. Next visualize an eight-petaled lotus appearing inside the moon.

Resting on the lotus is the Sanskrit seed syllable 𑖀, the luminosity of the moon is brought into one's being with each breath. Within is the luminosity of the moon, and without also is the luminosity of the moon. In a flash of a moment when the within and the without merge together, all worries and distorted view points are destroyed. There is no difference between the inner and the outer world – the Realm of the Ultimate Reality.

Visualize in careful detail the lake, the mountain, the full moon, the lotus in the moon, and the syllable on the lotus. Next visualize this syllable transforming into Four-Arm Avalokitesvara Bodhisattva.

Visualize the seed syllable 𑖀 on a lotus in your heart radiating blue light. The blue light invokes Avalokitesvara Bodhisattva to enter through your crown to merge with you. Then gradually the deity becomes as big as you. Then recite:

*Om, mani padme hum, seh.*

And snap your fingers once.



**Four-Armed Avalokitesvara Bodhisattva**

**Chant Emptiness Mantra:**

*Om, si-ba-wa, su-da, sa-er-wa, da-er-ma, si-ba-wa, su-do-hang. (3 times)*

Visualize everything merge with the universe. Fortify yourself by chanting the Heart Mantra of Avalokitesvara Bodhisattva:

*Om, mani padme hum (108 times)*

**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" transform 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 the Avalokitesvara Bodhisattva appear inside the bead and come to the forefront.

### 13. Smoke Offering and Visualization

**Recite 21 times:**     *Om*    (make it vast as the universe)  
                          *Ah*     (purify all the offerings)  
                          *Hum*    (increase the wonderful or magical taste of it)

**Recite 21 times:**     *Lang* (represent the fire)  
                          *Yang* (represent the wind to blow the smoke)  
                          *Kang* (fill entire space)



Garuda Mudra

**Garuda Mudra:** Form the mudra moving in upward motion (This represents the smoke extending throughout)

**Visualization:** When you visualize everything becomes empty, the smoke becomes very magnificent, become clothing, food, chards, houses, refrigerators, electronics, anything, visualize them to appear in front of you. Things that you use, all beautiful clothes, this becomes a magnificent offering. Also can visualize become all kinds of gems.

At this time your visualization offers the smoke that rises to all karmic enemies and debtors. These are intangibles. The tangibles will also be affected by this practice. At this time you need to recite:

*Om, ah-bu-la-di, pu-ba-yeh, so-ha*

7 recitations of mantra (snap fingers each time). Seven represents perfection and fulfill the wishes of all the karmic debtors and enemies.

## 14. Entering Samadhi (if extra time allows)

### Nine Cycle Breathing:

- (1) Visualize white light enter the right nostril. Here it becomes red light and descends the right channel to enter the left channel at the dan-tien; then, still as red light, it ascends the left channel to exit the left nostril as dark light.
  - (2) Visualize white light enter the left nostril. Here it becomes red light and descends the left channel to enter the right channel at the dan-tien; then, still as red light, it ascends the right channel to exit the right nostril as dark light.
  - (3) Visualize white light simultaneously enter both nostrils, transform into red light, descend down both side channels and enter the central channel at the dan-tien, ascend to the top [crown chakra], then return to dan-tien to enter both side channels, exiting as dark light at both nostrils.
  - (4) Breathe in through left nostril and out at the right (as in 2).
  - (5) Breathe in through 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 right nostril and out at the left (as in 1).
- Breathe in through left nostril and out at the right (as in 2).

