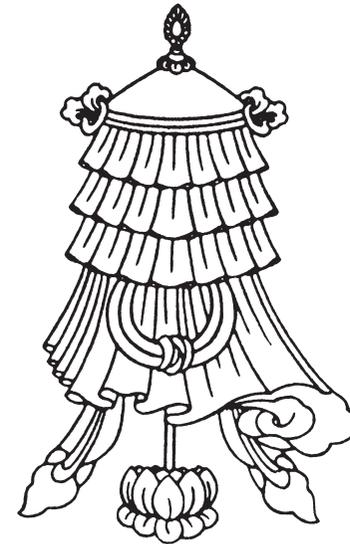


# Cha Sum

*The Rítual of the Three Parts*



Foundation for the Preservation of the Mahayana Tradition

*translated by Carol Savvas and Lodro Tulku*

# FPMT Education Services



FPMT Inc.  
1632 SE 11th Avenue  
Portland, OR 97214 USA  
[www.fpmt.org](http://www.fpmt.org)

© 2009 FPMT Inc.  
All rights reserved.

No part of this book may be reproduced in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system or technologies now known or developed, without permission in writing from the publisher.

Set in Calibri 12.5./15, Century Gothic, and Lydian BT.

Printed in the USA.

Education Services at FPMT International Office offers a vast range of Buddhist study programs, prayer books, and practice materials from the Gelugpa lineage. Our study programs meet the needs of beginners through to the most advanced students, from courses introducing Buddhism to the study of Tibetan and the highest philosophical texts.

As the Dharma takes root in the West, we make clear translations of Buddhist texts, prayers, and teachings available through our study programs and publications. We work with translators around the world to provide texts in English, Spanish, Chinese, French, German, and many others.

Working in collaboration with the Lama Yeshe Wisdom Archive, we publish Buddhist prayer books, sadhanas, retreat materials, and practice texts, many with commentary by Lama Thubten Yeshe and Lama Zopa Rinpoche. We also offer DVDs and CDs of prayers and teachings that inspire and inform. Whatever your interest, FPMT Education Services provides the materials you need to actualize the Buddhist path.

Education Services  
FPMT International Office  
1632 SE 11th Avenue  
Portland OR 97214  
(503) 808-1588  
[education@fpmt.org](mailto:education@fpmt.org)

**[www.fpmt.org](http://www.fpmt.org)**

# Foundation for the Preservation of the Mahayana Tradition



The Foundation for the Preservation of the Mahayana Tradition (FPMT) is a dynamic worldwide organization devoted to education and public service. Established by Lama Thubten Yeshe and Lama Zopa Rinpoche, FPMT touches the lives of beings all over the world. In the early 1970s, young Westerners inspired by the intelligence and practicality of the Buddhist approach made contact with these lamas in Nepal and the organization was born. Now encompassing over 150 Dharma centers, projects, social services and publishing houses in thirty-three countries, we continue to bring the enlightened message of compassion, wisdom, and peace to the world.

We invite you to join us in our work to develop compassion around the world! Visit our web site at [www.fpmt.org](http://www.fpmt.org) to find a center near you, a study program suited to your needs, practice materials, meditation supplies, sacred art, and online teachings. We offer a membership program with benefits such as Mandala magazine and discounts at the online Foundation Store. And check out some of the vast projects Lama Zopa Rinpoche has developed to preserve the Mahayana tradition and help end suffering in the world today. Lastly, never hesitate to contact us if we can be of service to you.

Foundation for the Preservation of the Mahayana Tradition  
1632 SE 11th Avenue  
Portland, OR 97214 USA  
(503) 808-1588

[www.fpmt.org](http://www.fpmt.org)

## Cha Sum

### The Rítual of Three Parts



This ritual is said to be very powerful to eliminate obstacles which occur in one's life and spiritual practice. It is often performed by lamas for the sake of one who is sick, when the illness is thought to be caused by a class of spirits. This ritual follows the injunctions of the Buddha, who taught that one should not harm any living being, even those who do harm to oneself, and therefore, rather than using wrathful means to harm the interfering spirits, one offers them tormas, praises, and various offerings such as water, flowers, incense, lights, perfume, food, and music.

One who wishes to do the ritual called "Three Parts" should arrange tormas and offerings according to the existing tradition.

