



THE ASIAN CLASSICS

INSTITUTE

10

JE TSONGKAPA'S MANTRA

(Ganden Hlgyama)

PRACTICE





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Thank you for your interest in the Asian Classics Institute's Daily Practice Topics. The text and audio may be downloaded (see www.world-view.org in the on-line teachings section), or ordered by mail (see the Courses by mail section of the web site).

This Daily Mantra Practice consists of eight sessions of audio recorded from the original retreat, along with corresponding written materials. The audio can be ordered by mail, listened to on-line as streaming Real Audio, or downloaded onto your computer in MP3 or RA formats for playback later. The written materials for this topic are contained in four on-line files which can be downloaded, printed and assembled into a three-ring binder. For ease of binder assembly, be sure to print the files on three hole paper.

We would like to emphasize that, although recordings and written materials can be extremely helpful, it is essential for serious Buddhist practitioners to meet and study directly with a qualified Teacher who can give the necessary guidance and personal instructions of the lineage.

In these teachings the wisdom of Enlightened Beings has been passed down in an unbroken lineage to you. May you take these teachings and put them into practice in your life to benefit all. May every goodness grow and spread in all directions right now!

༄༅། །མཐུལ། །

mandel

།ས་གཞི་སྟོས་ཀྱིས་བྱགས་ཤིང་མེ་ཏོག་བཟམ།

sashi pukyi jukshing metok tram,

།རི་རབ་སྒྲིང་བཞི་ཉི་ལྷས་བརྒྱན་པ་འདི།

rirab lingshi nyinde gyenpa di,

།སངས་རྒྱས་ཞིང་དུ་དམིགས་ཏེ་དབུལ་བར་བགྱི།

sangye shingdu mikte ulwar gyi,

།འབྲོ་ཀུན་ནམ་དག་ཞིང་ལ་སྦྱོད་པར་ཤོག །།

drokun namdak shingla chupar shok.

།ཨི་དྲི་གུ་རུ་རྩ་མཐུ་ལ་ཀི་ནི་རྒྱ་ཏ་ཡ་མི། །

Idam guru ratna mandalakam niryatayami.

Offering the Mandala

Here is the great Earth,
Filled with the smell of incense,
Covered with a blanket of flowers,

The Great Mountain,
The Four Continents,
Wearing a jewel
Of the Sun, and Moon.

In my mind I make them
The Paradise of a Buddha,
And offer it all to You.

By this deed
May every living being
Experience
The Pure World.

Idam guru ratna mandalakam niryatayami.

༄༅། །སྐབས་འགྲོ་སེམས་བསྐྱེད། །
kyabdro semkye

།སངས་རྒྱས་ཚེས་དང་ཚོགས་ཀྱི་མཚོག་ནམས་ལ།
sangye chudang tsokyi choknam la,

།བྱང་རྩལ་བར་དུ་བདག་ནི་སྐབས་སུ་མཆིས།
jangchub bardu dakni kyabsu chi,

།བདག་གིས་སྤྱིན་སོགས་བབྱིས་པའི་བསོད་ནམས་ཀྱིས།
dakki jinsok gyipay sunam kyi,

།འགྲོ་ལ་ཕན་ཕྱིར་སངས་རྒྱས་འགྲུབ་པར་ཤོག །།
drola penchir sangye druppar shok.

Refuge and The Wish

I go for refuge
To the Buddha, Dharma, and Sangha
Until I achieve enlightenment.

By the power
Of the goodness that I do
In giving and the rest,

May I reach Buddhahood
For the sake
Of every living being.

༄༅། །བཟླ་བ། །

ngowa

།དགེ་བ་འདི་ཡིས་སྐྱེ་བོ་ཀུན།

getwa diyi kyewo kun,

།བསོད་ནམས་ཡེ་ཤེས་ཚོགས་ཚྲགས་ཤིང་།

sunam yeshe tsok-dzok shing,

།བསོད་ནམས་ཡེ་ཤེས་ལས་བྱུང་བའི།

sunam yeshe lejung way,

།དམ་པ་སྐྱ་གཉིས་འཕྲོ་པར་ཤོག །།

dampa kunyi topar shok.

