

**AN EXTREMELY
ABBREVIATED
TSOG
OFFERING
LAMA ZOPA
RINPOCHE**

INTRODUCTION

This abbreviated *tsog* offering practice should be preceded by self-generation into any highest yoga tantra deity on the basis of refuge and bodhichitta or a six-session guru yoga, sadhana of the deity, Lama Chöpa, etc.

Then, the requisite substances of *bala* (meat) and *mandana* (alcohol), together with the food offering should be blessed as you would bless the inner offering.

For convenience, an abbreviated blessing has been included here, which should be performed on the basis of having generated oneself as the deity.

After this, the *tsog* may be offered as indicated.

BLESSING THE TSOG

E MA HO!

This blessing is extracted from “A Tantric Food Offering” by Kirti Tsenshab Rinpoche.

Food, drink, five meats, five nectars – that which
is in the skull –

Is in the nature of bliss and voidness.

Purified, actualized, and increased by the three
vajras,

It becomes an ocean of uncontaminated nectar.

OM AH HUM (3x)

OFFERING THE TSOG

HO! In order to please this assembly of the root
and lineage gurus,

The yidams, Vajrayogini and so forth,

The Three Jewels, and the ocean of dakinis and
oath-bound protectors,

Together with the beings of the six realms who
have been my mothers,

I present this blessed offering of inseparable bliss
and void.

OM AH HUM

RECEIVING THE TSOG

Having joyfully received this,

May all degenerated vows be renewed.

Please lead us quickly to the pure land of the
dakinis,

And having quickly caused a great rain of
supreme and common accomplishments to
fall,

May all the obscuring false appearances of all
motherly beings

Be effortlessly purified this very moment.

*Recite the entire practice three times, or any
number of times.*

COLOPHON

In these degenerate times [there are those who are] like Mt. Meru [when it comes to] taking commitments [upon themselves] but like the smallest atoms [when it comes to] practicing.

So, in order to heal degenerated commitments of all sorts and in order to please the glorious, holy guru, I Thubten Zopa, a so-called incarnation, with great delight have written this at the time of the New Year of the Wood Tiger.

Also, by this, may the teachings of the victorious Losang [Dragpa] remain for a long time.