

Steps for Guan Yin Citta Life Liberation



1. Find the altar at the releasing site and make incense. Lighting the incense using an oil lamp, joining your palms together, and then raising the incense above your forehead between your eyebrows. And saying your prayers in your mind. Muttered **“xxx <full name> send greetings to The Great Merciful and Great Compassionate Guan Yin Bodhisattva.”**
2. Say the following **“Deep gratitude to Great Merciful and Great Compassionate Guan Yin Bodhisattva”** (repeat 3 times with 3 salutes)
“Disciples, xxx <your full name> is here greeting to the Great Merciful and Great Compassionate Guan Yin Bodhisattva and all Buddhas. xxx <your full name> is releasing <the amount or total weight> of <fish, shrimp, or other aquatic creatures being released>, may The Great Merciful and Great Compassionate Guan Yin Bodhisattva protect and bless me <full name> help me to eliminate calamities and extend life. I will continue to cultivate and perform virtuous deeds.” (3 salutes)
3. Then recite the **Great Compassion Mantra (Ta Pei Chou)-1 time** , **Heart Sutra (Hsin Ching)-1 time** and **Sapta Atitabuddha Karasaniya Dharani (Chi Fo Mieh Tsui Chen Yan)-7 times.**
4. **Before release the fish**, say the following one more time, **“xxx <your full name> is releasing <the amount or total weight> of <fish, shrimp, or other aquatic creatures being released>, may The Great Merciful and Great Compassionate Guan Yin Bodhisattva protect and bless me <full name> help me to eliminate calamities and extend Life..”**
5. **Be gentle when you release the fish** into the water to minimize the potential harm. If there are fishes, shrimps or other aquatic creatures are death during life liberation, you need to recite **Amitabha Pure Land Rebirth Mantra (Wang Sheng Chou)**, for shrimp-3 times each ;
For crab- 7 times each and for fish-7 times each.
 - **You may start reciting on your way to the releasing site.** It is best to recite the **Great Compassion Mantra (Ta Pei Chou)**. Before you recite, you should state your full name: **“May the Great Merciful and Great Compassionate Guan Yin Bodhisattva protect and bless me, <your full name>, help me to eliminate calamities and extend life. I will continue to cultivate and perform virtuous deeds.”**
If you are releasing on behalf of someone else, you can say, **“May the Great Merciful and Great Compassionate Guan Yin Bodhisattva protect and bless<his/her full name>, help <his/her full name> to eliminate calamities and extend life. <His/her full name> is releasing <amount or total weight> of <fish, shrimp, or other aquatic creatures being released>.”**
 - The greatest benefit that we receive from performing Life Liberation is that our calamities will be dispersed and our lives will be extended. During major events when you are asking the Great Merciful and Great Compassionate Guan Yin Bodhisattva for protection and blessings, if you perform Life Liberation in addition to performing recitations, you would achieve better results.
 - You should recite sutras and mantras when you perform Life Liberation. Recite the Great Compassion Mantra (Ta Pei Chou), Heart Sutra (Hsin Ching) and the Amitabha Pure Land Rebirth Mantra (Wang Sheng Chou). The greater the number you recite the better.

(Kindly return back in place after used to facilitate recycling used, thanks for your mercy!)