#### *The Way to Bless the Offerings*

OM VAJRA YAKSHA HUM

OM VAJRA JVALA ANALA HANA DAHA PACHA MATHA  
BHANJA RANA HUM PHAT

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA  
SHUDDHO HAM

Everything becomes empty. Out of emptiness from OM comes a vast, jewelled vessel in which the syllable OM melts into light and transform into godly substances, water for the feet, water for the mouth, flowers, incense, lights, perfume, food and sound and become clear, unobstructed and as extensive as space.

OM ARGHAM AH HUM  
 OM PADYAM AH HUM  
 OM VAJRA PUSHPE AH HUM  
 OM VAJRA DHUPE AH HUM  
 OM VAJRA ALOKE AH HUM  
 OM VAJRA GANDHE AH HUM  
 OM VAJRA NAIVIDYA AH HUM  
 OM VAJRA SHAPTA AH HUM



## The Way to Bless the Torma

OM SVABHAVA VISHUDDHE DHARMA / TE VAJRA SIDDHI  
 HUM / NAMA SARVA TATHAGATEBHYO VISHVA MUKHEBHYA /  
 SARVA TADKHAMUDGATE SPHARANAH IMAM GAGANA  
 KHAM SVAHA / OM AMRITE HUM PHAT / OM AKARO  
 MUKHAM SARVA DHARMANAM ADYA NUDPANNA TVADTA /  
 NAMA SARVA TATHAGATA AVALOKITE / OM SAMBHARA  
 SAMBHARA HUM / OM RU RU SPURU JVALATISHTHA SIDDHA  
 LOCHANI SARVA ARTHA SANGHANI SVAHA

By the power of my own thought,  
 By the power of the blessings of the tathagatas,  
 And by the power of the dharmadhatu,  
 Whatever purposes are thought of,  
 May all these be unobstructedly fulfilled.  
 Thus reciting the words of truth.

## Torma Offering to the Pretas

NAMA SAMANTA BUDDHANAM SARVA TATHAGATA  
 AVALOKITE OM SAMBHARA SAMBHARA HUM 3x

---

Reciting three times, make torma offerings to the pretas.

---

## Dedication

By the power of this great practice of giving for the sake of all living beings, may I attain the self-born state of a buddha, and through this practice of giving may I be able to liberate all who have not been liberated by the victorious ones of the past.

## SARVA MANGALAM

### Colophon:

Through whatever wholesome imprints arise from the effort of this practice, may all undesired occurrences of all mother living beings be pacified, and finally, may all beings accomplish the ground and path and the two states [of generation and completion]. May this become the cause to attain the victorious state of the four bodies of the Buddha.

This [Tibetan] text was printed by the Tibetan Cultural Printing Press, Dharmasala, in 1984. Calligraphed by Jinpa Gyatso.

Translated from the Tibetan by Carol Savvas and Lodro Tulku and originally published in *Transformation into the Exalted State*, Opuscula Tibetan, Fasc. 18, June 1987, Tibet-Institut, 8486 Rikon, Switzerland. Lightly edited for the use of FPMT students by Ven. Constance Miller, FPMT Education Department, February 2004.

bounds of your pledge and remove the illnesses of my sponsor.  
All you spirits, go back to your own places.

SARVA BIGNANA GACHA

---

Reciting this, think that all the geg interfering spirits go back to their own places.

---

### *Offerings to the Don*

OM DEVA NAGA YAKSHA GANDHARVA ASURA GARUDA  
KINNARA MAHORA MANUSHA AMANUSHA SAPARIVARA  
PRAVARASADKARAM ARGHAM PRATICCHA SVAHA

GACHA

---

The eight classes of Don spirits and their entourage depart to their own places.

---

### *Offerings to the Worldly Protectors*

OM RUTRAYE / OM SHATA SAHASRA AKSHIYE / OM  
AGNIYE / OM YAMAYE / OM NIRITIYE / OM VARUNAYE / OM  
VAYOVIYE / OM KUVAIRAYE / OM URDHAM BRAHMANAYE  
SURYAGRAHA ADHIPATAYE CHANDRA NAKSHATA  
ADHIPATAYE / OM ARDHAPRITHIVIBHYA ASUREBHYA  
NAGEBHYA SAPARIVARA PRAVARASADKARAM ARGHAM  
PRATICCHA SVAHA

GACHA

---

The direction protectors and their entourage depart to their own places.

