

FOOD OFFERING PRAYER

OM AH HUNG

TON PA LA MED SANG GYE RINPOCHE
To the Unsurpassable Guide, the Precious Buddha.

KYOB PA LA MED DAM CHO RINPOCHE
To the unsurpassable Protector, the Precious Dharma.

DREN PA LA MED GEN DUN RINPOCHE
To the Unsurpassable Savior, the Precious Sangha.

KYAB NE KON CHOG SUM LA CHOD PA BUL
I offer to Three Supreme Sources of Refuge.

CHED NAM CHOD JIN SOL WA TOP PI THUI
By the power of this prayer and hymn of praise.

DAG TSOK GANGDO NI PI SA CHOG DER
May I and all others, wherever they may be, in every direction of the earth,

NAY DON OL PONG THOB ZOD SHI WA DANG
have all our poverty, illness, obsessions and wars pacified.

CHE DANG TASHI PEL WAR DZAY DU SOL
And may the holy Dharma and good fortune increase without end.