

## GURU YOGA w/ TSOK OFFERING

GAN DEN LHA GYE GON GYI TUG KAR NE

On the summit of a cloud which resembles  
a heap of fresh white curd,

RAB KAR ZHO SAR PUNG DRAY CHU DZIN TZER

Emanating from the heart of the Lord of  
100 deities of Tushita.

CHO KYL GYEL PO KUN KYEN LO ZANG DRAG

Sits omniscient Sumatikirti, King of Dharma,  
together with his sons,

SE DANG CHE PANE DIR SHEG SU SOL

I request them to descent to this place.

DUN GYI NAM KEA SENG TRI PE DE TENG

In the space before me upon a lion throne, lotus and moon,

JE TSUN LA MA GYE PE DZUM KAR CHEN

Appears the venerable Guru smiling radiantly with delight,

DAG LO DE PE SO NAM ZHING CHOG DU

You the supreme field for my faithful mind's collection of merit

TEN PA GYE CHIR KEL GYAR ZHUG SU SOL

In order that the teachings may flourish,

I request that you remain for 100 eons

SHE JE KHYON KUN JAL WAI LO DRO TUG

The Wisdom of your mind embraces the full extent of all that can be known.

KAL ZANG NA WAI GYEN GYUR LEG SHE SUNG

Your well explained teachings are the ear ornament of  
the fortunate ones.

DRAG PA1 PEL GYI LHAM MER DZE PAY KU

Your beautiful body is illuminated by the glory of your fame.

TONG TO DREN PE DON DEN LA CHAG TSEL

I prostrate to you, whom to see, hear, or recollect is meaningful.

YI ONG CHO YON NA TSOG ME TOG DANG

The ocean of clouds of mentally created and actual offerings

DM ZHIM DUG PO NANG SEL DRI CHAB SOG

Refreshing water, various flowers, fragrant incense,

NGO SHAM YI TRUL CHO TRIN GYA TSO DI

Lights, perfumes etc.

SO NAM SHING CHOG KHYE LA CHO PAR BUL

I offer to you, the supreme field for the collection of merit.

DAG GI TOG ME DU NE SAG PA YI

Whatever unwholesome actions, committed by body,  
speech and mind

LU NGAG YI KYI MI GE CHI GYI DANG

I have accumulated since beginningless time,

KHYE PAR DOM PA SUM GYI MI TUN CHOG

Especially transgressions of the three types of vows,

NYING NE GYO PA DRAG PO SOR SHAG

With strong heartfelt regret, I confess each and every one.

NYING ME DU DIR MANG TO TRUB LA TSON

By striving for much learning and understanding in this degenerate age

CHO GYE PANG PE DEL JOR DON YO JE

And by abandoning the eight worldly Dharmas,

GON PO KHYO KYI LAB CHEN DZA PA LA

You made your favorable rebirth meaningful,

DAG CHAG SAM PA TAG PE YI RANG NGO

O Master, in the great wave of your deeds we rejoice  
from the depths of our hearts.

JE TSUN LA MA DAM PA KHYE NAM KYI

I request you, exalted and venerable Gurus,

CHO KU KHA LA KHYEN TSE CHU DZRIN TRIG

Who have gathered clouds of wisdom and compassion in  
the space of Dharmakaya

JI TAR TSAM PAY DUL JE DZIN MA LA

In accordance with the needs of your disciples

ZAB KYE CHO KYI CHAR PA AB TU SOL

Let the rain of the vast and profound Dharma thereby fall.

DAG GI JI NYE SAG PE GE WADI

Whatever virtue I have accumulated by this practice

TEN DANG DRO WA KUN LA GANG PEN DANG

May it benefit the Teachings and all beings

KHYE PAR JE TSUN LO ZANG DRAG PA YI

Especially may the essence of the Teachings

TEN PA1 NYING PO RING DU SEL JE SHOG

Of the venerable Sumatikirti be illuminated forever.