---

## *Part One:*

### *Offering to the Worldly Protectors of the Ten Directions*

#### *The Invitation*

O Lords, come and be seated.

In the present time of five degenerations, although this is such a bad place for you to come and stay, in order to protect the teachings of Buddha Shakyamuni and to give us assistance, please come to this very place. O powerful direction protectors and worldly protectors, richly endowed with power, compassion, method, and pledges. You gods, rishis, pretas, rakshas, nagas, knowledge-holders, kings, all you owners of interferences, all of you who show yourselves in mighty forms, come and be seated, you worldly protectors of the ten directions.

When you are invited for the sake of the propagation of the Buddha's teachings, please come and enjoy these offerings, which are offered for the sake of all living beings.

OM EH HYA HI DASHADIKA LOKAPALA SAPARIVARA SAMAYE  
SVAHA

#### *Offerings*

OM RUTRAYE / OM SHATA SAHASRA AKSHIYE / OM AGNIYE /  
OM YAMAYE / OM NIRITIYE / OM VARUNAYE / OM VAYOVIYE /  
OM KUVAIRAYE / OM URDHAM BRAHMANAYE SURYA GRAHA  
ADHIPATAYE CHANDRA NAKSHATA ADHIPATAYE / OM  
ARDHAPRITHIVIBHYA ASUREBHYA NAGEBHYA SAPARIVARA  
PRAVARASADKARAM ARGHAM PRATICCHA SVAHA

---

Thus offering water for the mouth.

---

KAMALAYE TAM

---

Thus offering seats.

---

OM RUTRAYE / OM SHATA SAHASRA AKSHIYE / OM AGNIYE /  
 OM YAMAYE / OM NIRITIYE / OM VARUNAYE / OM VAYOVIYE /  
 OM KUVAIRAYE / OM URDHAMBRAHMANAYE SURYAGRAHA  
 ADHIPATAYE CHANDRA NAKSHATA ADHIPATAYE / OM  
 ARDHAPRITHIVIBHYA ASUREBHYA NAGEBHYA SAPARIVARA  
 PRAVARSAADKARAM PADYAM PRATICCHA SVAHA

OM RUTRAYE / OM SHATA SAHASRA AKSHIYE / OM AGNIYE /  
 OM YAMAYE / OM NIRITIYE / OM VARUNAYE / OM VAYOVIYE /  
 OM KUVAIRAYE / OM URDHAMBRAHMANAYE SURYAGRAHA  
 ADHIPATAYE CHANDRA NAKSHATA ADHIPATAYE / OM  
 ARDHA PRITHIVIBHYA ASUREBHYA NAGEBHYA SAPARIVARA  
 PRAVARSAADKARAM PUSHPA PRATICCHA SVAHA

OM RUTRAYE / OM SHATA SAHASRA AKSHIYE / OM AGNIYE /  
 OM YAMAYE / OM NIRITIYE / OM VARUNAYE / OM VAYOVIYE /  
 OM KUVAIRAYE / OM URDHAMBRAHMANAYE SURYAGRAHA  
 ADHIPATAYE CHANDRA NAKSHATA ADHIPATAYE /  
 OM ARDHA PRITHIVIBHYA ASUREBHYA NAGEBHYA  
 SAPARIVARA PRAVARSAADKARAM DHUPE PRATICCHA SVAHA

OM RUTRAYE / OM SHATA SAHASRA AKSHIYE / OM AGNIYE /  
 OM YAMAYE / OM NIRITIYE / OM VARUNAYE / OM VAYOVIYE /  
 OM KUVAIRAYE / OM URDHAMBRAHMANAYE SURYAGRAHA  
 ADHIPATAYE CHANDRA NAKSHATA ADHIPATAYE / OM  
 ARDHA PRITHIVIBHYA ASUREBHYA NAGEBHYA SAPARIVARA  
 PRAVARSAADKARAM ALOKE PRATICCHA SVAHA

OM RUTRAYE / OM SHATA SAHASRA AKSHIYE / OM AGNIYE /  
 OM YAMAYE / OM NIRITIYE / OM VARUNAYE / OM VAYOVIYE /

OM GUNGGUNG SVAHA SAPARIVARA NAIVIDYA PRATICCHA  
 SVAHA

OM GUNGKARI GUNGKARI SVAHA OM PICHIPICHI SVAHA /  
 OM GUNGGUNG SVAHA SAPARIVARA SHAPTA PRATICCHA  
 SVAHA

And then:

OM GUNGKARI GUNGKARI SVAHA OM PICHIPICHI  
 SVAHA / OM GUNGGUNG SVAHA SAPARIVARA / NAMA  
 SARVA TATHAGATABHYO / VISHVA MUKHEBHYA / SARVA  
 TADKHAMUDGATE SPHARANAH IMAM GAGANA KHAM  
 GRIHNA IDAM BALIMTE SVAHA 3x

---

Reciting three times, make the torma offering.

