

1



2



3



4



5



6



7



**MANTRA OF DEPENDENT ARISING**  
OM YE DHARMĀ HETU PRABHAWĀ  
/ HETUN TEKĀN TATHĀGATO /  
HYAVADĀ / TEKĀÑ TSA YO /  
NIRODHA / EWAM VĀDĪ / MAHĀ  
ŚHRAMANAYE / SWĀHĀ



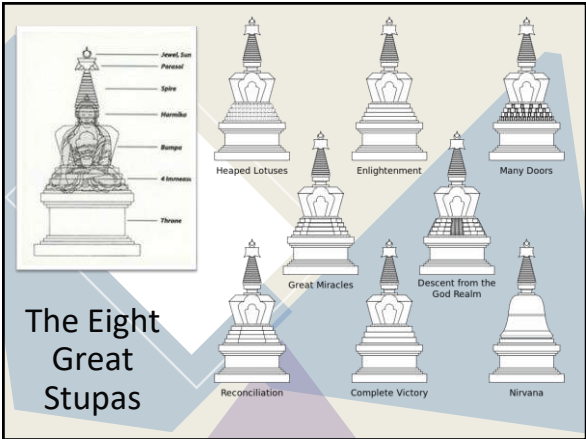
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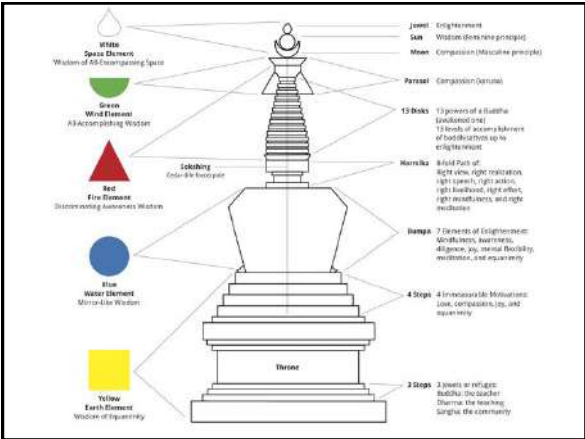
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13



14

Enlightenment Stupas to Circumambulate



15



16




17



18

# The Dharma TOOLKIT

An interactive beginner series on everything you ever wanted to know about Tibetan Buddhist ritual but were afraid to ask!



Why Make Offerings?

1



2



## Better Than Christmas

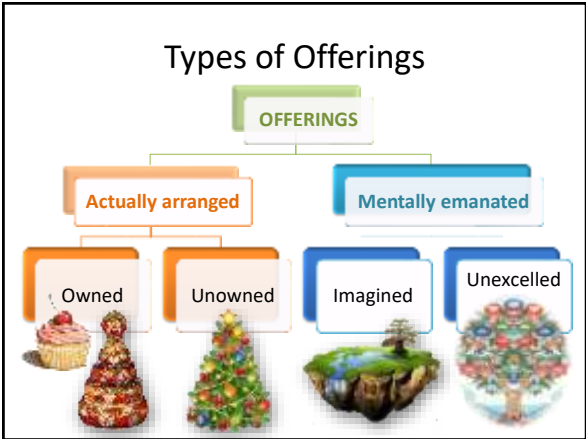
- A transporting window into the pure lands
- Aspire to their qualities
- Generosity creates merit
- Fragile beauty of baubles reminds us how precious



3



4



5

### What to Offer

- Light (long life, wisdom)
- Flowers (virtues, compassion)
- Food (realisations, nourishment)
- Incense (morality)
- Wrap in a khata
- Bless with OM AH HUM



6



What NOT to Offer

- Flowers picked from other people’s gardens
- Left-overs, or broken bits
- Cigarette smoke
- If you intended to offer it but changed your mind
- Special stuff for visitors, ordinary for the buddha
- Alcohol, knives
- Arguments



7



8



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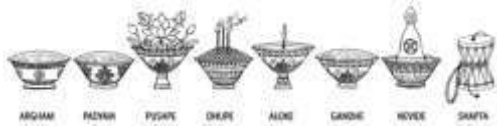