PAL DEN TSA WAI LA MA RINPOCHE  
O glorious, precious root Guru,  
DAG GI NYING GAR PE MO TENG ZHUG LA  
Please come and remain on the lotus at my heart,  
KA DRIN CHEN PO GO NE JE SUNG TE  
And with your great kindness look after me,  
KU SUNG TUG KYI NGO DRUB TSEL SU SOL  
Remaining steadily until the essence of enlightenment  
is reached.

MIG ME TSE WEI TER CHEN CHEN RE ZI  
Avalokiteshvara, great treasure of immeasurable  
compassion,  
DRI ME KHYEN PE WONG PO JAM PE YANG  
Manjushri, Lord of the stainless wisdom.  
GANG CHEN KHE PE TSUN GYEN TSONG KHA PA  
Tsongkhapa, crown jewel of the sages of the Land of the Snow,  
LOB SANG DRAG PAY ZHAB LA SO WA DEB  
Lobsang Dragpa, I make requests at your feet.

OM GURU VAJRADHARA SUMATI KIRTI SIDDHI HUM  
TSE-RAB KUN-TU GYAL-WA TSONG-KHA-PE  
Gyalwa Tsong kha pa, in life after life.  
TEG-CHOG SHE-NYEN NGO-SU ZEY-PE THU  
By being my Mahayana root Guru  
GYAL-WAI NGAG PEY LAM-SANG DI-NYI-LE  
And the stainless path praised by Buddha .  
KYE-CHIG TSAM-YANG DHOG-PA MA-GYUR CHIG  
May I never be separated for even a moment

**THE TSOK OFFERING  
BLESSING ONESELF AND ENVIRONMENT**

RANG-NYI KE-CHIG-KYI LHAG-PAI-LHA-I-NGO- WOR-GYUR  
Instantly I generate myself into a divine being.

E-MA-HO YES HE ROL-PA-CHE,  
E MA HO Great manifestation of exalted wisdom,  
SHING-KHAM THAM-CHE DOR-JE-SHING  
All realms are vajra realms,

NEY- NAM DOR -JE PHO-DRAN-CHE ,  
And all places are great vajra places

KUN-SANG CHO-TRIN GYA-TSO-BAR  
Endowed with vast clouds of Samantabhadra's offerings.  
LONG-CHO DOE-GU PAL-DANG-DEN  
An abundance of all desired enjoyments,  
CHU-NAM PA-WO PA-MO-NGOE  
All inhabitants are actual spiritual heroes and heroines  
MA-DAG TRUL-PAI MING-YANG-MEY  
Without even the name of mistaken impure appearance.  
DAG-PA RAB-JAM BA-SHIG-GO  
Everything is immaculately pure.

**BLESSING THE INNER OFFERINGS AND OFFERING OBJECTS**  
OM AH HUM (three times)

NGO- WO YE-SHE-LA,  
In essence, wisdom.  
NAM-PA NANG-CHOE DANG CHOE-DZAE SO-SOE NAM-PA.  
In aspect, the aspects of the inner offerings and  
various offering-objects.  
JE-LAE, WANG-PO DRUK-GI CHOE-YUEL-DU  
In function, to generate as objects enjoyed by the six senses  
DE-TONG-GI YE-SHE KYAE-PAR-CHAEN KYE-PAE,  
The special wisdom of Voidness and Bliss.  
SA-DANG BAR-NANG NAM-KAE KYOEN TAM-CHAE YONG-SU KYAP-PAE  
Filling the earth, the sky and all the space in between  
CHI NANG SANG-WAE CHOE-TRIN DAM-DZAE CHAEN-ZIK  
Clouds of outer, inner and secret offerings and splendid sacred offering objects  
SAM-GYI MI-KYAP-PAE GANG-WAR-GYUR  
Spread beyond the range of thought.

