

# Short Mahayana Feast Practice

## In Praise of the Three Jewels

Namo Buddha,  
Self-awakened, who is peace beginningless,  
Without middle, without end,  
Having awoken, wakening the unawakened,  
Revealing the eternal fearless path.  
Holder of the Vajra Sword,  
The Wisdom and Compassion that breaks the wall of  
doubt  
Concealed in the dark confusion of wrong views.  
You are the only one who cuts the shoots of suffering  
at their source.

Namo Dharma,  
Sun, which is not non-existent nor exists,  
It is not both, nor is it other than these two,  
Impossible to analyse, escaping all description  
And realized by the self alone;  
It is peace.  
Namo to this light of stainless wisdom whose rays  
banish darkness,  
The fault arising from attachment to the various sense  
desires. \*

Namo Sangha,  
Because their mind is by nature Clarity,  
They have seen the kleshas are essenceless,  
And thus they have correctly penetrated the  
phenomenal world  
As non-self, which is peace.  
Their all-pervading intelligence is unveiled,  
And sees Buddha everywhere,

AHS  
Offering

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With eyes of wisdom beholding the infinity of Pure Being.

*\* A more accurate translation of this line is: “ The fault arising from attachment, aversion and misperception in regard to the various objects of the senses.”*

*Verses from the Ratnagotravibhaga translated from the Sanskrit by Lama Shenpen Hookham with the help of Sanjukta Gombrich in Oxford in 1990 while Lama Rigdzin Shikpo was in retreat.*

## The Homage

NAMO GURUBHYAH	(Homage to the Guru)
NAMO BUDDHAYA	(Homage to the Buddha)
NAMO DHARMAYA	(Homage to the Dharma)
NAMO SAMGHAYA	(Homage to the Sangha)x 3

## Going for Refuge

LAMA LA CHAPSU CHE O (I take Refuge in the Guru)  
SANJAY LA CHAPSU CHE O (I take Refuge in the Buddha)  
CHO LA CHAPSU CHE O (I take Refuge in the Dharma)  
GENDUN LA CHAPSU CHE O (I take Refuge in the Sangha)  
x 3

## Rousing Bodichitta

*The English translation is recited once, then the Tibetan is chanted three times. English translation of traditional Tibetan verse by Lama Shenpen Hookham at Tyn y Gors in 1999.*

May the heart's awareness

AHS

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Offering

Awaken in the unawakened.

Where it has begun to stir, may it never fade

And may it awaken fully. x 1

CHANG CHUP SEMNI RINPOCHE

MA CHE PANAM CHE JUR CHIG

CHEPA NYAMPA MAYPA TANG

GONGNAY GONGDHU PELWA SHO x 3

## Refuge

We go for Refuge to all the Buddhas

So that all sentient beings may realize Buddhahood. x  
3

## Seven Branch Prayer

How joyful I feel,

When I think of you, Lord Buddha.

You who brought the Dharma into this world.

Just as all your disciples, the Bodhisattvas

Who follow your way

And keep the Dharma alive in this world

Praise you, so I praise you

And fall at your feet,

Gazing at your glory

And overcome with awe.

You are always present in the hearts of all beings,

So in order to show us the power of your adhishtana,

Please appear now in and around us,

So that faith, love and wisdom

Be quickened in our hearts.

How can I thank you for your kindness?

How can I make you welcome here?

How can I show you the depths of my devotion?  
I can only think of offering my all.

Even then this is insufficient  
To match the splendour of your presence.  
Let me multiply my bodies to infinity,  
As the pleasures of the senses  
Manifest spontaneously as beautiful forms,  
Such as flowers and lovely lands to please the eye,  
As sounds of music and singing for the ear,  
As wafting fragrances to delight the nose,  
As delicious tastes of every kind,  
As tactile sensations that soothe and comfort,  
As all that is pleasing to the heart  
And thoughts that are an endless source of joy.  
All that is alluring and attractive,  
Everything that I long to grasp and hold,  
I make of it endless offerings  
Begging you to accept them.

Once you have accepted them  
They can never be returned.  
Thus may my punya become exhaustless,  
And forever at your service.

Oh, how I regret my misdeeds of the past!  
Even when I have the good fortune  
To know right from wrong,  
And true from false,  
These bad habits of mind,  
Developed over countless lives  
Cause me not to act as I would, even now.  
All I can do is sincerely repent  
And beg your help and forgiveness  
As again and again I fail

AHS  
Offering

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In so many ways.

I am stingy instead of generous,  
Lazy at keeping true to my word,  
Impatient and quick to blame others,  
Lacking interest and enthusiasm for Dharma,  
Unfocused and distracted,  
Letting myself be swept away by delusion.

Help me to repair my faults  
And clear away my bad karma before I die.  
I confess my faults before you with regret,  
And resolve never to commit them again.

May I never harbour thoughts of jealousy  
Towards those more worthy than myself.  
May I simply rejoice in their goodness  
That will bring good fortune to themselves and others.  
May I look only to the good done by others  
And not dwell on their faults.  
By praising the qualities of those on the path to  
Awakening  
May those qualities also increase in me.

