

Review Article

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Insight into Down Syndrome and its Rehabilitation

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ABSTRACT

Down syndrome (DS), also known as trisomy 21, is a well-characterized genetic disorder caused by an extra copy of chromosome 21, leading to developmental delays, congenital anomalies, and intellectual disability. Despite significant scientific advances in identifying its chromosomal basis and risk factors, the precise cause of nondisjunction during meiosis remains unknown, limiting our understanding of its true origins. This incomplete understanding also contributes to suboptimal treatment outcomes. However, according to the teachings of Guan Yin Citta Dharma Door (心灵法门), DS is not merely a genetic condition but a karmic manifestation arising from unresolved spiritual debts, ancestral karma, or spiritual possession. This study presents seven responses from Dharma Master Jun Hong Lu to inquirers, which clarify the karmic causes of DS and propose Buddhist-based solutions, such as spirit ascension and karma elimination. Additionally, we highlight four real-world cases where families of children with DS applied these Golden Buddhist Practices, resulting in incredible documented improvements in behavior, cognition, and overall health. These outcomes suggest that DS may be more accurately understood as a karmic condition with limited physical genetic expression. This perspective explains why Dharma-based practices can yield extraordinary therapeutic effects in children with DS.

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Introduction

Down syndrome (DS), also known as trisomy 21, is a genetic disorder caused by the presence of an extra copy of chromosome 21 [1]. It is the most common chromosomal abnormality among live-born infants, with an estimated global incidence of approximately 1 in 700 births [2]. The condition arises due to precocious segregation and nondisjunction events during meiosis, leading to partial or complete trisomy of chromosome 21 [3].

Individuals with DS typically present with characteristic craniofacial features, varying degrees of intellectual disability, hypotonia, an increased risk of congenital heart defects, respiratory infections, thyroid dysfunction, hematologic malignancies such as leukemia [4-10]. They are highly susceptible to Alzheimer's disease (AD), and are associated with lifelong difficulties with verbal communication, among other health and developmental concerns [11,12].

Advancements in prenatal screening, early intervention programs and supportive medical care have significantly improved the life expectancy and quality of life for individuals with DS in recent decades [13,14]. However, challenges remain in understanding the true mechanism of DS, and the current treatment outcome is far from desirable.

Our previous studies suggest that when a disease cannot be cured by conventional medical treatment, it may in fact be a karmic disease [15]. Specifically, our investigations into Glutaric Acidemia Type I (GA1) and Prader-Willi syndrome indicate that

these genetic disorders have underlying karmic origins and are associated with possession by spiritual beings [16,17]. In this framework, genetic abnormalities serve as markers indicating that patients are burdened with substantial karmic obstacles accumulated from past lives or retributed from their ancestors. The key to addressing these conditions lies in ascending spirits and eliminating karmic debts. This paper seeks to explore whether DS may also be linked to karmic factors and to assess the potential impact of applying the Golden Buddhist Practices of the Guan Yin Citta Dharma Door as a complementary spiritual approach.

Mechanisms & Solutions

While medical science identifies DS as being caused by an extra copy of chromosome 21, the deeper reason why some individuals acquire this additional chromosome remains unclear. Researchers commonly attribute it to errors such as precocious chromosomal segregation and nondisjunction during meiosis. However, the fundamental causes behind these meiotic anomalies are not well understood, leaving a gap in the mechanistic explanation of DS at its origin.

In contrast to the limitations of current scientific understanding, Dharma Master Jun Hong Lu offers deeper spiritual insights into the root causes and potential resolutions for DS. The following seven Q&A dialogues document Master Lu's explanations regarding the karmic origins of DS and the corresponding Dharma practices that may aid in its treatment.

Q&A 1: A Pregnant Mother Dreamed Baby Came to Collect Debt, and he was Born with DS [18]

(This dialogue took place over the phone on March 30, 2013)

Caller: Hello, Master! A fellow practitioner gave birth this year, 2013, to a child born in the Year of the Snake. During her pregnancy, the doctor said the child might have DS, but the baby seems healthy now. Could you please take a look?

Master: I am not a doctor, and I have not heard of this term, but I can check for you.

Caller: It means the child might have intellectual issues.

Master: Yes, yes, that is it.

Caller: She made a great vow to release animals, and now the child seems normal after birth.

Master: Oh, there is still a slight issue.

Caller: What should we do?

Master: I understand now. It is called DS. Because of her animal release and great vows, the child appears normal now, but in one or two years, issues may still arise. In this case, she must keep making great vows, reciting Buddhist scriptures, releasing animals, and paying attention to the child's nutrition from a young age. Understood?

Caller: Oh.

Master: Also, psychologically, never let the child feel deficient. Avoid arguing or being unhappy in front of the child. Be very careful about this, okay?

Caller: Okay.

Master: It is alright.

Caller: How should she make great vows?

Master: It has already improved a bit. For a condition like this, she needs at least to recite 800 Little Houses.

Caller: So, start reciting now without setting a weekly quota—just keep reciting Little Houses?

Master: Yes, exactly.

Caller: And keep releasing animals without a set number, just keep doing it, right?

Master: Yes, yes. This is like a bottomless pit—there is no limit. The more you release, recite, and vow, the faster the child improves.

Caller: Understood. You previously interpreted her dream, as saying this child came to collect a debt.

Master: Exactly, a debt-collecting spirit.

Q&A 2: Totem Reading: A boy with DS was Caused by His Mother's Lack of Filial Piety, Which Upset Her Deceased Mother Who Now Wants to Take the boy Away [19]

(This dialogue took place at the Singapore Dharma Conference on May 10, 2019)

Volunteer: Hello, Master! This fellow practitioner's child was born in 2015, the Year of the Sheep. We sincerely pray Master to compassionately read the totem.

Master: Sigh! Another child with developmental issues. Oh dear, the whole brain area appears dark. There are also problems with the body—bones and blood.

DS Mother: Yes.

Master: It resembles DS.

DS Mother: Yes.

Master: How many Little Houses have you recited for his karmic creditors?

DS Mother: 93.

Master: That is too few. How can you save him like that?

DS Mother: I have only been learning Buddhism for four months.

Master: You need to be more diligent. Right now, there is an animal spirit on his body, as well as a human spirit. Did an elderly family member pass away before he was born?

DS Mother: Yes, my mother.

Master: Your mother had deep karmic entanglement with him from a past life. Did you know that?

DS Mother: No.

Master: She wants to take him away. She is on him now. I am not sure if it is your own mother or your mother-in-law.

DS Mother: My mother.

Master: Your relationship with your mother was not good. She was unhappy, and you were not filial. You must sincerely repent!

DS Mother: I will.