Dedication of the Goodness of a Deed

By the goodness
Of what I have just done
May all beings

Complete the collection
Of merit and wisdom,

And thus gain the two
Ultimate bodies
That merit and wisdom make.

ལྷོ་མཚོ་པ། །
chupa

།སྟོན་པ་སྤྲ་མེད་སངས་རྒྱས་རིན་པོ་ཆེ།
tonpa lame sanggye rinpoche,

།སྐྱེ་བ་པ་སྤྲ་མེད་དམ་ཚུས་རིན་པོ་ཆེ།
kyoppa lame damchu rinpoche,

།འདྲེན་པ་སྤྲ་མེད་དགེ་འདུན་རིན་པོ་ཆེ།
drenpa lame gendun rinpoche,

།སྐྱབས་གནས་དཀོན་མཆོག་གསུམ་ལ་མཚོན་པ་འབུལ།
kyabne konchok sumla chupa bul.

A Buddhist Grace

I offer this
To the Teacher
Higher than any other,
The precious Buddha.

I offer this
To the protection
Higher than any other,
The precious Dharma.

I offer this
To the guides
Higher than any other,
The precious Sangha.

I offer this
To the places of refuge,
To the Three Jewels,
Rare and supreme.

*A Thousand Angels
Of the Heaven of Bliss,
A Prayer of Lama Devotion*

༄༅། །ལྷ་མའི་ནྟལ་འབྱོར་དགའ་ལྷན་ལྷ་བརྒྱ་མ། །
lamay nelnjor ganden hlagyama

།དགའ་ལྷན་ལྷ་བརྒྱའི་མགོན་གྱི་ཐུགས་ཀ་ནས།
ganden hla-gyay gungyi tukka ne,
།རབ་དཀར་ཞོ་གསར་སྤངས་འབྲེལ་ཆུ་འཛིན་ཅིར།
rabkar shosar pungdray chunzin tser,
།ཆོས་གྱི་རྒྱལ་པོ་ཀུན་མཁྱེན་སློབ་ཅད་གྲགས།
chu-kyi gyalpo kun-kyen losang drak,
།སྤྲས་དང་བཅས་པ་གནས་འདིར་གཤེགས་སུ་གསོལ།
sedang chepa nendir sheksu sol.

Please come to me,
Lobsang Drakpa,
King of the Dharma, who knows all things,
Come with your Sons, riding upon
The tops of clouds
Like mountains of pure white snow;
Come,
Come from the heart
Of the Lord of a Thousand Angels
Living in the Heaven of Bliss.

ACI Daily Practice X
A Thousand Angels of the Heaven of Bliss

ཁདུན་གྱི་ནམ་མཁར་སེར་བྲི་པད་ལྷའི་སྒྲིང་།

dun-gyi namkar sertri penday teng,

ཇེ་བཙུན་སྤྲུལ་སྤྲེས་པའི་འཕྲུལ་དཀར་ཅན།

jetsun lama gyepay dzumkar chen,

ཁདག་སྒོ་དད་པའི་བསོད་ནམས་ཞིང་མཆོག་ཏུ།

daklo depay sunam shingchok tu,

ཁསྤུན་པ་རྒྱས་ཕྱིར་བསྐྱེད་བརྒྱུ་བཞུགས་སུ་གསོལ།

tenpa gyechir kalgyar shuksu sol.

Sit in the air
In front of me,
On a throne with cushions
Of the moon, and the lotus;
Set on the backs of lions.

My holy Lama,
With pure white smile,
Happy with me,
I ask you to stay
For a million years
To spread the teaching;
Stay, for there is no one
Higher than you
With whom I may make merit
By goodness of my faith.

ACI Daily Practice X
A Thousand Angels of the Heaven of Bliss

ཤེལ་བྱའི་བྱུང་ཀུན་འཇལ་བའི་སྒོ་གོས་བྱགས།
shejay kyunkun jelway lodru tuk,
སྐལ་བཟང་ན་བའི་རྒྱན་གྱི་ལེགས་བཤད་གསུང་།
kelsang naway gyenggyur lekshe sung,
བྲགས་པའི་དཔལ་གྱིས་ལྷམ་མེད་མཛེས་པའི་སྐུ།
drakpay pelgyi hlammer dzepay ku,
མཐོང་ཐོས་དྲན་པས་དོན་ལྡན་ལ་ཕྱག་འཇལ།
tongtu drenpe dunden la chaktsel.

