

Tsok - The Short Feast Offering

From the Northern Treasures

རི་ཡི་མིང་ལྷོ་ཨོ་ཨུ་ཧུང་།

Ram Yam Kham Om Ah Hung

(“Ram Yam Kham” the syllables of Fire, wind, water, purifies and “Om Ah Hung” gives blessings and multiplies the offerings)

ངོ་བོ་སྟོང་པའི་ཚོགས་གཞོན་དུ། རང་བཞིན་གསལ་བའི་ཚོགས་རྣམ་བཤམས། ཐུགས་རྗེ་ཀུན་ལྱབ་བྱིན་ཆེན་པོ་བུ།

Ngowo Tongpay Tsok Shong du / Rang zhin sel way tsok zay sham / Thug je kun khyab jin chen phob

On the offering plate of empty essence.

The offering feast of luminous nature is arranged

Shower down great blessings of all pervading compassion

མཚོག་གསུམ་ཅ་གསུམ་སྐྱ་གསུམ་ལྟུ། ཀུན་འདུས་ལྷ་མ་འདིར་བྱོན་ལུ། བདེ་བ་ཆེན་པོའི་ཚོགས་མཚོན་བཞེས།

chog sum tsa sum ku sum la / kun du la ma dir jon la / de wa chen po tsok cho shey

Three jewels, three roots, deities of the three buddha bodies,

And the teacher who encompasses them all,

Come accept this feast offering of great bliss

ཉམས་ཆགས་ཉེས་ཚོགས་ཐོལ་ཞིང་བཤགས། འཁྲལ་སྤང་རྟོགས་ཚོགས་དབྱིངས་སུ་བསྐྱལ།

ཀ་དག་རིག་པའི་ལྷོང་དུ་བསྟུངས།

Nyam chag nay thsog thol zhing shag / Trul nang tog tsok ying su dral / Ka dag rig pay long du tab

I instantaneously confess all defilements and accumulated faults

Appearances are already liberated in the gathering of realized space

This is the way of primordially pure awareness as the vast expanse

མགོན་བཞིའི་ཐུགས་དམ་བསྐྱང་གུར་ཅིག། ཚོགས་རྫོགས་དོན་གཉིན་ལྷུན་གྲུབ་ནས། སྐྱ་བཞིའི་རྒྱལ་སྲིད་ལྷུར་ཐོབ་ཤོག།

don shi thug dam kang gyur chig / tsog dzog don nyin lun drup nay / ku zhi gyal si nyur tho thob shog

May the four guests' hearts delight be fulfilled!

After having spontaneously accomplished the two accumulations and two purposes

May we quickly attain the kingdom of the four bodies!

The Very Short Feast Offering

Exhale and blow air onto your food. Visualize Om Ah and Hung syllables falling into your food. These transform the food into limitless nectar. This food multiplies and expands into a feast that satisfies every desire of all beings.

The image shows the Sanskrit syllable 'Om' (ॐ) written in a stylized, calligraphic font. It consists of a vertical line with a small circle at the top and a hook-like shape at the bottom.

The image shows the Sanskrit syllable 'Ah' (अः) written in a stylized, calligraphic font. It features a vertical line with a small circle at the top and a hook-like shape at the bottom, similar to the 'Om' syllable.

The image shows the Sanskrit syllable 'Hung' (ॐ) written in a stylized, calligraphic font. It is a more complex version of the 'Om' syllable, with a vertical line, a small circle at the top, and a hook-like shape at the bottom.

