



SIDDHARTHA'S INTENT EUROPE e.V.

Webinar Invitation: Online Feast Practice

Dear Siddhartha's Intent Sangha,

Since now you have successfully subscribed for the webinar tsok invite list we are sending you some more information. Please take the time to read all details carefully.

What do I need to **prepare** for webinar tsoks?

If you have a shrine, open it as usual before we start the practice.

Each participant prepares some tsok food and drink: You can keep it very simple or elaborate with the amount and types of food and drink, it's up to you. For the simplest version one type of food is enough, i.e. one apple or just some nuts. Rinpoche prefers us to use feast offerings without packaging (“no plastic”); emphasising quality over quantity. Cut up the food if necessary so that you can set aside a portion for the remainder later on (exact time will be indicated during webinar tsok). Prepare one glass with drink, i.e. some juice or wine. Put both vessels on the shrine: food goes on shrine's right side and drink on shrine's left side (shrine perspective).

Prepare a protector offering: Use a clean serkyem (i.e. an empty wine glass) and fill it up 2/3 with rice grains, then top up it with thick black tea. Put protector offering on your shrine's right side (shrine perspective).

Shopping tips: Best to use for tsok and protector offerings clean vessels which were newly bought and designated only for the purpose of tsok practice. Similarly for the food and drink as well as for the rice and tea for protectors: it is best to buy everything new and with the intention to use it only for tsok practice.

If you don't have a shrine don't worry. Simply put the substances listed above on your practice table next to a representation of the Buddha, i.e. a picture or a statue.

Which liturgy will be **recited**?

Mipham Rinpoche's „Rain of Blessing“

How to receive the **liturgy** for webinar tsoks?

To download the most up-to-date version of Mipham Rinpoche's „Rain of Blessing“ please follow this link: <https://www.dropbox.com/sh/oz3wym0pjrfwbkl/AAALGIVAkudPIRidvBh-gUDua?dl=0>

As we gather for webinar tsoks online, can we also **gather at home**?

The idea of group gathering is very much built right into feast practice. Aiming at making it a great gathering of participants let us try to gather online and at the same time gather at our homes together with other sangha friends.

If I join the webinar tsok, do I have to do additionally tsok of my **own daily practice**?

No, you don't have to do two tsoks. Since we will alternate between the two routine sadhanas that Rinpoche has given to all of us, they count as our tsok commitment for all of us. You only have to do tsok from your own daily practice as well if Rinpoche has specifically told you to do so.

Can I **contribute** with a donation for webinar tsok?

If you consider making a donation for the online tsok, please keep in mind that all offerings will be exclusively used for tsok substances and the webcast technical resources, no matter how much you wish to give.

To donate via paypal please use the following link:

https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=8AJ5QP5YRA63W

If you prefer to wire the money please use the following bank account and state TSOK:

IBAN: DE56 5204 0021 0565 6046 00
SWIFT/BIC: COBADEFFXXX
Bank: Commerzbank Warburg
name: Siddhartha's Intent Europe e.V.
address: c/o Braun, Rheinsberger Str. 41, 10435 Berlin

If I join the webinar tsok, can I count that in for my **daily practice commitment**?

Yes, of course. You are very much encouraged by Rinpoche to count that in. For instance, if you are in Dharma Gar West and have to accumulate a certain **amount of hours**, you can count the time of the webinar tsok (1,5 hours or 2,5 hours, depending on which practice we choose).

Only in case Rinpoche has specifically told you otherwise, do not apply the guideline above.

How to do **cleanup** after the tsok?

The remainder should be placed outside in a neat pile in a clean place, i.e. not where people are likely to walk, etc. It's ok if animals and birds eat the remainder, but better not to place it where it just becomes an attractant for dogs, etc. In the city with no nature close-by it is best to put the remainder in a paper bag or disposable bag and place the bag respectfully in a compost bin. In cities even small quantities of food outside an apartment complex or park area will eventually attract rats and vermin and most likely start off big trouble for all your neighbors. If there's no garden, any liquid can be also poured respectfully down the sink and be offered in that manner. The water from the outer shrine offering bowls could be used to some extent for watering houseplants. You can apply the same "city logic" to all tormas and other tsok substances.

Offer tsokchang and ingredients from Rinpoche's plate (if you have prepared tsokchang and plate and drink for Rinpoche, which is optional) to participants (if in group situation). But before you distribute tsokchang and Rinpoche's tsok please transfer the substances to a common vessel, do not distribute from Rinpoche's vessels or a tsok vessels directly.

You can distribute the remaining tsok offerings to participants to take home with them. Otherwise they can be taken outside to a clean place in the bush, as can any other remaining tsok substances from the shrine. Or apply the city logic.

The tormas offering/s would be offered by tossing it/them in the air or by piling them on a higher place like a neat stone or tree trunk. In the city it is best to put them in a paper bag or disposable bag and place the bag respectfully in a compost bin.

All ritual and shrine objects should be washed in separate dishwashing water with a sponge and drying towel used just for that purpose

It is fine to share all remaining tsok substances with people who did not attend the tsok or who are not involved with Buddhism at all. The guideline of *not* sharing the tsok with others usually applies if the tsok is part of one's retreat situation: Some people have also in daily life a retreat situation with clear boundaries, i.e. Dharma Gar West students.

Besides the email list, where else can I **check on upcoming** webinar tsoks?

You find posted webinar feast gatherings as well as other events on our webpage:
<http://europe.siddharthasintent.org>

Many thanks for reading all this carefully. Looking forward to gathering with you,

Hanna & Siddhartha's Intent Europe