



Psoriasis: True Etiology and Complete Cure

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Abstract

Psoriasis is a chronic and burdensome skin disease that affects millions worldwide, and current biomedical research has uncovered complex genetic, immune, and environmental interactions underlying its pathology. These advances have improved symptom management through biologics and other therapies, but a true cure remains elusive, as treatments only suppress symptoms without addressing the root cause. Therefore, this study introduces the Buddhist perspective of Guan Yin Citta Dharma Door, which views psoriasis as a karmic disease with spiritual manifestations, and demonstrates through seven detailed case studies that applying the Three, Four, or Five Golden Buddhist Practices can lead to complete recovery. These findings suggest that while medical treatments alleviate symptoms temporarily, the integration of Buddhist practices may remove karmic obstacles, expel spiritual disturbances, and ultimately achieve lasting cures for psoriasis.

Keywords: Guan Yin Citta Dharma Door; Golden Buddhist Practices; Psoriasis; Etiology; Karma; Spirit; Cure

Introduction

Psoriasis is a chronic inflammatory skin disease arising from complex interactions among genetic, immune, and environmental factors [1]. It affects approximately 3% of the U.S. population [2], while globally, the prevalence is estimated at around 2% [3], though it varies across countries. Beyond physical discomfort, psoriasis imposes considerable psychological distress and significant financial burdens on patients and their families [4].

Psoriasis is an autoimmune disease [5], mediated by both the innate and adaptive immune systems. Its complex pathogenesis involves dysregulation of the interleukin (IL)-23/Th17 axis, dysfunction of regulatory T cells and other immune cells, as well as intricate interactions between keratinocytes and the vascular endothelium [6]. In psoriasis, the immune system mistakenly attacks healthy skin cells, leading to their rapid overproduction and the formation of thick, red, scaly plaques.

Genetic predisposition plays a pivotal role in psoriasis [7], often interacting with environmental triggers such as allergens, medications, lifestyle factors (e.g., smoking, alcohol), diet, physical trauma, psychological stress, microorganisms, and infections to initiate or exacerbate disease flares [3]. Once regarded as a superficial dermatological condition, psoriasis is now recognized as a systemic disease with broad health implications. Advances in molecular genetics have identified more than 80 susceptibility loci, underscoring the multifactorial nature of the disorder [8].

Beyond its dermatologic manifestations, psoriasis is now widely recognized as a systemic inflammatory disease associated with a broad spectrum of comorbidities. These include psoriatic arthritis, cardiovascular disease, mental health conditions [9], as well as cardiometabolic, gastrointestinal, and kidney diseases, along with malignancies, infections, and mood disorders [10]. The substantial burden of these comorbidities highlights the importance of a holistic approach to patient management.

The impact of psoriasis on patients' quality of life is profound, entailing physical discomfort, emotional distress, and social stigma. It is also an economic burden. In the USA, psoriasis management costs more than \$110 billion annually. The development of targeted biologics has revolutionized psoriasis management, but at an increasing cost [11], with biologic therapies driving direct expenditures and comorbidities further contributing to the overall financial burden.

In conclusion, the more psoriasis is studied, the more complex and confusing it appears. Although newly developed medications are increasingly effective, a true cure still seems far out of reach. But is the pathology of psoriasis really that complicated? In Buddhism, there is a saying: "A

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Received Date: 26 Aug 2025

Accepted Date: 02 Sep 2025

Published Date: 03 Sep 2025

Citation:

Xinghong Yang. Psoriasis: True Etiology and Complete Cure. WebLog J Immunol. wji.2025.i0301. <https://doi.org/10.5281/zenodo.17092324>

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true teaching is conveyed in a single sentence; a false one requires ten thousand volumes (真传一句话, 假传万卷书).”

If we liken psoriasis to boiling water, current research is much like studying why steam and bubbles rise from the pot. No matter how much effort or resources are invested, the methods discovered can at best slightly lower the water’s temperature, but they cannot fundamentally resolve the problem of boiling.

In reality, the true cause lies in the firewood and flames heating the pot. Yet, in the hands of scientists, this has been reframed as the question of why water “autoboils.” Unable to perceive the firewood and flames, they instead focus on alternative explanations, such as environmental factors or the structure of the pot, to account for the “autoboiling” phenomenon. By contrast, Dharma Master Jun Hong Lu clearly recognized that it was the firewood and flames causing the boiling. Thus, He taught people to “remove the firewood from under the cauldron (釜底抽薪)” rather than merely “skimming it off and pouring it back (扬汤止沸)” to cool it down. Only in this way can the so-called problem of “autoboiling” be truly resolved.

In Buddhist terms, the “firewood and flames” correspond to karmic obstacles and spirits, respectively. Unless both are removed, autoimmune diseases cannot be cured. Spirits refer to the souls of deceased humans or animals, while karma arises from unwholesome actions, speech, and thoughts.

Whether a theory is correct does not depend on people’s subjective beliefs but on whether it can withstand the test of practice.

How effective is Guan Yin Citta Dharma Door at treating psoriasis? Last year, we reported a successful case of psoriasis recovery [12]. The Guan Yin Citta Dharma Door has also shown remarkable results in other autoimmune diseases, too. For example, we have previously reported similar outcomes in lupus [12], chronic urticaria [13], vitiligo [14], and rheumatoid arthritis [15], where most patients achieved complete recovery through these practices.

In this research article, we will further elaborate on Master Lu’s teachings on psoriasis and present seven cases to demonstrate how effective Buddhism can be in treating this condition.

Etiology

Scientifically, the pathogenesis of psoriasis remains unclear [16]. From the Dharma perspective, however, psoriasis is considered a karmic disease with manifestations involving spiritual disturbances [12]. The following are additional teachings from Master Lu on this condition.

Q&A 1. The Karmic Cause of Psoriasis [17]

(This dialogue took place over the phone on March 9, 2012)

Caller: Hello, Master! I have had psoriasis for over ten years.

Master: Oh, it is you?

Caller: Yes.

Master: Do you know where it grows?

Caller: Mostly on my legs. I used to have it all over my body, but last year, when I just started reciting Buddhist scriptures, it flared up all at once. I kept reciting continuously, and now it is left mostly on my legs. The rest has basically healed.

Master: If it is basically healed, that means your scripture

recitation has been very effective, right? From here on, you must persist. There is also another important matter: You must perform life liberation. Without life liberation, psoriasis is very hard to cure. Even if you have no money, you must still do it. If you cannot afford big fish, buy small fish; if you have the money, buy bigger fish and release them.

Caller: What karmic cause led to my psoriasis?

Master: Killing karma from a previous life. Generally, eating freshly killed animals and peeling their skin causes psoriasis. For example, roast duck, if you often eat its skin that has been peeled off, you will acquire psoriasis. Eating animal skin leads to psoriasis. Eating chicken skin...

Caller: Yes, yes, that is right.

Master: You want me to spell everything out before you’re happy... Is there anything Master does not know? Just yesterday, there was a caller. I read her totem two or three weeks ago, and I told her she had been involved with four men, either in dating or marriage. On the phone, she told me, “No, only three.” But two weeks later, she remembered. Psoriasis—don’t eat freshly killed animal skin in the future.

Caller: I want to tell other patients with this illness.

Master: Are you a doctor?

Caller: No.

Master: Then just tell those who are sick.

Caller: It is quite painful.

Master: Of course, it is painful. The patches are in pieces. When you peel the skin off animals, you also eat it piece by piece. When you eat theirs, you do not know their pain. That is how retribution works. Many birds are like this—those who are lustful in life are reborn as birds.

Caller: So, most psoriasis cases are caused by this karmic cause, right?

Master: Many are. Some are inherited due to the immoral deeds of ancestors, passed down to the children. Yours is directly related to what you yourself ate. I have already pointed that out to you.

Caller: I understand now.

Q&A 2. Psoriasis Inherited from Ancestral Killing Karma [18]

(This dialogue took place over the phone on Dec. 8, 2013)

Caller: I have had psoriasis since childhood. Now that I have grown up, it has improved a lot, but I still have it.

Master: This is an illness caused by karmic obstacles. It is very troublesome. Such karmic illnesses usually come from killing karma passed down from ancestors. You must keep reciting the *Eighty-Eight Buddhas Great Repentance* and Little Houses. If you step up and recite them together diligently over time, it will get better.