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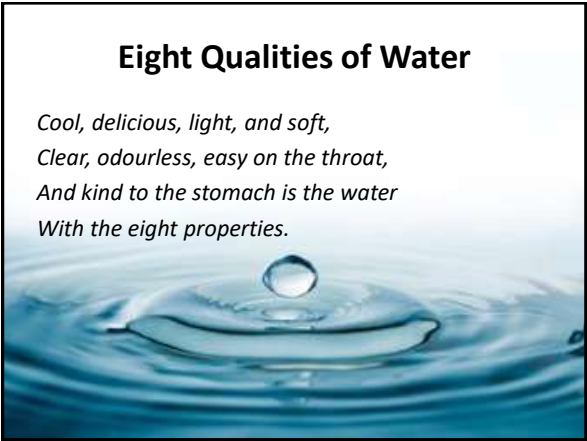
Tantric Offerings



12



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15

# The Dharma TOOLKIT

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1

## Perfection of Generosity

- We get richer by giving things away
- A shroud has no pockets!
- To increase ‘luck’
- Create conditions for all success (study, life, family, enlightenment)



2



3



4

## Short Mandala Offering

**SA ZHI PÖ KYI JUG SHING ME TOG TRAM**  
*This ground, anointed with perfume, strewn with flowers,*

**RI RAB LING ZHI NYI DÄ GYÄN PA DI**  
*Adorned with Mount Meru, the four continents, the sun and the moon:*

**SANG GYÄ ZHING DU MIG TE ÜL WA YI**  
*I imagine it as a buddha land and offer it.*

**DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG**  
*May all transmigratory beings enjoy this pure land.*

**IDAM GURU RATNA MANDALAKAM NIRYATAYAMI**



5

## Offering the Objects of the Three Poisonous Minds

**DAG GI CHHAG DANG MONG SUM KYE WÄI YÜL**  
*The objects of my attachment, anger, and ignorance*

**DRA NYEN BAR SUM LÜ DANG LONG CHÖ CHÄ**  
*Friends, enemies, strangers, body, and resources*

**PHANG PA ME PAR BÜL GYI LEG ZHE NÄ**  
*Without any sense of loss I offer them. Please accept them well,*

**DUG SUM RANG SAR DRÖL WAR JIN GYI LOB**  
*And bless me to be spontaneously freed from the three poisons.*

**IDAM GURU RATNA MANDALAKAM NIRYATAYAMI**



6



Inner  
Mandala

Skin – golden ground

Blood – ocean of nectar

Flesh – flowers

Stomach – Mount Meru

Hands & feet – four continents

Head – palace

Heart – jewel

Eyes – sun & moon

Inner organs – enjoyments

7

Secret  
Mandala

• Manifest as the deity

• In the mandala universe, the pure land

8

Suchness  
Mandala

• Three spheres of emptiness

• Subject (self/deity), action (offering) and object (guru) all merely labelled by mind

• One taste of emptiness

9

Participating at Puja

CONCERT Master (umze)

• Leads and directs

• Mandala tunes

- Special
- Quick
- Requesting
- Thanksgiving

When do we join in?

AFTER the umze!

RITUAL Master (vajra master)