**INVITING THE GUESTS OF THE TSOK OFFERING**

THUG-JE DAG-NYI TSA-GYU LA-MA-DANG  
O Root and lineage Gurus, whose nature is compassion,  
YI-DAM LHA-TSOG KYAB-NEY KON-CHOG-SUM  
The assembly of Divine beings and the precious Jewels,  
PA-WO KHAN-DRO CHOE-KYONG SUNG-MEY TSOG  
And the hosts of Spiritual Heroes, Dakinis, and Dharma protectors,  
CHAN-DREL CHOE-PAI NE-DIR SHEG-SU-SOL  
I invite you, please come to this place of offerings.

CHI-NANG SANG-WIE CHO-TRIN GYA-TSOI-U,  
Amidst vast clouds of outer, inner, and secret offerings,  
RIN-CHEN LEY-DRUP ZE-PAI DEN-TRI-LA  
On this beautiful throne adorned with jewels,

SHAB-SEN WOE-CHAG TEN-PAR SHUG-NEY-KYANG  
Please remain firm with light radiating even from your feet,  
DROP-CHOG DAG-LA DOE-GOI NYU-DRUP-TSOL  
And bestow the attainments that we long for.

### PRESENTATION OF THE TSOK OFFERING

HO! TING-DZIN NGA-K-DANG CHAK-GYAE JIN-LAP-PAE,  
Blessed by concentration, mantra and mudra,  
ZAK-ME DUE-TSI TSOK-CHOE GYA-TSO DI  
This ocean-like Tsok-offering of spotless nectar  
TSA-GYUE LA-MAE TSOK-NAM NYE-CHIR BUEL.  
I offer for your delight, assemblies of root and lineage Gurus.  
OM AH HUM!  
DOE-GUE PAEL-LA ROEL-PAE TSIM-DZAE-NAE,  
Satisfied by enjoying abundance of all you desire,  
E-MA-HO! JIN-LAP CHAR-CHEN AP- TU-SOEL!  
Please, I beg, let fall a great rain of blessings!

HO! TING-DZIN NGA-K-DANG CHAK-GYAE JIN-LAP-PAE,  
Blessed by concentration, mantra and mudra,  
ZAK-ME DUE-TSI TSOK-CHOE GYA-TSO DI  
This ocean-like Tsok-offering of spotless nectar  
YI-DAM LHA-TSOK KOR-CHAE NYE-CHIR BUEL.  
I offer for your delight, assemblies of Yidams, deities and attendants!  
OM AH HUM!  
DOE-GUE PAEL-LA ROEL-PAE TSIM-DZAE-NAE  
Satisfied by enjoying abundance of all you desire.  
E-MA-HO! NGOE-DRUP CHAR-CHEN AP-TU-SOEL!  
Please, I beg, let fall a great rain of powerful accomplishments!

HO! TING-DZIN NGA-K-DANG CHAK-GYAE JIN-LAP-PAE,  
Blessed by concentration, mantra and mudra,  
ZAK-ME DUE-TSI TSOK-CHOE GYA-TSO DI  
This ocean-like Tsok-offering of spotless nectar  
KOEN-CHOK RIN-CHEN TSOK-NAM NYE-CHIR BUEL.  
I offer for your delight, assemblies of the most precious jewels!  
OM AH HUM!  
DOE-GUE PAEL-LA ROEL-PAE TSIM-DZAE-NAE,  
Satisfied by enjoying abundance of all you desire,  
E-MA-HO! DAM-CHOE CHAR-CHEN AP-TU-SOEL!  
Please, I beg, let fall a great rain of the Holy Dharma!

HO! TING-DZIN NGAK-DANG CHAK-GYAE JIN-LAP-PAE,  
Blessed by concentration, mantra and mudra,  
ZAK-ME DUE-TSI TSOK-CHOE GYA-TSO DI  
This ocean-like Tsok-offering of spotless néctar  
KA-DRO CHOE-KYONG TSOK-NAM NYE-CHIR BUEL.  
I offer for your delight, assemblies of Dakinis and Dharma Protectors!  
OM AH HUM!  
DOE-GUE PAEL-LA ROEL-PAE TSIM-DZAE-NAE,  
Satisfi ed by enjoying abundance of all you desire,  
E-MA-HO! TRIN-LAE CHAR-CHEN AP-TU-SOEL!  
Please, I beg, let fall a great rain of virtuous deeds!

