



## Webinar Invitation: Online Feast Practice

Dear Siddhartha's Intent Sangha,

Since now you have successfully subscribed for the webinar tsok invite SIDDHARTHA'S INTENT EUROPE e.V. 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**?

"Vimai Ladrup" ; The Guru Sādhana of Vimalamitra ; by Jamyang Khyentse Wangpo ; English edition prepared for Dharma Gar, June 2014. A4 Format. As well as the additional protectors.

Specials on the **liturgy** for webinar tsoks:

Your own copy of liturgy for Vimalamitras „Vimai Ladrup“ is restricted to those who have received the empowerment. The Vimai Ladrup practice itself is open to everyone. Please read the details on what this exactly means here:

**Why and how is the *liturgy* for Vimalamitras „Vimai Ladrup“ restricted?**

Vimalamitras „Vimai Ladrup“ is a very advanced vajrayana practice that generally requires empowerment before one has permission to practice it. Dzongsar Jamyang Khyentse Rinpoche has made it now available to all levels of students in terms of group tsok practice. Rinpoche said that if lay people or villagers in Tibet join a tsok gathering at a monastery they can be part of it. Nobody will be turned away. In the same way Rinpoche wants to make Vimai Ladrup open to everyone, meaning if you join a group situation you can borrow a copy of the text and recite it with the group.

At the same time Rinpoche wants to be very traditional about it. Which means that if you do not have the empowerment you are welcome to join group feast practice i.e. at your local center or with your local sangha and borrow a liturgy of them and recite it. But once the group finishes the practice you would leave that borrowed copy with them and not take it home with you.

An online gathering is not exactly the same as a gathering at home, a center, or a monastery. Those who do not have the empowerment are most welcome to join the webinar feast practice and listen to the group recitation. But for the online gathering we do not have the option of giving out a borrowed copy to those without empowerment. There's only one trick that you can do: Join at home with others who have the empowerment and are therefore holders of a liturgy, borrow from them a copy of the liturgy and recite with them for the duration of the practice, then return the liturgy to them.

Is it beneficial to **join** “Vimai Ladrup” feast practice, even **without one's own liturgy**?

It is a great blessing to be able to join such a rich group feast practice by listening. Rinpoche also advised that vajrayana students without the empowerment can read Mipham Rinpoche's White Lotus during tsok practice. In the same way mahayana students without the empowerment can read the second chapter of Bodhicharyavatara. Both books are not particularly linked with Vimai Ladrup practice per se but they seem to prepare the view for feast practice in general.

**How to get a copy** of the “Vimai Ladrup” sadhana if you have the empowerment?

If you have received the empowerment for Vimai Ladrup and still need a soft copy please send an Email to [hanna@siddharthasintent.org](mailto:hanna@siddharthasintent.org)

Please mention in your email on which occasion you have received the empowerment. So far there are only seven possible occasions when you could possibly have received it:

- (1) Bali year 2000
- (2) Australia/Vajradhara Gonpa year 2012, and only if you have been there already for the first five days of the 100.000 feast accumulations (also called *tsok bum*) which was only open to invited guests of DJKR
- (3) Berlin May 2013
- (4) Vancouver July 2013
- (5) Taipei March 2014

(6) Hongkong March 2014

(7) Brasil June 2014

If you have not been to any of those places then you do not have the empowerment. (Unless you have received it from another teacher, in that case please indicate the details.)

How can I make a **request for Vimai Ladrup empowerment**?

If you wish to receive the empowerment from DJKR in the future you can send us an Email and we will make a proper request to Rinpoche on behalf of everyone: [hanna@siddharthasintent.org](mailto:hanna@siddharthasintent.org)

If you are rather new to buddhism or vajrayana practice it is best to discuss such a step of requesting an empowerment in advance with one of the Siddhartha's Intent instructors.

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](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