• Represents the deity

• Does all the rituals on our behalf

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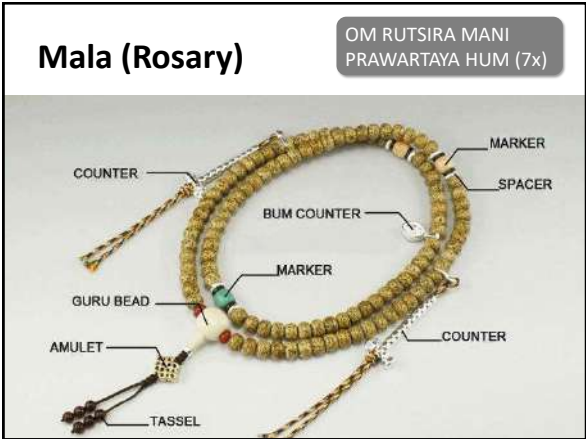
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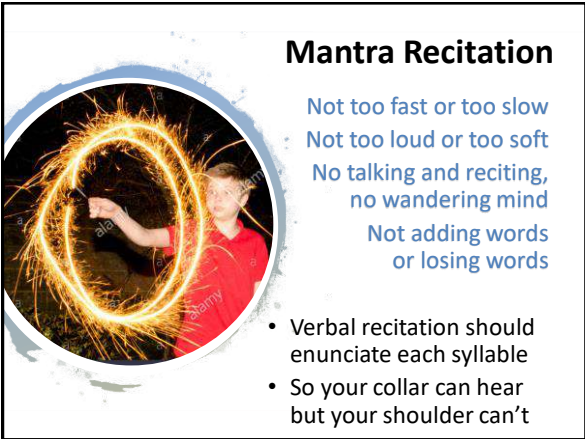
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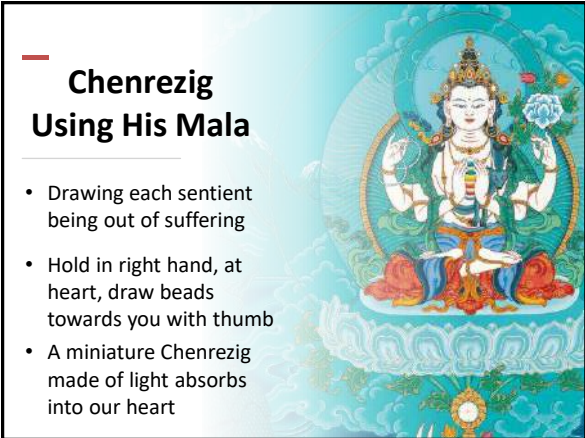
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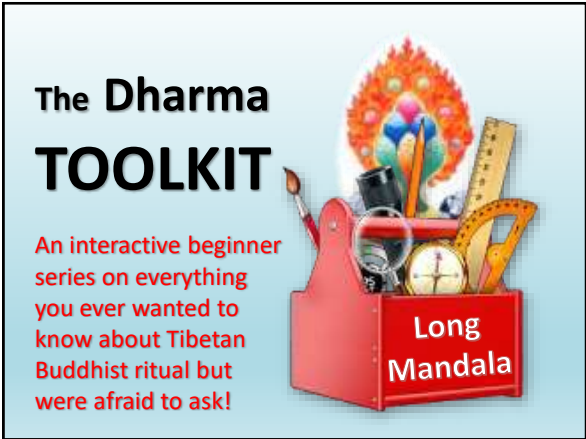
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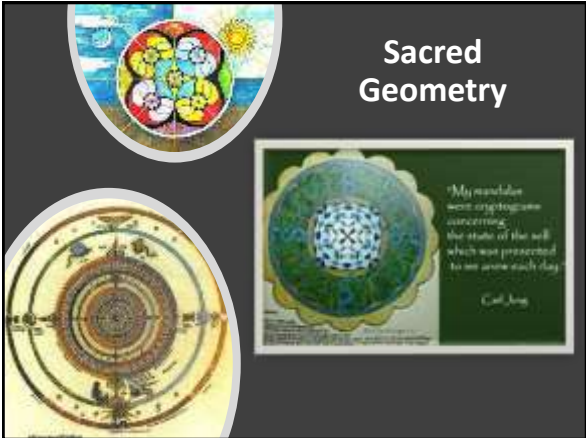
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16

### Tesla Coils

- Vajra, or diamond thunderbolt
- Represents the five wisdoms
- Not solid and heavy, but made out of light
- Like a perfectly controlled tesla coil!



17



### Building a Mandala

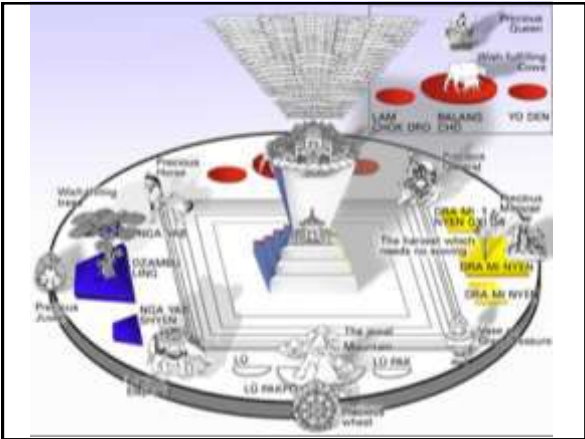
- Base elements
- 4 continents, 8 sub-continents & insignia
- 7 precious things & treasure vase
- 8 offering goddesses
- Mansion of riches
- Sun & moon
- Umbrella & banner
- Dharmachakra

