

Prayers for Offering Food

OM AH HUM

THONPA LA ME SANGYE RINPOCHE
KHYOB BA LA ME DHAM CHO RINPOCHE
DENPA LA ME GEDUN RINPOCHE
KYABNE KUNCHOK SUMLA CHOPA BUL
SHALSAY ROGYA DENPAI YITOCK PA
LEGJAR DI NE GYALWA SAT CHE LA
TEPAI BULWAI DROWA DE TAG KUN
JORTEN TINGZIN SAY LA CHOPA SHOK
KEN NAM CHO CHING SOLWA DEPAI TU
DAG SO GANG TU NEPAI SA CHOG SU
NEDUN U PONG THAP TSO SHI WA TANG
CHO TANG TASHI PELWA ZA DU SO
DAG SO KOR CHE TSERUB THAMCHE TU
KUNCHOK SUM TANG NAM YANG ME TAL SHING
KUNCHOK SUM PO GYUN TO CHO PA TANG
KUNCHOK SUM KYI CHIN LAB JUK PAR SHO

I Offer this food to the three Precious Jewels,
Who are the object of my refuge:
The precious Buddha, unsurpassable teacher
The precious Dharma, unsurpassable protector
The precious Sangha, unsurpassable savior.

May all beings offer with faith
This well prepared mind attracting food of 100 tastes
To the Buddhas and Bodhisattvas
And thereby come to enjoy
The rich food of Samadhi.

Through our supplications and offerings to you
May sickness, poverty, and warfare subside
Wherever we may be, and
May dharma and good omens increase.

Prayer to Buddha Mitukpa (Akshobhya)



Namo Ratna Tayaya OM Kamkani
Kamkani Rotsani Rotsani Trotani
Trotani Trasani Trasani Pratihana
Pratihana Sarva Karma Param Para
Nime Sarva Nanytsa Soha!

[Recitation of this mantra of the Immoveable
Conquerer Mitukpa allows one to purify the negative
karma associated with eating meat.]