

心灵法门放生仪式

Guan Yin Citta Dharma Door: Guide to Performing Life Liberation

放生是财布施，法布施，无畏布施，三施兼具，功德无量。放生带给我们最大的益处是消灾延寿。放生帮助消灾延寿，念经帮助护身，两样一起做效果最好。

Performing life liberation is a profound practice because it combines three types of giving: the giving of wealth, the giving of Dharma, and the giving of fearlessness. By bringing all three together, the merit and virtue you gain are boundless. The greatest benefit of performing life liberation is its power to help us dissolve calamities and live a longer, healthier life. While this practice clears away obstacles and extends our longevity, reciting Buddhist scriptures provides us with spiritual protection. For the best results, it is most effective to do both together.

放生路上：去放生的路上就可以开始念经，念《大悲咒》最佳，念经前要说出自己名字：“请大慈大悲的观世音菩萨保佑我某某某消灾延寿，我一定再做更多的功德”，代放生就说“请大慈大悲的观世音菩萨保佑某某某消灾延寿...”。接着再念《大悲咒》，越多越好。

On the Way to Perform Life Liberation

You can start reciting as soon as you are on your way. The *Great Compassion Mantra* is the best choice.

Before you begin, state your full name: "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, [your name], help me dissolve calamities and live a longer, healthier life. I will continue to accumulate more merit and virtue."

If you are performing life liberation on behalf of someone else, you can say: "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless [their name], help him/her dissolve calamities and live a longer, healthier life..."

Then, continue reciting the *Great Compassion Mantra*—the more, the better.

放生地点：（一恭请、二念经、三祈求、四放生、五感恩）

At the Release Site (1. Paying Respect, 2. Reciting, 3. Praying, 4. Releasing, 5. Expressing Gratitude)

一、感恩

双手合十对着天空三称“感恩南无大慈大悲救苦救难广大灵感观世音菩萨（摩诃萨）”

1. Paying Respect

With your palms together, face the sky and say three times: "I express my sincere gratitude to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva (Mo He Sa)."

二、念经

《大悲咒》1遍，《心经》1遍，《七佛灭罪真言》7遍。
不会念经的同修可以一直念圣号：南无大慈大悲观世音菩萨。

2. Reciting

Recite the *Great Compassion Mantra* once, the *Heart Sutra* once, and the *Qi Fo Mie Zui Zhen Yan* seven times.

If you are not yet familiar with these Buddhist scriptures, you may simply recite the Bodhisattva's holy name continuously: "Namo the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva."

三、祈求

1、为自己放生：

祈求：南无大慈大悲观世音菩萨，我 XXX 今天放生多少条鱼，请大慈大悲观世音菩萨保佑我 XXX 消灾延寿或者化解冤结、消除业障（或者祈愿的其他事情），我一定再做更多的功德。

3. Praying

I) Performing Life Liberation for Yourself

Prayer: "Namo the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva. I, [your name], am releasing [number or weight] of [fish, shrimp, or other creatures] today. May the Greatly Merciful and Greatly

Compassionate Guan Yin Bodhisattva protect and bless me, [your name], help me dissolve my calamities, and help me live a longer, healthier life (or: help me resolve karmic conflicts, eliminate karmic obstacles, or other wishes). I will continue to accumulate more merit and virtue."

2、代放生（代放生最好是用对方的钱）：

祈求：南无大慈大悲观世音菩萨，某某（指对方名字）放生多少条鱼，请观世音菩萨保佑某某消灾延寿（或保佑某某什么事）。

（不管是用对方的钱，还是自己的钱给对方来代放生的，都最好不说钱数。）

注意最后要加一句：请大慈大悲的观世音菩萨保佑我 XXX，我今天帮助某某放生，请菩萨保佑某某的业债不要由我 XXX 来背，希望某某放生能消除他的业障。

II) Performing Life Liberation on Behalf of Others (Note: It is best to use the other person's money for this practice.)

Prayer: "Namo the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva. [Their name] is releasing [number or weight] of [fish, shrimp, or other creatures] today. May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless [their name], help him/her dissolve his/her calamities, and help him/her live a longer, healthier life (or other specific wishes)."

Note: Regardless of whether you use the other person's money or your own, it is best not to mention the specific dollar amount in your prayer.