HO! TING-DZIN NGAK-DANG CHAK-GYAE JIN-LAP-PAE,  
Blessed by concentration, mantra and mudra  
ZAK-ME DUE-TSI TSOK-CHOE GYA-TSO DI  
This ocean-like Tsok-offering of spotless nectar  
MAR-GYUR SEM-CHAEN TSOK-NAM NYE-CHIR BUEL  
I offer for your delight, assemblies of mother  
sentient beings!  
OM AH HUM!  
DOE-GUE PAEL- LA ROEL-PAE TSIM-DZAE-NAE,  
Satisfi ed by enjoying abundance of all you desire,  
E-MA-HO! TRUEL-NANG DUK-NGAEL ZHI-GYUR-CHIK!  
Please, let delusive appearances and sufferings be  
allayed!

#### **OFFERING THE TSOK TO THE MASTER**

E-MA-HO! TSOK KYI KOR-LO CHE  
Look, Master! A great circle of Tsok!  
DUE-SUM DE-SHEK SHEK-SHUEL-TE,  
You have followed in the track of the Sugatas of the three times,  
NGOE-DRUP MA-LUE JUNG-WAE NAE,  
And are the source of all-powerful attainments—  
DE-TAR SHE-NAE PA-WO CHE,  
Since we realize this, O Great Hero,  
NAM-PAR TOK-PAE SEM-BOR-NAE,  
Who has forsaken the negative mind,  
TSOK-KYI KOR-LO GYUEN-DU ROEL!  
Please enjoy continually this circle of Tsok!  
A-LA-LA HO!  
Very Good!

## THE MASTER'S REPLY

OM! DOR-JE SUM YER-ME-PAE DAK,  
With nature inseparable from the three vajras,  
RANG-NY LA-MA LHAR-SAEL-NAE,  
I visualize myself as a Guru-Yidam.  
AH! ZAK-ME YE-SHE DUE-TSI DI  
Ah! This nectar of immaculate wisdom-knowledge

HUM! JANG-CHUP SEM-LAE YO-ME-PAR,  
HUM! Without moving from bodhicitta,  
LUE-NAE LHA-NAM TSIM-CHIR ROEL  
I drink to satisfy the deities dwelling in my body.  
AHO MAHA SUKHA!  
What great bliss!

(Distribute the Tsok among the participants)

## BLESSING THE OFFERINGS TO THE SPIRITS

HUM! MA-DAK TRUEL-NANG YING-SU DAK  
Impure, delusive appearances become pure in the sphere (of Voidness).  
AH! YE-SHE LAE-DRUP DUE-TSI CHE.  
(It becomes) a great nectar made of Wisdom  
OM! DOE-GUE GYA-TSO CHEN-POR GYUR  
It becomes a great ocean of everything desired.  
OM AH HUM (Three times).  
HO! TING-DZIN NGAK-DANG CHAK-GYAE JIN-LAP-PAE,  
Blessed by concentration, mantra and mudra,  
ZAK-ME DUE-TSI TSOK-LHAK GYA-TSO DI  
The rest of this ocean-like Tsok of spotless nectar  
DAM-CHAEN ZHING-KYONG TSOK-NAM NYE-CHIR BUEL.  
I offer for your delight assemblies of guardians and field-protectors!  
OM AH HUM!  
DOE-GUE PAEL-LA ROEL-PAE TSIM-DZAE-NAE,  
Satisfied by enjoying abundance of all you desire,  
E-MA-HO! NAEL-JOE TRIN-LAE TSUEL-ZHIN DRUP!  
Please, let yogas and virtuous deeds be performed right!  
(send out the left over offering to the spirit)  
(The following five verses are recited extremely fast,  
while the instruments are being played.)

