



Learn Techniques to Master Your Body, Your Mind, Your Destiny

Learn to master your body and create health and physical ease through the creation of Qi, the life force within your body. Learn to master your mind, and develop one pointed focus by eliminating distraction and resistance. Learn to master your destiny by gaining insight through a higher level of consciousness and awareness.

The Chinese Esoteric School has evoked great interest in the community since opening its teachings to the public in 1999 for the first time in 1,400 years.

The simple yet profound methods of self-practice, transmitted by MahaVairocana Dechan Jueren, the 49th lineage holder of the Esoteric School, have been time tested to support the practitioner through life's journey.

These techniques can assist you to live free from worry, defilements, and sufferings so that you may more easily achieve a healthy body and mind and to experience peace and fulfilled wishes.



MahaVairocana Golden Crown Dharma King, Living Buddha Dechan Jueren.

For one who continues with these practices, a higher or deeper state of consciousness is achieved, creating unfathomable spiritual discovery and causing true wisdom to emerge.

See Inside for workshops near you.

What Is Buddhist Healing? How Does It Work?

Every illness has its roots in the past. All our present suffering was created by our own past actions in this life or another. This is the law of karma, cause and effect. *Although we all have a degree of suffering to face, we don't have to face it alone.*

Buddhist spiritual healing relies on the use of mantra, to call upon a Buddha or Bodhisattva for help, protection, and guidance. This enables us to consciously work out and purify karma on a higher level, eliminating the need to experience physical illness and disasters. When the karma is purified, the

illness naturally disappears.

Ways to Obtain Help

Receive a healing from a dharma practitioner. Practitioners, taking refuge in Guru, Buddha, Dharma, and Sangha, can repent, receive a reprieve and protection from current illness, suffering, and disasters. Through the practice of esoteric dharma, they purify their karma and learn to accumulate merit by doing service to others.

Learn and practice esoteric dharma. Purify your own illness. Buddhist esoteric practice in-

volves the use of mantras, mudras, and visualizations to go from an ordinary state of mind to a higher state. A daily meditation practice is essential to greatly speed the natural self-healing process of the body.

Request a Healing Dharma rite. A dharma rite is a Buddhist ritual prayer ceremony where esoteric practitioners gather together & pray for a common goal. Practitioners who have experience working together with advanced states of consciousness can overcome an obstacle with relative ease that would be insurmountable for one person.

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Do You ...

- want to have a healthy body?
- need good luck?
- Would you like to experience overflowing financial resources?
- Would you like to have an environment that is according to your will?

Reveal the Treasure Within:

Treasure Vase Qi Workshop

October 9, 2011: 3-5 pm

Receive direct transmission of the Chinese Esoteric Buddhist School's rich & practical *Treasure Vase Qi Dharma Meditation*. Develop the ability to adapt your body temperature to extreme weather conditions of heat and cold. Learn methods to naturally increase your vitality and energy, "exciting the innate abilities of the body ... to fight against aging, resist all kinds of illnesses, and open up one's wisdom." (*Living Buddha Dechan Jueren, 49th Lineage Holder, Chinese Esoteric Buddhist School & 47th Lineage Holder, Linji Zen Buddhist School in China.*)

Instructor Charlotte Steen is the Vice Abbot of Dari Rulai Temple, and has been a disciple & practitioner of Chinese Esoteric Buddhism since 2002.

At: Bodhi Tree Bookstore Annex, 8585 Melrose Ave, West Hollywood

To register, call: 626-330-0921



Master Your Body, Your Mind, Your Destiny

Saturday & Sunday, October 22 & 23; 10am – 3 pm

Treasure Vase

has a very profound effect on the energetic body and can bring forth an inner Qi-releasing movement in a very short period of time. The energy brought forth in this manner can fight against ageing; resist all kinds of illness and open up one's wisdom eye. This practice will also support the practitioner in being able to easily withstand every possible environmental condition, including extreme heat and cold.

