



The Yoga of Offering Food

Motivation

The purpose of my life is to free all living beings from all suffering and its cause and lead them to full enlightenment. There are numberless hell beings from whom I receive all my past, present and future happiness, all realizations and enlightenment. They are the kindest, most precious beings in my life. Therefore, I must liberate them from all suffering and its cause and lead them to enlightenment by myself, alone.

In order to do all this, I must first achieve full enlightenment myself. Therefore, I am going to practice the yoga of eating and make charity to all sentient beings, including those who live in my body, and, through the connection with all sentient beings I have created by making food charity to them at this time, bring them to full enlightenment by teaching them Dharma when they become human.

Visualization

If one is familiar with the visualization, visualize the *Guru Puja* merit field. If not, simply visualize the deity that you practice, for example, Chenrezig, Tara or Guru Shakyamuni Buddha. But when you visualize the single aspect, remember that in essence it is your root virtuous friend, who is, in essence, all gurus, Buddha, Dharma and Sangha, and the statues, stupas, scriptures, and thangkas of the ten directions. Visualizing in one of these ways, make the offering, thinking that numberless Buddhas throughout the ten directions receive an immeasurable amount of nectar.

Blessing The Offerings(3X)

Om Ah Hung Ha Ho Hri

Mantra Of Clouds Of Offerings(3x)

Om Namó Bhagavate Vajra Sara Pramardane
Tathagataya / Arhate Samyaksam Buddhaya /
Tadyatha Om Vajre Vajre / Maha Vajre / Maha Teja
Vajre / Maha Vidya Vajre / Maha Bodhicitta Vajre /
Maha Bodhi Mando Pasam Kramana Vajre / Sarva
Karma Avarana Visho Dhana Vajre Svaha

The Power Of Truth

By the power of truth of the Three Rare Sublime Ones,
The blessings of all the Buddhas and Bodhisattvas,
The great wealth of the completed two collections, and the
sphere of phenomena being pure and inconceivable;
May it become like that.

Kon Chog Sum Gyi Den Pa Dang
Sang Gya Dang Jang Chub Sem Pa Tham Cha Kyi Jin Gyi
Lab Dang
Tshog Nyi Yong Su Dzog Pai Nga Thang Chen Po Dang
Cho Kyi Ying Nam Par Dag Ching Sam Gyi Mi Khyab Pai
Tob Kyi

Prayer To Recite Before Food

The qualities of Buddha are inconceivable.
The qualities of Dharma are inconceivable.
The qualities of Arya Sangha are inconceivable.
Through generating faith in the inconceivable,
The karmic ripening result will also be inconceivable.
May we be reborn in a pure realm.

Sang Gye Yon Ten Sam Mi Khyab
Cho Kyi Yon Ten Sam Mi Khyab
Ge Dun Yon Ten Sam MI Khyab
Sam Mi Khyab La De Je Pai
Nam Par Min Pa Ang Sam Mi Khyab
Nam Dag Shing Du Ke War Shog

Compassionate Lord,
All-knowing guide,
Field of merit and ocean of qualities,
Tathagata, to you I pay homage.
Gon Po Thug Je Che Dhen Pa
Tham Che Khen Pai Ton Pa Po
So Nam Yon Ten Gya Tsoi Shing
De Shin Sheg La Chag Tsasl Lo

Through purity free of attachment;
Through virtue free of the lower realms;
Uniquely ultimate supreme,
Peaceful Dharma, to you I pay homage.
Dag Pei Do Chag Dral War Gyur
Ge Wei Nge Song Le Drol Shing
Chig Tu Don Dam Chog Gyur Pa
Shing Gyur Cho La Chag Tsal Lo

Showing the path that frees those seeking freedom;
Well-established in the trainings;
Pure among fields possessing qualities;
To the Sangha I also pay homage.
Drol Ne Drol Wai Lam Yang Ton
Lab Pa Dag La Rab Tu Ne

Shing Gi Dham Pa Yon Ten Den
Ge Dun La Yang Chag Tsal Lo

To the principal Buddha, homage.
To the Dharma that protects, homage.
To the Sangha assembly, homage.
Homage always to the three.