Master: You are too stingy.

DS Mother: I was wrong.

Master: She is making you suffer now. The child's condition is her way of making you suffer.

DS Mother: I was wrong. I am sorry.

Master: Quickly say sorry to her. She's here now.

DS Mother: I am sorry.

Master: She is not tall.

DS Mother: Correct.

Master: Her hair is combed back—short hair.

DS Mother: Yes.

Master: You must recite Little Houses for her properly.

DS Mother: Okay.

Master: She says she was very unhappy. There were two times when you upset her so much that she nearly passed away from anger.

DS Mother: Master, how many Little Houses should I recite for my mother?

Master: First set—79 Little Houses. You wronged her once, do you remember? It was a financial issue.

DS Mother: I do not recall.

Master: She was so angry she nearly died. Elderly people do not let go of such things easily.

DS Mother: I am sorry.

Master: This child will get much better once she is no longer on him. Also, did your family ever keep dogs?

DS Mother: I am not sure.

Master: There is a small dog-like animal spirit on him.

DS Mother: My mother's family used to keep a dog.

Master: You see now? Do you understand? Recite Little Houses to help eliminate the spirit. Once they are gone, he will improve. You must sincerely cultivate. You must not be fierce anymore, uphold all goodness. Have you vowed to go fully vegetarian?

DS Mother: Yes.

Master: How long has it been?

DS Mother: I entered Tokyo Guan Yin Hall on January 4, 2019, and vowed to eat a full vegetarian diet on January 6.

Master: Keep working hard. Now I am telling you: even if those two spirits leave, your child still has heavy karmic obstacles. His life span is not long. Generally,... I do not want to tell you, but you should be cautious—he is destined to pass away around age 14. But it depends on you. If you recite Buddhist scriptures diligently and are very sincere, perhaps Bodhisattva will bless him.

DS Mother: Okay, I understand.

Master: Absolutely no more killing karma.

DS Mother: Understood. Master, how many fish should I release for my son?

Master: 3,200 fish. Do it gradually.

DS Mother: And how many Little Houses?

Master: The first set is 79. Then increase to 326 in total.

DS Mother: Okay.

Master: You also need to be careful—avoid sexual misconduct. Master can see everything. I see from your totem that you have committed sexual misconduct before. You must sincerely repent!

DS Mother: Yes.

Master: That is not good for the child either. Do you understand?

DS Mother: I understand.

Master: It is fine when you are young. It may be before marriage

there were too many relationships. After marriage, you have been quite well-behaved, relatively faithful.

DS Mother: I was wrong.....

Master: Alright, be strong.

DS Mother: Okay.

Master: You have depression—don't you know that? You have even thought about ending your life twice.

DS Mother: Yes.

Master: Keep working hard. With consistent recitation, things will gradually improve. Eventually, he will begin to speak, but right now, he still cannot.

DS Mother: Yes.

Master: Right now, he can only babble incoherently and shout because there are spirits on him.

Q&A 3: A Western Man's Ancestors Ran a Restaurant, Which Led to His Daughter Having DS

(This dialogue took place at the Dharma Conference in Kuala Lumpur, Malaysia, on August 26, 2017. The couple stood in the audience area with their daughter and asked questions)

Inquirer: Hello, Master! I will bear the karmic consequences myself. I would like to ask you to read the totem for my daughter. She was born in 2016, the Year of the Monkey.

Master: She has a brain problem. There is a very large spirit on her body. She cannot even stand upright now.

Inquirer: That is correct.

Master: She cannot speak yet, just makes noises. It is a big spirit.

Inquirer: How many Little Houses should I recite for the spirit? How many fish should I release for my daughter?

Master: At least 350 Little Houses. Let me tell you unless you make a great vow...

Inquirer: I have already made a great vow.

Master: Otherwise, she will be very difficult to raise, and will not live long.

Inquirer: Approximately how many fish?

Master: Release 6,000 fish. This child was not meant to be born. She came by accident. A little ghost randomly reincarnated. You likely were not planning to have a child. I can see all this. Now that she was born and you want to keep her, you must recite Buddhist scriptures diligently and help her eliminate karma. Her karmic burden is quite heavy. How old is she now?

Inquirer: 13 months old.

Master: Ask the doctors. Her condition is very similar to DS, a brain disorder. Children like this typically survive until about 4 years old. There is a predestined calamity. If she gets through it, she will survive. If not, she will pass away.

Inquirer: Yes, the doctor also said her life span may be short.

Master: Everyone, see? You must cultivate well. This is a karmic entanglement. Understand?

Inquirer: Master, what should my daily recitations be?

Master: Recite the *Heart Sutra* 27 times a day, and the *Eighty-Eight Buddhas Great Repentance* 5 times.

Inquirer: Okay.

Master: Three times is too few for the *Eighty-Eight Buddhas Repentance*.

Inquirer: How many times of *Great Compassion Mantras*?

Master: Ideally 49 times a day.

Inquirer: Okay.

Master: This child does not sleep well at night.

Inquirer: That is true.

Master: She is fine during the day, but not at night.

Inquirer: She wakes 3–4 times at night.

Master: It is spirit possession at night.

Inquirer: Master, if I cultivate well, can she walk after passing

the 4-year calamity?

Master: Do your best. At this point, your cultivation is not diligent enough. Honestly, your current merits and virtues cannot protect her because you do not have enough.

Inquirer: I will cultivate diligently.

Master: You need to perform a great deal of merits and virtues. Dedicate all the merits and virtues from attending large Dharma Conferences to her. Only then might she improve and keep her life. There are things I cannot say publicly in front of your husband, but much of her karmic entanglement comes from his ancestors.

Inquirer: Yes, his family ran a restaurant.

Master: You all see now? That is why I tell people: do not plant bad causes, or you will harvest bad effects. Work hard! Your husband is a good man; he loves you, but the problem really comes from his ancestry. It is best if he also recites. He can follow the English version of the *Great Compassion Mantra*. Read it aloud with the same pronunciation as the Chinese.

(To the Inquirer's husband): I asked you to recite the *Great Compassion Mantra*. We have an English version. Once you start reciting it, many things will begin to improve.

Inquirer: He has read English books and believes Guan Yin Citta Dharma Door deeply. He supports me completely and always supports me in attending your Dharma Conventions.

Master: Let me check his past life. What year and zodiac is he?

Inquirer: He was born in 1955, the Year of the Sheep.

Master: Ah, his family had ties with royal or noble bloodlines. He was a woman in a past life, which is why he has a feminine demeanor. Quite delicate!

Inquirer: That is true.

Master: He acts like a woman. Haha.

Inquirer: And he deeply respects women.

Master: Of course. He was one!