Calming & Relaxing aims to eliminate the resisting mind, allowing it to go from its ordinary state into the higher and deeper states of consciousness. The practice has four parts and will permit the beginning practitioner to "enter the

state"— what classical Buddhists call the calm and relaxed awareness necessary to attain enlightenment in this lifetime.

With Joy Metcalfe in Sebastapol, CA

To Register call 707-824-9911 or email: joycmetcalfe@aol.com

"Buddhism emerged over 2,500 years ago in ancient India. Its teachings are first to let the people learn the method to know oneself, and then use these means to change oneself." — Living Buddha Dechan Jueren, Mahavairocana Dharma King

"Focus On Health" Introductory Seminar: October 30, 2011; 1-3:30 pm

Here is an opportunity for everyone to sample simple, yet powerful Chinese Esoteric Meditation practices focusing on healing yourselves.

This seminar includes a brief introduction to Chinese Esoteric Buddhist meditation practice, our lineage, and the transmission of three guided medi-

tation dharmas: Calcium Enrichment, Wisdom Dew Beauty Yoga, and Balance Weight.

The efficacy of these meditations in healing have been followed by the Chinese Mizong Research Center, with success rates of over 90% for Diabetes Self-Healing and Calcium Enrichment medita-

tion practitioners. Results from the Calcium Enrichment Meditation won the Gold Award at the International Association of Integrated Medicine at the University of Southern California on July 26, 1998.

At Dari Rulai Temple.

Call 626-330-0921 to register.

Moving Healing Meditation for the Young & Young at Heart:

Prajna Akas'agarbha Wisdom Dharma

The Prajna Akas'agarbha is an esoteric Buddhist healing dharma practice which literally means, 'wisdom hidden in the womb of space'. This ancient dharma practice of Akas'agarbha Bodhisattva, which was hidden in China for centuries, is considered a key to enlightenment, valued for its ability to increase physical vitality and energy, and bring forth rapid spiritual progress.

Akas'agarbha Bodhisattva is a great Master who attained enlightenment under the guidance of Shakyamuni Buddha and Manjusri Bodhisattva. The Prajna Akasagarbha dharma was devel-

oped by Akas'agarbha with the help of Manjusri over a period of 49 days, and it is the actual practice Akas'agarbha used to awaken.

In essence, it is a sequence of movements (mudras) combined with visualizations and a mantra that help to align the individual to the universe and awaken the sleeping seeds of Alaya consciousness in the body.

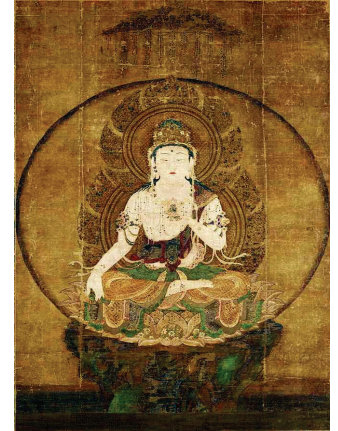
Because Akas'agarbha Bodhisattva is considered the guardian of the treasury of wisdom, seekers of wealth and abundance call upon him and follow his guidance.

Workshop Location: Dari Rulai Temple

Date:

Sunday,
November
13, 2011:
1:30-5:30
pm

Call 626-
330-0921
to register.



A Little About Esoteric Buddhist Prayer Services: Dharma Rites

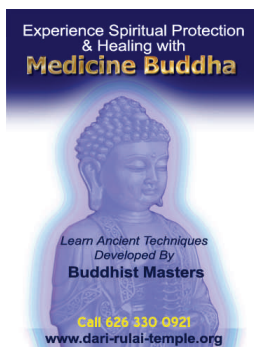
One of the greatest services Dari Rulai Temple offers the community is to hold dharma rites. A Dharma rite is a Buddhist ritual prayer ceremony where a group of esoteric practitioners gather together and prays for a common goal. A group of practitioners who have experience working together with advanced states of consciousness can overcome an obstacle with relative

ease that would be insurmountable for one person alone. All Dharma rites are conducted by initiated disciples and are held inside a mandala created and empowered by Living Buddha Dechan Jueren.

