

北斗經

Bāk Dáu Gīng

1. Means the Big Dipper Canon and is short for

太上玄靈北斗本命延生真經

Taai-seuhng Yùhn-lihng Bāk-dáu Bùn-mehng Yìhn-sāang Jān-gīng

OR

Lao Zi's Scripture on Mystical and Spiritual Life
Extension of the Big Dipper

Which is a part of the collection of the Taoist Canons 正統道藏 *Jing-túng-douh-chòhng* in the Cave of Gods 洞神 department and often seen as part of the so called 四品仙經, the four immortal scriptures.

It is said in the scriptures that 北斗七星 *Bāk Dáu Chāt Sīng*, the Big Dipper is the cardinal of creation, the master of human beings and gods, has the power to bring back life and death, and the power to eliminate disasters and save from evil. The five bodies [五體] *ng̃h Tái*, meaning tendons (筋 *Gān*), veins (脈 *Mahk*), flesh (肉 *Yuhk*), bones (骨 *Gwāt*), hair/skin (毛皮 *Mòuh-pèih*) of mortal life (性命五體 *Sing mihng ng̃h tái*) are all under the control of the Star Sovereign officials of personal fate (本命星官 *Bùn mehng sīng gūn*). Therefore, people are required to purify their bodies and minds, burn incense and recite scriptures, bow down to the Star Lord of personal fate (本命星君 *Bùn-mehng Sīng-gwān*) and make offerings on their birthdays and fasting days.

2. The origin of the *Bāk Dáu Gīng*

On the seventh day of the first month of the first year of Yongshou in the Han Dynasty, in the Holy Land of *Taiqing*, *Taai-seuhng Lóuh-gwān* 太上老君 (Lao-zi) saw that all beings were sinking into a sea of misery and could not extricate themselves. Because of pity for all beings, the incarnation descended in *Sihng*

Dōu 成都, and he ascended to pass on the *Bāk Dáu* Scripture to the Celestial Master (*Tīn-Sī* 天師), so that the scriptures could be widely circulated and benefit all sentient beings.

At that time, in addition to the *Bāk Dáu Gīng*, *Taai-seuhng Lóuh-gwān* 太上老君 (Lao-zi) also taught other scriptures to the celestial master: on the seventh day of the first lunar month of the first year of the Han Yongshou period, he gave the *Taai-seuhng Yùhn-lihng Bāk-dáu Bùn-mehng Yìhn-sāang Jān-gīng* 北斗玄靈本命真經, (Big Dipper Canon) and on the fifteenth day of the first lunar month, he gave the *Nàahm Dáu Luhk Sī Yìhn Sauh Douh Yàhn Miuh Gīng* 南斗六司延壽度人妙經 or the Scripture on the Six Stars of the Little (South) Dipper Life Extension and *ng̃h Dáu Jān Gīng* 五斗真經 or the Five Dippers Canon. On the seventh day of the first lunar month in the second year of Yongshou in the Han Dynasty, the *Dūng Dáu Chèuhng Sāang Wuh Mehng Jān Gīng* 東斗長生護命真經 or the Long and Protector of Life East Dipper Canon was released, and on the fifteenth day of the first lunar month, the *Sāi Dáu Daaih Gai Wuh Sān Gīng* 西斗大計護身經 or the West Dipper Body Protection Cannon was also transmitted. Later, because *Tīn-Sī Jān-yàhn* 天師真人 could follow this Body Protection scripture, *Taai-seuhng Lóuh-gwān* 太上老君 taught the *Jūng Dáu Bóu Mehng Yìhn Sāang Yùhn Jān Miuh Gīng* 中斗保命延生玄真妙經 or the **Center Dipper's Protector and Extender of Life Mysterious Wonderful Canon**.

