

Engaging in the Practice of the Hundred Torma Offerings

By the Great Scholar Yogí Káldán Gyatso

Translated by Tenzin Bhuchung Shastri



FPMT Inc.
1632 SE 11th Avenue
Portland, OR 97214 USA
www.fpmt.org

© 2013 FPMT Inc.
All rights reserved.

No part of this book may be reproduced in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system or technologies now known or developed, without permission in writing from the publisher.

Set in Calibri 12.5./15, Century Gothic, Lydian BT, and Tibetan Machine Unicode.

Line drawings of tormas by Robert Beer, used with permission.

Printed in the USA.

Engaging in the Practice of the Hundred Torma Offerings

For those wishing to make the hundred torma offerings, first complete the preliminary practice of meditating on the three objects of refuge, bodhichitta, and the four immeasurables. For the sake of all sentient beings, one has to gain the stage of enlightenment. For that one has to engage in extensive accumulation of heaps of merit and wisdom. In order to do that, there is no superior practice than that of making torma offerings. Through the offering of tormas, one pleases objects of worship and restores the power of the pledges of oath-bound Dharma protectors. Moreover, one makes extensive offering of generosity to one's guests, the migratory beings that are expecting and seeking karmic repayments for benefits done to oneself in the past.

In an instant, one transforms into Arya Avalokiteshvara.

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
SHUDDHO HAM

Everything dissolves into the state of emptiness.

Within the sphere of emptiness, an OM transforms into a vast expansive container made out of precious jewels.

Within that a HUM dissolves into light rays, transforming into pure offering substances as infinite as the space.

OM ARGHAM AH HUM
OM PADYAM AH HUM
OM PUSHPE AH HUM
OM DHUPE AH HUM
OM ALOKE AH HUM
OM GANDHE AH HUM
OM NAIVIDYA AH HUM
OM SHAPTA AH HUM

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
SHUDDHO HAM

One's body dissolves into the state of emptiness. Within the sphere of that emptiness, a BHAM transforms into a lotus seat, on top of which an AH transforms into a moon mandala. On top of that is one's own mind in the form of a white HRIH.

Light rays emanate forth from the letter HRIH, making offerings to the arya beings and accomplishing purposes of sentient beings.

The light rays are gathered back thoroughly, by virtue of which I transform into the great compassionate Arya Avalokiteshvara. I am white in color. I have one face and two hands. My right hand is in the mudra of giving sublime realizations. My left hand holds the stem of a white lotus at the heart center, petals blossoming near the ears. I am adorned with different celestial clothes and ornaments of precious jewels. My right leg is stretched a little and I am in the aspect of a wealthy lord.

At my crown is a syllable OM, at my throat an AH, and at my heart a HUM.

From the HUM at my heart, light rays issue forth and invite back from the Potala the great compassionate deity surrounded by a retinue of buddhas and bodhisattvas.

DZA HUM BAM HO

They dissolve into me, becoming inseparable from me.

Once again, light rays emanate forth from the heart center, inviting back the five tathagata lords.

Please bestow upon me the empowerments!

In response to my request thus made, they confer upon me the vase initiation, the waters filling my entire body and purifying my contaminations. Residual water overflows at the top of my crown, transforming into Amitabha Buddha, who stays at the top of my crown as an ornament.

Make offerings:

OM ARYA LOKESHVARA SAPARIVARA OM ARGHAM
PRATICCHA HUM SVAHA

OM PADYAM PRATICCHA HUM SVAHA

OM PUSHPE PRATICCHA HUM SVAHA

OM DHUPE PRATICCHA HUM SVAHA

OM ALOKE PRATICCHA HUM SVAHA

OM GANDHE PRATICCHA HUM SVAHA

OM NAIVIDYA PRATICCHA HUM SVAHA

OM SHAPTA PRATICCHA HUM SVAHA

Not tainted by faults, you are white in color.
You adorn the crown of perfect buddhas.
With compassionate eyes, you look at sentient beings.
To Avalokiteshvara, I pay homage.

