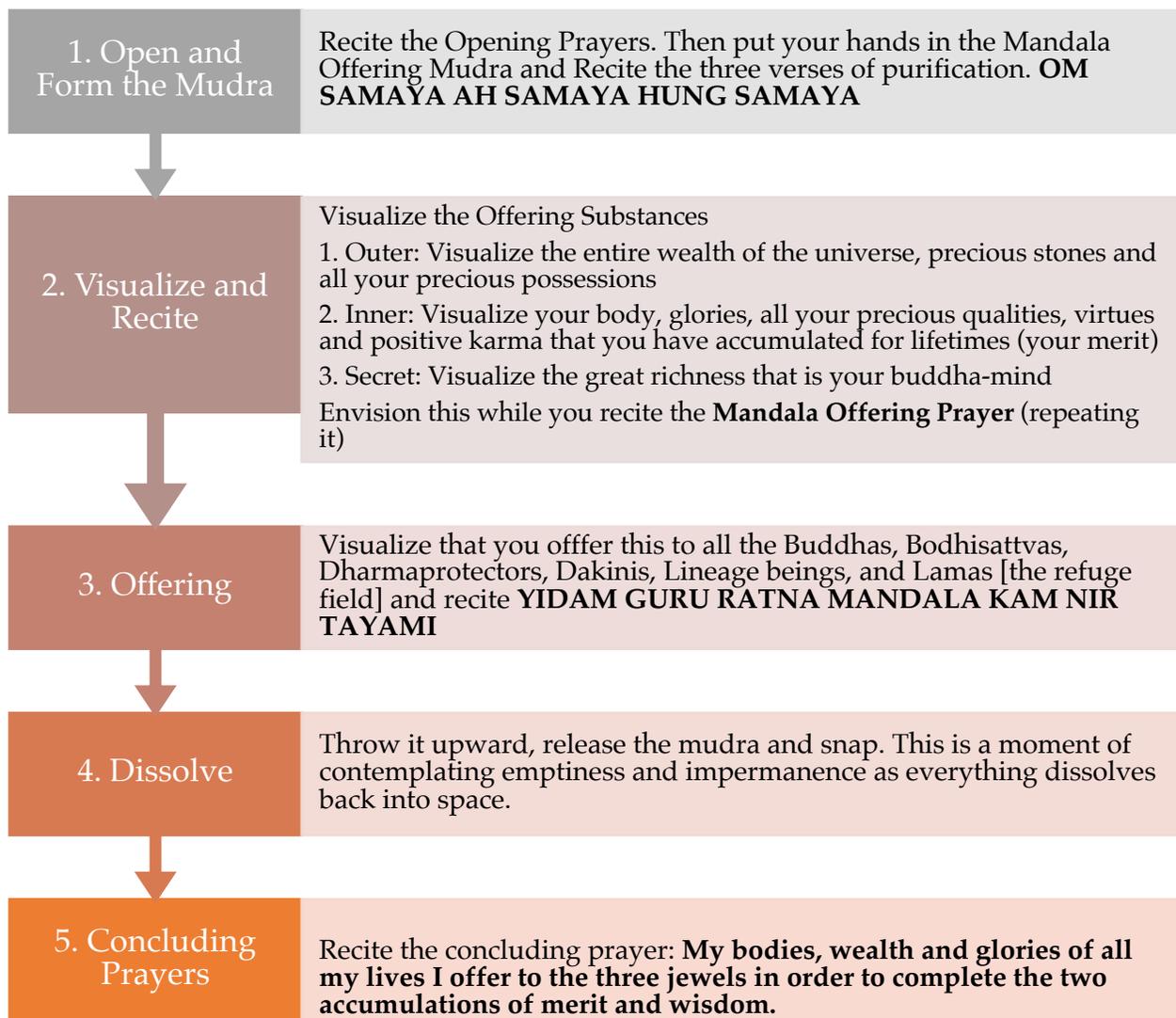


How to do the Mandala Offering

Training Wheels Guide For Concise Longchen Nyingthig Ngondro

By Lama Pema Khandro Rinpoche





1. Open and Form the Mudra

Opening Prayers, recite them once at the beginning of each practice session.

Recite:

ཨོཾ་སཱ་མཎཎཱ་ཨཱ་སཱ་མཎཎཱ་ཧཱུང་སཱ་མཎཎཱ་

OM SAMAYA
AH SAMAYA
HUNG SAMAYA

Form Mudra while singing the three mantras to purify the mudra and transform it into the outer, inner and secret offerings.



2. Visualizations and Recitation

- Visualize the Offering Substances
- 1. Outer: Visualize the entire wealth of the universe, precious stones and all your precious possessions
 - A mountain of jewels
 - All the wealth in the world
 - All your valuable possessions, wealth
- 2. Inner: Visualize your body, glories, all your precious qualities, virtues and positive karma that you have accumulated for lifetimes (your merit)
 - The merit you have accumulated
 - Your good fortune, power and strength
 - Your virtues
 - Your wishes and hopes
- 3. Secret: Visualize the great richness that is your buddha-mind
- Envision this while you recite the **Mandala Offering Prayer** (repeating it)

ས་གཞི་སྒྲོལ་གྱིས་བྱུགས་ཤིང་མེ་རྟོག་བགྲམ། རི་རབ་སྒྲིང་གཞི་ཉི་ལྷས་བརྒྱན་པ་འདི།

SA SHI PO KYI CHUG SHING METOG TRAM / RI RAP LING ZHI NYI DE GYEN PA DI

The earth anointed with perfumed water and flowers, / Mount Meru and the Four Continents
ornamented with the sun and moon,

སངས་རྒྱས་ཞིང་དུ་དམིགས་ཏེ་སྤུལ་བ་ཡིས། འཕྲོ་ཀུན་རྣམ་དག་ཞིང་ལ་སྦྱོང་པར་ཤོག།

**SANGYE SHING TU MIGTE PULWA YI / DRO KUN NAMDAG SHING LA CHOD PAR
SHOG**

I offer them all as a Buddhafield / May all sentient beings enjoy the pure land.

[Repeat to accumulate the mantra repetitions.]

3. Offer to the Refuge field

Hold your mandala up to head level while reciting the following words and visualizing that you are giving this all as an offering to the refuge field [this can be visualized as an offering to the refuge field, or to Padmasambhava and Vajrayogini as Yeshe Tsogyal]



ཡི་དྲི་གུ་རུ་རྩ་མཚུས་ཀྱི་ནི་ལྷ་ཏ་ཡཱ་མི།
YIDAM GURU RATNA MANDALA KAM NIR TAYAMI

4. Dissolution

Then throw off the mandala from your fingers, snap and it is dissolved.

This is a moment of contemplating emptiness and impermanence as everything dissolves back into space.



5. Concluding statement

Put your hands in the prayer mudra and make the following statement as the dedication.

ཚེ་རབས་ཀུན་གྱི་ལུས་དང་ལོངས་སྤོང་དངལལ། ཚེགས་གཉིས་ཚྲོགས་ཕྱིར་དགོན་མཚོག་གསུམ་ལ་འབུལ།

TSERAB KUN GYI LÜ DANG LONGCHO PAL / TSOK NYI DZOK CHIR KÖNCHOK SUM LA BUL

My bodies, wealth and glories of all my lives I offer to the three jewels in order to complete the two accumulations of merit and wisdom.

Optional – Recite another dedication of merit here.