3. When to recite the *Bāk Dáu Gīng*

The time for reciting the *Bāk Dáu Gīng* is:

三元 八節

Sāam Yùhn Baat Jit

3 Officials Days and
the 8 Seasons-Days

The First (Heavenly) Officers Day is known as:

上元節 Shangyuan Festival aka the

元宵節 “Lantern Festival” or the day that the

天官賜福 Heavenly Officer Bestows Blessings or

上元 一品九炁天官賜福紫微大帝聖誕

Seuhng-yùhn Yāt-bán Gáu-hei Tīn-gūn Chi-fūk jí-mèih Daaih-dai Sing-daan

The Upper 1st Class 9 Air Heavenly Official G-Mei Lord's B-day

(15th day of the 1st lunar month/1st Full Moon)。

The Second (Earthly) Officers Day is known as:

中元節 Zhongyuan Festival / Ghost Festival

中元 二品七炁赦罪地官清虛大帝聖誕

Jūng-yùhn Yih-bán Chāt-hei Se-jeuih Deih-gūn ChīngHēui ...dai Sing-daan

The Middle 2nd Class 7 Air Sin Exonerator Earth Official Empty Lotd's B-day

day

(15th day of the 7th lunar month).

The Third (Water) Officers' Day is known as:

下元節 Xia Yuan Day

下元 三品五炁解厄水官 大帝 聖誕

Hah-yùhn Sāam-bán ngh-hei Gáai-āk Séui-gūn Daaih-dai Sing-daan

The Lower 3rd Class 5 Air Dispeller of Danger Water Official's B-day

(15th day of the 10th lunar month).

八節 Baat Jit The 8 Seasons are:

立春 *Lahp-chēun* The Beginning of Spring

春分 *Chēun-fān* Spring Equinox

立夏 *Lahp-hah* The Beginning of Summer

夏至 *Hah-ji* Summer Solstice

立秋 *Lahp Chāu* The Beginning of Autumn

秋分 *Chāu-fahn* Autumn Equinox

立冬 *Lahp-Dūng* The Beginning of Winter

冬至 *Dūng-ji* Winter Solstice

本命 生辰

Personal Fate Days

Bún Mehng Sāang Sàhn

北斗下日 and 北斗出遊日 (when *Bāk Dáu* descends into the human realm). Additionally, Taoists offer the scriptures to our Star Sovereign of Personal Fate (*Bún-mihng Sīng-gwān* 本命星君) on Personal Fate Days according to our birth year and date (*Bún-mihng Sāang-sàhn* 本命生辰)

Explanation: The sign of the year of birth is the fate sign of the Gaap-ji cycle of 60 六十甲子. In other words, the fate days refer to the date of birth. For example, people born in the year of Ox in 1961 are born in *Sān-cháu* 辛丑 year, then when they encounter *Sān-cháu* day (which reoccurs every 60 days), it is the Personal Fate Day. Check the Taoist almanac for your Personal Fate Day。

Bāk-dáu officers descend to human realm (*Bāk-dáu Hah-yaht* 北斗下日) during the 3rd and 27th day of every lunar month.

Bāk-dáu travel days (*Bāk-dáu Chēut-yàuh yaht* 北斗出遊日) are:

First lunar month: 25th and 26th

Second lunar month: 2nd, 7th, 23rd and 26th

Third lunar month: 26th

Fourth lunar month: 17th and 27th

Fifth lunar month: 5th, 13th and 20th

Sixth lunar month: 4th and 8th

Seventh lunar month: 4th and 24th

Eighth lunar month: 2nd, 11th, 19th and 27th

Ninth lunar month: 3rd and 18th

Tenth lunar month: 10th and 26th

Eleventh lunar month: 1st, 9th, 17th and 25th

Twelfth lunar month: 20th

正月二十五、二十六。二月初二、初七、二十三、二十六。

三月二十六。四月十七、二十七。

五月初五、十三、二十。六月初四、初八。

七月初四、二十四。八月初二、十一、十九、二十七。

九月初三、十八。十月初十、二十六。

十一月初一、初九、十七、二十五。十二月二十日。

4. Preparations before reciting the *Bāk Dáu Gīng*

In addition to preparing according to the requirements listed above, seven lamps (*Dáu-dāng* 斗燈) or seven lanterns should be prepared before reciting the *Bāk Dáu Gīng*. It can be seven lamps standing alone, seven lamps placed on a chandelier, or place seven lamps in the shape of a Big Dipper and connect them with rice grains. If you don't have the conditions to prepare the aforementioned lamps, you can also use 1 lantern and 2 red or yellow candles.

Merits of reciting the *Bāk Dáu Gīng*

The five bodies (*ng̃h-tái* 五體) of human life belong to the Star Sovereign of the personal fate (*Bún-mihng Sīng-gwān* 本命星君). The Big Dipper is not only in charge of people's lifespan, but also of people's fortune. Therefore, those who can adhere to the ritual of Honoring the Stars have the following benefits.