Caller: Should I recite the *Eighty-Eight Buddhas Great Repentance* five times daily?

Master: For a period of time, recite it five times in odd-numbered months and three times in even-numbered months. For example, now it is December, so you recite it three times; when January comes, you start reciting it five times.

Caller: I understand.

Q&A 3. Killing Fish for 3 Months Led to a Full-Body Skin Disease [19]

(This dialogue took place over the phone on Oct. 26, 2014)

Caller: Hello, Master! I have another piece of feedback to share. Recently, one of our fellow Buddhist practitioners was covered with skin disease all over his body. When he was 15, he was studying part-time and working part-time, and he went to kill fish for three months. By the time he was 18, he had developed skin disease all over his body. Later, he came into contact with Guan Yin Citta Dharma Door and believed in karmic retribution. He wants to tell everyone that this is real... He only killed fish for three months, but now his whole body is diseased. He is now 23 years old and has suffered for five years! But now he has started to cultivate his mind and recite Buddhist scriptures. Both of his uncles are also in this business. One developed nasal cancer. The other's hands and feet are no longer coordinated, trembling constantly, because he killed frogs. He hopes I can tell everyone through your program to never commit killing again.

Master: The retribution for killing is extremely severe!

Caller: Extremely severe! It happened so fast! He said he only killed for three months, and then his whole body broke out in disease. His skin disease is bumpy, like fish eyes.

Master: Oh! That is terrifying.

Caller: Yes, and afterward he believed in karmic cause and effect, and now he has begun practicing this Dharma Door. We are truly grateful to Master and to Guan Yin Bodhisattva!

Master: Keep working hard.

Q&A 4. Psoriasis Was Caused by Many Small Spirits on the Body [20]

(This dialogue took place over the phone on June 15, 2013)

Caller: Hello, Master! I was born in 1974, the Year of the Tiger. I would like to ask about my health condition.

Master: The area from your throat and lungs down to your heart is in very poor condition right now. This includes the front part of your body: your stomach, heart, lungs, and throat. The color in these areas is dark and blackish. Your lung capacity... You often feel short of breath. Your heart often has premature beats; your throat often hurts, and you cough.

Caller: That is right.

Master: Also, you cannot let go of many things, so you have a lot of worries.

Caller: Yes. I have psoriasis, and I have recited some Little Houses. It has improved, but now I would like you to take another look at this skin disease...

Master: The biggest issue with your psoriasis is that you must not eat live sea animals anymore.

Caller: I already rarely eat live sea animals. Basically, I do not eat them.

Master: You must make a vow; without a vow, it will not work. Tell Bodhisattva: "For the rest of my life, I will never eat live animals again."

Caller: Okay.

Master: Also, you must eat vegetarian food on the first and fifteenth days of the lunar month. If you cannot do this, your psoriasis will not heal.

Caller: Okay.

Master: You have a lot of small spirits on your body. Your lower back also feels uncomfortable.

Caller: Yes.

Master: These spirits often move to your lower back.

Caller: Oh. How is the quality of my Little Houses?

Master: How many have you recited?

Caller: Around 300.

Master: Did you recite them yourself?

Caller: Yes, all by myself.

Master: Let me see... The quality of the first half was good, but the second half had issues.

Caller: Oh.

Master: You should also use Great Compassion Dharani Water. Do you have a Buddhist altar at home?

Caller: Yes.

Master: Pour some Great Compassion Dharani Water into another bowl, use cotton to apply it to the areas with psoriasis, and recite the *Great Compassion Mantra*. It will get better quickly. Also, do not speak harshly, do not create verbal karma, and do not speak carelessly.

Caller: Okay.

Master: Perhaps you hold some kind of position, so you keep talking about others. Speak less in the future. It will be good for you.

Caller: Okay.

Q&A 5. Having Psoriasis for Over 40 Years and Being Covered with Live Fish Spirits [21]

(This dialogue took place over the phone on June 11, 2015)

Caller: Gratitude to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva, who relieves suffering and responds to all prayers. Gratitude to the Greatly Merciful and Greatly Compassionate Master Jun Hong Lu! Please, Master Lu, compassionately save my wife. She has had psoriasis for over 40 years, and recently she has been experiencing back pain and soreness in the waist. She was born in 1957, the Year of the Rooster.

Master: Tell her to become a vegetarian immediately, and stop eating meat.

Caller: Okay.

Master: Right now, her whole body is covered with live fish spirits.

Caller: How many Little Houses should she recite?

Master: A total of 670, to be repaid gradually.

Caller: How many fish should be liberated?

Master: 20,000.

Caller: Okay. Please advise if her daily recitation needs to be adjusted. She currently recites 49 times the *Great Compassion Mantra*, 49 times the *Amitabha Pure Land Rebirth Mantra*, 49 times the *Xiao Zai Ji Xiang Shen Zhou*, 21 times the *Heart Sutra*, and 7 times the *Eighty-Eight Buddhas Great Repentance* daily.

Master: Who recites them for her?

Caller: She does it herself.

Master: Then there is no major problem. Just keep it up like this. The main issue is that her karmic obstacles are too heavy.

Caller: Okay. About her back pain... Is it related to her stomach? How can we cure her soreness and backache?

Master: She has spirits on her body.

Caller: May I ask where?

Master: A little in the cervical spine, some in the lower back, and also in the joints.

Caller: Okay. Has Bodhisattva come to our altar?

Master: You must help her properly and recite Little Houses well for her.

Caller: Okay.

Master: I have just used my spiritual ability to check and treat her. There is no major problem.

Caller: Okay.

Treatments

Q&A 6. Healing Psoriasis Needs More Little Houses [22]

(This dialogue took place over the phone on July 29, 2011)

Caller: A child, 11 years old, has symmetrical vitiligo. Should we make any adjustments to the recitation?

Master: The best method for vitiligo is to recite the *Heart Sutra*. The *Heart Sutra* is particularly effective for this condition.

Caller: Reciting the *Great Compassion Mantra* at least 21 times a day is fine, right?

Master: Yes. You must persist in reciting the *Great Compassion Mantra* at least 21 times daily. If a child develops such an illness at a young age, apart from the *Eighty-Eight Buddhas Great Repentance*, you can also add the *Ru Yi Bao Lun Wang Tuo Luo Ni* (如意宝轮王陀罗尼) 21 times a day. It speeds up the maturation of karmic debts. For example, if you want to repay your karmic debts sooner, it can help you turn them around more quickly.

Caller: But not everyone can recite the *Ru Yi Bao Lun Wang Tuo Luo Ni*, right?

Master: It depends on special circumstances. For that child, I mainly look at the cause and origin of the illness. Some illnesses require it; some do not. For strange and rare illnesses, you can recite it a little.

Caller: For intractable illnesses.

Master: Exactly.

Caller: Similarly, a fellow Buddhist practitioner's husband has

had psoriasis for many years. Chinese medicine has not worked, and he suffers especially in summer. Can this scripture also be recited for him?

Master: That is entirely a karmic illness.

Caller: Should his daily recitation be the same as for vitiligo?

Master: No, it is different. For psoriasis, you must recite more Little Houses. For karmic illnesses, you must repay them with Little Houses. Recite at least 21 times the *Great Compassion Mantra*, 7 times the *Heart Sutra*, and 5 times the *Eighty-Eight Buddhas Great Repentance* per day.

Q&A 7. How to Recite Buddhist Scriptures for Psoriasis [23]

(This dialogue took place over the phone on Dec. 2, 2011)

Caller: Hello, Master! A young Buddhist practitioner, only 16 years old, has had psoriasis for 9 years. He has tried both Chinese and Western medicine, but it keeps recurring. He began practicing Guan Yin Citta Dharma Door just over a month ago and has burned more than 40 Little Houses. The psoriasis on his body has basically healed, but the red marks on his face, underarms, behind the knees, and around the fingernails have not faded. How many more Little Houses should he recite?

Master: Continue reciting. The fact that it is basically healed shows that the Little Houses have been very effective. As for the small remaining areas, it is just that his spiritual power is not strong enough yet. Because he has had it for so many years, it has formed a kind of imprint. Even if there is no spirit affecting him now, this imprint will not easily disappear—it will take a long time. It is like having a scar on your face from an injury: after it is healed, there is still tender red skin underneath. It takes time before it becomes the same color as the surrounding skin. Tell him to keep reciting.