18

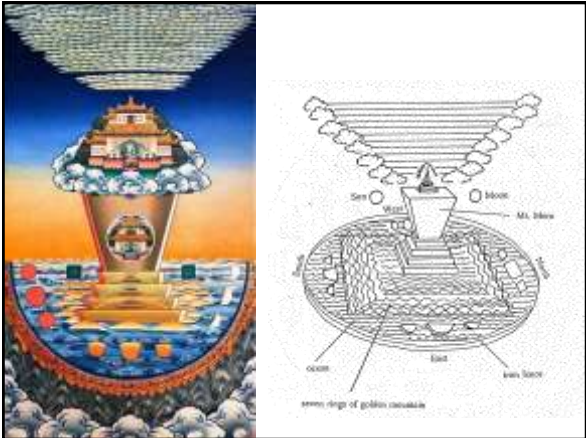




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22



23




24



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### The Three Purities

#### Making Offerings



- **MOTIVATION** of Bodhicitta, clear
- Three **FIELDS** of enlightenment, merit & mercy
- **BASIS** is the actual physical offering

#### In relation to Mandalas



- For study success, future resources
- Remember who we are offering to (guru-deity)
- Outer, inner, secret suchness mandala

26



27



# The Dharma TOOLKIT

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1



2

## Prostrations

- For our *own* benefit
- Combines body, speech and mind
- To the three jewels:
  - **Buddha** (images)
  - **Dharma** (texts)
  - **Sangha** (lineage lamas, the teacher)

**Wiping away** pride, doubt, closed mind

**Striving for** qualities

3

## Avoiding the Three Faults

1. Upside down vessel
2. Contaminated vessel
3. Cracked vessel

4

## Lama Zopa Rinpoche spontaneously prostrating to the Namgyalma Mantra


5

## Flat on Your Face at Your Own Pace

6


### What to Think When Prostrating

**Crown (guru)**  
emanation of the Buddha  
dissolves into your crown




**Going down** recall the steps on the path to enlightenment

**Hands and knees on ground**  
*I will never react to anger with **anger**  
...or to a fight with a **fight**  
...or to an insult with an **insult**  
...or to an accusation with an **accusation***




**Light from Buddha's three places blessing**

- Body (forehead)
- Speech (throat)
- Mind (heart)



**Forehead to ground** *May I attain Buddhahood*

**Standing up** *May I draw all beings out of suffering*



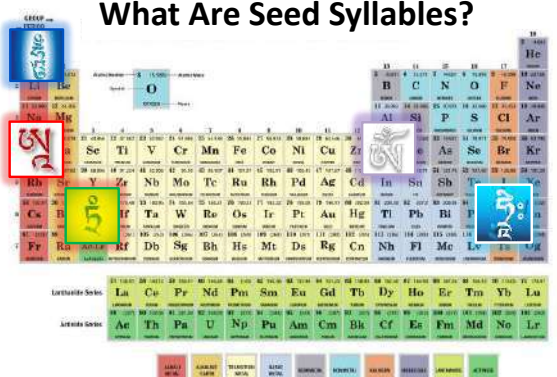
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**OM NAMO MANJUSHRI / NAMO SU SHRI  
NAMO UTTAMA SHRI YE SOHA**

8

### What Are Seed Syllables?



9

### Seed of Great Compassion

- Seed syllable of water is  $H_2O$   
✓ Hydrogen and Oxygen
- Seed syllable of great compassion is **HRIH**  
✓ Equanimity, Empathy, and personal Responsibility




10

### Physical Prostration

**OM**

- Hands in prostration mudra (thumbs inside)
- Touch the five places to ground
- Long or short versions
- Purifies problems of the body
- If physically unable, imagine your body as very large, filling the gompa and prostrating




11

### Verbal Homage

**AH**

- Recite OM AH HUM
- I prostrate to the guru, Buddha, Dharma, Sangha
- Purifies our speech

**OM NAMO MANJUSHRI  
NAMO SU SHRI  
NAMO UTTAMA SHRI YE SOHA**




12



### Mental Clarification

## HUM


- Recall the Buddha’s qualities
- Coloured lights purify body, speech and mind
- Surrounded by all sentient beings (or all your past lives)
- Brings the blessings of all the buddhas and bodhisattvas