Inquirer: He really understands us.

Master: Definitely. He is very sweet, very capable, and even cooks although his dishes are neither fully Western nor fully Eastern.

Inquirer: Exactly.

Master: Very good. But you should be careful with your words. He remembers everything.

Inquirer: Yes, he has an incredible memory.

Master: He is like a woman. You, on the other hand, are more like a man, bold and rough.

Inquirer: That is true.

Master: He can analyze one sentence for a long time. If you offend him, he will brood over it forever. Am I right?

Inquirer: You are amazing, Master!

Master: If you recite diligently and release more fish, the child's major karmic obstacle will manifest in August two years from now. If things improve by then, her life may be prolonged. It depends on these next two years.

Inquirer: Thank you, Master.

Master: Pray to Bodhisattva to protect her. I see all children as very pitiful.

Q&A 4: Master Lu's Guidance on Children with DS [21]

(This dialogue took place over the phone on March 5, 2015)

Caller: Hello, Master! Happy holidays!

Master: Thank you.

Caller: I would like to ask you to look at a boy born in 2003, the Year of the Sheep. How should I help him with scripture recitation? He has DS.

Master: You have not started reciting for him yet, right?

Caller: I have already recited over 200 Little Houses. I have been doing it for two years.

Master: Two years and only a little over 200 sheets? How did

you recite it? That is not even one Little House per day.

Caller: I also recited Buddhist scriptures for myself and my mother. I only started reciting for him last year, so it is often less than one per day.

Master: A deceased relative spirit is attached to him.

Caller: How many more Little Houses should I recite?

Master: For this kind of illness, more than 1,000 are needed. Recite sincerely. Without Little Houses, it is useless. You must truly be devoted. Understand?

Caller: Alright. I did not know what vow to make for him. At first, I offered 108 and then kept offering in sets of 21.

Master: You will need to recite a lot. If DS is not managed well, it is very dangerous. First, the child will not develop properly. Second, the immune system will be compromised.

Caller: Oh. In 2013, I brought him to a Dharma Conference in Hong Kong. Afterward, he listened to your recordings daily and said, "I miss Master Lu, I miss Master Lu." I have registered to take him again this year.

Master: He needs to cultivate properly.

Caller: He recites Buddhist scriptures by himself.

Master: That is because I blessed him, and he can feel it.

Caller: When he first saw your video, he became extremely emotional. Every morning, the first thing he does is grab the cell phone and listen to your recordings.

Master: How old is he now?

Caller: Twelve years old.

Master: Still young. It should not be a problem. If he has such a deep karmic connection with me, I believe nothing major will happen to him.

Caller: He is not home today. Every day he says to me, "I miss Master Lu, I miss Master Lu, please take me to see him."

Master: Oh, haha.

Caller: He can recite the *Cundi Dharani* very well, but still struggles with the *Great Compassion Mantra* and the *Heart Sutra*. He can recite other short mantras.

Master: He should continue diligently. There should not be any major issues.

Caller: Is the spirit on him male or female?

Master: Male.

Caller: Then I know who it is. Thank you, Master.

Q&A 5: What to Do If a Child Is Born with DS [22]?

(This dialogue took place over the phone on March 14, 2014)

Caller: The wife of the fish vendor who used to help release lives and support fellow practitioners is pregnant. He no longer sells sea animals and is now reciting Buddhist scriptures and Little Houses. However, his wife is skeptical and not very receptive to the Dharma practice, and she refuses to get prenatal checkups. Now, after the baby was born, he suffered from severe jaundice and was hospitalized. The doctors said that based on his wide-set eyes, short hands, and flat nose, there is a possibility of DS. What should they do?

Master: It is his wife's problem. His own karma of selling fish and his wife's disbelief led to this misfortune for the child. Nothing can be done about that.

Caller: What can he do now? It is hard to convince his wife. What can he do on his own?

Master: He needs to keep reciting the *Eighty-Eight Buddhas Great Repentance* without stopping.

Caller: For the baby?

Master: Yes.

Caller: How should he recite the Little Houses?

Master: Continue reciting in sets of 21 Little Houses. Pray to Guan Yin Bodhisattva for mercy. His wife must believe. If she

does not, the child will not be saved. Don't even ask me to look at the totem. I can already sense it. The doctor suspects the baby DS; it is 100% correct. Even if it does not show now, the brain will certainly have problems later.

Caller: If both parents start reciting Buddhist scriptures, the *Eighty-Eight Buddhas Great Repentance*, Little Houses, and perform life liberation diligently during the baby's early stage, can this situation be improved?

Master: Yes, it absolutely can. Just listen to today's broadcast. A girl had a brain tumor and could not see. After practicing Guan Yin Citta Dharma Door and reciting Buddhist scriptures, her vision has slowly returned. She can even see colors now, though not clearly yet.

Caller: Understood. I will inform them right away and urge them to cultivate diligently.

Master: Goodbye.

Q&A 6: A Child with DS Improved After Offering Little Houses to His Karmic Creditors (Excerpt) [23]

(This dialogue took place over the phone on November 29, 2013)

Caller: Hello, Master! At the beginning of this year, I asked about a newborn child. You looked at his totem and said he had DS and cognitive issues. You advised the mother to recite 800 Little Houses and perform life liberation continuously. She has now completed 900 and vowed to recite another 1,000 Little Houses. What else should be done?

Master: Continue with life liberation. Increase the effort.

Caller: Okay.

Master: Is the child better now?

Caller: Yes, after offering the 900 Little Houses, he has become easier to care for, calmer, and cries much less.

Master: You see? Without those 900 Little Houses, things could have turned out very badly.

Caller: Understood. Thank you, Master.

Master: She should keep reciting until he recovers.

Caller: Got it. She has already vowed to recite another 1,000 Little Houses and continue with life liberation.

Master: Are you in contact with the father or the mother?

Caller: The mother.

Master: Tell her to speak less, she talks too much.

Caller: Haha, yes, that is true.

Q&A 7: A Hell Official Escaped to the Human Realm and Was Born with DS, needing 100,000 Little Houses to Repay Karmic Debts [24]

(This dialogue took place at the Dharma Conference in Brisbane, Australia, on June 17, 2018)

Inquirer: Hello, Master! He was born in 1998, the Year of the Tiger. He was diagnosed with DS at birth.

Master: He was not supposed to be born at all.

Inquirer: He cannot speak.

Master: Yes, he cannot speak and cannot stand upright, only crawl. But he does have vocal cords and can make sounds.

Inquirer: That is right.

Master: He is currently possessed and controlled by a spirit.

Inquirer: Is the spirit from his mother or himself?