Your Mind
Is knowledge
That wraps around
The entire mass
Of knowable things.

Your Words
Are jewels
Of good explanation
That we the fortunate
Wear on our ears.

Your Body
Shines forth
Shines with brightness
Shines with a glory
The world will see.

I bow to You;
Just to see You
Just to hear You
Just to think of You
Brings great things.

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A Thousand Angels of the Heaven of Bliss

ཡིད་འོང་མཆོད་ཡོན་སྒྲ་ཆོག་ས་མེ་ཏོག་དང་།

yi-ong chuyun natsok metok dang,

དྲི་ཞིམ་བདུག་སྒྲོས་སྒྲ་གསལ་དྲི་ཆབ་སོགས།

drishim dukpu nangsel drichab sok,

ཀློང་ས་བཤམས་ཡིད་སྒྲུལ་མཆོད་སྒྲིན་གྱུ་མཆོ་འདི།

ngusham yitrul chutrin gyatso di,

འབོམ་ཤིང་ཆོག་ཀློང་མཆོག་བྲིད་ལ་མཆོད་པར་འབུལ།

sunam shingchok kyela chupar bul.

I make in my mind
And place here as well
An ocean of gifts
That could cover the sky;

Presents to please
All of Your senses,
Every different color of flower,
Sweetest fragrant incense,
Lamps of light, perfumes
Upon your body,
And other gifts as well,
Do I offer You,
There is no higher
With whom I may make merit.

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A Thousand Angels of the Heaven of Bliss

།གང་ཞིག་ཐོག་མེད་དུས་ནས་བསགས་པ་ཡི།

gangshik tokme dune sakpa yi,

།ལུས་ངག་ཡིད་གསུམ་མི་དག་ཅི་བགྱིས་དང་།

lu-ngak yisum mige chigyi dang,

།ཁྱད་པར་སྒྲོམ་པ་གསུམ་གྱི་མི་མཐུན་ཕྱོགས།

kyepar dompa sumgyi mitun chok,

།སྒྲིང་ནས་འགྲོད་པ་དྲག་པོས་སོ་སོར་བཤགས།

nyingne gyupa drakpu sosor shak.

From deep within my heart,
I am sorry, deeply,
And openly confess
One by one
The harm that I have done
In my acts or words or thoughts;
Any and every wrong
Kept with me from time
With no beginning;
Especially what I may have done
Against any one
Of the three different kinds
Of vows.

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A Thousand Angels of the Heaven of Bliss

ལྷོགས་མའི་དུས་འདིར་མང་ཐོས་སྐྱབ་ལ་བརྩོན།

nyikmay dundir mangtu drupla tsun,

ཆོས་བརྒྱད་སྤངས་པས་དལ་འབྱོར་དོན་ཡོད་བྱེད།

chugye pangpe delnjor dunyu je,

ལམ་གོན་པོ་བྲོད་ཀྱི་སྒྲབས་ཆེན་མཛད་པ་ལ།

gunpo kyukyi labchen dzepa la,

ཁད་གཅེན་ཅག་བསམ་པ་ཐག་པས་ཡི་རང་ངོ་།

dakchak sampa takpe yirang ngo.

Here in the age
Of degeneration
You made every effort
To gain great learning;

You threw away
The eight worldly thoughts
And so made use
Of Your leisure and fortune.

Savior, we rejoice
We are glad, happy deep inside,
For what you have done,
So good and powerful.

ACI Daily Practice X
A Thousand Angels of the Heaven of Bliss

།ཇི་བཅུན་སྒྲ་མ་དམ་པ་བྱིད་ན་མས་གྱིས།

jetsun lama dampa kyenam kyi,

།ཆོས་སྐྱའི་མཁའ་ལ་མཁྱེན་བཙུང་འཛིན་འབྲིགས།

chukuy kala kyentsey chunzin trik,

།ཇི་ལྷར་འཆོམས་པའི་གདུལ་བྱའི་འཛིན་མ་ལ།

jitar tsampay duljay dzinma la,

།ཟབ་རྒྱས་ཆོས་གྱི་ཆར་པ་དབབ་ཏུ་གསོལ།

sabgye chukyi charpa aptu sol.