Caller: For psoriasis to be completely cured, how many Little Houses would it take?

Master: It is difficult. Complete recovery is quite challenging. The meaning of "complete recovery" is to entirely remove the spirit from the body.

Caller: Oh, so it takes many? Just keep reciting Little Houses?

Master: Tell him to keep reciting, do not stop.

Caller: Should it be 7 Little Houses, or 21, or...in a batch?

Master: Seven will do—seven is not too exhausting for him.

Caller: Okay.

Q&A 8. Little House Is Effective for Psoriasis [24]

(This dialogue took place over the phone on Jan. 6, 2012)

Caller: Hello, Master! I am from Shanxi, China. I have had psoriasis for nine years. I have repaid more than 100 Little Houses to my karmic creditors.

Master: Do you feel better after offering those Little Houses?

Caller: Much better. I have also been using medicine. Now, it is basically gone.

Master: That is wonderful! This shows that reciting Little House is effective, so you can continue. However, to completely eliminate it, you need to recite a lot more. Three hundred sheets are not enough.

This kind of illness is a karmic disease, brought from your past life.

Q&A 9. After Practicing Guan Yin Citta Dharma Door, Incurable Psoriasis Did not Recur [25]

(This dialogue took place over the phone on July 20, 2018)

Caller: Master, I would like to share a fellow Buddhist practitioner's feedback. He began learning Guan Yin Citta Dharma Door in 2011. On June 19, he became connected with Guan Yin Bodhisattva and Guan Yin Citta Dharma Door. In the past, his psoriasis and oral ulcers were incurable, although he had visited many large and small hospitals. After encountering Guan Yin Citta Dharma Door, he watched your totem videos and came to understand the law of cause and effect that you explained. He then started reciting Little House. Because he had changed his name before, and the name change was not registered in the spiritual world, he once dreamed of someone checking in the underworld, asking who was reciting these Little Houses. At that time, in his half-awake state, he did not understand what it meant. Later, after listening to your recordings, he understood. Within three months, he recited nearly 100 Little Houses, and his health improved significantly. His oral ulcers and psoriasis have not recurred since then. Truly, Guan Yin Citta Dharma Door is so efficacious! Grateful to Master, grateful to Guan Yin Bodhisattva.

Master: Miraculous responses like this are countless.

Q&A 10. How to Make Prayers When Reciting the Buddhist Scriptures for Skin Disease [26]

(This dialogue took place over the phone on Oct. 25, 2013)

Caller: Master, may I ask: since my skin disease is very serious, how should I make prayers when reciting the *Amitabha Pure Land Rebirth Mantra* and the *Mantra to Untie Karmic Knots*?

Master: You should pray by saying, "May the karmic knots from my past lives be resolved."

Caller: So, just say to resolve karmic knots, without mentioning anything else?

Master: You can also say, "May the karmic knots causing my skin disease be resolved."

Caller: Oh, I see.

Q&A 11. The Causes that A Skin Disease Recurs [27]

(This dialogue took place over the phone on Feb. 18, 2018)

Caller: Hello, Master! My daughter has an allergic skin disease. We have been reciting Buddhist scriptures and performing life liberation for her, but her skin disease seems unstable and keeps recurring. Master, which areas have we not done well in, and what should we strengthen?

Master: This is very simple. It depends on how much killing karma your daughter carried from her previous life. For example, if she has 100% killing karma, and through your life liberation and recitation, you have eliminated 30%, of course, it will still recur. If you have eliminated 50%, then the recurrence will be half as much; if 70%, then it will be less and less frequent; and when you have completely eliminated it, it will stop recurring.

Caller: Oh, so we just need to keep reciting, right?

Master: Yes, of course, you must persist. If you are taking medicine and it is working, would you stop?

Caller: No. We are continuing to recite. Sometimes the recurrence makes us worried, so I wanted to ask for your guidance.

Master: Don't worry. It will not heal all at once.

Caller: I understand.

From Master Lu's answers, we learn that the etiology of psoriasis is primarily through karmic and spiritual causes, including personal or ancestral killing karma, particularly from eating or peeling animal skins, and the presence of spirits on the body, with some cases directly linked to past harmful actions such as killing fish or other creatures. Furthermore, those who previously caused harm to others' skin may experience psoriasis in this lifetime [12].

Treatment, therefore, emphasizes Dharma practices rather than conventional medicine: recitation of Buddhist scriptures such as the *Great Compassion Mantra*, *Heart Sutra*, and *Eighty-Eight Buddhas Great Repentance*, combined with the offering of Little Houses, making vows, performing life liberation (releasing animals), and adopting a vegetarian lifestyle. These practices, together with repentance and the avoidance of verbal karma, are essential for resolving karmic obstacles, expelling spirits, and achieving both gradual improvement and, in some cases, complete recovery from psoriasis.

Whether or not Master Lu's teachings on the etiology and treatment of psoriasis are true, they should be validated rather than blindly accepted or dismissed. To examine His theory, many Buddhist practitioners have applied these practices in efforts to cure psoriasis. Although they cannot directly see the karma and spirits, they have observed the gradual disappearance of psoriasis symptoms on the skin.

Results

The following are seven presentations by practitioners of the Guan Yin Citta Dharma Door.

Case 1. The Guan Yin Citta Dharma Door Miraculously Cured My Psoriasis

I am a high school student. When I was in the second year of junior high school, a patch of red pimples suddenly appeared on my legs. At first, I did not think much of it, assuming they were just ordinary pimples. However, after a long time, the pimples did not go away. Then, white, flaky skin started to appear. I went to the hospital for an examination and was diagnosed with psoriasis.

My mother was very worried when she heard this and immediately offered incense to pray to Guan Yin Bodhisattva, vowing to recite 7 Little Houses for my karmic creditors. I also performed my daily recitations: three times the *Great Compassion Mantra* and seven times the *Heart Sutra*, and I applied the Great Compassion Dharani Water to the affected area every day (Please note: Master Lu has enlightened that when applying the Great Compassion Dharani Water below the waist, one must first pray the Bodhisattva for forgiveness, and it should not be used on the reproductive area). After my mother burned the seven Little Houses for my karmic creditors, a miracle happened. The psoriasis that had troubled me for six months miraculously disappeared, and no marks were left on my legs!

However, after some time, psoriasis reappeared on my scalp and underarms. Now, I understand that reciting just seven Little Houses was too few to completely eliminate the karmic obstacles causing my psoriasis. Additionally, my own Buddhist practice was not diligent, and my recitations were intermittent. I finally reaped the bitter fruit



Figure 1A: After my karmic obstacles erupted, I developed psoriasis on my forehead.

of my negligence!

Due to my laxity in practicing Buddhism, during the winter break of 2020, my psoriasis broke out overnight! Red pimples appeared all over my head, face, and various parts of my skin (**Figure 1A**). At the time, I did not realize it was psoriasis and thought it was just ordinary acne, believing it would disappear in a few days, so I did not pay much attention to it. However, every time I looked in the mirror and saw my face and head covered with red pimples, I felt extremely distressed and helpless.

My mother was very anxious and sought medical advice and treatments everywhere for me. We tried many medications, but the effects were not significant. Consequently, my father took me to a major hospital in the city for a check-up, and I was once again diagnosed with psoriasis. At that time, I felt extremely panicked. Since I had already been practicing the Guan Yin Citta Dharma Door, I knew this was a karmic disease. My instinct told me that without reciting Little House for my karmic creditors, the illness would not be cured. However, I still held onto a sliver of hope and decided to try medication first, but the effects were not significant. Eventually, I gave up on medication and became increasingly irritable.

My mother consulted Buddhist practitioner W, who had been practicing the Guan Yin Citta Dharma Door for many years. Buddhist W patiently helped us and informed us that we should follow Master Lu's teachings and use the "Four Golden Buddhist Practices" to solve this problem. My elder sister helped me search Master Lu's blog for the karmic causes of psoriasis, which were related to killing karma and eating too many sea animals, classifying it as a karmic disease. So, I began diligently reciting Little Houses to repay my karmic debts and stopped being lazy.

