

MASTER JUNHONG LU

Guan Yin Citta Dharma Door

A Practical Buddhist Approach
to Alleviating Suffering and Making Life Better

Enhance Physical and Mental Well-Being at No Cost!



“ A Bodhisattva relying on *Prajnaparamita* has no obstructions in his mind. Because there are no obstructions, he has no fear. ”



Heart Sutra

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Guan Yin Bodhisattva, also known as *Avalokiteśvara* in Sanskrit, is the Bodhisattva of Great Compassion.

She is widely venerated throughout the world, but especially by Buddhists in East Asia. She became Buddha innumerable eons ago, but with her great vows of compassion, she returned to the world to rescue beings in hardship. Because of her strong affinity with sentient beings, Guan Yin Bodhisattva works tirelessly to help those who recite her name.

She is also a Bodhisattava who can take the form of any male or female, adult or child, monastic or lay practitioner, human or non-human being. Depending on who you are, she will manifest herself as the same type of person to help you and teach the Dharma.

This booklet will introduce to you **Guan Yin Citta Dharma Door**, the Buddhist practice transmitted directly from Guan Yin Bodhisattva. Around the world, more than 10 million people have already benefited immeasurably from this wonderful and effective practice at no cost. We trust you will find the information in this booklet useful in solving all kinds of issues you face in daily life.

Join us and start the journey...

Happiness is not far away

Guan Yin Citta Dharma Door provides an effective and systematic way of finding peace in a turbulent world. It gives detailed guidance on solving common issues relating to health, relationship, career, etc. With Guan Yin Bodhisattva to count on, you are no longer on your own.

Master Junhong Lu is President and Director of 2OR Australia Oriental Radio and TV. He is also the founder of Guan Yin Citta Dharma Door, a Buddhist practice. He has devoted himself to promoting traditional Chinese culture and Buddhism around the globe since 1997. On the radio station he founded, he broadcasts programmes spreading the message of kindness, compassion and world peace –values that Master Lu believes lay the foundation for a harmonious family and a peaceful society.

Globally, his public talks have inspired millions of people to practise loving-

kindness and Buddhism. Today, Master Lu's Buddhist practice reaches over 10 million people around the world.

Master Lu's contribution to the spread of Buddhism and the culture of peace was acknowledged when he was honoured with the title of Ambassador of Peace Education at a peace summit held at the United Nations (UN) headquarters in 2014. As a Buddhist leader, Master Lu also attended the 12th International Buddhist Conference on the United Nations Day of Vesak in Bangkok, Thailand, in May 2015. At the invitation of the President of the United Nations General Assembly,

Master Lu attended the High Level Forum on the Culture of Peace at UN headquarters in September 2015.

With his spiritual power, Master Lu crystallizes the spiritual causes of all kinds of diseases. He explains vividly how karma works in our lives, and the causes of our problems related to career, relationship, health, and so on. Importantly, Master Lu lets you know how to solve your problem on your own...**it's effective and free!**

Guan Yin Citta Dharma Door belongs to the Mahayana Buddhist tradition. It encourages people to recite Buddhist scriptures (sutras and mantras) on a daily basis, practise life liberation (that is, saving the lives of beings destined for slaughter), and make great vows to help more people. These three “golden practices” lay a solid foundation for improved physical and mental well-being; they have been proved to cure illnesses, resolve relationship conflicts and increase spiritual strength and wisdom.

Using his spiritual power, Master Lu is able to tell anyone’s past, present and future, as long as the person’s year of birth and the Chinese zodiac are provided. His advice is based entirely on the teachings and practices of traditional Buddhism. He asks for nothing in return— which is why Guan Yin Citta has been able to reach over 10 million people in such a short period of time.





Master Lu's public talk in Hong Kong in 2015 was attended by 40,000 people.

Promoting Buddhism around the world

In response to invitations from across the globe, Master Lu has travelled extensively and given over a hundred public talks since 2010. His talks have been well-received in major Australian cities, including Sydney, Melbourne, Brisbane and Perth.

Master Lu has also given talks in the United States (New York, Los Angeles, Boston,

Washington DC, and San Francisco), Canada (Toronto and Vancouver), Singapore, Hong Kong, Taiwan, Japan, Malaysia (Kuala Lumpur, Penang, Johor and Sabah), New Zealand, Thailand, the United Kingdom, France, Germany, Denmark, Spain and Italy.