Master: It is his own. Ah, no wonder. He escaped from a Hell Realm, from a place like the Hall of Yama. He was a small officer there. Now they are trying to bring him back. Modern medicine is artificially keeping him alive, but he will not live long.

Inquirer: Oh.

Master: If you truly want him to live longer, you must pray to Nanjing Bodhisattva. Guan Yin Bodhisattva's compassion is

needed, and Nanjing Bodhisattva can plead on his behalf.

Inquirer: How do I pray to Nanjing Bodhisattva?

Master: Say, "May he be well. Since he has come to the human world, may he live this life fully. Bodhisattva, please have compassion for this little being. Let him stay in this world and benefit others with his story." Then recite Little Houses. Many Little Houses are needed.

Inquirer: How many, Master?

Master: The number that just came to my mind is shocking. You may not even accept it. Possibly a lifetime of reciting: 100,000 Little Houses. That means his life cannot be saved easily, understand?

Inquirer: I am willing to recite.

Master: Then go ahead and recite.

Inquirer: I will do my best.

Master: If you have great faith and reach about 10,000 Little Houses, I will check again to see if he can be saved.

Inquirer: Okay.

Master: His karmic burden is too heavy now.

Inquirer: Oh.

Master: Look at the child, head bowed like he is repenting. He knows he should not have come. I want to help him, but it would take enormous effort. I need to help many others. It is best that his mother helps him herself, okay?

Inquirer: I will take on his karma myself, please don't bear it for us.

Master: Recite for him diligently. How old is he now?

Inquirer: He is 20, or 21 in traditional age.

Master: See? How did he grow up to now?

Inquirer: Will he ever speak?

Master: He already makes sounds, doesn't he?

Inquirer: Rarely, but yes.

Master: First extend his life span. Once that is done, he might start speaking. Can you release 99 soft-shelled turtles for him?

Inquirer: Okay.

Master: Then continue with the fish release.

Inquirer: How many fish should I release?

Master: A lot! 12,000 fish.

Inquirer: Understood.

Master: Honestly, this child is almost beyond saving. If there is any hope, it is only through the Bodhisattvas' blessings. I hope you take it seriously. This kind of case... I will just say this. He probably was not conceived under normal circumstances. Maybe you did not even plan to have him. Understand?

Inquirer: I understand.

Master: It was not part of your life's fate to have a child properly at that time, but suddenly you got pregnant. He slipped through. Isn't that so?

Inquirer: Yes.

Master: People must not take things lightly. Do not engage in casual pleasures. Treat childbirth seriously. If you are not planning for it, little spirits who love to watch people do those things are nearby. When it happens, they seize the chance to enter the fertilized egg. That is how it happened.

Inquirer: Master, should I do daily recitations for him?

Master: Just recite the *Eighty-Eight Buddhas Great Repentance*, five times a day.

Inquirer: Okay.

Based on the 7 Q&As conducted by Master Lu, it is revealed that DS may arise from unresolved karmic debts, such as ancestral misconduct, killing animals, sexual misconduct, or spirits seeking retribution. In some cases, the child's condition is attributed to spirits of deceased relatives or animal spirits occupying the child's

body. The proposed solutions emphasize sincere Dharma practice, including recitation of Buddhist scriptures, offering Little Houses to karmic creditors, life liberation, repentance of past wrongdoings, and making great vows. Master Lu stresses that diligent practice and the accumulation of merits and virtues can improve the DS child's condition and even prolong their life, though outcomes vary based on karmic severity and the sincerity of the parents' efforts.

To further validate Master Lu's teachings, we selected 4 cases in which the patients' families adopted the Golden Buddhist Practices of the Guan Yin Citta Dharma Door for treatment. The outcomes are presented below.

Results

Case 1: Please Do Not Give up on DS Children!

1. My Child was Diagnosed with DS after Birth

My daughter was born on December 6, 2016. Originally, my family was very happy, especially my husband, who said before the birth of my daughter that he wished he could have a daughter. However, when the doctor came to see the baby at home a few days after the birth, the doctor pointed out that the baby's face and palms were different from a normal child. I did not care much about what the doctor said. I thought the doctor was scaring me.

My baby was sent to the hospital for a full body checkup because of jaundice. Two days before she was one month old, the doctor specifically called my husband. The doctor said the child must have DS. Then, he called me over and told me face-to-face that the baby was a psychopath. I was so baffled by what he said and I replied, "You are the one who is a psychopath." The doctor responded with a blackface, "The test results are out. The child has DS. What is it if not neurosis? There is no cure for this disease so far, and the life expectancy is short."

Hearing those words, I broke down in tears. It felt as though the sky had collapsed. I could not accept that such a beautiful and innocent baby could have DS!

2. It is because I gave Birth to the Child, and I Strongly Disagreed with Sending her away

I kept looking up information about DS on the internet, hoping to find a cure for it. During that period of time, my mother-in-law frequently called me, asking me what to do for my child's future. She said it was difficult to raise a child like that, so I should send her away. My husband also stated that he wanted to throw the child out after finding out she had this disease. I said, "I will raise my own child no matter what, I will not throw her away." Hearing my mother-in-law and husband's words at that time my heart was cold, although I did not rebuke them for anything. Nevertheless, receiving such negative energy every day made me stressed.

3. I encountered the Guan Yin Citta Dharma Door Online

One day my husband's aunt came to my home and asked me if I wanted to try Dharma. I thought to myself, "Is this child's disease related to our ancestors?" I felt hope. I searched online with a trying mind. Suddenly, I found a presentation on curing DS via Dharma. I quickly finished reading the article and saw the QQ number left in the article. I added the other party with the intention of trying. I thought it must be a scam, but it is true! I even got in touch with the mother of the child in the article. I was happy! I was so happy! I was grateful to the Dharma practitioner for bringing me to Buddhism!

The fellow Dharma practitioner sent me some karma videos, and I realized that my child's disease was the retribution of bad karma. The bad karma came from the parents and the child's past lives. The Dharma practitioner offered me Dharma Gems and Buddhist scriptures, and after I received them, I couldn't wait to recite them.

4. After Reciting the Buddhist Scriptures, I felt a Renewed sense of hope for my Child

On the first day of Buddhist scripture recitation, I was chilled. On the third day, I had a dream that the good teacher instructed me that the child had an affinity with the Bodhisattva in her past life. I should not worry too much. The child would be fine in the future! The dream was very real and gave me strength and confidence. I felt hope for my child.

5. My Gynecological Conditions Improved and the Relationship Between my Husband and I Became Harmonious

When I started reciting Buddhist scriptures, my husband was against it, saying how could reciting Buddhist scriptures save a baby? So, I did not dare recite when he was home. After reciting Buddhist scriptures, my previous sleepiness and gynecological problems gradually improved. My dreams are getting better and better, and my nightmares are decreasing. I also dreamed that the aborted child had ascended away.