Every day, I performed my daily recitations, reciting the *Great Compassion Mantra* 7 times, the *Heart Sutra* 7 times, the *Mantra to Untie Karmic Knots* 21 times, the *Cundi Dharani* 21 times, and the *Amitabha Pure Land Rebirth Mantra* 21 times. Miraculously, it happened again! I only performed my daily recitations for three days. In the morning, I woke up and was delighted to find that the psoriasis on my face had disappeared. Gratitude, Guan Yin Bodhisattva! My skin became whiter and smoother than before, though my face was still slightly red. I knew it was not completely healed yet.

One day, my aunt told me she had dreamed that I said to her, "Eat grasshoppers." I remembered that when I was a child, I indeed caught many grasshoppers. I repented to the Bodhisattva for this, confessing my karma from killing living beings.

My family witnessed my significant transformation firsthand.

Through reciting Buddhist scriptures, my condition began to gradually improve. It was truly miraculous! Then, my mother once again offered incense and made vows to Guan Yin Bodhisattva for my recovery:

- (1). Recite 108 Little Houses for my karmic creditors;
- (2). Release 1,200 fish for me.

She prayed for the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva to kindly eliminate the karmic obstacles causing my psoriasis.

At the same time, I made my own vows to Guan Yin Bodhisattva:

- (1). Recite the *Amitabha Pure Land Rebirth Mantra* 10,000 times, praying for the Bodhisattva's mercy to eliminate my karmic obstacles;
- (2). Eat vegetarian on the 1st and 15th of each lunar month;
- (3). Read one chapter of *Buddhism in Plain Terms* every day to help eliminate the karmic obstacles causing my psoriasis;
- (4). Use the merits and virtues of helping two fellow practitioners set up their Buddhist altars to eliminate my psoriasis and bless me with a speedy recovery.

After that, I increased my daily recitations: 7 times the *Great Compassion Mantra*, 13 times the *Heart Sutra*, 1 time the *Eighty-Eight Buddhas Great Repentance*, 21 times the *Mantra to Untie Karmic Knots*, 21 times the *Cundi Dharani*, and 49 times the *Amitabha Pure Land Rebirth Mantra*. I also continued with medical treatment. About a month later, the psoriasis on my body began to improve miraculously.

Through making vows, reciting Buddhist scriptures, and releasing fish, by early June, the psoriasis on my face and body had completely healed, with only the psoriasis on my scalp remaining. I understood that I still needed to continue working hard to eliminate my karmic obstacles.

I am deeply grateful for Guan Yin Bodhisattva's compassionate blessing! Little Houses are truly miraculous! The Guan Yin Citta Dharma Door is genuinely effective!

As the psoriasis gradually disappeared, my academic performance also improved. My ranking in the class rose from 22nd to 16th, and I was very happy! I was filled with Dharma joy!

By October 2020, during the holiday, my mother's vow of 108 Little Houses and the release of 1,200 fish had been fully fulfilled. The psoriasis on my scalp, aided by medical treatment, had also completely healed (**Figure 1B**). At this point, there was no trace of psoriasis anywhere on my body.

Seeing myself healthy, my mood gradually improved as well. I am grateful to Guan Yin Bodhisattva! I am grateful to Master Lu for bringing such a wonderful Dharma Door to the human world, which cured my psoriasis that tormented me for nearly four years. I am truly overjoyed!

In this life, being able to follow Guan Yin Bodhisattva and practice the Guan Yin Citta Dharma Door is our greatest blessing. The Guan Yin Citta Dharma Door has helped us eliminate so much human suffering; it is truly miraculous and effective! I am determined to follow the steps of Guan Yin Bodhisattva and Master Lu, to diligently cultivate my mind and behavior, and never to quit! I also hope that my sharing can help more destined sentient beings, so that more people



Figure 1B: Through practicing Buddhism, the psoriasis on my forehead disappeared.

can receive the compassionate blessing of Guan Yin Bodhisattva.

I will be responsible for my own karma.

Dharma practitioner: M141

Case 2. Psoriasis Afflicted My Younger Brother for 20 Years and He Was Healed Through Guan Yin Citta Dharma Door

My younger brother is a businessman. In the past, he ate all kinds of raw sea animals. Unknowingly, the retribution came. He developed psoriasis around 39. He did not have a single piece of intact skin all over his body, making him suffer a lot. He has been to all the major hospitals and used many prescriptions, and spent nearly one million CNY (approximately 145,000 USD), but his condition is getting serious and deteriorating.

Despite my repeated recommendations for him to practice Buddhism, his wife has repeatedly refused to do so. She always thought I advocated superstition, and even more disdainfully said, "If everyone gets well after reciting Buddhist scriptures, why do we need the hospital?" In this way, she kept me out again and again.

In 2019, I visited my mother, who lives with my younger brother. My mother was 82 years old and believed in Buddhism and recited Buddhist scriptures. She cried and said to me, "Just help your younger brother recite the Little Houses. He now has ulcerated psoriasis wounds all over his body and cannot wear clothes. Even the doctors turn him back and cannot treat him." I replied, "One must pay one's own karmic debts. Those who eat food and those who are full. If he is willing to practice Buddhism and recite Buddhist scriptures, I will definitely help him. If he does not recite Buddhist scriptures, I can not help him."

Then, I headed to my younger brother's room. Looking at his bloody wounds, my heart ached, and I implored him to recite Buddhist scriptures. I said to him, "Skin diseases are also karmic diseases. Now that the doctors have rebuffed you, the only way to save you is Buddhism. This is the last hope. You listen to your elder sister (me): Try it first. If reciting Buddhist scriptures for 3 weeks does not work, do not recite." With no other choice, he agreed to try.

After returning home, I prayed to Guan Yin Bodhisattva to save my younger brother and to show his wife that our Guan Yin Citta Dharma Door is true. Since my brother promised to recite Buddhist scriptures, I helped his karmic creditors with 21 Little Houses. Two weeks later, I visited him again. He could already put on his clothes. He also showed me that his wounds were gradually healing. The psoriasis receded. It was a miracle I did not expect!

After that, his skin condition got better and better. On the day of his housewarming, relatives and friends congratulated him. They

were surprised to see him dressed in short clothes and pants. He has not worn shorts and pants for many years because of psoriasis. "Why are you wearing short clothes and pants today?" Everyone asked him where he got his psoriasis cured, and how it was cured. Both my mother and my younger brother answered that they thanked me for awakening him to practice Buddhism and recite Buddhist scriptures, so that he could be reborn. His Dharma presentation has caused my relatives to believe in Buddhism and add me to their WeChat friend list one after another. They followed me to practice Buddhism. It was really Dharma joyous!

My family, my mother's family, my husband's family, and my neighbors, as long as they know me, nearly all of them practice Guan Yin Citta Dharma Door. In a dream, Master Lu took me to Guan Yin Citta Pure Land (Please note: On the east side of the Western Pure Land of Ultimate Bliss is the Guan Yin Citta Pure Land). Master Lu told me that He was waiting for us in Guan Yin Citta Pure Land. We are all children of Guan Yin Bodhisattva, and we are all children of Master Lu. Together, let us make this marvelous Dharma bloom everywhere.

I will be responsible for my own karma!

Dharma practitioner: Z142, Gratitude and Namaste!

Case 3. My Son's Psoriasis Was Cured by Practising Guan Yin Citta Dharma Door

In 2010, when my son was in the fifth grade, we noticed that he had large pieces of dandruff on his head. At that time, we did not pay much attention to it. We thought that it might be fine if we used anti-dandruff shampoo to wash it off. However, the dandruff on his head became more and more serious, the skin was also leached with liquid, and the skin was red. Thus, we took him to the dermatology clinic of a hospital.

The diagnosis report suggested that he was suffering from psoriasis. The doctor prescribed some topical and internal medication. After using the medicine for a period of time, his skin illness gradually improved. However, as soon as the medication was stopped, his skin disease would come back. So, it relapsed and could not be cured completely.

Later, we took him to see the Traditional Chinese Medical doctor, and he tried the herbal medicine, but no significant effect took place at all. He also undertook some ancestral secret ointments from the folk doctors, but none of them worked.

In a word, he tried everything we could find, but it kept recurring, making us physically and mentally exhausted.

After practising Buddhism, I realized that it was a spiritual disease. I decided to help my son heal by performing the Three Golden Buddhist Practices. When I offered incense to Guan Yin Bodhisattva, I prayed that Bodhisattva would help my son get rid of his stubborn psoriasis.

