

Mantra to Stop the Pollution of Eating Offerings Made to the Three Sublime Ones



The *Confession of Downfalls to the Thirty-Five Buddhas* mentions: "having taken offerings from the Triple Gem."

One receives pollution by taking food, rice, grain, or drink offerings made to objects of refuge. It includes taking offerings to eat or drink, using water offerings to make tea, etc., but probably does not include butter lamps. Candles that have already been lit but were extinguished before they were completely burnt can be re-lit and used again.

(Tib: *chhö ten*; *chhö* = offering, *ten* = taking)

Having made an offering, if you are going to take it, recite this mantra seven times and blow on the food or drink. This way you will not receive the pollution of obscuration, but, rather, you will be reborn in the "Heaven of the Thirty-Three."

TADYATHA IDAM PENI RATNA PEMANI PARATNA NI SVAHA (7X)

Colophon:

Dictated by Kyabje Zopa Rinpoche 26th November 2004, at Kachoe Dechen Ling, Aptos, California. Scribed by Thubten Labdron. Lightly edited by Kendall Magnussen. This mantra has not yet been checked against the original Tibetan for accuracy.



NOTE: It is best for *anyone* partaking of food or drink that have been offered to recite this mantra before doing so. You can post this mantra over the area where the offerings are being made available to others with a reminder to recite it. However, if that is not possible, then one person may recite the mantra and blow over all the food and drink on behalf of all who will partake of it. This teaching does *not* imply that one should do away with partaking of offerings altogether; only that one should recite this mantra before doing so. This has been checked with Lama Zopa Rinpoche by Ven. Holly Ansett.