New York



France



Australia



New Zealand



USA



England



Spain



Singapore

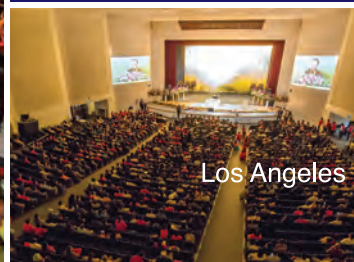


Malaysia

“ Learn to be open-minded.
Learn from the sea, for it is
vast and receives all rivers
no matter where they are
from. And it stays low. ”



Master Junhong Lu



Los Angeles



Taiwan

Why does reciting Buddhist scripture matter?

Buddhist scriptures (sutras) are the sayings of the Buddha. When reciting them, you will benefit from the blessings of Buddhas and Bodhisattvas. Recitation will not only help eliminate your negative karma; it will also bring strength, wisdom and inner peace, so that you can overcome all kinds of obstacles. And it does not cost a cent. All it requires is persistence and wholehearted sincerity.

Major sutras and mantras for practitioners of Guan Yin Citta Dharma Door

Great Compassion Mantra

This mantra can fulfil wishes, cure illnesses and grant protection to those who recite it. During critical times such as just prior to an operation, it should be recited 21 or 49 times per day—the more the better.

Heart Sutra

Reciting this sutra will help connect you to Guan Yin Bodhisattva. This sutra helps you uncover your wisdom, get along well with people and regain a peaceful state of mind. This sutra can be recited 3 or 7 times per day, but avoid reciting it after 10 pm.

Cundi Dharani

This dharani allows you to pray to Guan Yin Bodhisattva for fulfilling your (reasonable) wishes, such as improving your career prospects, having a healthy relationship, or finding a suitable job. It can be recited 21 or 49 times per day.

Eighty-eight Buddhas Great Repentance Text

When reciting this text, you repent before many Buddhas of your previous mistakes, such as hurting someone you love, showing disrespect for Buddhas, etc. This text can be recited once or three times per day.

“Empty your mind and sincerely pay homage to the Buddha. When bowing to the Bodhisattva, as long as you single-mindedly recite sutras, you will certainly receive responses from the Bodhisattva.”



Master Junhong Lu



“I’m grateful to Guan Yin Bodhisattva for her blessing and her great compassion. I’m also grateful to Master Lu and Guan Yin Citta Dharma Door, which taught me the way to control my own destiny.”

Crystal Huang (Los Angeles, USA)

Several years ago, I wanted to change from a career in finance to one in education. It was very difficult, given the sluggish job market.

One day, I learned from Master Lu’s teachings that karmic debts blocks one’s career path. Knowing that repentance is the way to get rid of bad karma, I kneeled down in front of the Buddha altar and recited the Eighty-eight Buddhas Great Repentance Text. I was in tears and repented of how I was petty-minded and intolerant, and how I was unwilling to share my knowledge before. Amazingly, the second day after my repentance, I got an offer of an interview and found a job in education. Guan Yin Bodhisattva answered my prayer within 48 hours after my repentance! I did it, and I believe you can too.





The enormous benefit of practising life liberation

Life liberation, or the release of animals, especially those in grave danger of being killed, is a popular practice performed by all schools of Buddhism. Setting animals free helps us cultivate compassion towards all beings, and deepens our understanding that we are all interdependent. It also enhances our generosity.

As many pains and illnesses that we suffer come from the karma of killing, the boundless merits derived from life liberation are particularly relevant to modern people: it helps us attain longevity and health, resolve interpersonal conflicts, be free from violence and disasters, and fulfil our wishes.

Which types of animals should we release?

It is best to release animals commonly eaten by humans, including fish, shrimp, prawns, crabs and clams. Other animals that tend to be killed or eaten by humans would also be suitable.

When is the right time?

Anytime—but avoid performing life liberation in the evening. It is recommended you choose the birthday of someone praying for longevity, the eve of the (Chinese) New Year, before the day of having an operation, or right after suffering an accident.

Who in particular should practise life liberation?

