

Short Practice Guide for Tsok Offerings¹

Texts for tsok offerings: *Cloudbanks of the Two Accumulations*

When to do tsok: As often as possible, but at a minimum on the 10th day of the Tibetan month (Guru Rinpoche day). Ideally also on the 25th day of the Tibetan month (Dakini Day).

Physical setup:

1. What to offer: food and drink—anything edible, such as biscuits, fruits, sweets, juice. We should always offer alcohol and at least a little bit of meat.
2. If you are doing tsok offerings alone, prepare two offering plates of food (one for the shrine and one for you) and two cups of alcohol as amrita (one for the shrine and one for you; wine is a good option). Add a little bit of sugar and mendrup (accomplished medicine) to the alcohol to make it into tsok chang (tsok alcohol).
3. If you are doing tsok offerings with a group, you can prepare platters and dishes of meat, alcohol, fruits, and different kinds of offering substances and follow the guidance of the group leader. There always must be at least one plate for the shrine and one plate to be shared within the group (additional confession, residual, and liberation plates are optional).

Sequence of practice:

1. Lineage Supplication
2. The Main Sadhana
3. The Gathering Offering—based on the text *Cloudbanks of Two Accumulations*:
 - a. Put a small stick of incense on the offering plate for the shrine.
 - b. Recite “ram yam kham” to purify the offering while sprinkling the offering with water.
 - c. Recite “om ah hung ha hoh hrih.”
“om ah hung” comes from our heart and dissolves into the offering.
“ha hoh hrih” is to multiply the offering into unfathomable cloudbanks of offerings.
 - d. Invitation: Recite once from “hung, orgyen yul gyi nupjang tsam” all the way to “chok dang tunmong ngodrub tsol.” This is to invite all the buddhas, bodhisattvas, devas, dakinis, and dharmapalas to come and enjoy the feast offering.
 - e. The accumulations: The section from “hrih du sum sangye guru Rinpoche. Ngodrub kun dak dewa chenpo zhap” to guru mantra (the end of the text) “om ah hung bendza guru pema siddhi hung” is the offering prayer. The whole section, 10 lines plus the guru mantra, is counted as one mantra for accumulation.
4. Partake of the tsok:
 - a. When done chanting, hold the shrine plate on your left hand and the cup (amrita) on your right hand. Pour a little bit of alcohol (amrita) onto the plate and put the plate back onto the altar.
 - b. Then pour a little bit of alcohol from your cup onto your or the group’s plate and enjoy the tsok. Tsok—the gathering offering—is a communal activity. Even when doing the

¹ The short guideline is primarily based on Phakchok Rinpoche’s oral teaching on *Cloudbanks of the Two Accumulations* on August 7, 2017, at Gomde, Cooperstown, N.Y., U.S.A.

tsok offering alone, you partake of the tsok with the most honored guests: budhhas, bodhisattvas, devas, dakinis, and dharmapalas.

- c. Partake of the tsok from your own or the group's plate and leave the shrine plate undisturbed for one day, if possible. If for some reason you cannot leave the food on the shrine, it can be stored in a container until you take the food outside. The next day, place the drink and food on the shrine plate somewhere outside. It is best if you can offer the shrine food and drink outside. But you can also consume the food and drink on the shrine the next day, as it has already been offered and carries blessings. The residuals, however (if you made a residual plate), must be placed outside. Do not throw the remaining tsok in the garbage.
5. Complete the practice with dedications and aspirations