Sang Gye Tso La Chag Tsal Lo
Kyob Pa Cho La Chag Tsal Lo
Ge Dun Che La Chag Tsal Lo
Sum La Tag Tu Gu Chag Tsal

To the supreme teacher, the precious Buddha,
To the supreme refuge, the precious Dharma,
To the supreme guides, the precious Sangha,
To the Triple Gem, the objects of refuge, I make offering.

Ton Pa La Me Sang Gya Rin Po Che
Kyob Pa La Me Dam Choe Rin Po Che
Dren Pa La Me Ge Dun Rin Po Che
Kyab Na Kon Chog Sum La Cho Pa Bul

A pleasant and excellent food of one hundred tastes,
Offer this to the conqueror and their sons with devotions.
May all the migrating beings endowed with fortune,
Please enjoy the food of Samadhi.

Shal Ze Ro Gya Den Pai Yi Trog Pa
Leg Jar Di Ni Gyal Wa Se Che La
De Pei Phul Wei Dro Wa Di Dag Kun
Jor Den Ting Zin Se La Chod Par Shog

Om Ah Hung (x3)

Offering and Request to the Three Jewels

May we and those around us, in all future lives,
Never be separated from the Three Jewels,
Continuously make offerings to the Three Jewels.
And receive the inspiration of the Three Jewels.
Dag Sog Khor Che Tse Rab Tham Ched Du
Kon Chog Sum Dang Nam Yang Mi Dral Shing
Kon Chog Sum Po Gyun Du Cho Pa La
Kon Chog Sum Gyi Jin Lab Jug Par Shog

Seeing this food similar to as Medicine,
We can eat it without desire attachment or aversion,
Not to become fat, not out of pride,
Not to look strong, but only to sustain the body.
Kha Ze Men Dang Dra Wa Rig Pa Yi
Do Chag Shea Dang Me Par Ten Gyi Te
Gyag Chir Ma Lag Nyem Pi Chir Ma Lag
Tsag Chir Ma Lag Lu Ne Bha Shig Chir

At present, satisfy the bodily worm with the material things,
And in future, I will satisfy them with Spirituality,
May I enjoy food and drink, for the sake of sentient beings,
To attain the state of perfected Buddhahood.
Lu Kyi Srin Bu Nam Dha Ta Zang Zing Gi
Du Ne Ma Wong Pa Na Cho Kyi Du
Sem Chen Don Du Zog Pai Sang Gye Kyi
Go Phang Drub Chir Za Tung Long Ched Ja

If There Are Meet In The Food Than Recite:

Om Ah Be Ra Khe Cha Ra Hung (x7)

After Food Dedication Prayer

Mantra To Offer Food To The Pretas:

Om Uccishtha Pandi Ah Shi Bhya Svaha

I prostrate to the Bhagavan, Tathagata, Arhat, the fully accomplished Buddha, King of Jewel Light, Thoroughly Illuminating Fire Light (*Ratnaprabharaja Jvalanakaraprakata*) (7x)

Chom Den Day De Shin Sheg Pa Dra Chom Pa Yang Dag
Par Dzog Pai Sang Gye Rin Chen O Kyi Gyal Po Me Rab
Tu Sal Wa La Chag Tsal Lo (7x)

Mantra To Purify Negativities Associated With The Offerings:

Nama Samanta Prabha Rajaya / Tathagataya / Arhate
Samyaksam Buddhaya / Namu Manjushriye / Kumara
Bhutaya Bodhisattvaya / Maha Sattvaya / Maha
Karunikaya / Tadyata / Om Nira Lambhani Rabha Se
Jaya Jaye Lambhe Maha Mate Dhakhey Dhakhey Ni
Me Pari Shadahaya Svaha

May those who offered food to me attain the happiness of total peace. May all those who offered drink to me, served me, received me, respected me, and made offerings to me attain the happiness of total peace.

Gang Gi Dag La Kha Ze Jin Pa De Dag Nye War Shi Wai
De Wa Thob Par Gyur Chig, Gang Gi Dag La Kom Lu Pa
Dang, Rim Dor Je Pa Dang, Kur Ti Je Pa Dang, Ti Tang
Je Pa Dang, Cho Pa Je Pa De Dag Tham Che Nye War
Shi Wai De Wa Thob Par Gyur Chig

May all those who scold me, make me unhappy, hit me,
attack me with weapons, and do things to me in every way
up to the point of killing me attain the happiness of
enlightenment and may they manifestly completely awaken
to peerless, perfectly complete Buddhahood.