Holy lamas high,
Wrap the sky
Of your dharma bodies
In massive clouds
Of knowledge and love
And let them pour
Upon the earth
Of your disciples,
As we are ready,
A shower of rain,
The Teachings
Deep and wide.

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ཁདག་གིས་ཇི་སྟེན་བསགས་པའི་དག་བ་འདིས།

dakki ji-nye sakpay gewa di,

ཁསྟན་དང་འགྲོ་བ་ཀུན་ལ་གང་ཕན་དང་།

tendang drowa kunla gangpen dang,

ཁྱད་པར་ཇི་བཙུན་སྟོ་བཟང་གྲགས་པ་ཡི།

kyepar jetsun losang drakpa yi,

ཁསྟན་པའི་སྟོང་པོ་རིང་དུ་གསལ་བྱེད་ཤོག །

tenpay nyingpo ringdu selje shok.

May any goodness
I have done
With this my prayer
Be a help to the teachings
And to every living being.

I make a special prayer too
That for many years to come
I may carry forth
The Light,
The Essence of the Word,
The Teachings of Je Tsongkapa.

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A Thousand Angels of the Heaven of Bliss

།དཔལ་ལྷན་ཙ་བའི་སྤྲུལ་མ་རིན་པོ་ཆེ།

pelnden tsaway lama rinpoche,

།བདག་གི་སྤྱི་བོར་པད་ལྷའི་སྤྲིང་བཞུགས་ལ།

dakki chiwor penday tengshuk la,

།བཀའ་རྩིན་ཆེན་པོའི་སྒོ་ནས་ཇེས་བརྒྱུང་སྟེ།

kadrin chenpoy gone jesung te,

།སྐྱུ་གསུང་ཐུགས་ཀྱི་དངོས་གྲུབ་ཚུལ་དུ་གསོལ།

kusung tukkyi ngudrup tsoldu sol.

Come I pray and sit
My root Lama
Shining and precious
Upon the lotus
Atop my head;
Take me after You
In great kindness,
Grant that I attain
Your body, speech and mind.

།དངོས་གྲུབ་ཀྱན་འབྱུང་ཐུབ་དབང་ནོ་ཇེ་འཆང་།

ngudrup kuynjung tubwang dorje chang,

I pray to the One who Holds the Diamond
The source from where
Every goal is found;

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།དམིགས་མེད་བརྩེ་བའི་གཏེར་ཆེན་སྐུན་རས་གཟིགས།

mikme tseway terchen chenre sik,

།བྲི་མེད་མཁྱེན་པའི་དབང་པོ་འཇམ་དཔལ་དབྱངས།

drime kyenpay wangpo jampel yang,

།བདུད་དཔུང་མ་ལུས་འཛོམས་མཛད་གསང་བའི་བདག །

dupung malu jomdze sangway dak,

།གངས་ཅན་མཁས་པའི་གཙུག་རྒྱན་ཙོང་ཁ་པ།

gangchen kepay tsuk-gyen tsongkapa,

།ལྷོ་བཟང་གྲགས་པའི་ཞབས་ལ་གསོལ་བ་འདེབས།

losang drakpay shabla solwa deb.

I pray to Loving Eyes
Treasure of love
With no one it loves;

I pray to Soft Glorious Voice
Lord of knowledge
That has no stain;

I pray to the Keeper of the Secret
Who smashes all
The army of demons;

I pray to Tsongkapa
Crowning jewel
Of masters of the Land of Snow;

I pray to One,
I pray at the feet,
I pray to Lobsang Drakpa.

ACI Daily Practice X
A Thousand Angels of the Heaven of Bliss

།དཔལ་ལྷན་ཙ་བའི་སྤྲུལ་མ་རིན་པོ་ཆེ།

pelnden tsaway lama rinpoche,

།བདག་གི་སྒྲིང་ཁར་པད་ལྷའི་སྒྲིང་བཞུགས་ལ།

dakki nying-kar penday tengshuk la,

།བཀའ་དྲིན་ཆེན་པོའི་སྒོ་ནས་རྗེས་བཟུང་སྟེ།

kadrin chenpoy gone jesung te,

།སྐྱུ་གསུང་ཐུགས་ཀྱི་དངོས་གྲུབ་ཚུལ་དུ་གསོལ།

kusung tukkyi ngudrup tsoldu sol.

