

Contents

Preface

Introduction

- About this Book
 - Reasons for Chanting
 - Purposes of Recitation
- Offering Incense
- Bowing
- Constructing an At-Home Shrine
 - Ceremonial Offerings
 - Ceremonial Implements
- The Eight Diagram Mirrors
- Concluding Remarks

Taoist Chants and Praises for Ceremony

- Triple Sanctuary Praise
- Incense Offering Praise
- Incense Praise to Lao Zi
- Incense Praises to the Three Heavenly Immortal Sovereigns
 - The Earth Spirit
 - Ruler of the Hearth and Controller of Destinies
 - The Jade Emperor, Sovereign on High
- Jade Emperor's Mind-Seal Scripture
- The Eight Great Taoist Spiritual Chants
 - Spiritual Chant for Purifying the Heart
 - Spiritual Chant for Purifying the Mouth
 - Spiritual Chant for Purifying the Body
 - Spiritual Chant for Comforting the Earth Spirit
 - Spiritual Chan for Purifying Heaven and Earth
 - Spiritual Chant of the Golden Light
 - Spiritual Chant for Offering
 - Mysterious Offering Chant
- Incantation for Concluding the Ceremony Chant

Supplemental

Purifying the Altar Chant

The Eight Hand Seals

Spiritual Chant for Saving All Aquatic Life

Taoist Scriptures for Recitation and Contemplation

The Jade Emperor's Mind Seal Scripture

The Exalted One's Scripture on Clarity and Tranquility of the Constant

The Heavenly Worthy's Jade Pivot Treasury Scripture

The Yellow Emperor's Yin Convergence Scripture

Book One: Lao Zi's Scripture on Tao (Way)

Book Two: Lao Zi's Scripture on Te (Virtue)

— Sample Chant from the *Eight Great Taoist Spiritual Chants* —

Third Chant
Spiritual Chant for Purifying the Body

淨身神咒

Jing Shen Shen Zhou

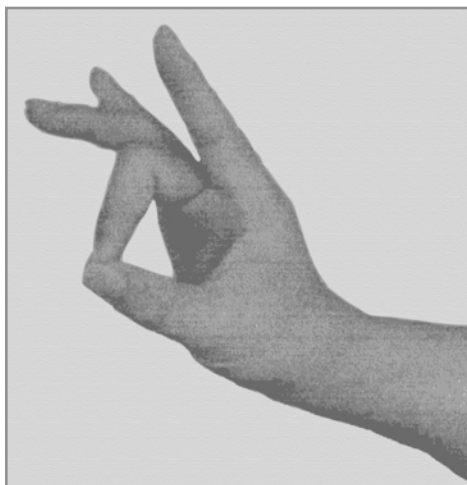
This chant is primarily used for protecting the body against disease and for the healing of others who may be suffering from an illness or disease.

◎ • Ling • • • • • ♪ • Bao • • • • • ♪ • Tian • ♪ • • • • • ♪ • • • • • ♪ • Zun • • • • •
靈寶天尊 Heavenly Worthies of the Numinous Treasury,
◎ ♪ • An • • • • • ♪ • Wei • • • • • ♪ • Shen • ♪ • • • • • ♪ • • • • • ♪ • Xing • ◎
安慰身形 calming and comforting the bodily form,
• Di • Zi • Hun • Po
弟子魂魄 and its disciples, the Hun and Po.
• Wu • Zang • Xuan • Ming
五臟玄冥 Dark and mysterious are the Five Viscera.
• Qing • Long • Bai • Hu
青龍白虎 The Green Dragon and White Tiger
• Dui • Zhang • Fen • Yun
對仗紛紜 engage in chaotic battle.
• Zhu • Que • Xuan • Wu
朱雀玄武 The Vermilion Bird and Mysterious Warrior
• Shi • Wei • Wo • Zhen
侍衛我真 attend to and guard my True (nature).
♪ • Ji • Ji • ♪ • Ru • Lu • ♪ • Ling
急急如律令 These mandates I will expediently follow.

— Sample Hand Gesture from the Eight Hand Seals —

6. Golden Immortales Skillful Praise Hand Seal

金女仙揚技引手
Jin Nu Xian Yang Ji Yin Shou



To be used with the *Golden Light Spirit Chant*.