13





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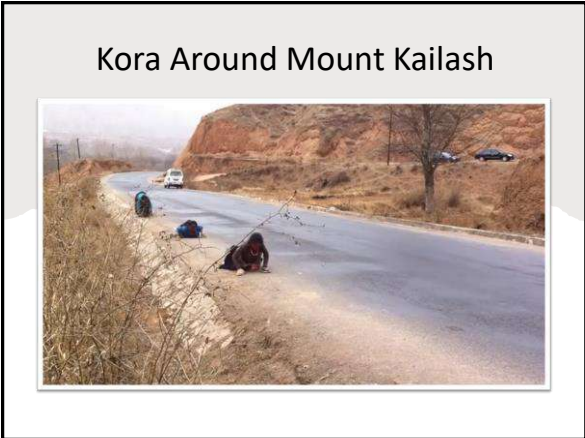


### Daily Practice ...or Pilgrimage

- Daily 35 Buddhas and confession prayer
  - 100,000 to complete the DISCOVERING BUDDHISM course
- Nyung-ne Retreat
- Mt. Kailash Pilgrimage



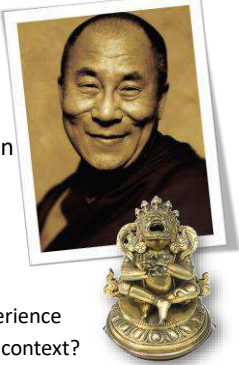
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### Outrageous Offerings

- Everything is an expression of the Dharmakaya
- Check with the Dharma
  - Scriptural reference
  - Logical reasoning
  - Accords with your own experience
  - Is it respectful? What is the context?
  - Does it *definitely* benefit? Long-term, or just nice?




17



18

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1




2




Sign Language - Singing with our body, listening with our eyes

Eurovision Song Contest Sign Language Steals the Show!



3

## Flamenco – the Story of Samsara



Language of Passion and Death

4

... and the language of Sambhogakaya!



Rinpoche in Retiro Park, Spain

5



## Offering Goddesses

- Lower tantra (two arms)
- HYT (four arms), so the shape of mudras we make changes

6





7



Railways, pharmacies: Reduced errors by 85%

8



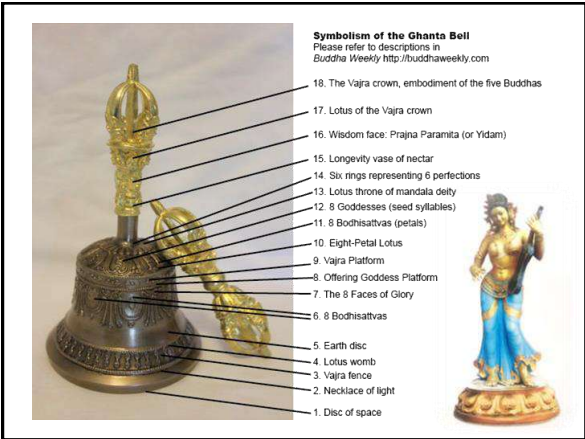
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11



12

### Tesla Coils

- Vajra, or diamond thunderbolt
- Represents the five wisdoms
- Not solid and heavy, but made out of light
- Like a perfectly controlled tesla coil!



13



### Damaru



### Chöd

14


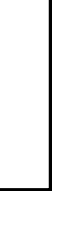



### Inner Offering

- HYT practice
- Like alchemy, transform base, disgusting substances into gold
- Transform impure aggregates into the rainbow body of a buddha

15

### Holding Bell & Dorje







Dispelling hindrances

Inner offering

16

### Using the Bell and Dorje

-  LHA DANG LHA MIN CHÖ PÄN GYI  
**Gods and asuras with their crowns**
-  ZHAB NYI PÄ MO LA TÛ DE  
**Bow down to your lotus feet**
-  PHONG PA KÜN LÄ DRÖL DZÄ PÄI  
**Liberator from all problems**
-  DRÖL MA YUM LA CHHAG TSHÄL LO  
**Mother Tara homage to you!**

17




### Dedication

18




# The Dharma TOOLKIT

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1

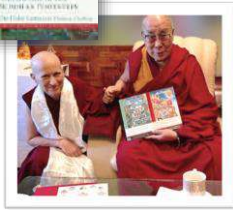




## Who are the Sangha?

- Arya Sangha are the Sangha Jewel
- Monks and nuns represent this
- Spiritual peer group are not sangha, they are lay people!