OM SAMBHARA SAMBHARA BHIMANASARA MAHA ZA BA
HUM (3x)

After that recite the mani mantra of Avalokiteshvara:

OM MANI PÄDME HUM

Oh, the great compassionate deity Avalokiteshvara! Bless all sentient beings including me so that we may develop within us love, compassionate bodhichitta, and wisdom that realizes emptiness, so that we may then perfectly and with ease accumulate the two magnificent heaps of merit and wisdom.

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

OM AH HUM (3x)

NAMAH SARVA TATHAGATA AVALOKITE OM SAMBHARA
SAMBHARA HUM (3x)

I pay homage the Bhagavan, the Tathagata Victorious Many Jewels.
I pay homage to the Tathagata Sublime Beautiful Form.
I pay homage to the Tathagata Infinite Body.
I pay homage to the Tathagata Free From All Fears.

These tormas endowed with the qualities of the five desirable objects,
I offer to the host of local gods and land spirits.
In my practice of making torma offerings,
Eliminate the obstacles while providing the cooperative factors.

To engage in elaborate practice, first bless the earth:

In the vast expansive container made of precious jewels, the three syllables melt.

They transform into the five essential offerings and the five desirable objects.

May they in turn multiply into an inconceivable number of offerings of torma,

To suit the wishes of all types of guests!

OM SARVA PID PURA PURA SURA SURA AVARTAYA
AVARTAYA HO VAJRA SVARNA KHAM (3x)

Oh compassionate gurus, buddhas, bodhisattvas,
Who are supreme guests of samsara and nirvana, rare and precious, please come!

Deities, dakas, dakinis, together with dharma protectors
Who are guests of lords with wisdom, please come!

My suffering eternal parents,
Who are the six migratory beings, are guests of compassion,
please come!

Attachment and hatred gives rise to the illusion of victim and perpetrator:

My guests who thus seek repayments for karmic debts, please come!

VAJRA SAMAYA ZA PÄDMA KAMALAYE

In the vast inconceivable ocean,
Whatever offering substances exist like water for cleansing feet, flowers,
Incense, illuminations, fragrance, food and music;

And also these offerings I actually arranged with great respect:
I offer to the gurus, the buddhas and the bodhisattvas.
You who are endowed with great compassion,
Please enjoy these as you please
And accomplish the well-being of sentient beings!

OM ARYA LOKESHVARA SAPARIVARA OM ARGHAM
PRATICCHA HUM SVAHA

OM PADYAM PRATICCHA HUM SVAHA

OM PUSHPE PRATICCHA HUM SVAHA

OM DHUPE PRATICCHA HUM SVAHA

OM ALOKE PRATICCHA HUM SVAHA

OM GANDHE PRATICCHA HUM SVAHA

OM NAIVIDYA PRATICCHA HUM SVAHA

OM SHAPTA PRATICCHA HUM SVAHA

As soon as he was born,
The gods bathed the Buddha.
Likewise, I offer bath to the buddhas
With pure heavenly water!

OM SARVA TATHAGATA ABHISHEKATA SAMAYA SHRI
AH HUM

From fingers of hands and feet of myself in the form of Avalok-
iteshvara, streams of nectar flow, satisfying the hungry ghosts.

OM MANI PÄDME HUM

OM AH HRIH HUM OM ZAVALA MEDAM SARVA PRETA BYAH
SVAHA

May streams of milk flowing from Avalokiteshvara's hands
Satisfy the hungry ghosts,
And cleanse and always soothe them with cooling touch.

NAMO RATNA TRAYAYA / OM KAMKANI KAMKANI /
ROTSANI ROTSANI / TROTANI TROTANI / TRASANI TRASANI
PRATIHANA PRATIHANA SARVA KARMA PARAM PARA NI ME
SARVA SATTVA NANTSA SVAHA

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
SHUDDHO HAM

Everything dissolves into the state of emptiness. From the sphere
of emptiness arises a vast container made of precious jewels. In-
side it, an OM dissolves into light rays, which transform the tormas
into an ocean of nectars of uncontaminated wisdom.