Anyone can benefit from setting animals free. But the following groups would benefit the most: Buddhists, the middle-aged or elderly, those who suffer from chronic illnesses, and those who want to repay the kindness of their parents. Those who work as chefs, kitchen hands, surgeons, abortion doctors, funeral directors (undertakers), pesticide handlers, sanitation workers, butchers, police officers, forensic examiners, etc., are strongly recommended to practise life liberation.

“The main purpose of practising life liberation is to liberate yourself and unleash your compassion. Once you bring forth compassion, you accumulate merits.”



Master Junhong Lu



“The doctor told us to prepare for the worst because my son was extremely premature... However, our son is healthy now. Guan Yin Citta not only saved my son, but also helped me understand Buddhism better and see things differently.”

Sew-Kok Chua (Selangor, Malaysia)

Born at 26 weeks' gestation, my son weighed only 855 grams at birth. He nearly died when a lung infection turned into a wet lung.

A friend suggested that we liberate fish to help my son gain merits and avoid misfortune. My wife and I went to liberate fish in the morning and my son's situation suddenly turned better in the afternoon! We were deeply touched by such a miracle and decided to start making vows and reciting Buddhist scriptures. Deepest gratitude to Guan Yin Bodhisattva.





Keep a promise —the power of a vow

When you make a vow, you will be motivated to fulfil your vow. You become willing to devote yourself to that goal. The vow is, in fact, very strong energy; it can overcome countless obstacles. This is especially true when you make a vow out of compassion. Seeing the suffering and hearing the cries of sentient beings, Bodhisattvas bring forth immense compassion and vow to benefit all sentient beings.

Your wishes could be fulfilled more quickly when you have the power of vow

When you vow – and keep your word – to help sentient beings by, for example, introducing Buddhism to people or saving animals from being killed, you will be blessed by Bodhisattvas and accumulate lots of merits. These merits can then be used to solve your problems or fulfil your wishes.

However, you need to be realistic

Your vow before the Buddhist altar is witnessed by all beings in Heaven and the Underworld. Therefore, you need to be careful when making a vow. Be realistic. Do not make a promise that you cannot keep; otherwise, you will be punished by Dharma Protectors and undergo retributions.

The power of keeping a vow helps you resist assaults from negative energy

A person strongly motivated to keep a vow can overcome difficulties very quickly. He or she is optimistic, fearless and persistent. Such a person more easily attains a higher level of spiritual practice.



How do I start?

You could start by making achievable vows, such as having a vegetarian diet two days a month, refraining from eating raw meat (including seafood) for the rest of your life, making donations to support the printing of Buddhist books, etc.

“With the power of a vow, you can succeed at anything. When you vow to do something, an invisible power will emerge within you. This power motivates you to achieve the unachievable.”



Master Junhong Lu



“During the following month, I released two thousand fish, diligently recited Buddhist sutras prescribed by Master Lu, and vowed to adopt a vegetarian diet for more than 20 days a month... I am so grateful that Guan Yin Bodhisattva saved my life.”

Mieko Kawamata (Tokyo, Japan)

In February 2015, I was diagnosed with breast cancer. Nothing could describe my despair and hopelessness as I was only 39 years old. During the following month, I released two thousand fish, diligently recited Buddhist sutras prescribed by Master Lu, and vowed to adopt a vegetarian diet for more than 20 days a month.

A month later, I went for another physical exam and I was told that the test results were normal. What a miracle! Many of my relatives are inspired by my experience. They also believe in Guan Yin Bodhisattva and have started practising Guan Yin Citta. Deepest gratitude to the three “golden practices” of Guan Yin Citta!





How does Master Lu reveal the secret of karma?

By giving your birth year and Chinese zodiac to Master Lu, he will be able to tell you everything you want to know about your relationship, career prospects, health condition, and the whereabouts of your loved ones who have passed away.

Using spiritual power like this reveals the fact that Bodhisattvas and spirits truly exist. It helps us understand the law of cause and effect and the working of karma.

The result is immediate and obvious: for the benefit of ourselves and others, we must be ethical. We must be mindful of our intentions and actions every moment, and stop creating negative karma in our everyday life. Once we pay off our karmic debts and refrain from accruing new ones, we can truly be liberated from suffering.

Master Lu has been doing this for decades and asking for nothing in return.