Come I pray and sit
My root Lama
Shining and precious
Upon the lotus
In my heart;
Take me after You
In great kindness,
Grant that I attain
Your body, speech and mind.

ACI Daily Practice X
A Thousand Angels of the Heaven of Bliss

།དཔལ་ལྷན་རྩ་བའི་སྤྲུལ་མ་རིན་པོ་ཆེ།

pelnden tsaway lama rinpoche,

།བདག་གི་སྒྲིང་ཁར་པད་ལྷའི་སྒྲིང་བཅུགས་ལ།

dakki nying-kar penday tengshuk la,

།བཀའ་དྲིན་ཆེན་པོའི་སྒོ་ནས་རྗེས་བབྱང་སྟེ།

kadrin chenpoy gone jesung te,

།མཆོག་དང་ཐུན་མོང་དངོས་གྲུབ་རྩོལ་དུ་གསོལ།

chokdang tunmong ngudrup tsoldu sol.

Come I pray and sit
My root Lama
Shining and precious
Upon the lotus
In my heart;
Take me after You
In great kindness,
Grant that I attain
Both common and highest goals.

ACI Daily Practice X
A Thousand Angels of the Heaven of Bliss

།དཔལ་ལྷན་ཙ་བའི་སྤྲུལ་མ་རིན་པོ་ཆེ།

pelnden tsaway lama rinpoche,

།བདག་གི་སྒྲིང་ཁར་པད་ལྷའི་སྒྲིང་བཞུགས་ལ།

dakki nying-kar penday tengshuk la,

།བཀའ་དྲིན་ཆེན་པོའི་སྒོ་ནས་རྗེས་བཟུང་སྟེ།

kadrin chenpoy gone jesung te,

།བྱང་ཆུབ་སྒྲིང་པོའི་བར་དུ་བཏོན་པར་བཞུགས།

jangchub nyinpoy bardu tenpar shuk.

Come I pray and sit
My root Lama
Shining and precious
Upon the lotus
In my heart;
Take me after You
In great kindness,
Stay here never moving
Until the Buddha's essence.

ACI Daily Practice X
A Thousand Angels of the Heaven of Bliss

ཁོ་རབས་ཀུན་ཏུ་རྒྱལ་བ་ཙོང་ཁ་པས།

tserab kuntu gyalwa tsongkape,

ཐེག་མཆོག་འཁོམས་གཉིན་དངོས་སུ་མཇད་པའི་མཐུས།

tekchok she-nyen ngusu dzepay tu,

རྒྱལ་བས་བསྐྱུགས་པའི་ལམ་བཟང་དེ་ཉིད་ལས།

gyalwe ngakpay lamsang de-nyi le,

སྐྱད་ཅིག་ཙམ་ཡང་བསྐྱོག་པར་མ་གྱུར་ཅིག །

kechik tsamyang dokpar magyur chik.

Through all the string of my future lives
May Tsongkapa the Victor come to me
And serve himself as my spiritual guide
In the teachings of the Greater Way.

ACI Daily Practice X
A Thousand Angels of the Heaven of Bliss

ཀྱེ་བ་ཀུན་ཏུ་ཡང་དག་སྒྲ་མ་དང་།

kyewa kuntu yangdak lama dang,

འབྲེལ་མེད་ཆོས་ཀྱི་དཔལ་ལ་ལོངས་སྤྱོད་ཅིང་།

drelme chu-kyi pella longchu ching,

ཁ་དང་ལམ་གྱི་ཡོན་ཏན་རབ་ལྗོན་གསལ་ནས།

sadang lamgyi yunten rabdzok ne,

རྫོགས་འཆང་གི་གོ་འཕང་སྤུར་ཐོབ་ཤོག །

dorje chang-gi gopang nyurtop shok.

In all my lives
May I never live
Apart from my perfect lamas,
May I bask
In the glory
Of the Dharma.

May I fulfil
Perfectly
Every good quality
Of every level
And path,
And reach then quickly
The place where I
Become myself
The One who Holds the Diamond.