You who are Awakened, come now to teach us.  
Guide us and keep us on the true way.  
By the power of your adhishtana  
May we hear the teachings we need most,  
Take them to heart and never forget them.  
May the great treasury of your profound teachings  
Remain open and accessible,  
For generation after generation to come.

You who are Awakened, remain here in this world.  
Stay here where you are needed,

AHS  
Offering

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Where we are begging you to stay.  
As many times as we need to ask you  
In order for you to stay,  
That many times and a thousand times more  
We implore you to remain before our eyes.

Ah, the goodness that flows forth from good deeds.  
The goodness that is never destroyed  
And that is truly ours to give,  
May it alleviate the sufferings of all beings  
And bring them to perfect Enlightenment.

*Written by Lama Shenpen Hookham.*

## Seven Line Prayer

HUM  
In the north west of the land of Urgyen,  
In the heart of a lotus flower,  
Bearer of the most wonderful supreme Siddhi,  
Thus are you known as Lotus Born.  
Many Dakinis surround you,  
I follow your way,  
Please come now and grant your presence.  
GURU PADMA SIDDHI HUM

x 3

*Recite:*

OM AH HUM VAJRA GURU PADMA SIDDHI  
HUM

*After a while let the mantra fade into silence as you let it  
speak itself in your heart. Finally recite the mantra out loud*

AHS  
Offering

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*one more time and then rest with confidence in your intrinsic Openness, Clarity and Sensitivity for some minutes.*

## Feast Offering

*Everyone together recites:*

Just as the rays of the sun, focused by a burning glass become powerful, so this place at this moment is the conjunction of three pure mandalas: the mandala of generous givers, the precious gift mandala and the mandala of gracious recipients.

We sons and daughters of the Buddhas of the past present and future and every direction of space, out of a sincere wish to benefit all beings, make this precious offering, a magical display of the pleasures of the senses arising from infinite interconnections and interpenetrating qualities reaching throughout time and space.

It is free from all conceptual grasping .....OM

It reaches to the ends of space .....AH

It is the source of perfect enjoyment .....HUM

OM AH HUM        x 7

*Recite seven times to bless the feast offering, thinking that it is transformed by the adhishtana of the Buddhas into all that is most pleasing and perfect, the joy beyond conceptual grasping.*

*We then partake of the blessed feast thinking that by doing so we are ingesting the power of the Buddha mandala and becoming inescapably connected to it.*

*A drink and plate of food are prepared for the Buddhas and placed on the shrine with a lighted stick of incense. Next, the teacher or head of the feast is served. When this has been done, a small plate is prepared for non-human beings and left below the shrine to be offered along with a plate of left-over food. The feast offering is then passed around the assembly, with everyone being served by someone else, and everyone waiting for the head of the feast to begin eating.*

*When people have more or less finished eating, a pinch of food is collected as a left-over from everyone's plate, ending with the head of the feast, to be offered after the entertainment to the non-human beings who are waiting outside. These are beings on the edges of the mandala who are aware of the feast but not actually part of it. They include guardians of the mandala and those who might be won over to it. For entertainment, offerings of happiness and enjoyment in the form of music, dancing, laughter, stories, poetry or simply convivial conversation or comfortable silence are appropriate.*

## **Feast Closing Ceremony**

*Before the closing ceremony a stick of lighted incense is stuck into each of the two previously prepared plates for the non-human beings, and the offerings are blessed by everyone saying:*

**OM AH HUM**



AHS  
Offering

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Please accept this offering. Please enjoy it and be happy with us so that this place and all who dwell here may live in peace, harmony and prosperity.

*Words by Lama Shenpen Hookham.*

**UCHISTA BALINGTA KHAHI**

*While everyone else continues with the ceremony, the plates of food are taken outside and the food is put in a suitable, clean place. The plates are returned and placed upside down below the shrine.*

*Recite:*

**OM AH HUM VAJRA GURU PADMA SIDDHI  
HUM**

*After a while let the mantra fade into silence as you let it speak itself in your heart. Finally recite the mantra out loud one more time and then rest with confidence in your intrinsic Openness, Clarity and Sensitivity for a few moments.*

**Prayer for the Teachers of the Lineage**

May those teachers of the lineage who have passed away

Look on us with compassion and not disappear from this world.

May those who are still with us live long

And their activity for the benefit of beings flourish.

May our connection with the teachers of the lineage remain strong,

And we meet again and again,

AHS  
Offering

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So that their Heart Wish and ours always be in unison,  
And our actions for the benefit of beings be effective.

*Written by Lama Shenpen Hookham 2000.*

## **Long Life Prayer for Khenpo Rinpoche**

Khenpo Rinpoche, Tsultrim Gyamtso, to you we pray.  
Please live long and stay in this world where you're so  
needed!

