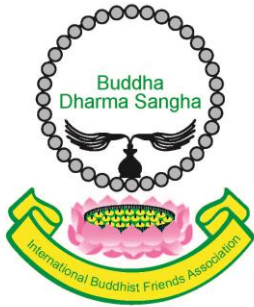


# Maitreya Heart Shrine Relics: The Loving Kindness Tour

An Exhibition of Sacred Relics of the Buddha for World Peace



August 9, 10 and 11, 2013

Opening Ceremony: August 9, 2013 (Friday): 6 pm to 8 pm

August 10, 2013 (Saturday): 10 am to 7 pm

August 11, 2013 (Sunday): 10 am to 5 pm

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# Guideline to Maitreya Heart Shrine Tour: The Loving Kindness Tour

1. Preparation for Dhatu Puja
2. Visit to Heritage Room to View the Film or DVD
3. Coming to Maitreya Heart Shrine
  - a. Buddha Bath
  - b. Viewing the Holy Buddhist Relics
  - c. Receiving the Holy Buddhist Relic Blessing: Humans
  - d. Receiving the Holy Buddhist Relic Blessing: Animals (August 10-11, 10am-12pm)
4. Visit to the Gift Store
5. Visit to Various Buddhist Groups in Alberta
6. Visit to International Buddhist Friends Association Booths
  - As Gifts:
    - a. Receive Chanting Blessing Tapes
    - b. Receive Blessed Water

**Remark: The summary is a guide for all visitors to complete in their visit in The Loving Kindness Tour.**

## Traditional Way to Worship and Receive Blessings From Buddhist Holy Relics

### Dhatu Puja – Worship of Buddhist relics

1. Worship/Bless: At Home
2. Worship/Bless: Shrine/Displays

### Summary Preparation of Dhatu Puja

- Cleansing of physical body
- Cleansing of emotional pollution

- Cleansing of spiritual consciousness
- Cleaning the container with jasmine or saffron if you received relics
- Three candles, incense, flowers, and three cups of water: daily practice

## Steps in Preparation of Dhatu Puja

### 1. Cleansing of physical body

- ✓ Clean the body
- ✓ Start or maintain a vegetarian diet
- ✓ Wear clean clothes
- ✓ Maintain good personal and environmental hygiene

### 2. Cleansing of emotional pollution

- ✓ No anger
- ✓ No sadness
- ✓ No jealousy
- ✓ No negative emotions and attitudes
- ✓ Happiness and Peace all day

### 3. Cleansing of Spiritual Consciousness

- ✓ Constantly blessing all living organisms: humans and all beings
- ✓ Always doing good things to others; offer everything with good intentions
- ✓ Regular meditation, Qi Gong, yoga, Tai Chi and etc. for self-cultivation,
- ✓ Respect to 3 Treasures (Buddha, Dharmma, Sangha) parents, teachers, elders and Holy People
- ✓ Positive thinking and attitude
- ✓ If you have shrines, Buddha and Bodhisattva, Arahats and enlightened human statues, then you should light three candles, three incense, three flowers and three cups of water every morning. Keep the discipline in practice.

**Remark:** Clean the container with Jasmine or Saffron if you received Relics

## 4. Mantra Recital

Mantra recital should be:

1. Twenty minutes every morning (It would be wise for you to recite the mantras all day in your heart, even during the evening before you sleep.)
2. Whenever you come to Buddha displays, during the viewing and when you are blessed by the relic, one should recite the mantras continuously or in the heart.
3. When you are on your way home or to any destination, you should continue to recite the mantras or simply in your heart.

This is the way you get crystalline concentration "Samadhi"  
Practice and Blessing.

## 5. Three Ways to Worship the Holy Buddhist Relic

5.1. Worship with "sila" (*precepts*): protects against all bad things or emotional pollution

Mantra: Sammavaca sammakammantra samma-ajiva

5.2. Worship with samadhi (*concentration*): builds up a strong, crystalline mind

Mantra: Sammavayama sammasati sammasamadhi

5.3. Worship with panna (*wisdom*): enriches one's wisdom

Mantra: Sammaditthi sammasankappa

## How to Proceed With the Buddha Bath

1. We have to cleanse the physical, mental and spiritual parts of our body.
2. Follow the "Preparation of Dhatu Puja".
3. When you enter into the Holy Relics, one should put their hands constantly into the blessing position (heart mudras) and walk slowly with your head bowed down to the site of the Buddha Bath.

4. Kneel down while your heart mudra upon reaching the Buddha Bath place (you can do this while standing if you have knee issues).
5. Continue reciting the mantra that you have chosen then take the ladle with the right hand and pour the water from the top of the Buddha Head slowly, while still reciting the mantras. Your heart should visualize the Buddha and you breathe in from the nose to the heart chakras. Breathe out through the heart chakras to cleanse and clean any impurities.
6. Please repeat Step 5 one to three times, if time permits. Then proceed gently clockwise around the relic to allow the next visitor to perform the Buddha Bath.