Important Closing Prayer: To ensure you do not take on the other person's karma, always conclude with: "May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, [your name]. Today, I am helping [their name] perform life liberation. May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless me, [your name], so that I do not shoulder the karmic debts of [their name]. May this life liberation of [their name] help him/her eliminate his/her karmic obstacles."

3、给台长放生

祈求：南无大慈大悲观世音菩萨，今天我 XXX，给卢军宏台长放多少条鱼。

III) Performing Life Liberation on Behalf of Master Jun Hong Lu

Prayer: "Namo the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva. Today, I, [your name], am releasing [number or weight] of [fish, shrimp, or other creatures] on behalf of Master Jun Hong Lu."

4、给亡人放生

可以在七七四十九天内为过世的亲人放生。

祈求：南无大慈大悲观世音菩萨，XXX（亡人的名字）今天放生多少条鱼（或虾或其他动物），请大慈大悲观世音菩萨慈悲保佑 XXX(亡人的名字)消除业障。

IV) Performing Life Liberation for the Deceased (Note: You may perform life liberation for deceased family members within 49 days of their passing.)

Prayer: "Namo the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva. [Name of the deceased] is releasing [number or weight] of [fish, shrimp, or other creatures] today. May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless [Name of the deceased] with your compassion, and help him/her eliminate his/her karmic obstacles."

四、放生

1、放生前最好特别祈求菩萨说一句话：如放生活动有殃（ying）种和污染问题，请南无大慈大悲救苦救难广大灵感观世音菩萨摩诃萨与护法神原谅。这样祈求是为了避免由于水质或物种方面不适应而造成的一些问题，比如水质污染、所放的鱼类不适合在此水域生存，或者水域中存在大鱼会吃小鱼等物种不融合的情况。对于明确知道周边有严重捕捞、淡水鱼不宜放在海水中（海水鱼不宜放在淡水中）等类情况，理应事先避免，选择合适的放生地点，以确保放生活动的圆满和如法。

4. Performing Life Liberation

I) Before You Begin

Before performing life liberation, it is important to make a special plea to the Bodhisattva to account for any environmental or species-related issues: "If there are issues with pollution or if the fish being released are freshly hatched, I beg for the forgiveness of the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva (Mo He Sa) and the Dharma Protectors."

This prayer is meant to address potential issues such as poor water quality, releasing species into an unsuitable environment (where they may not survive), or natural imbalances like larger fish preying on smaller ones. To ensure the liberation is successful and performed correctly according to the Dharma, you should always do your best to choose a suitable location in advance—avoiding areas with heavy fishing and ensuring freshwater fish are not released into saltwater (and vice versa).

2、放生的过程中，可以不停地念《大悲咒》、《心经》、《往生咒》遍数不限，能多念点最好，放鱼入水之前要再说一遍：“某某某放生多少条鱼（鱼或虾或其它动物），请大慈大悲的观世音菩萨保佑我某某某（或者家人某某某）消灾延寿……”把鱼放入水中，要轻起轻落，避免伤害到鱼。念经时不要对着水念，最好对着天空念。

II) During the Release

While performing the liberation, you can continuously recite the *Great Compassion Mantra*, the *Heart Sutra*, and the *Amitabha Pure Land Rebirth Mantra*. There is no limit—the more, the better.

Just before the fish enter the water, state the prayer one more time: "[Full name] is releasing [number or weight] of [fish, shrimp, or other creatures]. May the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva protect and bless [full name or family member's name], help [full name or family member's name] dissolve [my/their] calamities, and help [me/them] live a longer, healthier life..."

Practical Tips:

- Be Gentle: When placing the fish into the water, do so gently to avoid causing them any harm.
- Focus Upward: While reciting, do not face the water; it is best to face the sky.

3、放生中，如果有鱼死了，要念往生咒超度，每条死鱼至少 7 遍。

III) Handling Casualties

If any fish die during the process, you should recite the *Amitabha Pure Land Rebirth Mantra* to help the spirits of the deceased creatures ascend to a higher spiritual realm. You should recite the mantra at least seven times for each fish that has died.

五、感恩

放生结束，双手合十“感恩南无大慈大悲救苦救难广大灵感观世音菩萨（摩诃萨）！”

5. Expressing Gratitude

When you finish performing life liberation, put your palms together and say: “I express my deepest gratitude to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva (Mo He Sa)!”