Daily Practice X

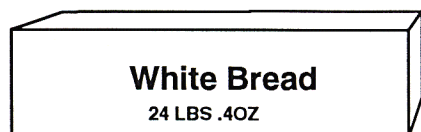
How to Make a Torma

TORMA MAKING

(ALL INGREDIENTS MUST BE LIGHT IN COLOR)

* Notes from the Godstow retreat led by Geshe Michael Roach 12/26/98 - 1/3/99.

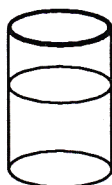
Please refer to the tapes for additional information.



BREAD

(Cheap kind works very well.
Wonder bread is ok)

- 2 loaves for one set of:
 - Je Tzongkapa offering
 - Boundary marker (Spyintor-pronounced Chitor)
 - Tiny triangular-shaped Tormas (Tormalettes)
 - Obstacle protection (Gektor)
- Work with 1/2 a loaf at a time



CLARIFIED BUTTER (Gi)

(For mixture, lamps, & painting the Tormas)

- Use salted butter, not sweet
- Melt for 45 min.
- Let simmer until it starts to separate
- Remove foam from the top
- Strain with a fine strainer
- Use about 1 to 2 Tsp in mixture



HONEY

(For mixture)

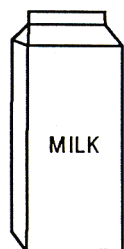
- Use 2 generous amounts of Tsp for each mixture (1/2 loaf)



DUTSI

(Nectar for mixture)

- Use 1tsp for each mixture (1/2 loaf)



MILK

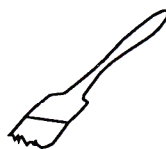
Use moderately in mixture



CHEESE

(White)

- To be used for disks on Tormas



PAINT BRUSH

- To paint Tormas with the clarified butter (Gi)



Approx. 3/4" bottle cap



Approx. 1/2" bottle cap



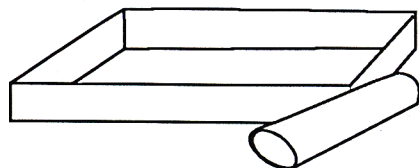
1 long macaroni



Tooth picks

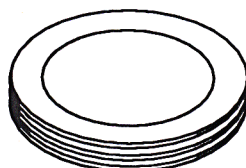
BOTTLE CAPS, MACARONI STICK & TOOTH PICKS

- Bottle caps: To cut white disks for Tormas
- Tooth picks: To place white disks on Tormas and to use with cotton as wicks for lamps



MIXING PAN & PLASTIC WRAP OR WAX PAPER

- To mix Torma ingredients
- To seal in moisture & prevent the Tormas from drying



LARGE PLATES

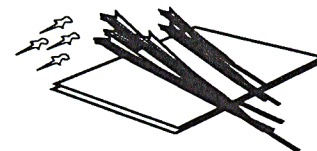
(to put offerings)

- 1 ceramic plate for Je Tzongkapa offering
- 1 ceramic plate for obstacle protection
- 1 plastic plate for boundary markers



COTTON

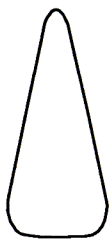
(for lamps)



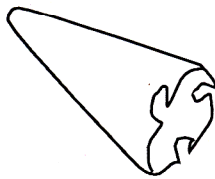
BOND PAPER, KUSHI GRASS & PUSH PINS

- Protection markers (Bond paper, grass and push pins)
- Blessing your seats (Grass)
- Blessing your bed (Grass)

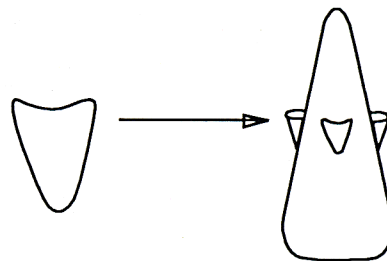
Starting with 1/2 a loaf of white bread, cut the slices into small pieces about the size of a dime. You do not have to remove the crusts. Mix bread with 2 generous Tspoons of honey, 1 Tsp of Dutsi (nectar), 1 to 2 Tsp of clarified butter (Gi) and very little milk in a mixing pan. Mix contents well with your hands. Add more milk a little bit at a time. The final mixture should feel like sculpting clay. If the mixture is too wet, it will sag, if it's too dry, it will crack very quickly. Wrap the mixture with a plastic or wax paper to keep moist. Repeat steps.