## 15. Principal Heart Mantras

*Om, ah-mee-deh-wah-seh.*  
(Amitabha Buddha Heart Mantra)

*Om, mani padme hum.*  
(Avalokitesvara Bodhisattva Heart Mantra)

*Om, pun-lah-moh lin-toh-lin, so-ha.*  
(Ksitigarbha Bodhisattva Mantra that Removes Fixed Karma)

*Om, ha ha ha, wei sam-mo-yeh, so-ha.*  
(Ksitigarbha Bodhisattva Heart Mantra)

*Om, dze-lee dzu-lee, zhun-tee, so-ha.*  
(Maha Cundi Bodhisattva Heart Mantra)

*Om, jum-bah-lah, chan-lan chah-nah-yeh, so-ha.*  
(Yellow Jambhala Heart Mantra)

*Om ah hum, be-dza, gu-ru, beh-ma, sid-dhi, hum, seh.*  
(Guru Padmasambhava Heart Mantra)

*Om ah hum, gu-ru-bei, ah-ha-sa-sa-ma-ha, lian-sheng sid-dhi hum.*  
(Padmakumara Bodhisattva Heart Mantra)

*Deh-yah-tah, om, beh-ka-dzee-yah, beh-ka-dzee-yah, ma-ha beh-ka-dzee-yah,  
la-dza-sah-mo-kyah-doh-heh, so-ha.*  
(Medicine Buddha Heart Mantra)

## **16. Buddha's Name:**

Namo the 36 trillion 119 thousand and 500 Amitabha Buddhas. (3 times)

Na-mo san-shi-liu-wan-yi yi-shi-yi-wan jiu-qian-wu-bai tong-ming-tong-hao ah-mi-tuo-fo.

## **17. Merit Dedication:**

### **For Buddhas:**

*This magnificent smoke offering is offered to the Buddhas, Bodhisattvas,  
Herukas, Heavenly Beings, and Divinities.*

### **For Gods, Ghosts, Karmic Debtors:**

*“These five amazing offerings, I sincerely render to Incense-Eating Deva  
Buduga, Kinnara and retinue, Five-Knots Incense-Eating Deva and retinue,  
Dragon Kings and Dragon Maidens, Mountain Devas, River Devas, Ocean  
Devas, and all Bardo beings and suffering beings. May their desires be fulfilled.  
May all Bardo beings be liberated from fear and suffering. May Buddhas of the  
Perfect Body bless me to quickly attain realization. Even if the power is not  
acquired yet, may Buddhas bless me to be delivered, despite all obstacles, by  
the merits of cultivation. I sincerely practice the supreme dharma.”*

### **(continued with the following)**

*We wish the wanderers of the Buddha will vow to do practice. We pray that all  
obstructions be eliminated. And all sufferings and calamities be gone and all  
sentient beings be salvaged.*



May all who uphold the name of Amitabha Buddha  
Be born together in the Pure Land.  
Repaying the Fourfold Generosities,  
And aiding those who suffering in the Three Paths.  
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.

I, \_\_\_\_\_ (your name), dedicate the merits of this practice to my Guru, who continues to turn the Dharma Wheel to guide those in Samsara. May there be good health, hindrances dispersed, we be strong in cultivation, and may all circumstances become auspicious.

May all supplications be completely fulfilled.  
May all hindrances be removed. Wun!

## **18. Great Homage**

## **19. Hundred Syllable Mantra**

*Om, be-dza, sah-do sa-ma-ya, ma-nu bah-la-ya, be-dza sah-do deh-nu-pah-deh-cha, zhe-jo mi-bah-wa, soo-do ka-yu mi-bah-wa, soo-poo ka-yu mi-bah-wa, an-nu-la-do mi-bah-wa, sa-er-wa, sid-di, mi-bu-la-ya-cha, sa-er-wa, ka-er-ma, soo-cha-mi, ji-ta-moo, see-li-yam, gu-ru hum, ha-ha-ha-ha-hoh, bah-ga-wan, sa-er-wa, da-ta-ga-ta, be-dza, ma-mee mun-cha, be-dzi-ba-wa, ma-ha sa-ma-ya, sah-do-ah, hum, pei. (3 times)*

## **20. Completion Mantra**

*Om, bu lin. (3 times)*

*Om Mani Padme Hum.*