## Procedure of Holy Buddha Relic Workshop: Viewing and Being Blessed

1. Kneel down and bow three times.
2. Put hands together in front of the chest (heart chakras) – Heart Mudra.
3. View holy relics while breathing in through the nostrils and breathing out into the heart and empower the heart and heart chakras.
4. Close eyes and visualize relics while breathing in through the nose and into the heart and breathing out to empower the heart and its chakras. Repeat again and again if you are viewing the same relic.
5. Repeat the above for each and every holy relic viewing and blessing
6. After the whole round is completed, go to a corner and sit. Visualize the relics when you inhale. When you exhale, visualize the relics as being in your heart chakras even though without viewing.
7. Repeat the above slowly and gently with each breath for any length of time that you wish. In this way, even though you are away from the Holy Relics, you carry the conscious level of Buddhist Holy Relics with you in your heart. The Holy Buddhist Relics' images are imprinted in your heart and consciousness.

## How to View The Holy Buddhist Relics

1. We have to cleanse the physical, mental and spiritual parts of our body.
2. Follow the "Preparation of Dhatu Puja".
3. When you enter into the Holy Relics, one should put their hands constantly into the blessing position (heart mudras) and walk slowly with your head bowed down.
4. Look for the Buddhist Holy Relics that you would like to view. Kneel in front of the relic, give three bows in front each relic before you view it.

5. View the Holy Relics from the front, from the top, from the side, from the back with full concentration and breathe in according to the instruction that was given with respect.
6. When you are viewing, you should be doing an open- and closed- eye instruction.
7. After you have finished the viewing, you should bow down three times and send your heartfelt thanks to the Buddhist Holy relics from your heart chakras, and then proceed to the next one.

## How to Receive The Blessing From The Holy Buddhist Relics

1. Follow the "Preparation of Dhatu Puja".
2. Line up to be blessed while maintaining the Heart mudras constantly.
3. Breathe in according to the instruction and while the same time reciting the mantras that you have chosen to do.
4. You should bow down three times in front of the Holy Buddhist Relics.
5. Then you should look at the relics with respect and afterwards, the person holding the holy relics will place the relic on your Crown Chakra.
6. You should then breathe in from the Crown Chakras to your Heart Chakra.
7. You should breathe out in the heart and its chakras to empower your heart and at the same time recite continuously the mantras that you have chosen.
8. After completing the blessing, you should send your heartfelt thanks to the Holy Buddhist Relics and to the person giving you the blessing by bowing down three times. Your Heart Mudra should be maintained at the chest level as you finish being blessing by the Holy Buddhist Relics.

## How to Proceed With Animal Blessing

1. Fill out the Animal Blessing Registration Form.
2. Follow the "Preparation of Dhatu Puja," even for Animal Blessings.
3. Line up with your pet on the left hand side of the outside of the City Hall (Animal Blessing site) where the sign indicates.
4. Breathe in according to the instructions while, at the same time, reciting the mantras that you have chosen.
5. Approach the person who shall give the blessing with respect, who will then place the Holy Buddhist Relics on top of the crown chakra of the animal to be blessed. It is advisable that the owner of the animal hold the pet very still and steady. While

the blessing is taking place, the owner should continue reciting his or her chosen mantras.

6. Please exercise caution in handling your pets to prevent any untoward incidents.
7. Kindly give your thanks and appreciation to the person who gave the blessing and walk slowly and gently as you leave the site of blessing. Keep reciting the mantras until you leave for the exit.

## Conclusions

- ✓ It is a very rare opportunity to be able to view and be blessed by the Buddhist Holy Relics, regardless of any faith and religion.
- ✓ Buddhist Holy Relics can heal physical, mental, and spiritual issues.
- ✓ Buddhist Holy Relics will help achieve World Peace, International Harmony, and Universal Healing.
- ✓ Relics are frequently included in Buddhist statutes or pagodas to bless the area for peace, harmony and general well-being. The Pagoda with relics is just like Earth Acupuncture. It balances and harmonizes the entire area.
- ✓ Buddhist Holy relics come in various forms, but they are all energetically alive with constant positive healing energy. Relics are just like computer chips, the positive energetic parts of the holy people are stored within the Holy Relics.
- ✓ All the religions have their own relics from their holy people.

**Thank you for attending the Maitreya Heart Shrine Relics: The Loving Kindness Tour. May you always be blessed with every happiness, peace and good health!**

■ **International Buddhist Friends Association, August 9-11, 2013  
(Edmonton, Alberta, Canada)**