1. The Great Sages of the Big Dipper can solve the twenty-four calamities:

大聖北斗七元君。能解 三災厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai sām jōi āak
The Great 7 Saintly Spirits of the Big Dipper can dispell the 3 Calamities⁽¹⁾.

大聖北斗七元君。能解四煞厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai sei saat āak
The Great 7 Saintly Spirits of the Big Dipper can dispell the 4 Omens⁽²⁾.

大聖北斗七元君。能解 五行厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai ng̃h hàahng āak
The Big Dipper 7 Great Saints can dispell the distress of the 5 Elements.

大聖北斗七元君。能解 六害厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai luhk hoih āak
The Great 7 Saintly Spirits of the Big Dipper can dispell the 6 Harms⁽³⁾.

大聖北斗七元君。能解 七傷厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai chāt sēung āak
The Great 7 Saintly Spirits of the Big Dipper can dispell the 7 Injuries⁽⁴⁾.

大聖北斗七元君。能解 八難厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai baat nàahn āak
The Great 7 Saintly Spirits of the Big Dipper can dispell the 8 Difficulties⁽⁵⁾.

大聖北斗七元君。能解 九星厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai gáu sīng āak
The Big Dipper 7 Great Saints can dispell the adversity of the 9 Stars

大聖北斗七元君。能解夫妻厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai fūh chāi āak
The Big Dipper can dispell the adversity of the husband & wife

⁽¹⁾ the 3 Calamities are 風災 Wind Calamity (such as tornados) 水災 Water Calamity (such as floods) and 火災 Fire calamity.

⁽²⁾ the 4 Omens are 天煞, 地煞, 劫煞, 歲煞 Heavenly, Earthly, Jupiter Influx and Robbery Omens respectively.

⁽³⁾ the 6 Harms are 名利 fame and gain, 聲色 woman and song, 貨財 money and commodities, 滋味 tastes and flavors, 佞妄 Delusion from flattery and 沮嫉 Gloomy envy.

⁽⁴⁾ the 7 Injuries are 一、帶真行偽，淫色喪神; 1) Pretending to be real when you're fake, wanton and loose. 二、心抱陰賊，嫉能妒賢; 2) Embracing thieves, hating the able and envious of the worthy, ruining classmates, attacking advisors. 三、飲酒昏醉，損氣喪靈; 3) Drinking until blacked out, damaging the Qi and losing the spirit. 四、心口忿爭，嗔喜失節; 4) Vehemently argumentative and willing to forfeit one's integrity. 五、不依科盟，漏泄天真; 5) Not letting it slide and divulging the naive. 六、身履掩穢，氣擾精混; 6) With a body of honor, hiding the dirt with an air of harassment. 七、啖食畜肉，臭氣充於臟腑。 7) Eating meat, making the organs stink.

⁽⁵⁾ the 8 Difficulties are 1) 癱 paralysis; 2) 瘓 palsy; 3) 癲 mentally deranged; 4) 癇 epilepsy; 5) 瘋 spindle-craziness; 6) 癆 consumption / tuberculosis; 7) 蠱 any disease from a venomous insect or reptile; 8) leprosy or favus of the scalp.

大聖北斗七元君。能解 男 女 厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai nàahm néuih āak,
The Big Dipper can dispell the adversity of male & female relationships.

大聖北斗七元君。能解 產生 厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai cháan sāang āak,
The Big Dipper can dispell the adversity of childbirth.

大聖北斗七元君。能解 復連厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai fuhk lihn āak,
The Big Dipper can dispell the adversity of Ghosts.

大聖北斗七元君。能解 疫癘厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai yihk laih āak,
The Big Dipper can dispell the adversity of pandemics.

大聖北斗七元君。能解 疾病厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai jaht behng āak,
The Big Dipper can dispell the adversity of diseases.

大聖北斗七元君。能解 精邪厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai jīng chèh āak,
The Big Dipper can dispell the adversity of wicked goblins.

大聖北斗七元君。能解 虎狼厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai fū lòhng āak,
The Big Dipper can dispell the adversity of tigers and wolves.

大聖北斗七元君。能解 蟲蛇厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai chùhng sèh āak,
The Big Dipper can dispell the adversity of insects and snakes.