The next morning, I had a dream. My son's forehead, both sides of his ears, and the back of his neck were densely crawling with nail-cap-sized, brown, hard-shelled bugs. These bugs looked disgusting and made my scalp tingle. I wanted to remove them by hand, but I feel that they stick to his skin very firmly, almost growing with the skin together. I could vaguely see the fresh flesh in the crevices.

After I woke up, I told an elder fellow Buddhist practitioner about the dream with a puzzle. She said, "Aren't those sea animals?" Her

words woke me up. Master Lu had enlightened us that when one consumes too many sea animals, the spirits of those animals will lie on one's body, resulting in karmic diseases. Thus, it must be an outbreak of karma from the child's previous life!

I knelt down in front of the Buddhist altar and made 3 vows to Guan Yin Bodhisattva:

- (1). Help my son to recite 49 Little Houses to repay his karmic creditors on the head within two months;
- (2). Release 500 fish for my son within 2 months.
- (3). Recite 10,000 times the *Amitabha Pure Land Rebirth Mantra* for my son within 7 months.

After I finished reciting the 49 Little Houses and releasing 500 fish, his psoriasis still had not healed.

I remembered Master Lu's teaching that when the power of a vow surpasses the power of karma, prayers will be answered. With this in mind, I made another five vows to Guan Yin Bodhisattva:

- (1). Recite 21 Little Houses to repay his karmic creditors on the head within 2 months;
- (2). Transfer the merits and virtues of assisting a new practitioner setting up a Buddhist altar to him.
- (3). Transfer the merits and virtues of playing the recorded song of the *Great Compassion Mantra* daily to him.
- (4). Release 1200 fish for him before the end of the year.
- (5). Use his successful case as an example to convince sentient beings to gain faith in Dharma and practise Buddhism.

When I finished repaying his head's karmic creditors 21 Little Houses, a miracle happened. His psoriasis was not so serious anymore, not much skin peeling, although there was just some redness on his scalp.

Therefore, I made another vow to Guan Yin Bodhisattva that:

- (1). Recite 21 Little Houses to repay his karmic creditors on the head.

When I finished repaying his karmic creditors 21 Little Houses, his head skin was no longer red and stopped peeling. The scalp was clean and became smooth, and the skin color was totally normal. This made both my child and me especially happy. After that, I paid an additional 7 Little Houses for him to enhance the effect.

The Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva does answer all prayers! Guan Yin Citta Dharma Door is true! In just three months, I cured my son's psoriasis that had been bothering him for more than 10 years.

What is even more joyful is that although my husband and son have not started practising Buddhism, they are following me to eat vegetarian food every day.

I am so grateful to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva for saving my son from suffering. I am grateful to the selfless and altruistic benefactor, Master Lu!

I will be responsible for my own karma!

Dharma practitioner: W143, Gratitude and Namaste!

Case 4. Incurable Disease Was Not Incurable — How Practicing Guan Yin Citta Dharma Door Healed My Palmoplantar Pustular Psoriasis

(Sharing at the Hong Kong Dharma Conference, June 2015)

Respected Dharma Masters, fellow Buddhist practitioners, and Buddhist friends, greetings! I am from China. I am 30 years old. At this moment, I am filled with boundless gratitude as I share my personal Dharma experience with you.

I was once a patient with palmoplantar pustular psoriasis. In October 2011, this misfortune struck me. My head, arms, elbows, hands, legs, and feet were almost entirely covered in pustules. The pain and itching were unbearable, and I was unable to sleep at night. My fingernails thickened and decayed, my finger joints became deformed, and it was extremely difficult to walk or touch anything. My life was nearly unmanageable. Those days tormented me so badly that I felt life was worse than death. I struggled and groaned in this almost unlivable state. At that time, I was only 25 years old, married for less than a year, and just beginning what should have been a beautiful life.

With a deep longing for health and a better life, I began a desperate search for treatment. I traveled to 11 of the most reputable hospitals, consulted many famous doctors, and spent over 50,000 CNY. After three years of exhausting efforts, the conclusion was devastating: there were no known cures for this disease worldwide. I was told that if my condition did not worsen, it would already be considered fortunate. Worst of all, I was advised not to become pregnant or have children to prevent passing it on. The torment of those days made me feel like I was suffering the tortures of hell on earth, physically deteriorating day by day, and mentally drowning in endless tears. I began to resent heaven, earth, fate, and everything around me. In despair, I even contemplated ending my life.

But then I thought of my loving mother, to whom I had not yet fulfilled my filial duty; my elderly father, whom I had not yet repaid; my caring husband, whom I could not bear to leave behind; and my own youth that I did not want to waste. I was unwilling, I was not ready to go.

After failing to find a cure through medicine, I turned to fortune-telling and folk remedies. Clinging to a faint hope, I sought out a hermit, only to be told the same verdict: "No medicine can cure, no medicine can be sought, beyond salvation. Truly beyond salvation!" Seeing the despair in my eyes, the hermit finally said, "Go search online for someone named Jun Hong Lu. Perhaps He can help you."

Grateful to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva, I was thus led to find my revered Master Jun Hong Lu at the most critical moment of my life. Like clinging to this life-saving hope, I devoured every word of Master Lu's blog posts. The dawn broke, and light shone into my darkened heart. From that moment, my life was illuminated.

I began to follow Master Lu's teachings in Guan Yin Citta Dharma Door: making vows, performing daily recitations, and practicing life liberation. Each day, I completed my daily recitation with sincerity, repented earnestly for my karmic offenses, recited as many Little Houses as possible, and released living beings whenever I could. I also vowed to share my testimony once I recovered, while continuing supportive Chinese medicine treatment.

Just one month later, only one month!, the pus under my

finger nails and toenails dried up, and the swelling subsided. Making vows, reciting Buddhist scriptures, and performing life liberation truly worked wonders! Soon after, new nails began to grow, and my condition steadily improved. Excited and grateful, I told everyone I met that my illness was improving thanks to practicing Buddhism. My heart was overflowing with gratitude to Guan Yin Bodhisattva for never abandoning me, and to the authentic methods of Guan Yin Citta Dharma Door.

In under six months, after reciting over 300 Little Houses and releasing more than 800 fish, the palmoplantar pustular psoriasis that had plagued me for three years, drained over 50,000 CNY, and nearly cost me my life, vanished miraculously. What a miracle! What joy! What gratitude! My heart overflows with thanks to the compassionate Guan Yin Bodhisattva and my revered Master Jun Hong Lu.

Through this ordeal, I came to truly believe in the law of cause and effect. I no longer blamed heaven or others for my suffering. In the past, ignorant of karma, I committed many wrongs: harboring resentment toward my mother-in-law, undergoing abortion, killing ants and small creatures, indulging in eating sea animals, nurturing a strong temper, working in the alcohol trade and taking pleasure in it. Looking back now, every single misdeed had sown seeds of negative karma, which eventually ripened into the painful retribution I endured. The law of cause and effect never errs. It may be delayed, but when the time comes, the retribution is inevitable.

Yet, what once seemed like a devastating illness turned out to be the opportunity that saved my spiritual life. I am grateful for everything, even the illness and hardships, for they became the conditions that propelled me forward in my cultivation. As Master Lu teaches, adversities can be our greatest help. Now, with a heart full of gratitude, I practice diligently every day, reciting Buddhist scriptures with joy. I feel as though I have been reborn, regaining health and happiness. Today, I am healthy, positive, and optimistic.

I have vowed to remain a lifelong vegetarian, to recite mantras and sutras and cultivate my mind for life, to help others whenever possible, and to always uphold the precepts. Spreading the Dharma has become my life's mission. In this lifetime, I will follow Guan Yin Bodhisattva and my compassionate Master Jun Hong Lu with unwavering faith.

I want to share this joyous news with all my family and friends, because I know that health, happiness, peace, and safety are what everyone longs for.

This is precisely the human-centered Buddhism taught by Master Jun Hong Lu through Guan Yin Citta Dharma Door. It truly brings real joy and happiness to each of us, allowing us to enjoy good health, a joyful mind, a harmonious family, fulfilling work, and successful studies.