The working of karma revealed before your eyes

Most of the time we learn our lessons only after certain events have occurred. “It’s karma,” we say, suggesting it is our destiny or fate and we cannot do anything about it. In fact, karma is the law of the spiritual world: we reap what we sow. The quality of the crop we harvest depends upon the quality of the seeds we plant. With his spiritual power, Master Lu has shown millions of people that karma is real and everyone has to follow the law of cause and effect. Master Lu’s public talk has gained widespread popularity across the globe.



Highlights of Master Lu’s public talk in Hong Kong, 22 June 2014

Around 20,000 people witnessed the healing power of Guan Yin Citta as a man walked again after seven years stuck in a wheelchair.

Master Lu: His right eye... the retina detaches.

He has high blood pressure and excessive blood clotting.

He committed karma of killing before; he had too much raw meat and fish.

Woman : Although we sold seafood for a year, on and off, we rarely killed fish. Later, I was told that even if you just sell seafood and other people did the killing, you are also to blame. My husband also dug someone’s grave before...

Master Lu: One should never do such an unscrupulous thing!



The three “golden practices” – an effective way to alleviate our suffering

By following the three “golden practices” of Guan Yin Citta –reciting Buddhist sutras, practising life liberation, and making vows– we can accumulate merits, which in turn can be used to reduce our karmic debts and clear karmic obstacles on our life’s journey.



“Following the three golden practices relieves my chronic illness and pain.”

Jenny Hsu (Taipei, Taiwan)

I had rheumatoid arthritis for many years. Last April, the medication became ineffective and I had to endure the pain. I felt hopeless as I couldn’t do anything to stop it.

In September, my friend introduced me to Guan Yin Citta. I started to recite Buddhist sutras. In December, I felt my legs were stronger than before. Even the doctor was surprised to find that test results were normal.



“I believed what Master Lu said and I was very persistent with my practice.”

Ms Shi (Melbourne, Australia)

I’ve been looking for a job since the beginning of this year. I prayed to Guan Yin Bodhisattva for help during the Chinese New Year.

Master Lu instructed me to release six hundred fish and recite the Cundi Dharani 108 times per day. He said that I would have a stable job by April at the latest. If I wanted this to happen sooner, I could use the merits I accumulated from being a vegetarian. One day in March, I got a call from a big company for an interview. Everything went smoothly and I got the offer!



Master Lu's public talk in Sabah, Malaysia, January 2015.

Before a karmic obstacle materializes, it strains your nerves, obstructs your chances of improving your fortune, and gnaws away at your body. In addition, you cannot get what you want and your health deteriorates. These symptoms are interest payments on your karmic debt and a reminder of payback. Whenever a karmic obstacle materializes and the payback time approaches, your karmic creditor will start collecting the debt in various ways, such as through sudden illness or accidents. Once you pay off the debt, this karmic obstacle will be eliminated.



Master Junhong Lu



A world of loving-kindness and compassion

Ten million practitioners of Guan Yin Citta can be found in every corner of the world. It's like one big family, where everyone supports each other and practises Buddhism diligently.



"When I left Italy, I was a bit worried. However, I was calm, because I knew that Guan Yin Bodhisattva would always be with me."

Mattia Liuzzi (Parma, Italy)

Becoming a Buddhist and praying to Guan Yin Bodhisattva every day has changed my life a great deal. I have gone through a profound life-changing process since starting to pray and I am happier.

Surprisingly, even my parents, who are Italians, have become Buddhists and begun to pray to Guan Yin Bodhisattva. When Master Lu was in Rome at the end of March this year [2014], it took my parents five hours to arrive in Rome by train to attend his talk. And they felt so happy.



"Life is too short to waste. Being led to Buddhism is the most valuable experience in my life."

Yuk-Ping Tsang (Hong Kong)

I am always afraid of losing my loved ones. When I was very little, my mother suffered a lot from her illnesses, but my sister and I could do nothing to help her. For more than ten years after my mother passed away, I was unable to understand why my mother had to suffer so much and why she eventually left us.

Thanks to Guan Yin Bodhisattva, I was introduced to Guan Yin Citta and Master Lu in June 2012. I found the answer. I finally understand that life is full of impermanence. I will try my best to stay away from suffering by practising Buddhism.



"The wisdom we gain from practising Buddhism will help us overcome any difficulties we encounter."