大聖北斗七元君。能解 劫賊厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai gip chaahk āak,
The Big Dipper can dispell the adversity of robbers & burglars

大聖北斗七元君。能解 枷棒厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáaigā páahng āak,
The Big Dipper can dispell the adversity of cangues & cudgels.

大聖北斗七元君。能解 橫死厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai wàahng séi āak,
The Big Dipper can dispell the adversity of sudden violent death.

大聖北斗七元君。能解 咒誓厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai jau saih āak,
The Big Dipper can dispell the adversity of verbal damnation.

大聖北斗七元君。能解 天羅厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai tīn lòh āak,
The Big Dipper can dispell the adversity of the Wrath of Heaven.

大聖北斗七元君。能解 地網厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai dei h mōhng āak,
The Big Dipper can dispell the adversity of the Wrath of the Earth.

大聖北斗七元君。能解 刀兵厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai dōu bīng āak,
The Big Dipper can dispell the adversity of swords & other weapons.

大聖北斗七元君。能解 水火厄。

Daaihsing Bākdáu chāt yùhngwān Nàhng gáai séui fō āak,
The Big Dipper can dispell the adversity of floods & fires.

Relationships between the 7 Stars and the 12
Animal Signs

北斗第一，陽明貪狼太星君，子生人屬之。

Rats belong to the first star of the Big Dipper

北斗第二，陰精巨門元星君，丑亥生人屬之。

Oxen and Boars belong to the second star of the Big Dipper

北斗第三，真人祿存貞星君，寅戌生人屬之。

Tigers and Dogs belong to the third star of the Big Dipper

北斗第四，玄冥文曲紐星君，卯酉生人屬之。

Rabbits and Cocks belong to the forth star of the Big Dipper

北斗第五，丹元廉貞罡星君，辰申生人屬之。

Dragons and Monkeys belong to the fifth star of the Big Dipper

北斗第六，北極武曲紀星君，巳未生人屬之。

Snakes and Goats belong to the sixth star of the Big Dipper

北斗第七，天衝破軍關星君，午生人屬之。

Horses belong to the seventh star of the Big Dipper

北斗第八，洞明外輔星君。The eighth star of
the Big Dipper is called *Duhng Mihng* Outer Protective Star Lord

北斗第九，隱光內弼星君。The ninth star of
the Big Dipper is called *Yán Gwōng* Inner Assistant Star Lord
(The other 3 stars affiliated with the Big Dipper and us are:)

上台虛精，開德星君。Alnitak
Seuhng tòih hēui jīng hōi dāk sīng gwān

中台六淳，司空星君。Alnilam
Jūng tòih luhk sèuhn sī hūng sīng gwān

下台麴生，司祿星君。Mintaka
Hah tòih kūk sāang sī luhk sīng gwān
Otherwise known as the 3 stars of Orion's belt.

Benefits of having a copy if the *Bāk Dáu Gīng* in your abode:

家有北斗經。本命降真靈。

Homes with the *Bak Dau Ging*, one's life will be truly spiritual.

家有北斗經。宅捨得安寧。

Homes with the *Bak Dau Ging*, residence will be at peace.

家有北斗經。父母保長生。Homes with the
Bak Dau Ging, parents long life will be maintained.

家有北斗經。諸厭化為塵。Homes with the
Bak Dau Ging, all dislikes transform into dust.

家有北斗經。萬邪自歸正。Homes with the *B-D-G*,
myriads of evils return to uprightness by themselves.

家有北斗經。營業得稱情。Homes with the
Bak Dau Ging, businesses obtain success.

家有北斗經。闔門自康健。Homes with the
Bak Dau Ging, house members are naturally healthy.

家有北斗經。子孫保榮盛。Homes with the *B-D-Ging*,
children and grandchildren are protected and flourish.

家有北斗經。五路自通達。Homes with the
Bak Dau Ging, five roads are smooth by themselves.

家有北斗經。眾惡永消滅。Homes with the
Bak Dau Ging, masses of evil will forever be annihilated.

家有北斗經。六畜保興盛。Homes with the
Bak Dau Ging, six livestock are raised thriving.

家有北斗經。疾病得痊癒。Homes with the
Bak Dau Ging, suffering illness will recover and be healed.

家有北斗經。財物不虛耗。Homes with the
Bak Dau Ging, finances will not be consumed until empty.