---

Those who wander about in the night, those spirits and flesh-eaters, rakshas who partake of raw meat, all varieties of beings, those who dwell in trees and branches, to all these beings, I offer this torma of meat and beer, radishes, cooked rice, and many fruits. Be satisfied with these offerings. Pacify all ill will, and from today forward generate a helpful attitude toward us. Although adorned with many jewels, [as this is not enough], one should do virtue. One should tame the mind and hold the vows well. We abandon harming all evil spirits, and we do virtue. These are the words of the great Buddha. There is no one who is not afraid of weapons. We all cling to our lives. Take your own body as an example. [If you are harmed, doesn't it hurt you?] So then, don't harm others.

OM all you great and small spirits who send harms to us: Take all these illnesses away and go back to your own places. Everything I have been able to do, in terms of making offerings and paying respects, I have done. Therefore, keep your pledges well; fulfill my desires completely; and in addition, always remain within the

OM TAKKI HUM JAH

---

Thus thinking that one has called all the Geg interfering spirits together with their entourage, in front of oneself.

---

## Offering to Geg

OM GUNGKARI GUNGKARI SVAHA OM PICHIPICHI SVAHA /  
OM GUNGGUNG SVAHA SAPARIVARA SADKARAM ARGHAM  
PRATICCHA SVAHA

KAMALAYE TAM

---

Thus offering water for the mouth and offering the seat. Then make offerings of water for the feet, etc. up to sound, as before.

---

OM GUNGKARI GUNGKARI SVAHA OM PICHIPICHI SVAHA /  
OM GUNGGUNG SVAHA SAPARIVARA PADYAM PRATICCHA  
SVAHA

OM GUNGKARI GUNGKARI SVAHA OM PICHIPICHI SVAHA /  
OM GUNGGUNG SVAHA SAPARIVARA PUSHPE PRATICCHA  
SVAHA

OM GUNGKARI GUNGKARI SVAHA OM PICHIPICHI SVAHA /  
OM GUNGGUNG SVAHA SAPARIVARA DHUPE PRATICCHA  
SVAHA

OM GUNGKARI GUNGKARI SVAHA OM PICHIPICHI SVAHA /  
OM GUNGGUNG SVAHA SAPARIVARA ALOKE PRATICCHA  
SVAHA

OM GUNGKARI GUNGKARI SVAHA OM PICHIPICHI SVAHA /  
OM GUNGGUNG SVAHA SAPARIVARA GANDHE PRATICCHA  
SVAHA

OM GUNGKARI GUNGKARI SVAHA OM PICHIPICHI SVAHA /

OM KUVAIRAYE / OM URDHAMBRAHMANAYE SURYAGRAHA  
ADHIPATAYE CHANDRA NAKSHATA ADHIPATAYE / OM  
ARDHA PRITHIVIBHYA ASUREBHYA NAGEBHYA SAPARIVARA  
PRAVARSAADKARAM GANDHE PRATICCHA SVAHA

OM RUTRAYE / OM SHATA SAHASRA AKSHIYE / OM AGNIYE /  
OM YAMAYE / OM NIRITIYE / OM VARUNAYE / OM VAYOVIYE /  
OM KUVAIRAYE / OM URDHAMBRAHMANAYE SURYAGRAHA  
ADHIPATAYE CHANDRA NAKSHATA ADHIPATAYE / OM  
ARDHA PRITHIVIBHYA ASUREBHYA NAGEBHYA SAPARIVARA  
PRAVARSAADKARAM NAIVIDYA PRATICCHA SVAHA

OM RUTRAYE / OM SHATA SAHASRA AKSHIYE / OM AGNIYE /  
OM YAMAYE / OM NIRITIYE / OM VARUNAYE / OM VAYOVIYE /  
OM KUVAIRAYE / OM URDHAMBRAHMANAYE SURYAGRAHA  
ADHIPATAYE CHANDRA NAKSHATA ADHIPATAYE / OM  
ARDHA PRITHIVIBHYA ASUREBHYA NAGEBHYA SAPARIVARA  
PRAVARSAADKARAM SHAPTA PRATICCHA SVAHA

---

Thus making offerings.

