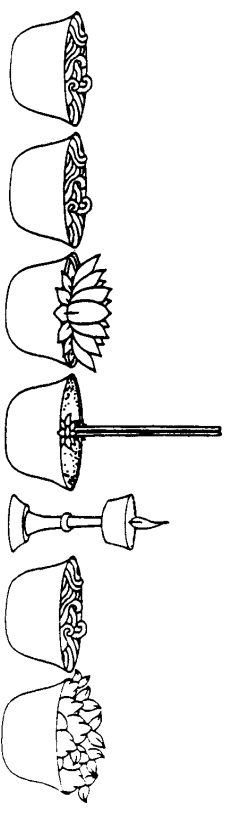


# Incense Puja and

# Prayers

*An abbreviated practice*



by Lama Zopa Rinpoche



Foundation for the Preservation of the Mahayana Tradition  
Education Services



## *Prayer of Offering Incense*

*After completing the incense offering practice, this prayer can be repeated as many times as possible.*

The great blissful incense, pure from the beginning,  
The peerless pure clouds of Samantabhadra offerings,

OM AH HUM

I am offering this incense to the guru mind-sealed deity and to the Triple Gem.

I am offering this incense to the dakinis and Dharma protectors.

May all obstacles to attainment be purified.

I offer this incense to all the nagas, devas, and landlords.

May all the pollutions of degeneration be pacified by this incense.

I offer this incense to all six types of migratory beings.

May they be satisfied by this uncontaminated bliss.

May they actualize the state of the four kayas.

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### *Colophon:*

This practice was composed by Lama Zopa Rinpoche for Elea Redel's benefit to cure her arthritis. It can be used especially when incense puja should be done many many times. One should perform this puja with perfect incense. The purposes of this practice are for healing (e.g., arthritis and so forth) and for success. One should recite the above prayer many times after completing the practice.

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May this incense purify all the pollutions of degenerated samaya due to the special virtuous attitude.

I offer multitudes of special mentally transformed offerings. Please take well.

May the Three Sublime Jewels provide refuge, protection, and groups of supporters.

May the protectors perform the four actions.

May the place owners become supporters.

May the yakshas pacify grudges.

May there be life, glory, wealth, power, perfections of fortune, and all the powerful ones of this world such as Indra, Brahma, the wheel-turning kings, nagas, and so forth.

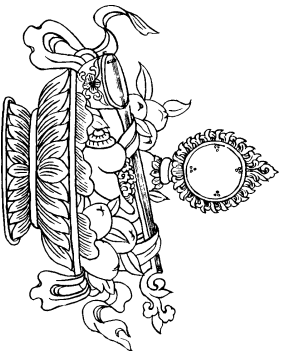
I take it today in auspiciousness.

May the teachings of the victorious ones, the origin of all peace, benefits, and happiness, be spread forever.

May the actions of the holy life of all holy beings, the holders of the Buddhadharmas, be developed.

May we, all beings who are born, be comfortable and happy and be auspicious in enjoying the glory of the perfections.

*Make additional dedication prayers as you wish.*



# Short Incense Puja and Prayers

by Lama Zopa Rinpoche



## Refuge and Bodhicitta

*Generate a strong motivation of bodhicitta by generating strong compassion for all sentient beings, especially those who have disease and those for whom the incense offering has to be done.*

I go for refuge until I am enlightened

To the Buddha, the Dharma, and the Supreme Assembly.

By my merit from giving and other perfections,

May I become a buddha to benefit all sentient beings. (3x)

Sang gyä chhö dang tshog kyi chhog nam la

Jang chhub bar du dag ni kyab su chhi

Dag gi jin sog gyi pä di dag gi

Dro la phän chhir sang gyä drub par shog (3x)

## Self-generation

*Generate yourself into the deity (any deity). In the case of generating oneself in to Yamantaka, one does so as follows:*

Instantly I arise in the form of glorious Vajrabhairava, with one face and two arms, holding curved knife and skullcup.



The dispelling mantra changes according to the particular deity:

### Dispelling (Action) Mantra

OM HRIH SHTRIH VIKRITA NANA HUM PHAT  
OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO  
HAM

(OM all phenomena are pure of own-being, and I too am pure of own-being.)

The dispelling ingredients (incense) become non-objectified in the sphere of emptiness.

All is empty.

The first syllable of the name of each ingredient is adorned with a tige. They melt and become inconceivable.

### Particular Offerings

Samaya ingredients appearing to the eye that delight the guru, mind-seal deities, buddhas, bodhisattvas, dakas, dakinis, Dharma protectors, worldly gods (devas), treasure owners, country gods, and landlords, owners of areas, and incense guests with all their entourage.

May this all be actualized and increased in the eyes of the guru, mind-seal deities, buddhas, bodhisattvas, dakas, dakinis, Dharma protectors, worldly gods (devas), treasure owners, country gods, and landlords, owners of areas, and incense guests with all their entourage.

### Increasing Mantra

OM SARVA BI PURA PURA / SURA SURA / AVARTAYA / AVARTAYA  
HO / VAJRA SPHARANA KAM

### Outer offerings

OM ARGHAM (PADYAM, PUSHPA, DUPE, ALOKE, GANDHE,  
NAVVIDYA, SHABDA, RUPA, SHABDA, GANDHE, RASA, SPARSHA)  
AH HUM

(the 8 outer offerings and the 5 sense offerings)

OM SVABHAVA VISHUDDHE DHARMA TE VAJRA SIDDHI HUM /



NAMA SARVA TATHAGATA BHO VISHVA MUKHE BHYAH /  
SARVA TAD KHAM UDGATE SPHARANA HI MAMA GAGANA KHAM  
SVAHA /  
OM AMRITA HUM PHAT /  
OM AKARO MUKHAM SARVA DHARMANAM / ADYA NUTPANAN  
TVATA /  
NAMA SARVA TATHAGATA AVALOKITE OM SAMBHARA SAMBHARA  
HUM /  
OM RURU SPHURU JVALA TSHTHA SIDDHA LOCHANI SARVA  
ARTHA SADHANI SVAHA

Due to the power of my attitude, the power of blessing, the power of the tathagatas, and the power of the sphere of the Dharma (emptiness), may all success and everything wished for be made to happen instantly now without resistance.

### Offering the Incense

KYEH!

In the expanse of blue sky,

The essence of ocean – white cloud is billowing;

The essence of cloud – the flying rain falls on Sama-Ling, the holder of the earth;

The essence of earth – the honey plants grow;

I make incense offering – the heart of nourishing honey.

Dispelled!

I am offering incense to the root and indirect gurus.

May this incense purify all the obstacles to realizations on the path, from transgressions of guru devotion to the subtlest wrong views and so on.

I offer incense to the mind-seal mandala of deities.

May this incense offering purify all degenerated samayas.

I offer incense to all Dharma protectors.

May this incense purify any transgressions to your holy minds, such as not expressing thanks or not having offered tormas in time.

I offer incense to all the country devas, place owners, and nagas.

Please pacify right now every harm to mind and body or unskillful conduct that I have done.