Buddhist practitioner: S144

Case 5. Cured of Generalized Refractory Psoriasis Through Buddhist Practice and Recitation Alongside Treatment

I am a fellow Buddhist practitioner from China, 46 years old. I began practicing Guan Yin Citta Dharma Door in 2012. Misfortune and illness had haunted me since I was 16, when I entered middle school. It was through practicing Buddhism that I was freed from suffering. With the dual approach of Dharma practice and medical treatment, my generalized refractory psoriasis, which had tormented

me for more than 20 years, has been completely cured!

At the age of 16, after an evening self-study session at school, I was walking back alone to the dormitory when a man suddenly attacked me from behind and injured my head. Luckily, I cried out for help in time, which forced him to flee, preventing an even worse tragedy. I did not expect this incident to mark the beginning of my misfortunes. Only after learning Guan Yin Citta Dharma Door did I realize that it was a predestined calamity at the age of 16.

Due to the head injury and severe fright, I began suffering from insomnia, headaches, and fear, eventually developing depression. Within just over two months, I rapidly gained weight and soon developed psoriasis all over my body. Layers of white scales shed from my skin, leaving me ashamed and embarrassed. I also developed typical endocrine disorders.

From then on, I was no longer the pretty, outstanding girl with good grades and a touch of pride. Instead, I became spiritless, depressed, and often woke in terror from nightmares. For many years, I sought treatment in hospitals and pharmacies, believed in advertisements, tried folk remedies, was deceived by medical scams, and even turned to psychics. I spent over 100,000 CNY on treatments and another 200,000 CNY on supplements, but all in vain. I relied on sleeping pills to rest, but tolerance soon developed, forcing me to switch medications constantly. The toxicity of the Western medicines, combined with long-term insomnia, damaged my organs, and I aged rapidly. I could not bear to look in a mirror or take photos. I became dull, wooden, and attempted suicide many times. Filled with resentment, I blamed heaven's injustice, hated the man who injured me for ruining my life, and even despised my own misfortune.

Around the age of 30, I encountered some Buddhist books and listened to lectures by renowned Dharma masters. Fortunately, I still had a bit of spiritual foundation and came to understand the principle of karma and retribution, the most just law in the universe.

I gradually let go of hatred toward the man who had harmed me, realizing that although he was wrong, it was also my karmic debts from past lives that brought this retribution upon me now. Perhaps I had harmed him in a previous life. I felt the weight of my karmic burdens and repented deeply.

As a result, my mindset gradually became calm and repentant, and I no longer harbored resentment. Unknowingly, my insomnia and depression significantly improved. I felt that the Dharma was truly profound and believed I should earnestly study Buddhism, but I could not find a clear path. I would recite one sutra here and chant another there, without a clear Dharma Door to follow.

During this time, I also studied Traditional Chinese Medicine, apprenticed in acupuncture, and learned much about health preservation. I eventually opened a wellness studio specializing in cervical, lumbar, and leg pain. Many of my illnesses improved with self-care, but my psoriasis persisted.

Eight years ago, I suddenly developed the very ailment I was most skilled at treating. My legs felt as heavy as lead, as though crushed by a mountain. I could not stand for more than ten minutes. I was exhausted, sallow, and had to drag my legs upstairs. Despite trying acupuncture, massage, hot compresses, scraping therapy, and bloodletting, nothing brought lasting relief. Even my clients began to doubt my profession.

After two years of suffering, karmic conditions ripened, and

through an introduction, I discovered Guan Yin Citta Dharma Door. When I received Master Jun Hong Lu's book *Fate, Fortune, and Feng Shui*, I was so excited that I read it all night. His miraculous Totem readings astonished me, and the many efficacious stories in the book moved me deeply. My mind opened, and my heart leapt with joy. I suddenly realized illnesses could be divided into physical, karmic, and spiritual. As a healer, I had absorbed negative energies from my patients, which medicine could not resolve; only Buddhism could. I cried out in my heart: *I am saved! I must repent! I must repay my debts! I must return home to Heaven!*

I immediately began practicing the Three Golden Buddhist Practices: making earnest vows, reciting Buddhist scriptures daily, performing life liberation, and offering Little Houses to my karmic creditors. At first, nightmares plagued me. I was often chased by spirits in dreams, saw more than 20 deceased souls, and even dreamt of my aborted child. Sometimes I saw myself descending to the underworld. Yet the more this happened, the happier I felt, because it proved that the Little Houses worked, and my karmic debts were heavy. Though reciting Little House was difficult, I strengthened my efforts in life liberation to balance the scale.

During this time, I repeatedly dreamt of cleansing myself, sweeping, bathing, washing clothes, vomiting black substances, or bleeding black ink-like blood from my legs. These are clear signs of karmic purification. Many times, I was blessed by Guan Yin Bodhisattva and Master Lu in dreams.

A few months later, my legs suddenly felt light again. The leaden weight was gone! I shared my joy with clients, many of whom also became practitioners. Together, we experienced the wonders of Guan Yin Citta Dharma Door and its clear, systematic method for dissolving karma. From then on, reciting mantras and sutras, listening to Master Lu's recordings, and reading *Buddhism in Plain Terms* became my daily joy. Every day feels fulfilling and filled with Dharma joy, feeling like there is never enough time.

My skin condition was originally scattered across my body, with some areas as small as one, two, or five-cent coins. The skin was hard, flaking off layers of white dandruff. As the condition persisted, the flakes became thicker, and the affected skin grew extremely dry and tough, almost like old tree bark. It was not painful or itchy. However, I knew that the less painful and itchy a skin condition is, the more stubborn it tends to be.

During the process of regulating my body and reciting Buddhist scriptures, the karmic obstacles of my over 20-year skin condition began to surface. Every area with flaking skin started to spread significantly. The skin became itchy, red, swollen, oozing yellow fluid, hot, and had a burning sensation. I often could not sleep properly at night.

Once, I dreamed that the activated skin areas were surrounded by dark, cloud-like energy. I intensified my recitation of Little Houses, performed life liberations, and repented. After some time, I dreamed again that those areas looked like the reddish-purple marks left after "gua sha (刮痧)" (scraping therapy), indicating that my karmic obstacles had lessened. During this period, I also dreamed of defecating a long, long tapeworm and countless ants, some dead, some alive.

Master Lu once enlightened us that dreaming of bugs or ants coming out of the body indicates problems with the blood, and

skin diseases are indeed related to blood issues! I deeply understood that this was the compassionate Bodhisattva helping me clear the karmic obstacles of my skin condition: a heavy sin receiving a lighter retribution! Though my body was in pain, my heart was filled with immense joy and gratitude!

Master Lu taught that heavy karmic blocks cannot be removed easily; they require vows, recitation, life liberation, and repentance, along with enduring part of the karmic retribution. Indeed, each time a patch of psoriasis flared painfully, after some months, new tender skin grew in its place. Then another patch of skin experiences the same procedure. Some areas were activated multiple times. For example, my neck went through three such episodes. Yet each time, I faced the darkness before dawn with a heart that was both suffering and joyful, knowing that only when karmic debts are exhausted can sweetness truly follow.

In this way, the skin on my legs, chest, neck, arms, face, and buttocks, almost my entire body, underwent a complete transformation, truly like a rebirth. I felt rejuvenated. Everything I have described is true and without falsehood; many fellow practitioners around me witnessed my entire recovery process. At a class reunion in 2016, my classmates said, "We heard you have been unwell for a long time, but you look younger than all of us, and your skin is so radiant! How do you take care of yourself?" I happily shared with them, "I have Dharma Gems!" and took the opportunity to gift them my Master's book.

Through practicing Guan Yin Citta Dharma Door, I realized karmic obstacles are like black energy hidden in the soul, or gunpowder buried in the body. The more karma one has, the greater the risk of an explosion. If not purified in this life, a massive karmic eruption awaits, followed by suffering in the lower realms after death. Only with Master Lu's guidance could I avoid straying.

Here, I repent deeply for my past ignorance in taking lives. *I am sorry, truly sorry! I was wrong!* It was Guan Yin Citta Dharma Door that saved me. No words can express my gratitude to the Buddhas, Bodhisattvas, and my revered Master Jun Hong Lu. Only through diligent cultivation can I repay their compassion.

I have determined to gradually eliminate my bad temper, correct my habits, and purify my nature. Not only has my body been renewed, but I must also allow the Dharma to cleanse my soul, achieving cultivation of both body and mind. I am still repaying karmic debts, but my goal is to cultivate diligently, reduce obstacles, accumulate merits and virtues, and prepare to return one day to my true home in Heaven, into the loving embrace of Guan Yin Bodhisattva.