OM AH HUM (3x)

NAMAH SARVA TATHAGATA AVALOKITE OM SAMBHARA
SAMBHARA HUM (3x)

OM ARYA LOKESHVARA SAPARIVARA OM ARGHAM
PRATICCHA HUM SVAHA

OM PADYAM PRATICCHA HUM SVAHA

OM PUSHPE PRATICCHA HUM SVAHA

OM DHUPE PRATICCHA HUM SVAHA

OM ALOKE PRATICCHA HUM SVAHA

OM GANDHE PRATICCHA HUM SVAHA

OM NAIVIDYA PRATICCHA HUM SVAHA

OM SHAPTA PRATICCHA HUM SVAHA

1. Endowed with the sublime qualities of the five desirable objects,
I offer this oceanic nectar of tormas:
To the kind root and lineage teachers,
To the assembly of deities related to the four classes of tantra,
To the sublime Dharma, the path trodden by the buddhas of the
three times,
In short to the three jewels including the Sangha!

Accepting these offerings with your infinite compassion,
Bless us so that all other mother sentient beings and I
Are never separated from the Three Jewels,
Are looked after by the Three Jewels
Through increasing our Dharma realizations and wealth
And leading us to the state of enlightenment!

OM AH HUM (3x)

NAMAH SARVA TATHAGATA AVALOKITE OM SAMBHARA
SAMBHARA HUM (3x)

OM ARYA LOKESHVARA SAPARIVARA OM ARGHAM
PRATICCHA HUM SVAHA

OM PADYAM PRATICCHA HUM SVAHA

OM PUSHPE PRATICCHA HUM SVAHA

OM DHUPE PRATICCHA HUM SVAHA

OM ALOKE PRATICCHA HUM SVAHA

OM GANDHE PRATICCHA HUM SVAHA

OM NAIVIDYA PRATICCHA HUM SVAHA

OM SHAPTA PRATICCHA HUM SVAHA

2. Endowed with the sublime qualities of the five desirable objects,
I offer this oceanic nectar of tormas:
To Mahakala, the swift one, and his retinues,
To the Dharma king Vaishravana,
To Ghurgoan and the the four-armed Mahakala,
To Magsorma and the wrathful Chamsing,
To the class of pure protectors and others
That rule according to the Dharma,
And to the hosts of dakas and dakinis
Dwelling in the three places.

May you help spread the teachings of the Buddha,
The foundation of happiness and well-being for sentient beings!
May you grant the blessings for the accomplishment of the four
types of activities!

OM AH HUM (3x)

NAMAH SARVA TATHAGATA AVALOKITE OM SAMBHARA
SAMBHARA HUM (3x)

OM ARYA LOKESHVARA SAPARIVARA OM ARGHAM
PRATICCHA HUM SVAHA

OM PADYAM PRATICCHA HUM SVAHA

OM PUSHPE PRATICCHA HUM SVAHA

OM DHUPE PRATICCHA HUM SVAHA

OM ALOKE PRATICCHA HUM SVAHA

OM GANDHE PRATICCHA HUM SVAHA

OM NAIVIDYA PRATICCHA HUM SVAHA

OM SHAPTA PRATICCHA HUM SVAHA

3. Endowed with the sublime qualities of the five desirable objects,
I offer this oceanic nectar of tormas:
To the eight great rishis,
And to those living by the power of truth
Dwelling within the realms of human and god.

Accept my offerings and pray
That the precious teachings of Buddha
Spread in directions and at times
That all beings attain well-being and happiness;
That all of us mother sentient beings
Achieve without any obstacles
All cooperative factors as envisioned
To quickly gain the state of enlightenment!

OM AH HUM (3x)

NAMAH SARVA TATHAGATA AVALOKITE OM SAMBHARA
SAMBHARA HUM (3x)

OM ARYA LOKESHVARA SAPARIVARA OM ARGHAM
PRATICCHA HUM SVAHA

OM PADYAM PRATICCHA HUM SVAHA

OM PUSHPE PRATICCHA HUM SVAHA

OM DHUPE PRATICCHA HUM SVAHA

OM ALOKE PRATICCHA HUM SVAHA

OM GANDHE PRATICCHA HUM SVAHA

OM NAIVIDYA PRATICCHA HUM SVAHA

OM SHAPTA PRATICCHA HUM SVAHA

4. Endowed with the sublime qualities of the five desirable objects,
I offer this oceanic nectar of tormas:
To Dzambala and Vasundhara,
Aparanjiti and other hosts of harmful spirits and wealth gods;
And all the the deities who are inherently born with and live with
Us teachers and disciples:
I offer to all who protect and sustain.