— Sample Excerpt from the *Recitation Section* —

The Heavenly Worthy's Jade Pivot Treasury Scripture

天尊玉樞寶經

Tian Zun Yu Shu Bao Jing

Attributed to Lao Zi



Heavenly Worthy

Deified title and image of Lao Zi

太上老子

Tai Shang Lao Zi

This scripture was reportedly written by the Yuan dynasty (1271–1368 CE) Daoist priest Xuan Yang Zi (玄陽子). The full title is *The Heaven of Nine's Original Response to the Sound of Thunder of the Universal Transformation of the Heavenly Worthy's Jade Pivot Treasury Scripture* (九天應元雷聲普化天尊, Jiu Tian Ying Yuan Lei Sheng Pu Hua Tian Zun).

The very basis of the text goes to the heart of the “Sitting and Forgetting” method of meditation, as demonstrated in the following verse from the text:

The Heavenly Worthy spoke:

“It takes sincerity to enter into the Dao. It takes silence to guard it. It takes gentleness to use it. The use of sincerity appears to be ignorance. The use of silence appears to be cautious speech. The use of gentleness appears unskillful.

“Now when these are thus you may forget your bodily form. You may forget your own self. You may forget that you are forgetting.”

This text has a full version and a short one. The shorter one is the essence of the scripture and is usually the one presented by Western translators, with the title simply being *The Jade Pivot Scripture*.

Ring Bowl (◎) 3x.

Light incense and place it in the burner.

Silently bow 3x.

With each bow recite, *Homage to the Heavenly Worthy*.

**The Heaven of Nine's Original Response to the Sound of Thunder
of the Universal Transformation of the Heavenly Worthy's
Jade Pivot Treasury Scripture.**

九天應元雷聲普化天尊

Jiu Tian Ying Yuan Lei Sheng Pu Hua Tian Zun

玉樞寶經

Yu Shu Bao Jing

At the time during the Heaven of Nine's Original Response to the Sound of Thunder of the Universal Transformation, the Heavenly Worthy was dwelling within the Heaven of Jade Purity with all the Heavenly Supreme Rulers of the ten directions.

爾時, 九天應元雷聲普化天尊

Er Shi, Jiu Tian Ying Yuan Lei Sheng Pu Hua Tian Zun

在玉清天中,

Zai Yu Qing Tian Zhong,

與十方諸天地君,

Yu Shi Fang Zhu Tian Di Jun.

They all assembled in the Fragrant Palace of the Jade Void and Nine Luminaries, and reverently they closed off the Chamber of the Secret Songs with the Supreme Azure Net.

會於玉虛九光之殿簫彌羅

Hui Yu Yu Xu Jiu Guang Zhi Dian Xiao Mi Luo

之館紫極曲密之房,

Zhi Guan Zi Ji Qu Mi Zhi Fang.

The Heavenly Worthy spoke: “All of you Heavenly People who wish to hear about the Perfect Dao, the Perfect Dao is profound and obscure, and is non-existent of a self and others.

天尊言：爾諸天人。

Tian Zun Yan: Er Zhu Tian Ren.

欲聞至道。至道深窈。

Yu Wen Zhi Dao. Zhi Dao Shen Yao.

不在其他。

Bu Zai Qi Ta.

“All of you wish to hear about it, but you cannot hear it because it eludes the hearing. It has to be perceived, then it is the True Dao. But even this expanded perception also perishes, because this is only you and nothing more.

爾既欲聞。無聞者是無聞。

Er Ji Yu Wen. Wu Wen Zhe Shi Wu Wen.

有見即是真道。開見亦泯。

You Jian Ji Shi Zhen Dao. Kai Jian Yi Min.

惟爾而已。

Wei Er Er Ji.

“There is still much you do not have, and how much more is there to this Dao? You cannot hear it with your hearing, so how can this Dao be spoken about?”

爾尚非有。何況於道。

Er Shang Fei You. He Kuang Yu Dao.

不聞爾聞。何道可談。

Bu Wen Er Wen. He Dao Ke Tan.

The Heavenly Worthy spoke: “It takes sincerity to enter into the Dao. It takes silence to guard it. It takes gentleness to use it. The use of sincerity appears to be ignorance. The use of silence appears to be cautious speech. The use of gentleness appears unskillful.

天尊言：道者，以誠而入。

Tian Zun Yan: Dao Zhe, Yi Cheng Er Ru.

以默而守。以柔而用，用誠似愚。

Yi Mo Er Shou. Yi Rou Er Yong. Yong Cheng Si Yu.