Charles Andre Joris Vionnet
(Lyon, France)

I had an argument with my boss one day. I was very upset. My wife, a student of Master Lu, told me that I should be aware of my shortcomings and overcome them instead. Focusing on the weaknesses of others will only enhance hatred. I followed her advice.

A week later, my boss gave me a raise. From then on, I decided to recite the Great Compassionate Mantra and the Heart Sutra every day. After a while, I felt peace and calmness emerge within me. I also realise that wisdom truly grows from inner peace.



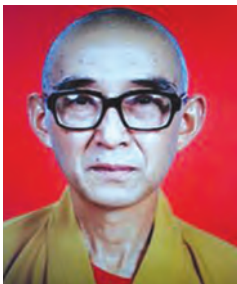
"I would not hesitate to recommend Master Lu's life-changing seminars to anyone."

Neville Suckling
(Auckland, New Zealand)

I was one of the world's worst bad-tempered and selfish beings while I was living in the fast lane. My road rage especially marked my aggressive personality to the max. This all changed when I made a commitment to become a student of Master Lu's teaching using the "Buddhist Recitation Collection".

Being connected to this higher energy has changed my whole attitude and my only regret is that I left it so late before I realised the true meaning of life.





"Master Lu is like the sunlight breaking through the dark cloud of our ignorance."

Venerable Ben Jue

The effectiveness of the three "golden practices" of reciting Buddhist sutras, practising life liberation, and making vows is the manifestation of Guan Yin Bodhisattva's love and compassion for us.

Master Lu has been able to translate profound teachings of the Buddha into the sweet dew that cleanses and nurtures our mind, so that we can connect to our self-nature and Buddha-nature, and feel reborn right in the present moment.



Both monastic and lay practitioners attended Master Lu's public talk in Hong Kong, June 2015.

Buddhist teachings explained simply

It's not easy to encounter a good teacher, let alone a spiritual teacher who can give practical and sound advice as you travel along your path of practice. Master Lu is known for using simple, and sometimes even light-hearted,

language to explain the profound teachings of the Buddha. His exposition is both inspiring and illuminating. His students include both monastic and lay practitioners around the globe.

“ You may be deeply worried about something today. But ask yourself: Where will you be 50 years from now? Will you still be concerned about these things 50 years on? ”



Master Junhong Lu



Devotion to charity and world peace

In addition to promoting Buddhism, Master Lu has been working hard to help those in need, spreading the message of compassion and peace around the world.

Master Junhong Lu received
the British Community Honours Award
in the UK in 2014.





Honorary Visiting Professor at University of Siena, Italy



Awarded Ambassador of Peace Education at UN headquarters



Awarded World Ambassador for Peace in the US Capitol Building (US Congress)



Awarded certificates of recognition from six city councils in California, USA



World Peace Award (Buddhism)



Attended the International Buddhist Conference on the 2015 United Nations Day of Vesak in Thailand



Awarded the honorary title of Dato' in Malaysia



Meet with President of the United Nations General Assembly



Outstanding Achievement Award in recognition of Master Lu's contribution to the culture of peace presented in Los Angeles



Award for Exceptional Contribution and Peace Advocacy to the Global Community presented in Germany



Attended Annual Conference of Cultural Diplomacy in Germany



Attended summit meeting on the culture of peace at UN headquarters



Attended "Interview with One Hundred Preeminent Monks" press conference in Hong Kong



Sometimes feel disoriented? Have attended many courses but still feel helpless in the face of pain, sorrow and suffering? Did you know that reciting Buddhist sutras and mantras can bring you calm and enhance mindfulness? And did you know that vowing to become a vegetarian or setting animals free can help you deal with problems you encounter?

Master Junhong Lu, a world-renowned spiritual teacher with ten million followers around the world, crystallizes the working of karma and explains its influences on our physical and mental well-being. Most importantly, he provides proven solutions, based upon traditional Buddhist teachings, for these issues. His guidance is free and effective.

You can find Master Lu's Guan Yin Citta Dharma Door practice centres in these countries and regions: Australia, New Zealand, Japan, Hong Kong, Taiwan, Thailand, Malaysia, Singapore, the UK, Ireland, France, Germany, Austria, Denmark, the Netherlands, Belgium, Italy, Spain, Canada, and the USA. Learning materials, Buddhist books, and DVDs can be obtained free of charge in these centres.

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