Bless us so that all of us yogis, master and disciples,
Live without engaging in wrong livelihood,
But according to livelihoods that concord with Dharma,
And with thoughts and intentions that accord with Dharma!

OM AH HUM (3x)

NAMAH SARVA TATHAGATA AVALOKITE OM SAMBHARA
SAMBHARA HUM (3x)

- I pay homage the Bhagvan, the Tathagata Victorious Many Jewels.
I pay homage to the Tathagata Sublime Beautiful Form.
I pay homage to the Tathagata Infinite Body.
I pay homage to the Tathagata Free From All Fears.

5. Endowed with the sublime qualities of the five desirable objects,
I offer this oceanic nectar of tormas:
To Tenma, the goddess of earth,
And all other land gods of the three thousand planetary systems,
Including all those dwelling in the land of snow,
Such as the five immortal goddesses of Tibet.
In particular, I offer to the local gods and land gods
Dwelling in this part of the world!

Having been satisfied with the offerings of tormas,
In all programs and activities

We master and disciples engage in,
Without obstruction and jealousy,
May you provide cooperative factors as we wished for!

OM AH HUM (3x)

NAMAH SARVA TATHAGATA AVALOKITE OM SAMBHARA
SAMBHARA HUM (3x)

I pay homage the Bhagavan, the Tathagata Victorious Many Jewels.
I pay homage to the Tathagata Sublime Beautiful Form.
I pay homage to the Tathagata Infinite Body.
I pay homage to the Tathagata Free From All Fears.

6. Endowed with the sublime qualities of the five desirable objects,
I dedicate this oceanic nectar of tormas:
To Tadag Gyed, the eight gods of wealth,
And to all other kings of harmful spirits;
To Trogma Mabhur and others
Who may or may not have seen the Buddha,
But are powerful non-human spirits.

Having been satisfied with the offerings of torma,
May you protect the teachings of the Buddha and
Sustain mother sentient beings with love.
In particular for us Dharma practitioners,
May you eliminate obstacles and provide supportive factors!

OM AH HUM (3x)

NAMAH SARVA TATHAGATA AVALOKITE OM SAMBHARA
SAMBHARA HUM (3x)

I pay homage the Bhagavan, the Tathagata Victorious Many Jewels.
I pay homage to the Tathagata Sublime Beautiful Form.
I pay homage to the Tathagata Infinite Body.
I pay homage to the Tathagata Free From All Fears.

7. Endowed with the sublime qualities of the five desirable objects,
I dedicate this oceanic nectar of tormas:
To the 80,000 types of obstructive forces,
The 360 types of evil spirits,
The 15 great evil spirits of children,
And all other hosts of evil spirits, obstructive forces, and ghosts,
Dwelling above, below, and in between!

Having been satisfied with the offerings of torma,
May you never cause epidemics, conflicts, or famine,
Frosts, hailstorms, or droughts;
Rather, be steadfast in one's thoughts and actions
To bring benefit and happiness of your parents, the sentient
beings!

OM AH HUM (3x)

NAMAH SARVA TATHAGATA AVALOKITE OM SAMBHARA
SAMBHARA HUM (3x)

I pay homage the Bhagavan, the Tathagata Victorious Many Jewels.
I pay homage to the Tathagata Sublime Beautiful Form.
I pay homage to the Tathagata Infinite Body.
I pay homage to the Tathagata Free From All Fears.

8. Endowed with the sublime qualities of the five desirable objects,
I dedicate this oceanic nectar of tormas:
To the six migratory beings with the five mediums of birth,
And to sentient beings as many as the space can contain,

Included within four types of births,
Who have been my kind parents!