I am grateful to all beings who have hurt or helped me, and to every karmic connection. Everything has been the best arrangement, leading me onto the path of liberation and granting me this opportunity to share my story.

Buddhist disciple: Z145

Case 6. With Guan Yin Citta Dharma Door, My Thirty-Year Psoriasis Was Healed in Just Three Months

When I was 18, strange little rashes suddenly appeared all over my body. At the hospital, the doctor diagnosed me with psoriasis vulgaris. From that moment on, my life became tied to hospitals.

The psoriasis kept recurring. I trusted doctors completely. Whenever treatments failed, I returned to the hospital again and

again. I tried Chinese medicine, Western medicine, skin ointments, and medicated baths. After more than ten years, my condition worsened from small, spot-like psoriasis to large patches covering my whole body. It was terrifying.

Later, I learned that much of the medication I had been prescribed contained hormones. Each time I was hospitalized, the psoriasis would come back even more aggressively afterward. Not only did the disease cause physical suffering, but it also brought immense psychological harm, directly leading to an unhappy marriage.

From 1997 to 2007, I was constantly running between hospitals. By then, just the thought of going back filled me with fear. I did not dare step into another hospital again.

In 2008, a friend introduced me to a health supplement. It was very expensive, but I followed the advice of their “teachers” and consumed it for more than a year before stopping.

By September 2013, my psoriasis had worsened again. Afraid to go to the hospital, I returned to the supplements. At one point, I was spending nearly 20,000 CNY a month. When I ran out of money, I borrowed from banks and even turned to high-interest loans. I only wanted to recover. I did not think about the cost. My reasoning was: *if I get better, I will earn money to pay it back.*

In the end, I owed more than one million CNY in debt.

Around 2017, after years of this, my psoriasis seemed cured. But before I could enjoy the relief, disaster struck again. In 2018, my debts caught up with me, and I could no longer afford the supplements. As soon as I stopped, the psoriasis came back. This time it is more violent than ever. I was devastated. The disease tormented me with unbearable itching every night, robbing me of sleep, while my finances collapsed. I was drowning in both physical suffering and mental despair, unable to see any hope in life.

At this low point, I am deeply grateful for the appearance of my benefactor, Dharma practitioner L. We had met during a financial course, and she often thought of me when projects came her way, knowing about my struggles. As early as 2020, she had spoken to me about Buddhism and even shared Master Jun Hong Lu's Totem videos with me. At the time, I was too restless and burdened by illness and debt to learn. I deleted the videos without watching them.

By May 2021, my finances had completely collapsed. I had no more money for treatment. Then I remembered what practitioner L had told me that practicing Buddhism could heal my illness. I asked her again for Master Lu's Totem videos.

This time, I watched and I was utterly shocked. Master Lu's spiritual insight was extraordinary! After watching many of His Totem cases, I finally understood: my lifelong suffering came from heavy karmic obstacles. That was why, from such a young age, nothing in my life had gone smoothly. Thanks to the blessings of Guan Yin Bodhisattva, I awakened to the truth.

On June 26, 2021, at the Buddhist altar in my fellow Dharma practitioner's home, I made solemn vows before Guan Yin Bodhisattva:

- (1). Be a lifelong vegetarian;
- (2). Recite Little House daily;
- (3). Release 10,000 fish.

From that day on, I persisted. I kept to a vegetarian diet, released 100-200 fish. Although I had not recited many Little Houses yet, something miraculous happened.

Within just three months, the thick layers of psoriasis covering my body almost completely disappeared!

Only small patches remained on my feet and lower legs.

I could hardly believe it. After 30 years of torment, after spending millions of yuan and falling into deep debt with no cure, I had finally recovered through Buddhist practice! This was clearly the boundless compassion of Guan Yin Bodhisattva, showing me the true and effective path of liberation.

Words cannot express my Dharma joy and gratitude. I once again made a vow at the altar: to dedicate my life to diligent cultivation, to repay the kindness of the Buddha, to repay the kindness of Guan Yin Bodhisattva, and to follow Master Jun Hong Lu's teachings with a pure heart.

I am also grateful to every Dharma practitioner who has helped me along the way. The Buddhist scripture books, red pens, red cloth, and all learning materials I received were given freely by fellow practitioners. In this Buddhist family, I have found warmth, love, genuine kindness, and connections free from worldly interests or transactions. Here, people support and care for each other without expecting anything in return.

I, too, have made a vow: when my finances improve, I will give back in the same way, following Master Lu's teachings to become a person of great compassion and love, spreading the Dharma to save more suffering beings, and helping more people transform their destinies. Now, every day I keep to my vows.

After 30 years of trials and suffering, I finally have the reliance of the Dharma. I now know that I can take control of my destiny. I believe my future will only become brighter. I will steadfastly follow Guan Yin Bodhisattva and Master Lu, cultivating diligently on one path, never turning back.

Buddhist practitioner: Z146

Case 7. I Used the Five Golden Buddhist Practices and Transferred Merits and Virtues to Help My Husband Recover from Many Years of Severe Psoriasis

When my husband was young, due to ignorance and lack of wisdom, he committed heavy killing karma. He slaughtered pigs and chickens.

In 2008, at the age of 53, he encountered his predestined 369 calamity. That year, his karmic obstacles erupted, and he developed psoriasis. After applying ointment, the condition improved but soon recurred, over and over again. Later, his skin disease worsened, and he had to consult doctors everywhere. The doctors told him that psoriasis was a stubborn skin disease and could not be cured.

In 2017, because of my husband's illness, I was fortunate to come across Guan Yin Citta Dharma Door and began practicing Buddhism and reciting Buddhist scriptures. Through the practice, I came to understand the law of cause and effect and realized that my husband's skin disease was a karmic illness caused by his killing karma.

Since 2018, I had been offering many Little Houses for my husband's karmic creditors, along with medication and ointments, but his condition still fluctuated.



Figure 2A: Before I applied the Golden Buddhist Practice to help my husband, psoriasis had spread across his back.



Figure 2B: After I applied the Golden Buddhist Practice to help my husband, psoriasis had disappeared from his back.

By March 2025, his skin disease had become much more serious. Except for his face, his entire body was covered with psoriasis. I shared this with a senior Buddhist practitioner, who advised me to apply the Five Golden Buddhist Practices of Guan Yin Citta Dharma Door to help my husband. Except for making great vows, transfer merits and virtues to him, and pray for the Bodhisattva's blessings for his recovery.

On April 4, 2025, I made vows before Guan Yin Bodhisattva as follows:

- (1). Transfer part of my merits and virtues to my husband;
- (2). Offer 1,008 Little Houses to his karmic creditors, to be completed by 2026;
- (3). Recite 5,000 chapters of *Buddhism in Plain Terms* for him, to be completed by 2026;
- (4). Liberate 1,000 fish (already fulfilled), and continue to vow more life liberations;
- (5). Recite 10,000 times the *Amitabha Pure Land Rebirth Mantra* for him, 49 times daily, within one year.

I prayed to Guan Yin Bodhisattva to bless my husband to recover skin health as soon as possible.

After making these vows, I immediately carried them out. My power of vows surpasses his karmic obstacles! Within just a few days,



Figure 3A: Before I applied the Golden Buddhist Practice to help my husband, psoriasis had spread across his calf.



Figure 3B: After I applied the Golden Buddhist Practice to help my husband, psoriasis had disappeared from his calf.

his psoriasis improved significantly: except for a small area on his back, the rest of his body had almost completely healed (**Figures 2-3**).

Guan Yin Citta Dharma Door is true and not illusory. The Five Golden Buddhist Practices are incredibly effective. The Buddhas and Bodhisattvas are truly the Great King of Medicine! I am deeply grateful to the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva for responding to every prayer, and to our benevolent Master Jun Hong Lu for transmitting this supreme and efficacious Dharma Door to us, guiding us onto the path of liberation and leading us from suffering to happiness.

Now, my husband recites *Buddhism in Plain Terms* every day, as well as the *Great Compassion Mantra* and the *Heart Sutra*. He has also vowed to observe vegetarianism on the 1st and 15th of each lunar month. May he remain diligent and persistent in practicing Buddhism!