Later, when my husband found that I continued reciting Buddhist scriptures, he said, "Since you have time to chant, come and help me in the store. I cannot do it alone." At that time, I had to take care of the baby, do the laundry, and cook during the day. After helping him in the store, I was too busy to recite Buddhist scriptures. It was a very stressful time. I discussed the situation with a fellow practitioner, who suggested I recite the *Heart Sutra* and *Mantra to Untie Karmic Knots*. After I recited these sutras and mantras to him for a while, the situation really improved. He no longer opposed me reciting Buddhist scriptures. He even helped me buy fruits for offering to the Bodhisattva. He came alone with me every time I performed life liberation. When we ate out, he informed the waiter that I did not eat non-vegetarian food. Our relationship is getting better and better.

6. Two Months after Reciting the Buddhist Scriptures, the Child's face had changed

Two months after reciting Buddhist scriptures, I had a video call with my mother-in-law. She said that the child's face seemed to have changed and was different. I took a picture of the child to compare her with before. Originally her eyes were very dull, but now they are bright and lively. Her original palm line was broken, but now it is an unbroken line. I did not expect this! What surprised me even more was that the baby could smile by three months old!

The doctor said that DS babies are very susceptible to illness. However, from the beginning of my recitation, she has not been sick except for the flu. Initially, she went to bed every night until the wee hours of the morning. Now, she gets to sleep alone at 8 or 9 pm.

Now my husband also has confidence in the baby's recovery. He was reluctant to hold her when he found out about her condition. Now, after seeing the changes in the baby, he never said he wanted to throw her away but played with her happily every day. He likes

her more and more. When he sees that I am tired of taking care of the baby and reciting Buddhist scriptures every day, he will help me look after her.

I truly believe that through practicing Buddhism and reciting Buddhist scriptures, my baby's condition will continue to improve. There is hope and healing even for DS babies!

Presenter: L120.

Case 2: Buddhism Miraculously Restored My DS Son to Normal

When I found out my son was born with DS in 2012, I cried so hard that I felt like my cries could be heard throughout the building. After crying, I reflected on myself that I had done too many wrong things and got the punishment I deserved. At that time, I made a vow: I want to change! Change from my heart! In my lifetime, I must be able to see my son normally!

When my son was two years old (2014) my Buddhist destiny was ripe. Guan Yin Bodhisattva gave me the opportunity to meet a senior Dharma practitioner who sent me Buddhist scriptures. I started learning to recite immediately when I received them, like getting a life-saving Dharma Gem.

I knew I had done so much wrong. I must make the necessary changes and recite Buddhist scriptures to eliminate karma. I made a vow that I would let all people see my son as completely normal!

I knew that I had to work harder and harder than normal people to save my son!

From the time I got Buddhist scriptures and started reciting, I slept only 4-5 hours every day. While I was reciting, I repented my wrongdoings. For the sake of my son, I hardly stepped out for two years, practicing behind closed doors every day, cultivating my behavior, reciting sutras and mantras, and repenting.

After listening to Master Lu's enlightenment, I made 3 lifelong vows:

1. Be a vegetarian forever;
2. Recite 800 Little Houses to my son's karmic creditors;
3. Release 10,000 fish for my son!

In order to recite more sutras and mantras, I hardened my heart and sent my two-year-old son to kindergarten. He returned crying every day. I told myself that the only way to save him was to recite Buddhist scriptures, repent, eliminate karma and pay off debts!

Anyone who knows about DS knows that it affects the appearance of the baby, but my son is ugly-looking. I remember once taking him to play in the sand with other children. Seeing the clear difference between him and the others felt like a knife to my heart! Really, the difference between my son and the other kids was stark! It was so painful that I cried, and I still feel the pain when I look back on it!

I used to be afraid to take my son out because people stared at him. Every time I came home, I had to hold my son and cry a lot. I could not get over my emotions for a few days. My sister would not even allow me to take him out!

While I recited the sutra and mantras, I kept giving my son a full-body massage every day. I massaged him for up to 10 hours

a day maximum. I massaged him for 3 years without interruption for a day. In order to fulfil the massage, I got up at 4:00 am every day, slept 1-2 am at night, and often fell asleep during the massage. When I woke up, I was still sitting next to him, hands still on his stomach, head drooping in front of my chest. I would then continue to massage him! I made a rule, do not sleep until finishing the massage!

I do not nap during the day. I have to repent to the Bodhisattva. I also propagate Buddhism to epilepsy parents.

I recite 5 Little Houses a day. If I did not finish, I would not eat!

With more and more Little Houses repaid to his karmic creditors, my son made small progress and then improved by leaps and bounds. He used a maximum of four words to speak before but now speaks in full sentences. His mind became clear! All things come to those who wait! Guan Yin Citta Dharma Door saved my son! My son is praised everywhere: "The baby is so handsome!"

I am grateful to Guan Yin Bodhisattva for Her compassion, to all the Buddhas and Bodhisattvas for Their compassionate blessings, and to Master Lu! It must have been my sincerity and dedication that touched the heavens! The Bodhisattvas mercifully forgave me for my wrongdoings and restored my son to health and normalcy. They let my son have a healthy body and a smart mind. Guan Yin Citta Dharma Door has created a miracle!

My son is now physically strong, and he is more than 1.4 meters tall. In one summer, he grew half a head taller, and he does not wobble anymore when walking or running. Everyone who sees him is amazed and says he is a miracle!

He knew nearly 500 Chinese characters before school. He could add and subtract within 10, do math application problems, etc. He could memorize ancient poems taught by the teacher every day in kindergarten. The teacher taught middle school verses every day, which were very long. However, my son could repeat from memory after hearing them 3-5 times! He also learned phonics very well.

At the end of the semester, he got excellent grades, all A's. The moment I saw his grade sheet, I cried excitedly. All the heartache and pain I experienced over the years was vivid! No pain, no gains. I am grateful for the compassionate blessings of Guan Yin Bodhisattva, all the Buddhas and Bodhisattvas, benefactor Master Lu, and Guan Yin Citta Dharma Door!

In 2021, he entered the first grade of elementary school. He recites the *Heart Sutra* 7 times every morning on his own (I only taught him the Sutra 7 times a day for less than a week, and he memorizes it. Gratitude to Guan Yin Bodhisattva).

He is doing very well at school, and his teachers often praise him!

My son now studies at the best elementary school in our district. Initially, I worried he would be stressed and not keep up. I did not dare enroll him in this school and instead enrolled him in an average school. Gratitude to Guan Yin Bodhisattva's blessing. The day before school started, the average school said he did not belong to that school district and could not attend their school.