Having been satisfied with the offerings of torma,
May your mental continuums be enriched
With renunciation, bodhichitta, and the right view.
May you complete the six perfections
And gain the stage of the state of unsurpassable enlightenment!

OM AH HUM (3x)

NAMAH SARVA TATHAGATA AVALOKITE OM SAMBHARA
SAMBHARA HUM (3x)

I pay homage the Bhagavan, the Tathagata Victorious Many Jewels.
I pay homage to the Tathagata Sublime Beautiful Form.
I pay homage to the Tathagata Infinite Body.
I pay homage to the Tathagata Free From All Fears.

9. Endowed with the sublime qualities of the five desirable objects,
I dedicate this oceanic nectar of tormas:
To the queen of hungry ghosts, principally,
And to other hosts of hungry ghosts
Suffering from inner and outer obscurations to food and drink
And dwelling under the sea or sporadically!

Having been satisfied with the offerings of torma,
May you gain freedom from sufferings of hunger and thirst,
And be purified of the two obscurations such as miserliness,
together with their imprints.
May you thus complete the perfection of generosity
And come to own sky-like treasures of riches!

OM AH HUM (3x)

NAMAH SARVA TATHAGATA AVALOKITE OM SAMBHARA
SAMBHARA HUM (3x)

I pay homage the Bhagavan, the Tathagata Victorious Many Jewels.
I pay homage to the Tathagata Sublime Beautiful Form.
I pay homage to the Tathagata Infinite Body.
I pay homage to the Tathagata Free From All Fears.

10. Endowed with the sublime qualities of the five desirable objects,
I dedicate this oceanic nectar of tormas:
To those who, from the beginningless time until now,
Through killing, beating, captivity, robbing, and stealing,
Seek revenge and debt out of attachment for karmic
repayments!

Having been satisfied with the offerings of torma,
May all karmic indebtedness and revenge seeking be purified
without remainder!
May you also gain back all the due debts
And quickly gain the unsurpassable and sublime state
of enlightenment!

OM AH HUM (3x)

NAMAH SARVA TATHAGATA AVALOKITE OM SAMBHARA
SAMBHARA HUM (3x)

I pay homage the Bhagavan, the Tathagata Victorious Many Jewels.
I pay homage to the Tathagata Sublime Beautiful Form.
I pay homage to the Tathagata Infinite Body.
I pay homage to the Tathagata Free From All Fears.

11. Endowed with the sublime qualities of the five desirable objects,
I dedicate this oceanic nectar of tormas:
To those destitute beings dwelling in the intermediate state,
Tormented by many forms of suffering,
Such as having to wander about without a permanent basis
for their minds!

Having been satisfied with the offerings of tormas,
May you clearly remember your gurus and deities,
Pacify all fears and mistaken appearances,
And quickly attain the state of Sambhog Kaya!

For offering the remaining tormas, use right torma pills

OM AH HUM (3x)

NAMAH SARVA TATHAGATA AVALOKITE OM SAMBHARA
SAMBHARA HUM (3x)

I pay homage the Bhagavan, the Tathagata Victorious Many Jewels.
I pay homage to the Tathagata Sublime Beautiful Form.
I pay homage to the Tathagata Infinite Body.
I pay homage to the Tathagata Free From All Fears.

Endowed with the sublime qualities of the five desirable objects,
I dedicate this oceanic nectar of tormas:
To all those guests who are weak and without power,
And are suddenly left behind, deprived of their share,
Thus seeking residual torma offerings!

In accordance with your desires,
May a downpour of wish-fulfilling rains quench you!
May the door of unbearable sufferings,
The afflictive emotions of attachment and hatred, cease!

By virtue of your mind overflowing with the precious
supreme bodhichitta,
And of the supreme wisdom that cuts the root of samsara,
May you actualize the three enlightened bodies!

May my offerings please the Three Jewels!
May protectors with integrity fulfill their pledges!
May the six migratory beings be satisfied with desire objects!
May those who are attached to and seek karmic debts,
obtain their debts!