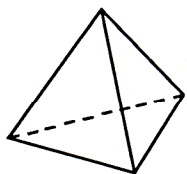
From the 1/2 loaf mixture, mold to create a cone-like shape with a slightly rounded top.



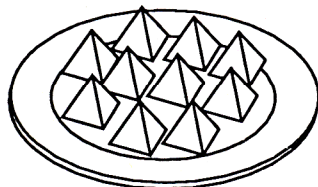
Pinch off four equal portions from the bottom of the Torma for the Je Tsongkapa offering. Pinch off three when making the Gektor offering (Obstacle marker). Pinch off none for the Spyintor (Pronounced Chitor: boundary marker). Reshape bottom.



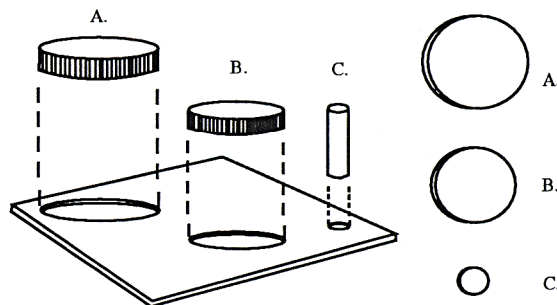
Mold each portion to create a flat triangular shape. Curved slightly and attach it mid-way on the Torma. Place them equal distance apart leaving room for the disks made from the white cheese. Paint generously with clarified butter (Gi). Repeat steps.



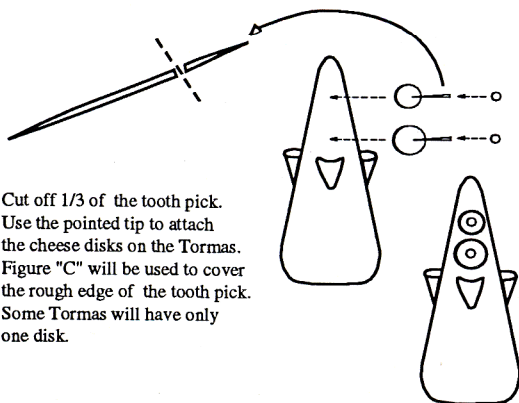
Take equal portions from the mixture about 2" in diameter. Mold pieces to create tiny three-sided triangular Tormas with a triangular base. The quantity will depend on the length of your retreat. Make extras in case you need to stay longer. These Tormalettes will be placed each day on your Je Tsongkapa offering plate during the duration of your retreat.



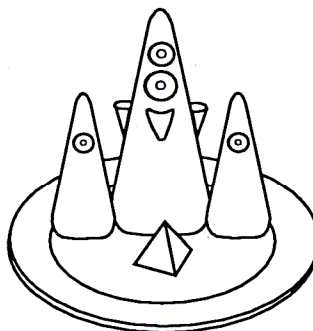
Paint all sides of the tomalettes with the Clarified butter (Gi). Place on a plastic plate and cover them with plastic wrap. Store in a cool place to prevent animals from getting to them.



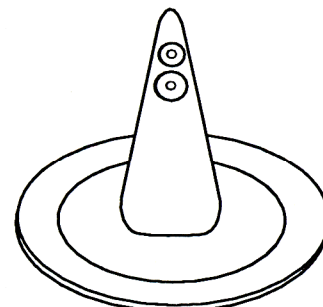
Use the bottle caps and macaroni stick to cut three disk shapes from the white cheese. These disks will be placed on each of the Tormas after they've been painted with the clarified butter (Gi).



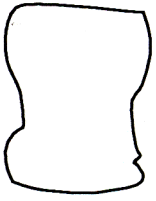
Cut off 1/3 of the tooth pick. Use the pointed tip to attach the cheese disks on the Tormas. Figure "C" will be used to cover the rough edge of the tooth pick. Some Tormas will have only one disk.



JE TSONGKAPA OFFERING
This offering represents Je Tsongkapa and his two disciples. Place this setting on a ceramic plate and place it on your altar. The tiny triangle Tormas (Tormalettes) should be added each day during the duration of your retreat.