家有北斗經。橫事永不起。Homes with the
Bak Dau Ging, blindsided affairs will not arise.
家有北斗經。長保亨利貞。Homes with the
Bak Dau Ging, will have smooth and lucky virtue.

Requirements for Reciting Taoist Incantations

The path of scriptures is also the path of Taoism, and it is one of the three treasures of

道 Tao, 經 scripture and 師 master.

Chanting scriptures is one of the common methods of Taoist practice.
Taoist chanting has its own rules, which mainly include the following:

1. Before chanting

One needs to learn the scriptures and ask a Taoist priest to “*Gwo Gīng* 過經 or Go through the scriptures”. That means, the master teaches the method of reciting scriptures (Taoist Canons): including the pronunciation of characters and the “way of recitation” of individual characters—some words are not According to the original sound, pronounced in special pronunciation. As well as the inner cultivation methods of scriptures, such as developing special skills, cultivating *Hei* (or *Qi*), etc. After “*Gwo Gīng* 過經”, one is ready to recite the scriptures.

2. While chanting scriptures

It is necessary to choose a quiet environment or a quiet room for practice. The environment is conducive to quietness of mind, and quietness of mind is conducive to chanting scriptures. Therefore, it is necessary to choose a quiet room for chanting. Chanting in a noisy place is not recommended.

3. Fasting (Vegetarian diet)

for body and mind, first being respectful to the Classical texts and scriptures, they should not be placed in disrespectful places. For example, the kitchen, toilet, bed, chair, floor, etc. and also should not be mixed with ordinary books. The scriptures should be placed alone on the table in a clean place, and the scriptures should be covered with red cloth to avoid dust. Or wrap the scriptures with red cloth and place it high in the book cabinet.

Before chanting scriptures, one should develop a devotion and respect, clean hands and mouth, being clean and dignified, calm down and become still, and then recite the scriptures. It is best to have a vegetarian diet to have a clear body. Do not recite scriptures in bedrooms, bathrooms, or other places with heavy filth. When chanting scriptures, you should calm your mind, gather your thoughts, and focus on the scriptures. Let the continuous repetitions of the scriptures slowly let you reach the state of the scriptures are one with me , . Cultivating Taoist skills is difficult and we cherish the opportunity to read the scriptures.

4. Other situations where scriptures should not be recited

In Taoist chanting, it is necessary to avoid the collision of bad *Hei*. Therefore, it is not suitable for women to chant scriptures during menstruation, mourning, pregnancy, and postpartum. It is not advisable to recite scriptures within 24 hours of attending a funeral or entering and leaving the delivery room.

北斗九皇天罡神咒

北斗九辰。中天大聖。

Bāk dáu gáu sáhn jūng tīn daaih sing

上朝金闕。下覆崑崙。

seuhng jīu gām kyut hah fūk Kwān-lèuhn

調理綱紀。統制乾坤。

deuh léih gōng gei túng jai kīhn kwān

大魁貪狼。巨門祿存。

Daaih fūi tām lòhng geuih mùhn luhk chyùhn

文曲簾貞。武曲破軍。

màhn kūk līhm jīng móuh kūk pō gwān

高上玉皇。紫微帝君。

gōu seuhng yuhk wòhng jí mèih dai gwān

大周天界。細入微塵。

daaih jāu tīn gaai sai yahp mèih chàhn

何災不滅。何福不臻。

hòh jōi bāt miht hòh fūk bāt jēun

元皇正氣。來合吾身。

yùhn wòhng jīng hei lòih hahp ngh sān

天罡所指。晝夜常輪。

tīn gōng só jí jau yeh sèuhng lèuhn

俗居小人。好道求靈。

juhk gēui síu yàhn hóu douh kàuh līhng

願見尊儀。永保長生。

yuhn gin jyūn yìh wíhng bóu chèuhng sāang

三臺虛精。六淳曲生。

Sāam tòih hēui jīng luhk sèuhn kūk sāang

生吾養吾。護吾身形。

sāang ngh yéuhng ngh wuh ngh sān yìhng

(鬼斗)(鬼勺)(鬼藿)(鬼行)(鬼畢)(鬼甫)(鬼票)(鬼尊)(鬼帝)

dáu seuk gun hàahng bāt póu piu jyūn dai

急急如律令。gāp...



THE NINE EMPERORS

帝大皇九

