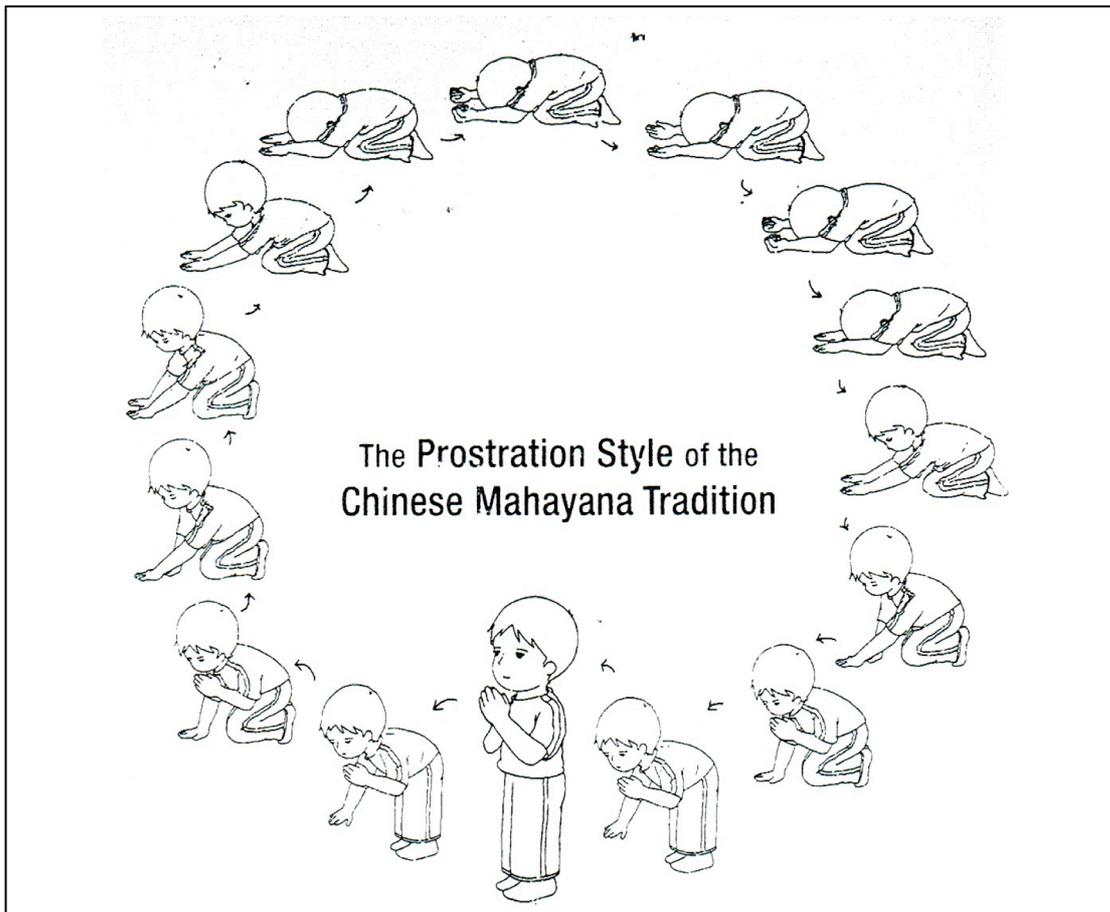


## Prostration Style of the Chinese Mahayana Tradition



Picture taken from: *Buddhism for Beginners*, Kong Meng San Phor Kark See Monastery 2009

Prostration is in the style of the Chinese Mahayana Tradition. It is repeated before an image of a Buddha statue.

A layperson **takes refuge** (the act of prostration) **in The Triple Gem**.

The **Three Jewels** are-

- The Buddha,
- The Dharma,
- The Sangha.

Whilst taking refuge, a layperson prostrates to an image of Shakyamuni Buddha or a monk.

During prostration thoughts are focussed on the first Gem, which is the Shakyamuni Buddha, who has attained supreme and perfect enlightenment (Buddhahood).

The second thought is to the Dharma, which is the true path that leads to wisdom as taught by Shakyamuni Buddha.

The third thought is to the Sangha, which is a community of harmonious leaders. Their daily being is based on keeping a pure mind and living in harmony. They have an insight to the means of ending suffering.

Taking refuge is the first step on the path to enlightenment. Developing confidence in **The Triple Gem** can lead to Happiness.

## The 15 Steps of Prostration Style of the Chinese Mahayana Tradition

1	Respectfully standing up straight, heels together, feet in a V shape, palms together, hands at chest level, eyes looking forward.
2	Bend your torso forward, legs together, right arm stretched down to the ground, right hand reaching down to touch the ground, and left hand below the chin.
3	Knees bent on the ground, heels arched up, and toe to the ground, right palm touching the ground, left hand under chin.
4	Slide left arm down, beside right arm.
5	Slide both hands side by, move body backwards, rear facing down to the heels.
6	Slide body down, pull arms back with the body, and rest on heels, Top of foot flat on the ground.
7	Forearms on the ground, drop head down between the arms, forehead touching the ground, drop body down to rest on the back of the feet in a relaxed position.
8	Keeping head down, rear rested on heels, turn palms around to face up.
9	Open palms facing up, head remaining down, body keep rested.
10	Gently bring fingers together, slowly bring fingers towards your palm
11	Gently turn palms back around facing the ground, fingers stretched out comfortably on the ground.
12	Gently lift head up, start sliding back, lifting elbows off the ground.
13	Continue lifting head up, slide body upwards and back, arch toes up, rear resting on heels, right palm on the ground, begin sliding left hand towards body.
14	Lift left hand towards chin.
15	Keep torso facing down and body bent, knees up and off the ground, right arm straight down in front of the body, left hand at chest level, gently bring body and head up to stand straight, right hand up and back to the start position.