We got back to the school board, and the school board arranged for my son to be admitted to this best school.

My son has adapted very well and is keeping up with his studies, and he is also good at them. Gratitude to Guan Yin Bodhisattva, who allowed my son to attend this outstanding school!

My son is basically normal now, although his speech is not very clear, his intelligence is not a problem at all. He speaks in bunches, and he always says funny things!

I am crying as I write this presentation, tears of grief, but more tears of relief, and tears of happiness. Now I am really content, very happy. Gratitude to Guan Yin Bodhisattva who did not give up on me and gave me a chance to reform. To see my once silly child become a normal person, to live a normal life, is truly incredible. It is Guan Yin Bodhisattva's compassion.

Thanks, my son. His adverse conditions become my contributory conditions. Thanks for everything!

I will be responsible for my own karma! Gratitude and Namaste!

Buddhist practitioner: Z121

Case 3: Guan Yin Citta Dharma Door Saved My DS Son

First of all, I repent for not being a responsible daughter, mother and wife!

I am from an eastern province of China. I divorced at the end of 2011. Although custody of my son was awarded to my ex-husband, I could not let go of my child in my heart, and I always wanted to do my best to be a mother and do my motherly duty.

My son was born in 2000. He was admitted to the hospital at 3 months old with a cold. The doctor looked at his face and palm and determined that he suffered from DS. When I learned this, my whole family was very helpless! We did not know what his future path would be. We did not know what to do to save him. At that time, we did not know what recovery was, nor had we heard about it. However, we just educated him based on what we had learned. Meanwhile, I hoped for a divine gift (to save him) in my heart! I always believed that there would be kind people to help me!

I started practicing Buddhism in June 2012 after I made an online Buddhist friend.

In June 2012, a netizen added me as his friend. When I saw his screen name, I knew he was a Buddhist. I told him about my son's situation, hoping for guidance. He recommended I watch videos of Guan Yin Citta Dharma Door. From the videos, I learned that to save my son it was useless to burn incense and worship Buddha only. I must recite Buddhist scriptures, pay off my karmic debts, and do good deeds to help my son.

Later, I joined a Buddhist study group. The Buddhist practitioners kindly offered me a Buddhist scripture book, blank Little Houses, red pens and a plate, which gave me more confidence to study Buddhism. In the beginning, I just focused on doing my daily recitation, and reciting Little Houses, not listening to the recordings, not reading the blogs of Master Lu, not knowing that the Little Houses had to be recited one batch by one batch, not knowing exactly how many Little Houses to recite, and not knowing how many Little Houses I could recite in a day. Anyway, I finished one recitation and burned it immediately. I strongly believe that as long as I practiced hard and followed the Guan Yin Citta Dharma Door, my son would be fine.

After I started chanting, I dreamed that my aborted child, deceased friends and relatives asked me for Little Houses. Even more amazingly, after I married my current husband in 2013, his father and grandmother, whom I had never met, also came to ask for Little Houses in my dreams. Some dreams also told me what would happen.

Firstly, let me show you my changes after practicing Buddhism:

1. My temper becomes better. My first marriage break is associated with my bad temper.
2. I have suffered from chronic bronchitis for many years. When the day was cold, I coughed for several months. I would slowly recover from the illness until the day was warm. No matter what medicine is used or how hanging bottle infusions are administered, both are useless. After practicing Buddhism, chronic bronchitis never appeared.
3. Previously, I spent hundreds of CNY on cosmetics, now I just spent 10 CNY on snow cream. However, my complexion is very healthy. I used to feel tired even without work. Although I became a vegetarian after practicing Buddhism, my mental state is very good. Now I insist on getting up at 5:30 am every day regardless of spring, summer, autumn and winter, and resting at 9-10 pm. My physical and mental states are positive.
4. Frequent night urination disappeared.
5. In this recessionary market, my business is booming. I used to look for customers, but now they look for me.

I set up a Buddhist altar at home. Gradually, I listened to more Buddhist recordings. Under the guidance of fellow practitioners, I learned how to make vows, recite Buddhist scriptures, and perform life liberation.

Secondly, let me talk about my son after I practiced Buddhism.

1. He has become much more sensible now. I took him to the temple to worship the Bodhisattva. When he saw me kneeling on the floor, he gave me the mat and knelt on the floor. We went to the orphanage to see the orphans. He did not eat any of the fruits I bought and left them for those children.
2. Recently, he has grown up very fast.
3. He is cheerful, often smiles, speaks a lot, and often makes me laugh. His grandmother often says that he knows much more than before.
4. He knows how to cook, steam eggs, wrap ravioli, and take the bus home by himself. He frequently communicates with us by letter. The teachers and students at school like him and help him a lot.

I firmly believed in my heart that the change in my child was the mercy of the Bodhisattva. I was so grateful to the Bodhisattva, to my fellow practitioners for bringing me to the Dharma Door, and to their help.

Once my son asked me, "Mom, have you ever regretted having me?" I was overwhelmed with emotion, and tears flowed down my face. Seeing me in tears, he said to me, "You cannot cry, being in an unhappy mood will affect your health." My child, mother thanked the Bodhisattva for giving you to me. Otherwise, I would not encounter and understand Buddhism, I do not know what real life is, and how to be a real person and live a meaningful life.

As a result of my child's progress, I have gained more confidence in my ability to transform sentient beings. My first priority is to let parents with mentally disordered children be free from suffering

since I know their feelings best. It is the hope of every parent that their children will get better sooner. After I joined the DS baby group, I was heartbroken. There are so many poor children. I cannot even look at some of them and dare not look at them. My child is 14 years old. How come there are still so numerous parents with DS babies? How come there are so many weird diseases? We should think deeply about these!

I picked a few groups of parents to transform. Some of the parents understood and accepted Buddhism right away. Many of them started learning Buddhism by watching the videos, listening to the recordings and reading Master Lu's blogs. When I heard a parent started to practice Buddhism, I was happier than I was when I made money in business because their child was saved.

For parents who are still lingering outside the door of Buddhism, I urge that, for the sake of our children and ourselves, please take some time every day to learn about Buddhism and receive education on how to achieve happiness via Buddhism. Buddhism is an education, not a superstition. Buddhism teaches us how to achieve permanent happiness and joy, and what causes suffering. Buddhism does not make you superstitious but gives us the absolute right knowledge to break superstition.

At last, I want to express my gratitude to Guan Yin Bodhisattva, all the Buddhas and Bodhisattvas, and all Dharma Protectors! Gratitude to my fellow practitioners! Gratitude to my family! In the future, I will be one of the hands and eyes of Guan Yin Bodhisattva! Be a faithful Buddha disciple! To be worthy of the Bodhisattva! Be worthy of myself!