It's our connection with the guru that gives our  
practice special power

So come again to bless us and teach Awakened  
Heart—True Being.

Ha Ha! Dechen Rangdrol's conduct that's attachment  
free,

A Ho! It's time to fly in the expanse of sky, spacious  
Mother.

*Verse by Lama Shenpen Hookham. Last two lines from 'Sky  
Dragon's Profound Roar'-a song written by Khenpo Tsultrim  
Gyamtso Rinpoche.*

## **Long Life Prayer for Lama Rigdzin Shikpo**

Guru Rigdzin Shikpo, Precious Teacher

Who expresses the Vastness and Depth of Mahayana  
Maha-Ati,

The inseparability of Guru Padmakara and Buddha  
Shakyamuni,

Please quickly return to bless and teach us

May our hearts remain as one

Your intention realized,

May the vision of Lord Longchenpa be fulfilled.

AHS  
Offering

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*Composed by Kunzang Jigme (David Hutchens) at the conclusion of a retreat on Lojong at Sutton Courtenay in August 1994.*

## **Long Life Prayer for Lama Shenpen Hookham**

Issuing from the groundless space of light  
To spread the magnificent Dharma of Shentong  
For the benefit of all sentient beings throughout the  
Dhatu,  
May your life extend to the end of the kalpa and  
beyond!

*Composed by Lama Rigdzin Shikpo, December 2007.*

## **Dedication of Punya**

We dedicate this punya to the Enlightenment of all  
sentient beings, and especially for...  
(Pause while omzay reads the dedication list.)

May they and all sentient beings realize complete and  
perfect Awakening.

## **Rousing Bodichitta**

*The English translation is recited once, then the Tibetan is  
chanted three times.*

May the heart's awareness  
Awaken in the unawakened.  
Where it has begun to stir, may it never fade  
And may it awaken fully.

x 1

CHANG CHUP SEMNI RINPOCHE  
MA CHE PANAM CHE JUR CHIG  
CHEPA NYAMPA MAYPA TANG

## **Pranidhana**

All you wondrous beings, we have a good or bad  
connection with,  
As soon as you have left this world that we are sharing,  
May your connection with the Sangha of Awakening  
Link you eternally to the power of the Truth.

*Composed by Khenpo Tsultrim Gyamtso Rinpoche 1999 and  
adapted by Lama Shenpen Hookham.*

## **Milarepa's Pranidhana**

May we live long and be free of illness,  
Enjoy freedom, great resources, and happiness.  
Next life, may we meet in the pure realms -  
May we always practise Dharma and benefit beings.

*A verse of a song by Milarepa.*

## **Long Life Prayer for Khenpo Tsultrim Gyamtso Rinpoche**

You who shine with the radiance of intelligent skilful  
play,  
You who are a fertile field of excellent qualities,  
You manifest an ocean of Dharma, with each point  
clear and distinct.  
In all ten directions the melodious sound of your song  
reverberates.  
You sing the songs of the deep meaning of the view  
and meditation,  
Genuine spiritual friend, may your feet continue their  
playful dance.

AHS  
Offering

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We beg you to always remain!

TSULTRIM YÖNTEN SHING GI PALDEN SHING  
CHÖ DÖN GYAMTSO MADRE SO SO NANG  
TA GOM ZABMO GUYANG JOK CHU LEN  
SHE NYEN DAM PA SHAB PE TAK TEN SHO

*This prayer for the long life of Khenpo Tsultrim Gyamtso, the unequalled spiritual friend, I make out of my own devotion to this genuine master, and also in response to the repeated requests of many groups of his Eastern disciples, who possess the jewel of faith. On the topmost floor of the Gyuto Ramoche Temple in the noble land of India, the one fortunate to receive the healing nectar of his excellent teachings, Karmapa Orgyen Trinle Palden Wangi Dorje, makes this supplication with a clear mind, and may its aspiration be realized in precisely the way it has been made.*

*At the gracious bidding of Dzogchen Ponlop Rinpoche, translated and arranged by Jim Scott, Warsaw, Poland, October 10, 2010. Translation © 2012, Jim Scott.*

*Sing and dance*

## **All these Forms**

*Appearance, Emptiness*

All these forms, appearance emptiness,  
Like a rainbow with its shining glow,  
In the reaches of appearance emptiness,  
Just let go, and go where no mind goes.

Every sound is sound and emptiness,  
Like the sound of an echo's roll.

AHS  
Offering

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In the reaches of sound and emptiness,  
Just let go, and go where no mind goes.

Every feeling is bliss and emptiness,  
Way beyond what words can show.  
In the reaches of bliss and emptiness,  
Just let go, and go where no mind goes.

All awareness, awareness emptiness,  
Way beyond what thoughts can know.  
In the reaches of awareness emptiness,  
Let awareness go, and go where no mind goes.

*Composed by Khenpo Tsultrim Gyamtso Rinpoche in the  
Garden of Translation near the Great Stupa of Boudanath,  
Nepal. Translated and arranged by Jim Scott, March 1998.  
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