Gang Dag Dhag La She War Je Pa Dang, Mi De War Je
Pa Dang, Deg Pa Dang, Tson Gyi Deb Pa Dang, Nam Pa
Tham Che Du Srog Cho Pai Bar Du Je Pa De Dag Tham
Che Jang Chub Kyi De Wa Thob Ching, La Na Med Pa
Yang Dag Par Zog Pai Jang Chub Tu Ngon Par Zog Par
Tsang Gya War Gyur Chig.

Through the merit of offering food,
May they have good complexion, magnificence and strength,
Find foods of having hundreds of tastes
And further sustained by the food of Samadhi.

Za Tung Phul Wai So Nam Kyi
Kha Dhog Zi Ji Tob Dang Den
Ro Gya Den Pai Ze Nye Ching
Sam Ten Ze Kyi Tso War Shog

Through the merit of offering drink,
May their hunger and thirst of delusion be pacified.
May they possess good qualities such like generosity
And take rebirth without sickness or thirst.

Tung Wa Phul Wai So Nam Kyi
Nyon Mong Trekom Shi War Gyur
Jig Sog Yon Ten De Pa Dang
Kom Ne Me Par Kye War Shog

Through the merit of offering medicine,
May they achieved happiness without having sickness,
May there is no rebirth, old age, sickness and death,
And may they attain the state of sorrow less.

Men Nam Phul Wai So Nam Kyi
Ne Me Pa Dang De Wa Thob
Kye Ga Na Chi Me Pa Yi
Nye Ngen De Pa Thob Par Shog

One who shows generosity, the recipient, and the action
Of generosity are not to be observed as existing inherently.
Through thinking in this way, may the benefactors received
All the merit equal to such generosity combined with wisdom.

Gang Gi Jin Pa Gang La Jin
Jin Pa Ji Tar Me Mig Pa
Jin Pa Nyam Pa De Nyi Kyi
Jin Dag La Ni Yong Zog Shog

Dedication Prayers

Through the power of having been extensively generous,
May I become a Buddha for the sake of migrating beings
And liberate through generosity the mass of beings,
Who have not been liberated by previous conquerors.

Jin Pa Gya Cher Gyur Pa De Yi Thu
Dro Wai Don Du Rang Jung Sang Gye Ne
Ngon Tse Gyal Wa Nam Kyi Ma Dral Wai
Kye Wai Tsog Nam Jin Pei Drol Gyur Chig

Through the power of these merits,
Those who having faith toward to Dharma,
Naga kings Nanda and Upananda,
Gods with faith towards the Dharma,
Kings, leaders, patrons and myself too,
Further more city dweller and so forth
May they have long life, good health, abundance,
And forever gain eternal happiness.

Jin Pa De Yi So Nam Kyi
Sang Gye Ten La De Gyur Pai
Ga Wo Nyer Ga La Sog Pai
Nyug Mar Ne Pai Lha Nam Dang
Gyal Po Jin Dag Nyi Dang Ni
Shen Yang Drong Khyer Ne Pa Dang
Tse Ring Ne Me Phun Sum Tsog
Ten Du De Wa Thob Par Shog

Due to this merit, may all beings complete
The accumulation of merit and wisdom
Resulting from merit and wisdom
May they attained the two kayas

Ge Wa Di Yi Kye Wo Kun
So Nam Ye She Tsog Zog Shing
So Nam Ye She Le Jung Wai
Dam Pa Ku Nyi Thob Par Shog

Just as the brave Manjushri and Samantabhadra, too,
Realized things as they are,
I, too, dedicate all these merits in the best way,
That I may follow their perfect example.
Jam Pal Pa Woi Ji Tar Khen Pa Dang
Kun Ti Sang Poi De Yang De Shin Te
De Dag Kun Gyi Je Su Dag Lob Ching
Ge Wa De Dag Tham Che Rab Tu Ngo