Dharma practitioner: S122

Case 4: Guan Yin Bodhisattva Saves My Son with DS

In 2016, my youngest son was born. He was difficult to care for from birth, his body limp, lacking even the strength to feed properly. We have no family history of such ailments. And, we did not think much of it at the time. It was not until 6 months later when he still could not hold his head up, that we took him to the Children's Hospital for examination. The doctor's initial diagnosis was trisomy 21, commonly known as DS. They said it was incurable. One month later, it was confirmed to be DS by blood testing.

On the journey back home, I gazed up at the sky and made a vow to the heavens: if my child has no problem, I would become a vegetarian for life. The Greatly Merciful and Greatly Compassionate Guan Yin Bodhisattva heard my prayer and guided me to the Guan Yin Citta Dharma Door. From that moment on, I embarked on the path of practicing Buddhism to heal my child.

In 2017, we set up a Buddhist altar at home, and I vowed to remain a lifelong vegetarian, transferring the merits and virtues of my vegetarianism to my son. I began reciting Buddhist scriptures. Following the teachings of Master Lu on dealing with severe illnesses, I made vows, recited Buddhist scriptures, and performed life liberation.

My son's karmic obstacles were truly heavy. Over the course of more than one year, I repaid 900 Little Houses for his karmic creditors, but his condition showed little improvement. Moreover, there was strong opposition from within the family. My father-in-law did not believe in Buddhism. Whenever he heard Master Lu's recordings playing, he dismissed them as fraudulent.

At that time, my son was particularly prone to illness, even a minor cold would take a month to recover from. As one cold subsided, another would follow, leaving me mentally and physically exhausted.

Due to my reluctance for my father-in-law to accumulate negative karma, I listened to Master Lu's teachings less frequently and had fewer opportunities to absorb His Dharma energy. Simultaneously, feeling hopeless about my son's condition, I gradually became lax in my efforts. The progress my son had made regressed somewhat due to my negligence.

After the New Year, I decided to take care of my son myself, no longer allowing my father-in-law to assist. Around that time, a rehabilitation center opened near our home, and I enrolled him there for therapy. Concurrently, I recommitted myself to Buddhist practice. With the compassionate support of fellow practitioners and the blessings of Bodhisattvas, my son's condition began to improve once again. I am deeply grateful for the caring concern of my fellow practitioners. These Bodhisattvas living in the human world pulled me back from the abyss of suffering!

In 2018, I attended a Buddhist Conference in Malaysia. Soon after returning, the Dharmakaya of Master Lu appeared in a dream to read my son's totem. I felt immense guilt towards Master Lu because I had been overwhelmed by worldly concerns. Reflecting on that period, although I understood that all was the result of my own karmic obstacles, I had fallen into the trap of attachment. I desperately wanted my child to recover quickly. Unable to accept the severity of his condition and my own karmic burden, I found myself resenting my son deeply. I complained that he had ruined my life. I would often lose control as if possessed. At that time, I was nothing like a true Buddhist practitioner.

After resuming my recitation of Buddhist scriptures, continuously burning Little Houses for my son's karmic creditors, engaging in uninterrupted life liberation, and participating in the study of *Buddhism in Plain Terms* to elevate my level of spirituality and deeply comprehend the importance of rectifying faults, my son's overall condition began to improve.

His motor skills have recovered remarkably; he can jump and run. Sometimes I joke that his little legs can outrun me.

He plays basketball and can score multiple baskets in the adult-sized hoop.

He also plays badminton and can interact back and forth with his father during their games.

The peculiar movements and stiffness associated with DS have basically disappeared.

He has become mischievous and adorable. When he wants juice, he will run over and say, "Mom, I want apple juice." He warmly greets people without shyness, approaching them to say, "Hello!"

He warms my heart. After meals, he helps adults tidy up and sweep the floor. He's willing to share fruits and snacks with others.

Over these past few years, his appearance has changed significantly, and he no longer resembles a child with DS [Figure 1].



Figure 1: My son has made a remarkable recovery from DS. He no longer has the DS characteristic appearance (B) he once had (A).

The transformation in my son has brought hope to our entire family. Now, my husband also recites Buddhist scriptures, and my daughter has started reciting Buddhist scriptures daily too!

My son is currently attending kindergarten (due to his condition, we have arranged for delayed entry into elementary school). We are deeply grateful for the compassionate blessings of the Bodhisattvas, as there are also many positive affinities at the kindergarten. The teachers take great care of him, and the children in his class are very friendly towards him. One day, while dropping him off at kindergarten, we met a boy from his class at the entrance. The two children hugged each other repeatedly. We are immensely grateful for the compassion of Guan Yin Bodhisattva, allowing my son to make friends at kindergarten.

After learning from fellow practitioners that children reciting Buddhist scriptures can help them connect with the aura of Bodhisattvas and aid in recovery, I began teaching my son to recite scriptures. Currently, with some guidance, he can recite the *Qi Fo Mie Zui Zhen Yan*. When reciting together, he can also recite the *Great Compassion Mantra* and the *Heart Sutra*.

This year, I started making Dharma offerings online. If there are any merits and virtues, I pray to the Bodhisattvas to use half of them to eliminate my own karmic obstacles, and the other half to alleviate my son's karmic obstacles, blessing him to recover from DS and speak clearly and fluently at an early date. Recently, the teacher mentioned that his expressive abilities have greatly improved.

Sometimes, his progress truly surprises me. Though he still lags behind his peers in intellect and speech, I believe that with diligent cultivation, there will come a time when everything falls into place.

Why did my child end up with an incurable medical condition? This question has haunted me for years. Through Buddhism, I finally understand. Master Lu's teachings, "Retribution of ancestral killing karma spans 3 generations. If you engage in killing now, your children and grandchildren will suffer the consequences" ring true. My child's great-grandfather worked as a chef and slaughtered many animals. His grandfather (my father-in-law) catches and consumes live sea animals, and raises chickens and ducks. His grandfather still engages in killing today. Thus, the killing karma of my husband's family runs deep. These karmic obstacles manifest in my child as DS.

Master Lu further teaches, “As we practice Buddhism, we must understand cause and effect. The cause arises from your actions, and so does the effect.” Therefore, my child’s suffering is not someone else’s fault; it’s the effect of his ancestors’ misdeeds. Moreover, my marriage to my husband’s family and my child’s birth into our household are all karmic consequences from past lives. Hence, I no longer blame others or fate. Instead, I am determined to repay my child’s karmic debts.