Buddhist practitioner: H147

Discussion

Except for Case 7, whose husband's psoriasis has not yet been completely cured, the other six cases have all achieved full recovery. In Case 7, the illness may still recur; however, complete recovery is certainly possible once his karmic obstacles are further eliminated, though it may take more time. With his faith in Buddhism, his diligent recitation of Buddhist scriptures, and his reading of *Buddhism in Plain Terms*, he will surely be cured. Additionally, Case 6 may require more time to confirm that there is no recurrence.

In all seven cases, none of the individuals are medical doctors. Cases 1, 4, 5, and 6 cured their own psoriasis. Case 2 helped her younger brother recover, Case 3 cured his son, and Case 7 cured her husband. In Guan Yin Citta Dharma Door, the Buddhas and Bodhisattvas are the Great King of Medicine, and their followers are

doctors without an MD certificate.

In Case 2, the patient's wife said, "If everyone can get well after reciting Buddhist scriptures, why do we need hospitals?" Her words may seem reasonable on the surface, but in fact, they reveal a lack of medical knowledge: Psoriasis is medically considered manageable but not curable. Secondly, she does not understand Buddhism, which can provide patients with a permanent cure. In reality, most people are like her: trusting only medical doctors and not Buddhism. This is because, even without medical training, people generally have some basic medical knowledge, but very little understanding of Buddhism. Therefore, when faced with illness, they will naturally turn to doctors rather than to Buddhist practice. This is also what the Case 6 patient did.

As Buddhist practitioners, we believe that both modern medicine and Buddhism are necessary. Medicine can temporarily relieve the symptoms, while Buddhism can bring about a permanent cure for psoriasis. Before complete recovery, medical treatment is still needed to keep the symptoms under minimal control.

Psoriasis may not be as immediately life-threatening as other illnesses such as parapsychoarchia (schizophrenia) [28] or depression [29], which can directly lead to suicide, but it can also result in devastating consequences, for example, bankruptcy (Case 6) and even suicidal thoughts (Cases 4 and 5).

Where does such a terrible disease come from? Chinese and Western medicine provide no clear answers, and their hypotheses have not led to a cure. Take modern medicine, for example: it attributes psoriasis mainly to genetics and environmental factors. Yet, upon closer examination, the connection between genetics, environment, and psoriasis proves unconvincing. Despite thousands of papers published on the subject, none of these mechanisms has pointed the way to a cure.

As we mentioned in the eczema report [30], if parents often cook fish or shrimp, can their children's bowls avoid contact with animal broth? In such families, both parents and children may develop skin diseases. It is not because of genetics, but due to the same eating habits, particularly the consumption of live aquatic animals.

Thus, it is not genetic transmission that passes from parents to children, but karma. This means that even if the children themselves do not eat live aquatic animals, they may still develop skin diseases. It is not from inherited genes, but from shared karmic debts. Even if children do not directly consume live aquatic animals, they may still acquire skin diseases if their parents do. In the human world, we say "the father's debt is repaid by the son (父债子还)." This is also true in the spiritual world: if parents commit killing karma, their children may suffer the karmic consequences, such as psoriasis.

Such examples are numerous. A mother who ate large numbers of live sea animals during pregnancy gave birth to a son who soon developed eczema [30]. Raising animals for business generated heavy karma, leading to her daughter's epilepsy [12]. A girl who enjoyed eating her father's fried fish developed an unidentified skin disease, while the father himself suffered from chronic urticaria [13]. In another case, the mother's family raised livestock, while the father loved sea animals. At their wedding banquet, while the mother was pregnant, both families served live sea animals. Their son was later diagnosed with autism spectrum disorder shortly after birth [12].

While many formally trained medical professionals doubt the

link between karma and diseases, the Dharma principle can be validated. Removing karma and liberating spirits can heal illnesses like psoriasis, providing direct evidence for the Dharma theory. These curing outcomes show that recovery occurs not due to genetic or environmental changes, but through karma elimination.

Therefore, the Dharma perspective holds that patients create the karmic causes for their illnesses. When conditions ripen, these causes manifest as diseases like psoriasis.

Let us recall the introduction of this paper, where psoriasis was likened to heating water. Just as water cannot become hot on its own, psoriasis does not generate autoimmunity by itself. Just as continuous heating is required to bring water to a boil, the autoimmune response in psoriasis also requires an inducing factor. From our study, this factor is the presence of spirits. Therefore, psoriasis is more accurately described as a karmic disease with spiritual manifestations, which better reflects the essence of this condition.

So, what role do environmental and genetic factors play in the pathology of psoriasis? Of course, they have an effect, but their role is essentially to exacerbate the condition (雪上加霜).

Science follows a systematic approach: forming a hypothesis, conducting experiments, analyzing results statistically, and drawing conclusions, which gain recognition as a theory only after repeated verification by other laboratories. Similarly, Buddhism offers a structured path through four stages: Faith (信), Understanding (解), Practice (行), and Realization (证). Faith begins with belief in the Buddha. Understanding follows, requiring a deep grasp of the Dharma; without it, one cannot advance. Practice involves applying Dharma teachings in daily life. Finally, Realization is achieving enlightenment through direct experience and verification of the truth, known as personal realization [31].

All seven case studies demonstrate the four stages of Buddhist practice, validating Master Lu's teachings that psoriasis is a karmic disease with spiritual manifestations. Recovery is achieved by eliminating karma and ascending spirits, thereby restoring skin health.

Beyond these seven cases, countless individuals with various incurable diseases have found relief through the Guan Yin Citta Dharma Door. For further details, please refer to Master Lu's Chinese website (<http://www.lujunhong2or.com>) or English website (<https://guanyincitta.com>). For concepts that may be unfamiliar to readers, we suggest referring to our previous publications [12, 28].

Worldwide, more than 125 million people are affected by psoriasis [9]. These findings suggest that the Guan Yin Citta Dharma Door may provide a potential pathway to alleviating their suffering and reducing the burden of this disease.

Conclusion

The Q&A sessions and case studies presented demonstrate that psoriasis, deemed incurable by conventional medicine, can be effectively treated and, in many cases, completely cured through the practices of Guan Yin Citta Dharma Door. The consistent application of the Three, Four, or Five Golden Buddhist Practices has led to remarkable recoveries in patients with long-standing psoriasis.

These outcomes challenge the conventional medical view that attributes psoriasis solely to genetic or environmental factors, highlighting instead the role of karmic and spiritual causes, such

as killing karma from past lives or ancestral actions. The evidence suggests that by addressing these karmic obstacles through dedicated Buddhist practice, patients can achieve not only physical healing but also mental and spiritual transformation.

While medical treatments may provide temporary relief, the integration of Buddhist practices offers a path to permanent recovery, underscoring the profound efficacy of Guan Yin Citta Dharma Door in alleviating human suffering.

Acknowledgments

Dharma practitioners Wang, Shangen, Rachel, and Purple assisted in the manuscript preparation process. Their work is greatly appreciated.

Conflict of Interest

No.

Financial Support

None.

Ethical Statement

The author did not take part in any part of the experimental design, experimental treatments and result analysis of the patients. All the experimental procedures and practices by the presenters were done by themselves independently.

Statement by Translator and Writer

The 11 Q&As and 7 cases in the text were translated from Chinese to English based on their intended meaning rather than a word-for-word approach. The remaining portions of the paper were written based on my limited understanding of Guan Yin Citta Dharma Door. If there are any inaccuracies or deviations from the true meaning of the Chinese version, or if the content does not accurately reflect Master Lu's teachings, I sincerely seek forgiveness from the Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva, all Buddhas and Bodhisattvas, Dharma Protectors, and Master Jun Hong Lu.

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The contents of the presentation, comments, and discussion, including text, images, and other information obtained from Dharma practitioners, are provided strictly for reference purposes. Due to the unique nature of individual karma, results similar to those experienced by the practitioner may not be replicated. The experiences and advice shared should not be construed as medical advice or a diagnosis.

In the event of an emergency, it is crucial to promptly contact your doctor or emergency services by dialing 911. Relying on any information found in this paper is done solely at your own risk. The author bears no responsibility for the consequences. By using or misusing the contents, you accept liability for any personal injury, including death. It is imperative to exercise caution and seek professional medical guidance for health-related concerns.

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