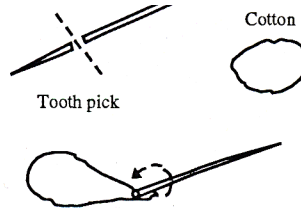
SPYINTOR
(Pronounced Chitor)
This offering is a boundary marker. Place this setting on a plastic plate outside.



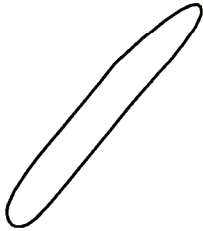
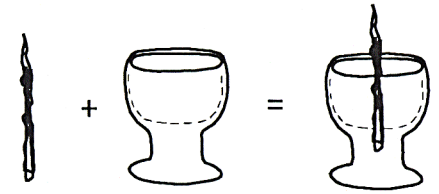
From the 1/2 loaf bread mixture, take half and separate into 3 equal parts about 3" in diameter.



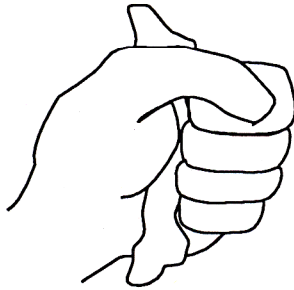
Mold to create goblet-like shape



Take a tooth pick and snap off a little more than 2/3 section off. Take a cotton ball, frey it and roll it around the tooth pick starting from the cut off edge first. Warp tightly leaving extra cotton on top. Insert into goblet and paint generously with the clarified butter (Gi) filling the goblet and covering the wick. The lamp will burn longer. Repeat steps 3 times for each Gektor offering.



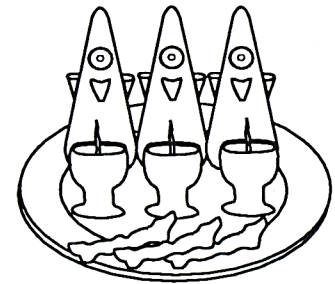
Take a portion from the bread mixture about 3" in diameter. Separate into three equal parts. Roll between your hands to create a cylinder shape approx. 4" high.



Squeeze cylinder slightly. Press the top and bottom with your thumb.



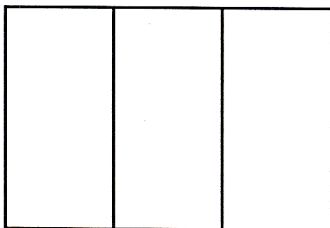
Final shape should look like above image.



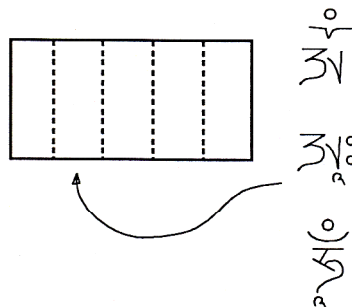
GEKTOR

This offering represents protection from obstacles you may experience during your retreat. Place this setting on a ceramic plate outside.

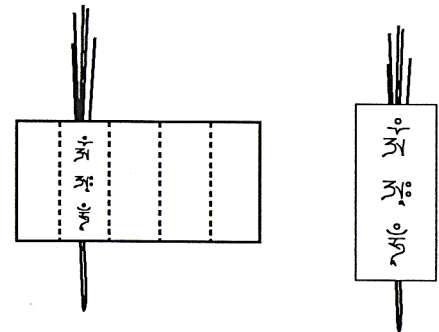
PROTECTION MARKERS



Take a piece of 8 1/2" x 11" white or cream bond paper and cut it into 3 equal sections. You will need a total of 4. Cut the 4th section from another piece of paper.



Fold each of the sections into 5 equal parts. Write the following letters on the second left panel in the following order starting from the top.



Place Kushi grass in the center of the 2nd panel on the left and fold. Use a push pin to put up the protection markers outside. Make sure the pin does not go through the letters.



The
Asian
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Institute

Please cut along the dotted line to make an insert for the binder spine

JE TSONGKAPA'S MANTRA

THIS COURSE USES A
1/2 INCH BINDER

PRACTICE

10



THE ASIAN CLASSICS

INSTITUTE

10

JE TSONGKAPA'S MANTRA

(Ganden Hlgyama)

PRACTICE