Most commonly we do Dharma Rites to help people overcome obstacles that they are having with health,

wealth, and luck. It is also common for people to request a Dharma Rite for a deceased relative. Sometimes Dharma Rites are held to celebrate a special occasion, like a holiday, or birthday, or a wedding anniversary.

"I just wanted to let you know that I spoke to Jayme last night and his exam came out fine, with no cancer or pre-cancer cells present. He sends his heartfelt thanks and so do I, to you and everyone who participated in his dharma rite. You guys ROCK!" —Amy J. April 3, 2009



Medicine Buddha Dharma

The Medicine Master Lapis Lazuli Light King Buddha Extinguishing Disaster and Prolonging

tending life, and bringing forth good luck.

Our presentation of the Medicine Buddha Dharma is a unique teaching of the Hanmi Esoteric School of Chinese Buddhism. This practice was formerly offered only to advanced, initiated disciples of a spiritual master after several years of preparation. It is now being offered to the general public, due to the great need for more people to

learn how to heal themselves and others, using primarily spiritual techniques.

Participation in this workshop is open to the general public. If you already have a healing practice, the Abhisheka Empowerment will greatly enhance your present healing abilities, as well as your capacity to perform any of your other practices.

Life Dharma is for spiritual healing, protection, and prevention of illness and disease, as well as for extinguishing disaster, ex-

Dari Rulai Temple Calendar of Events:



Daily: 10 am Free Buddhist Spiritual Healing Service

Mon-Fri: 6:30 pm Free Buddhist Spiritual Healing Service

7:30 pm Dharma Rite for Master Yu

Sat-Sun: 11 am Dharma Rite for Master Yu

October 9: Treasure Vase Qi Workshop, 3-5 pm; Bodhi Tree Bookstore Annex.

October 22& 23: Master Your Body, Your Mind, Your Destiny with Joy Metcalfe. 10am-3 pm, Sebastapol, CA. Call: 707-824-9911 or email: joycmetcalfe@aol.com

October 26: Dharma Rite Assist the Deceased for All Sentient Beings, 6 pm

October 29 & 30: Foundations for Self Realization: The First Two. 3:30- 6 pm.

October 30: Community Potluck 12 noon. "Focus on Health" Seminar; 1-3:30 pm

November 10: Dharma Rite Assist the Deceased for All Sentient Beings, 6 pm

November 13: Prajna Akas'agarbha Wisdom Dharma, 1:30-5:30 pm.

November 19: Living Buddha Dechan Jueren's Birthday Dharma Rite at 12 noon. Small celebration following.

Please call ahead to pre-register for workshops & seminars: 626-330-0921.

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**Know Yourself.
Change Yourself.
Overcome Yourself.**

More About Our Dual Lineages

The Dari Rulai Temple was established in Los Angeles by the Great Enlightener Golden Crown Dharma King, Living Buddha Dechan Jueren. Living Buddha Dechan Jueren holds the complete teachings of the Mahavairocana Buddha passed down by Nagarajuna Bodhisattva to Vajrabodhi, Subhakarasingha, & Amoghavajra.

In 2008, Dechan Jueren, already the 49th Master (and Lineage Bearer) of the Esoteric School, became the new Master and Lineage Bearer, of the Linji Chan School, the most

authentic and recognized Zen school in China. The title was passed on by the 105 year old Grandmaster Fozhi.



Enjoy watching the ceremony yourself on: <http://www.youtube.com/watch?v=UAoVqA-n78Q>.

Additional videos and news articles

can be found on the Dari Rulai Temple website at:

<http://www.dari-rulai-temple.org/site/news.html>