Short Incense Puja

Incense Puja and Prayers
An abbreviated practice

by Lama Zopa Rinpoche
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 actualize the state of the four kayas.

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. The purpose of this practice is for healing. Shakyamuni Buddha, the source of all the benefits, should always be invoked with great respect and the practitioner should always be happy and free from all miseries. When one offers this incense, one's heart should be pure. One should recite the above prayer many times after completing the offering practice. Lightly edited by Ven. Constance Miller, FPMT Education Services, July 2000.

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Lama Zopa Rinpoche, 2000
Refuge

By Lama Zopa Rinpoche

Short Incense Puja and Prayers

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

I offer multitudes of special mentally transformed offerings.

May the teachings of the victorious ones, the holders of the Buddha-dharma, be spread forever.

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

May the protector perform the four actions.

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.

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

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Short Incense Puja

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 SHUDDHOHAM

(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 tilde.

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, PUSHPE, DUPE, ALOKE, GANDHE, NAIVIDYA, 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 BHYO VISHVA MUKHE BHYAH /

SARVA TAD KHAM UDGATE SPHARANA HI MAMA GAGANA KHAMSVAHA /OM AMRITA HUM PHAT /OM AKARO MUKHAM SARVA DHARMANAM / ADYA NUTPANAN TVATA /

NAMA SARVA TATHAGATA AVALOKITE OM SAMBHARA  SAMBHARAHUM /

OM RURU SPHURU JVALA TISHTHA SIDDHA LOCHANI SARVAARTHA 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 Sam-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.

KREHN