

**THE BLESSING:**

**加持:**

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Visualize that the offerings are purified and increased.

觀想一切供物皆獲得清淨與豐饒

ཨོཾ་ཨཱ་ཀུཾ་

喻 阿 吽

**OM AH HUNG**

**THE OFFERING PRAYER:**

**供養祈禱文:**

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Remembering the Three Jewels, taking refuge, and offering the food visualized as vast display.

思惟供養皈依三寶，並觀想供物陳列於廣大四方

སྟོན་པ་སྣ་མེད་སངས་རྒྱལ་རིན་པོ་ཆེ།

敦巴拉咩桑杰仁波切 [無上導師佛陀如意寶]

**TON PA LA MED SANG GYE RINPOCHE**

To the unsurpassed teacher, the precious Buddha,

སྟོབ་པ་སྣ་མེད་དམ་ཚོས་རིན་པོ་ཆེ།

覺巴拉咩當丘仁波切 [至高守護聖法如意寶]

**KYOB PA LA MED DAM CHO RINPOCHE**

To the unsurpassed refuge, the precious holy Dharma,

འདྲེན་པ་སྣ་མེད་དགེ་འདུན་རིན་པོ་ཆེ།

鎮巴拉咩根敦仁波切 [最勝引導僧伽如意寶]

**DREN PA LA MED GEN DUN RINPOCHE**

To the unsurpassed guide, the precious Sangha,

སྐྱབས་གནས་དཀོན་མཆོག་གསུམ་ལ་མཆོད་པ་འབུལ།

價涅滾秋森拉秋巴布 [供養稀有怙主三勝寶]

**KYAB NEI KON CHOG SUM LA CHOD PA BUL**

This offering is made to the three supreme and rare Jewels of Refuge.

**THE PRACTICE:**

**實修:**

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Visualize oneself as the Buddha of Compassion, Avalokiteshvara, white in color with one face and four arms. Two palms are pressed together at the heart and the outer two hands are holding a crystal mala in the right and a lotus in the left. Adorned with jewels and silks, you are seated in the full lotus posture upon a lotus and moon seat.

觀想自身為慈悲怙主觀世音菩薩，一面四臂身白色。內側兩掌齊按心間，外側右手持一水晶念珠，左手持一蓮花。身著各類寶飾與絲綢，以蓮花姿安坐於蓮花月墊座上。

རྫོག་ལྷོན་གྱི་མ་གོས་སྒྲ་མདོག་དཀར།

教窩君及瑪古根多嘎 [身白無垢觀世音菩薩]

**JOWO KYON GYI MA GO KU DOG KAR**

To the unstained Lord, whose body is white in color,

རྫོག་སངས་རྒྱལ་གྱིས་དབུ་ལ་བརྒྱན།

做桑杰及吳拉間 [頭頂冠戴無瑕釋尊像]

**DZOG SANG GYE KYI U LA GYEN**

Whose head is adorned with a perfect Buddha

བུགས་རྗེའི་སྤྱན་གྱིས་འགྲོ་ལ་གཟིགས།

圖接先急卓拉色 [慈悲流露目視諸有情]

**TUK JE'I CHEN GYI DRO LA ZIK**

Who views living beings with the eyes of compassion,

སྤྱན་རས་གཟིགས་ལ་གསོལ་བ་འདེབས།

千熱色拉所瓦爹 [大悲觀世音前我祈請]

**CHEN REI ZIG LA SOL WA DEB**

To Avalokiteshvara I pray,

**THE MANTRA RECITATION:**

**唵誦咒語：**

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Recite the Mani mantra as many times as possible.

盡力反覆唵誦六字大明咒

ཨོཾ་མ་ཎི་པདྨེ་ཧུཎ།

喻瑪涅別咩吽

**OM MANI PADME HUNG**

While reciting, recall all sentient beings who have passed away, especially those who lost their lives during the preparation of the meal, and generate compassion and appreciation for them. Expand your awareness to include even the insects that were harmed in the course of raising, transporting or cooking the vegetables and grains. If one has received the empowerment of Avalokiteshvara, through this prayer and recitation one will maintain the samaya commitment.

唵誦同時，思惟業已過往的眾生，特別是那些在製造與準備餐點過程當中失去生命的眾生，對其生起悲心與感恩，繼而將覺知延伸至在栽種、運送、及烹煮穀類蔬菜過程當中，遭到傷害的細小昆蟲。如已接受過觀世音菩薩灌頂者，透過祈請與咒語唵誦將不至破失三昧耶戒律。

**THE DEDICATION:**

**迴向:**

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Meditate that all beings attain the state of liberation through this prayer.

於定中靜思透過祈請，眾生業已得到解脫

དགེ་བ་འདི་ཡིས་སྤྱད་ཏུ་བདག

給哇德意米度達 [以我修持此法諸善業]

**GE WA DI YI NYUR DU DAG**

By the virtue of this practice, myself

སྤྱན་རས་གཟིག་དབང་འགྲུབ་གྱུར་ནས།

千熱色王珠久涅 [迅速證得觀音怙主位]

**CHEN REI ZIG WANG DRUB GYUR NEI**

Accomplishing swiftly the Lord Avalokiteshvara,

འགྲོ་བ་གཅིག་ཀྱང་མ་ལུས་པ།

卓瓦及將瑪理巴 [遍及一切眾生而無餘]

**DRO WA CHIG KYANG MA LU PA**

May all beings without exception

དེ་ཡི་ས་ལ་འགོད་པར་གྱོག

爹以薩拉闊巴秀 [咸令解脫登臻其刹土]

**DE YI SA LA GOD PAR SHOG**

Be liberated to his level.

This concise food blessing was composed of various traditional Tibetan Buddhist prayers by Venerable Gyatrul Rinpoche for his students. May it be of benefit.

此一精簡的餐前供養儀軌，係由尊貴的嘉初仁波切根據傳統藏傳佛教之供養儀軌，為與他有緣的弟子所編寫而成。期能利益眾生。