2

## Distinguishing Between Monastics and Lay Persons




3

## Sangha are the Real Heroes



Sangha are the real heroes by defeating the delusions. A hero is not what the government or outside world considers a hero (such as those depicted in statues who have killed many people). Sangha are the real heroes and heroines. You took this incredible opportunity to be a hero over all the delusions to defeat, control, and cease the oceans of suffering of each realm. If that isn't a hero, then what is!?

— Lama Zopa Rinpoche



4

## Respecting the Sangha



Respect them as holders of the Buddha's vow

Let them go first, sit at the front



Sangha sit and eat together

Money offerings on holy days

Call them "Venerable"

Appropriate consumables: fruit, tea, soap, socks, petrol vouchers

Book health appointments



Don't invite them to watch sex and violence movies, or to a nightclub or a casino

Don't kiss and cuddle in front of them


Don't drink etc in their presence

Don't hug them, or shake hands

Don't offer luxury items

Don't contradict them in public

5



### Request Appropriate Things from the Sangha!

6

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1



### Four Requisites for Sangha

- Robes
- Food
- Lodging
- Medicine

7




### When Things Go Wrong

- Abuse happens when the teacher prioritises their own needs over those of the student
- Guard against your own double standards, become incorruptible


8

### Responses Matrix




Worldly

- Professional
- Grievance procedure
- Centre policies and procedures
- The laws of the land



Sutra

- Recalibrate your refuge
- You paid a karmic debt
- Keep vows
- Respectful even if they aren't
- Don't waste the problem



Tantra

- Wrathful teaching
- Protectors reminding us
- Our own negative karmic vision


9



### Supporting Our Western Sangha

- \$ offering on holy days
- Sangha fund safety net
- Employ them at the centre
- Honorariums for teachings
- Sangha lunches
- Annual puja on Wheel-turning day
- Donate to the IMI
- Educate newcomers
- Sangha care representative

10



Offering a khata

11



What is a Blessing, Exactly?

12





Requesting the Lamas

13



Tuning-in to Teachings

14

- Prayers clean your heart
- Ask the question in your mind
- Let the big themes of your life come to awareness

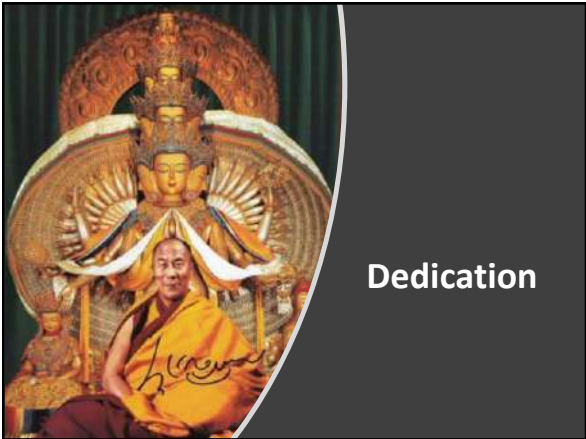
- The teachings help put your life into perspective
- What matters most comes to the surface
- Grow your motivation!