HO! LHAK-MAE DROEN-NAM KOR-CHAE-KYI  
Your remaining guests, with your attendants,  
TSOK-LHAK GYA-TSO DI ZHE-LA,  
Accept this ocean of Tsok still left,  
TAEN-PA RIN-CHEN GYAE-PA-DANG  
And make the spreaders of the precious Doctrine,  
TAEN-DZIN YOEN-CHOE KOR-CHAE-DANG  
Followers of the Doctrine, patrons and their attendants,  
KYAE-PAR NAEL-JOR DAK-CHAK-LA  
And in particular, we yogis, obtain  
NAE-ME TSE-DANG WANG-CHUK-DANG  
Health, life and power,

PAEL-DANG DRAK-DANG KAEL-WA-ZANG  
Glory, renown, good fortune,  
LONG-CHOE GYA-CHEN KUEN-TOP-CHING,  
And very extensive enjoyments, all these!  
ZHI-DANG GYAE-LA SOK-PA-YI  
With the actions of Calming, Increasing and so on,  
LAE-KYI NGOE-DRUP DAK-LA TSOEL!  
Bestow on us the powerful attainments!  
DAM-TSIK CHAEN-GYI DAK-LA SRUNG!  
Pledge guardians, protect us!  
NGOE-DRUP KUEN-GYI TONG-DROK-DZOE  
Help with all-powerful attainments!  
DUE-MIN CHI-DANG NAE-NAM-DANG  
Eliminate untimely death, sicknesses,  
DOEN-DANG GEK-NAM ME PAR DZOE!  
Demons of disease, and evil spirits!  
MI-LAM NGAEN-DANG TYAEN-MA NGAEN  
Eliminate bad dreams, ill omens,  
JA-JE NGAEN-PA ME-PAR DZOE!  
And evil doings!  
JIK-TEN DE-ZHING LO-LEK-DANG  
May the world be happy, good years  
DRU-NAM PEL-ZHING CHOE-PEL-DANG  
And grains increase, the Dharma flourish,  
DE-LEK TAM-CHAE JUNG-WA-DANG  
Every happiness and bliss arise,  
YI-LA DOE-PA KUEN-DRUP-SHOK!  
And every wish in the mind be fulfilled!



## **DEDICATION OF GENEROSITY**

JIN-PA GYA-CHEN GYI-PA DE-YI-THUE

By the force of this bountiful giving,

DRO-WIE DON-DU RANG-JUNG SANG-GYE-NEY

May I become a Buddha for the sake of all beings,

NGON-TSE GYAL-WA NAM-KYI MA-THUL-WEI

And through my generosity may I liberate

KYE- WOE TSOG-NAM JIN-PEY DROL-GYUR-CHIG

All those not liberated by previous Buddhas.

## **DISSOLVING THE FIELD OF MERIT**

DE-TAR SOEL-WA TAP-PAE LA-MA-CHOK

Being thus requested supreme Guru, please

JIN-GYI LAP-CHIR QYE-ZHIN CHI-WOR JOEN

Come happily to the crown of my head to bless me,

LAR-YANG NYING-GAE PAE-MAE ZEU-DRU-LA

And again, on the anthers of the lotus of my heart

ZHAP-SEN WOE-CHAK TAEN-PAR ZHUK-SU-SOEL!

Plant firmly your radiant energy!

(At this point visualize the nature of Guru, Divine being and your mind as one. Practice the actual completion stage meditation on union of Emptiness and Bliss)

NYIN-MO DE-LEK TSEN DE-LEK

Auspicious in the day, auspicious in the night,

NYIN-MEI GUNG-YANG DE-LEK-SHING

Also auspicious in the morning, afternoon and evening.

NYIN-TSEN TAG-TU DE-LEK-PE!

Auspicious every day and night,

KON-CHOG SUM-GYI TA-SHI-SHOG

May we be auspicious with the Three Jewels.