I aim to spread Buddhism far and wide. Through my son’s case, I want the entire world to understand that DS can be effectively treated. This message is particularly important for experts, scholars, doctors, and parents of babies with DS. The solution lies in Guan Yin Citta Dharma Door!

I will be responsible for my own karma!

Buddhist practitioner: Q123

Across all four cases, parents reported marked improvements in their children’s physical health, intellectual development, speech, behavior, and social interaction. In some cases, children who were previously considered incurable by medical standards progressed to near-normal development, with enhanced academic performance and emotional well-being. These documented outcomes suggest that integrating Dharma practices may offer a complementary approach to alleviating the challenges associated with DS since karmic causes are the true etiology of DS.

Discussion

Medically, the most notable case of recovery in a person with DS is that of an individual from Europe, who completed undergraduate studies and became a social activist. This remains a rare and exceptional achievement, as DS is known to significantly affect intellectual development. Given that approximately 1 in every 700 newborns is diagnosed with DS [2], there are millions of individuals with the condition worldwide, making the overall recovery rate extremely low and highlighting the limited effectiveness of current medical treatments.

Despite the devoted efforts of medical scientists to develop effective therapies for DS, they continue to face immense and, at present, insurmountable challenges. Biologically, a true cure would require eliminating the extra copy of chromosome 21 from every cell in the body—an intervention far beyond current technological capabilities. Without correcting this fundamental genetic abnormality, existing therapeutic strategies are unlikely to achieve meaningful or lasting outcomes. As a result, progress in this field has largely reached an impasse.

However, if we view DS from another perspective, the issue may open up entirely new possibilities. Buddhism offers the golden key that brings sudden clarity to our understanding. According to Master Lu’s insights (Q&A 1–7), DS is not merely a chromosomal disorder, but more accurately, a manifestation of karmic retribution. DS is deemed incurable by modern medicine, the true root cause lies in karmic obstacles. These patients are repaying karmic debts accumulated in past lives, and the suffering they endure in this life through physical illness is a form of retribution.

According to Master Lu’s Dharma teachings, patients with DS must repay their karmic debts in order to be freed from physical suffering. The Three, Four, or Five Golden Buddhist Practices can be applied for this purpose. In particular, the Little Houses are regarded as

invaluable karmic “checks” in the underworld, used specifically for repaying karmic debts [15]. Patients who followed Master Lu’s guidance (Cases 1–4) experienced remarkable recoveries, far exceeding the results of any known medical treatment and at a relatively low cost.

First, the results are remarkably more effective than conventional medical approaches. Traditional methods rarely alter the physical appearance of individuals with DS. Even in the rare successful cases worldwide, the typical DS features remain clearly visible. In contrast, practicing Dharma has shown visible changes in appearance (Cases 1–4). The earlier the Dharma practice begins, the more significant the transformation (Cases 1–2).

Second, the improvement in intellectual development through the Dharma method is remarkable. In Case 2, the child nearly recovered to full normalcy.

Lastly, the Dharma method is free of charge. Only life liberation involves some cost, but it can be done according to your family’s financial situation. Therefore, it is accessible and affordable for any family with a DS child.

DS is commonly understood in the scientific community as a genetic disorder caused by trisomy 21. Based on this understanding, all DS symptoms are believed to stem directly from this chromosomal abnormality.

However, the case presented in this article challenges the prevailing scientific view that trisomy 21 is the sole cause of DS. Instead, it demonstrates that significant recovery can occur through the ascending spirits and the elimination of karmic obstacles, as guided by Buddhist practice. This suggests that the true root causes of DS may lie not in the genetic makeup itself, but in karmic debts and spiritual interference.

The Dharma methods used, such as reciting Buddhist scriptures, performing life liberation, and offering Little Houses, do not target trisomy 21 directly. Rather, they aim to resolve karmic burdens and help attached spirits ascend. The resulting healing and near-normal recovery in some patients implies that trisomy 21 may be a manifestation, not the origin, of deeper karmic causes.

As a newborn, where does the heavy karma leading to DS come from? Once you begin practicing Buddhism, you will come to understand it for yourself without advanced worldly knowledge or training needed. The sources include abortion (Cases 1 and 3), ancestral karma (Case 4), and undisclosed personal karma (Case 2). Such heavy karma is bound to surface sooner or later. It can manifest as DS, GA1, Prader-Willi Syndrome, autism, asthma, eczema, and more. DS is just one of the many possible expressions [16–27].

Scientists attribute DS to errors in chromosomal separation during meiosis. However, they cannot explain why such errors occur. Buddhism offers a clear answer: karmic obstacles. Karma is the invisible hand behind the scenes that results in the meiosis error. And the force behind that karma is none other than you or your family. It is the result of negative actions committed by you or your ancestors.

This study provides further evidence that genetic abnormalities may serve primarily as markers of heavy karma, rather than being the root cause of disease. This supports our previous findings on GA1 and Prader-Willi Syndrome [16,17].

Once again, these results affirm the truth of Master Lu's teachings and the efficacy of the Guan Yin Citta Dharma Door in treating rare and intractable diseases.

Conclusion

DS, though well-understood genetically as trisomy 21, remains mechanistically unexplained at the root cause level within modern biomedical science. While science attributes DS to nondisjunction events during meiosis, it lacks a definitive explanation for why such errors occur in certain individuals. In contrast, Master Lu's teachings from the Guan Yin Citta Dharma Door offer a spiritual perspective, identifying DS as a karmic condition caused by unresolved karmic debts, ancestral misconduct, or spiritual possession. This study presented seven Q&A dialogues from Master Lu and four real-life case reports in which parents of DS children adopted the Golden Buddhist Practices, i.e., recitation of Buddhist scriptures, including offering Little Houses to karmic creditors, life liberation, repentance, and great vows.

These Dharma practices were associated with striking improvements in cognitive function, physical development, behavior, and social interaction in affected children, with some cases approaching near-complete recovery. These outcomes suggest that DS may be more accurately understood not solely as a genetic anomaly, but as a karmic condition that responds to spiritual cultivation and karmic purification.

Notably, although the genotype of DS remains unchanged, many phenotypic symptoms were significantly reduced or resolved through karmic elimination. This indicates that the observable traits of DS may arise primarily from karmic influences rather than fixed genetic determinants.

While further scientific investigation is warranted, the integration of Dharma practice, particularly through the Guan Yin Citta Dharma Door, offers a promising complementary approach for families facing the challenges of DS. Through sincere spiritual efforts, it is possible to transform adversity into blessings and restore hope to seemingly incurable conditions.

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Conflict of Interest

No.

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Ethical Statement

The author did not involve 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 7 Q&As and 4 stories 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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