15



HH Dalai Lama and the Geshe-mas

16




Dedication

17

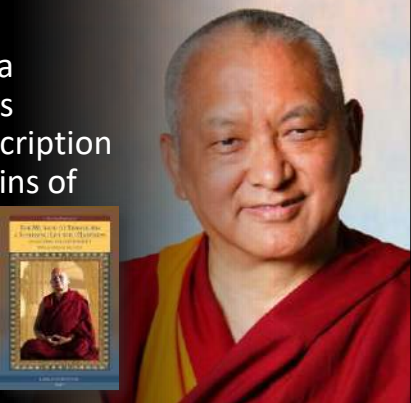
# The Dharma TOOLKIT

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1


# Lama Zopa Rinpoche's Daily Prescription for the Pains of Samsara



2

# Glance Lam Rim and a Few Extras!

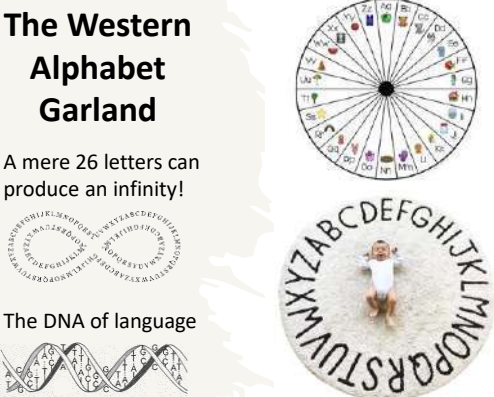
Please Gurus,  
bless my mind to  
become Dharma,  
Dharma to  
become the path,  
And the path to be  
without obstacles.



3

# The Western Alphabet Garland

- A mere 26 letters can produce an infinity!
- The DNA of language



4


# 3D Dancing Mantra Garlands



5

# The Letters Are Alive!

- Subtle form of a buddha
- Sambhogakaya body of light
- Flickering into their shapes like a flame



6





7

### Let's do the Ali-Kali!

- *Speech Blessing* – don't leave home without it!
- Before a court case, family meeting, going on a trip, a dinner
- People understand you and pay attention
- Meritorious speech becomes powerful
- *Instead of the song of samsara – the mantra of dependent origination!*

8



9



10




11



12

### Speech Blessing Dedication

May my tongue sense base have all the courage of the ones gone to bliss.  
By the magnificence and power of my words,  
May all sentient beings be subdued,  
May all the meanings of whatever words I say be accomplished.



13

### How to Get Dressed (...up like a bodhisattva)



- Patience for problems
- Timeless state
- Three types of generosity
- Beautified by morality
- 3 higher trainings
- In the footsteps of the buddhas

14

### Speed Metaphors

- Have I got my keys?
- Have I got my kindness?
- Can't start the day without coffee.
- Can't start without compassion!
- Where's my mobile?
- Where's my mindfulness?




15

### Dedicating Food and Drink

OM AH HUM (3x)

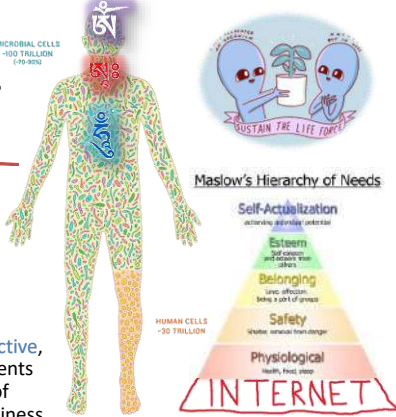
LA MA SANG GYÄ LA MA CHHÖ  
Guru is Buddha, Guru is Dharma,  
DE ZHIN LA MA GE DÜN TE  
Guru is Sangha also.  
KÜN GYI JE PO LA MA YIN  
Guru is the creator of all [happiness].\*  
LA MA NAM LA CHHÖ PAR BÜL  
To all gurus, I make this offering.



16

### How to Offer Our Food

- Lower scope, sustain life
- Middle scope, mindfulness
- Higher scope, generosity
- Tantric perspective, divine enjoyments in the nature of bliss and emptiness



17

### Looking Back on the Day

#### Rating your day

- Pleasant, a challenge, overwhelming?
- How would you rate your kindness?
- How successful were you in non-retaliation?

#### Regret and Rejoice

- Congratulate yourself on the positive
- Decide one thing you could do better



18



### The Four Opponent Powers

1. Regret

2. Reliance

3. Remedy

4. Restraint



- We do some naturally, but if we miss one, we end up repeating the behaviour
- Like diffusing a bomb, so we don't have to experience the disastrous effects in the future
- Combine with Vajrasattva



19

### Putting It All Together

Morning

- Method to Transform a Suffering Life into Happiness (Including Enlightenment)
  - Speech blessing
  - Lam Rim Recipe
- Daily commitments
- Getting dressed (up)

JULY

16



During the Day

- Offering your food
- Sutra readings
- 2 minutes on emptiness and bodhicitta



Evening

- Regret/Rejoice
- Four Opponent Powers
- Commitments



20



Dedication

21