

開始前準備: 1) 法本 ; 2) 素食物(新, 未開過, 放在碟/碗上); 3) 一隻吉碟(備用); 4) 兩枝香 + 火機

Brief Tsok Feast Offering Prayer

The Brief Tsok Feast Offering Prayer from 'The Profound Path of the Ḍākinīs' Heart Drop'
a terma revealed by Kyabjé Dudjom Rinpoche, Jikdral Yeshé Dorjé

ram yam kham | om ah hung

In the skull of all-pervading space, the torma feast of rigpa is arranged,

The sensual stimulants shine and sparkle as the rainbow rays and tiklé of the six lights;

This wondrous samaya, beyond all imagining,

To all the gurus, devas and Ḍākinīs, who are my very own rigpa,

I offer from within the non-dual state of equanimity.

All the limitations of conceptual thought I confess in the great tiklé,

Subject and object, the enemies who obstruct, are liberated into unborn space,

The activity of awakening delusory appearances into original awareness is accomplished.

Having reached the ultimate wisdom of the four visions of spontaneous perfection,

May I attain enlightenment in the youthful vase body of primordial purity!

分發供品：

- 拿起供品念三次“Om Ah Hum“
- 分發供品給法友（如有），不一定要完全派發
- 開一點來吃，不是吃光！
- 吃一點後，拿部分未吃完的供品放在吉碟上
- 點兩枝香，將香放在吃剩供品的碟上（只需放一點，其他供品可留底之外吃）
- 將那隻放有香和吃剩供品的碟放在室外地方（例如門口，露台外面）
- 第二天收拾放在碟上的吃剩供品，灑在大自然或給動物吃
- 其他沒有放在剩食碟上的供品可給人吃

It was the eighteenth day of the first month of the Fire Mouse year (1936), and I Jikdral Yeshé Dorjé, in my thirty-third year, lay sick, while the Dzogchen adept Trulshik Dorjé was performing a hundred tsok feast and fulfilment practices of the Ḍākinīs in order to ward off my illness. Early the next morning, in my dreams, a woman spoke these words very distinctly. As I heard them, I awoke, and, without forgetting them, I put these delusory perceptions into writing. The following day, as an auspicious sign, my illness disappeared completely.