

Lama Chopa & Tsoh at Home

A- Lama Chopa

1. Recite the lama chopa mostly in English by reciting the verses (Blue Prayer book page 55)
2. if you have vajra, bell, damaru and inner offering and know how to use it that would be preferable, however is not necessary, if you don't have the implements.
3. If you know the mudras you can do them even if you don't have vajra, bell, damaru and inner offering
4. If you like you can sing several verses in Tibetan if you know any, for example verse 31: "remainder of Seven Limbs", then verse 46: "Kyo ni lama kyo ni yidam, etc".
5. **Insert the tsoh after taking the four initiations, after verse 48. See Section B**
6. After the tsoh return to the lama chopa at verse 49 "Seeking Inspiration to Realize the Stages of the Lam Rim
7. Recite mostly in English but if you like you can chant for example verse 60: "dena i jetsun lama tuh je chen" in Tibetan
8. *Optional: you can insert protector prayers from blue prayer book page 103 - 116) after verse 79 (before dissolution of the Supreme Field)*
9. You can either chant in Tibetan or recite in English the auspicious verses from verse 83 -87 or perhaps chant in Tibetan only verse 87 and read the rest in English.
10. Chant or recite 3 migtsemas to conclude the ritual.
11. Distribute tsoh to relatives, friends (if they are not averse to your practice) or eat it yourself.

B – Lama Chopa Tsoh

Insert the tsoh into the lama chopa after verse 48: taking the four initiations

Go the appendix "Tsoh Offering"

Make sure there is *bala* (meat or fish) and *mandana* (whiskey) in a small container each, along with some bread, fruit and cookies. Doing it at home, you don't need large quantities. If you are vegetarian there is no need to actually taste the *bala* and *mandana*. It is enough to symbolically touch them.

Begin to recite the ritual in English, using vajra, bell, damaru and inner offering where appropriate.

1. Do the tsoh ritual in Tibetan from verse 4 – verse 8: Ho Tingdzin...you can also do them in English
2. In compulsory tsoh or in any tsoh dedicated to a mother tantra yidam insert after the first verse to the lama the following verse to the dakinis:

HO TING DZIN NGAH DANG // CHAG GYEI JIN LAB PEI MOTHERS AND DAKINIS
 ZAH ME DÜ TSI TSOH CHÖ GYA TSO DI
 NAL JOR WANG MO LHA TSOH NYE CHIR BUL – OM AH HUM
 DÖ GÜ PAL LA RÖL PE TSIM ZEI NE
 E MA HO – KA CHÖ NGÖ DRUB TSÄL DU SÖL

To the host of powerful dakinis I offer this vast feast
 Blessed by samadhi, mantra, and mudra – OM AH HUNG
 Enjoying these magnificent delights,
 E MA HO – Please shower me with Dakini attainments.

3. Recite these verses 4-8 at least another two times.
4. At “offering to the vajra master” focus on the tsoh and either chant in Tibetan or read in English the actual offering verses, verse 9 and 10.
5. You can remain seated and visualize tasting the *bala* and *mandana* or else get up, taste them and sit down again.

Assemble left over tsoh:

Collect a small, symbolic amount of the tsoh offering, including some *bala* and *mandana* onto a small plate. If the left over ritual happens when it is dark outside a lit incense stick is inserted into the left over tsoh.

6. Chant Rimpoche’s long life prayer. You can chant in Tibetan or English either the long life prayer composed by Locho Rimpoche or Ribur Rimpoche (from the appendix at the very end of the blue prayer book)
7. Chant The “Dakini Song” (verse 11-16) if possible in Tibetan, otherwise recite in English. This is optional. If you have little time you can skip the Dakini Song.
8. Recite verse 17 – 23 of tsoh offering: “Leftover Tsoh Offering” in Tibetan or English. Usually verse 18: Ho ting dzin.... is chanted in Tibetan.

Light the incense stick (if after dark) hold up left over plate and then carry it out to leave outside your back door or in the garden, etc. (The left over plate should be left outside over night. If no animals have eaten it, you can throw it out then)

Continue to chant or recite the remaining left over verses while using bell and damaru.

12. **Return to lama chopa to verse 49 “Seeking Inspiration to Realize the Stages of the Lam Rim”**
Return to Section A (Step 6 – 11) for conclusion of lama chopa .