By the power of my motivation,
By the power of power and the blessings of the tathagatas,
And by the power of dharmadhatu, the nature of reality,
May all goals that are sought, whatever they may be,
Be accomplished without any hindrances!

Thus one recites these prayers of truth.

If one wishes to engage in water offering, do so here as before.

All phenomena originate from their causes.
The tathagatas taught what such causes are.
The way to eliminate such causes:
The great Shramana also taught that!

Commit not even a single negative action.
Engage in all wholesome actions.
Completely subdue your mind.
This is the teaching of the Buddha!

All worldly guests are satisfied with generosity of material wealth
and their minds liberated with the generosity of Dharma. Then
they go to their natural abodes.

OM You have completed all goals of sentient beings
And bestowed concomitant realizations to us!
Even after you have gone to the buddha realms,
Please come back again!

OM AH HUM VAJRA MUH

All transcendental guests go to their natural abodes.

The precious Buddha, the unsurpassable teacher,
The precious Dharma, the unsurpassable protector,
The precious Sangha, the unsurpassable guide:
May the Three Jewels bring auspiciousness!

Do dedicational prayers here.

Colophon:

This is arranged for recitation and practice by Kaldän Gyatso, based on the text on the Hundred Torma Offerings composed by Panchen Lobsang Chökyi Gyältsen. May even this be a cause to spread the precious teachings and remain for a long time to come!

Mangalam!

Translated by Tenzin Bhuchung Shastri for FPMT Education Services, December 2012. Lightly edited and formatted by Sarah Shifferd and Carina Rumrill, FPMT Education Services, January 2013.



FPMT Education Services



Education Services at FPMT International Office offers a vast range of Buddhist study programs, prayer books, and practice materials from the Gelugpa lineage. Our study programs meet the needs of beginners through to the most advanced students, from courses introducing Buddhism to the study of Tibetan and the highest philosophical texts.

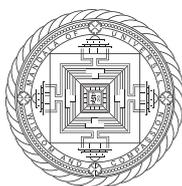
As the Dharma takes root outside Tibet, we make clear translations of Buddhist texts, prayers, and teachings available through our study programs and publications. We work with translators around the world to provide texts in English, Spanish, Chinese, French, German, and many other languages.

Working in collaboration with the Lama Yeshe Wisdom Archive, we publish Buddhist prayer books, sadhanas, retreat materials, and practice texts, many with commentary by Lama Thubten Yeshe and Lama Zopa Rinpoche. In addition, the FPMT Foundation Store stocks a growing number of eBooks to be read on your Kindle, iPad or other digital device. Whatever your interest, FPMT Education Services provides the materials you need to actualize the Buddhist path.

Education Services
FPMT International Office
1632 SE 11th Avenue
Portland OR 97214
(503) 808-1588
education@fpmt.org

www.fpmt.org

Foundation for the Preservation of the Mahayana Tradition



The Foundation for the Preservation of the Mahayana Tradition (FPMT) is a dynamic worldwide organization devoted to education and public service. Established by Lama Thubten Yeshe and Lama Zopa Rinpoche, FPMT touches the lives of beings all over the world. In the early 1970s, young Westerners inspired by the intelligence and practicality of the Buddhist approach made contact with these lamas in Nepal and the organization was born. Now encompassing over 150 Dharma centers, projects, social services and publishing houses in thirty-three countries, we continue to bring the enlightened message of compassion, wisdom, and peace to the world.

We invite you to join us in our work to develop compassion around the world! Visit our web site at www.fpmt.org to find a center near you, a study program suited to your needs, practice materials, meditation supplies, sacred art, and online teachings. We offer Friends of FPMT, a program with benefits such as Mandala magazine and access to the FPMT Online Learning Center. Please also check out some of the vast projects Lama Zopa Rinpoche has developed to preserve the Mahayana tradition and help end suffering in the world today. Lastly, never hesitate to contact us if we can be of service to you.

Foundation for the Preservation of the Mahayana Tradition
1632 SE 11th Avenue
Portland, OR 97214 USA
(503) 808-1588

www.fpmt.org



Foundation for the Preservation of the Mahayana Tradition