---

To Indra, the god who holds the vajra, the king of gods and owner of interferences, to the multitude of interfering spirits of the east, I make offerings, compliments, and prostrations.

To the devouring god of fire, the one who burns, king of the rishis and owner of interferences, to the multitude of interfering spirits of the southeast, I make offerings, compliments, and prostrations.

To the god Yama, who holds in his hand a club, the king of the mamos and owner of interferences, to the multitude of interfering spirits of the south, I make offerings, compliments and prostrations.

To the god of the southwest, endowed with all wholesome qualities, the king of the rakshas and owner of interferences, to the

multitude of interfering spirits of the southwest, I make offerings, compliments, and prostrations.

To the god of the water who holds the lasso, the king of the naga realm and owner of interferences, to the multitude of interfering spirits of the west, I make offerings, compliments, and prostrations.

To the god who holds the life energies by way of the wind, the king of the knowledge-holders and owner of interferences, to the multitude of interfering spirits of the northwest, I make offerings, compliments, and prostrations.

To Yaksha, the one who holds the stick, the protector of wealth and owner of interferences, to the multitude of interfering spirits of the north, I make offerings, compliments, and prostrations.

To the powerful leading god of the northeast, the king of the bhutas and owner of interferences, to the multitude of interfering spirits of the northeast, I make offerings, compliments, and prostrations.

To the great god Brahma above, to the gods of the sun and moon and god Rahula, to the gods of the seven days and the stars, I make offerings, compliments, and prostrations.

To the naga below, the god of the earth, the holder of the earth with big hands, to the multitude of those who are pledge-bound, I make offerings, compliments, and prostrations.

---

Thus offering praises.

---

islands, in all the rivers and at the confluence of rivers, in lakes, pools, ponds, and river banks, mountain streams and rivulets, those who dwell in empty villages and empty animal corrals, empty houses, simple dwelling places of gods, temples, sites of stupas, and places where asceticism is practiced, elephants' grazing grounds, those who reside in treasure rooms of kings and at crossroads where three or four roads meet, those who reside at highways or at the place of a single tree, in the great cemeteries and forests, where lions, yetis, and dangerous animals dwell, in very quiet places or frightening, isolated places, those who dwell on supreme continents, on Mount Meru or in cemeteries, be delighted and contented with these garlands of flowers, perfumes, incense, praises, tormas, and lights, which I offer respectfully. Take these offerings, eat them well, and make my actions fruitful.

---

Thus requesting assistance.

---

### ***Part Three:***

#### ***Offering to the Interfering Spirits Known as Geg***

One instantly becomes the deity Hum Jah.

---

Thinking thus, perform the gesture of the Wrathful King of Desire.

---

By the truth of the Buddha, by the truth of the Dharma, by the truth of the spiritual community, by the blessings of the secret tantra and the mantras of wisdom, all of the Geg class of interfering spirits instantly gather around oneself.

OM DEVA NAGA YAKSHA GANDHARVA ASURA GARUDA  
KINNARA MAHORA MANUSHA AMANUSHA SAPARIVARA  
PADYAM PRATICCHA SVAHA

OM DEVA NAGA YAKSHA GANDHARVA ASURA GARUDA  
KINNARA MAHORA MANUSHA AMANUSHA SAPARIVARA  
PUSHPE PRATICCHA SVAHA

OM DEVA NAGA YAKSHA GANDHARVA ASURA GARUDA  
KINNARA MAHORA MANUSHA AMANUSHA SAPARIVARA  
DHUPE PRATICCHA SVAHA

OM DEVA NAGA YAKSHA GANDHARVA ASURA GARUDA  
KINNARA MAHORA MANUSHA AMANUSHA SAPARIVARA  
ALOKE PRATICCHA SVAHA

OM DEVA NAGA YAKSHA GANDHARVA ASURA GARUDA  
KINNARA MAHORA MANUSHA AMANUSHA SAPARIVARA  
GANDHE PRATICCHA SVAHA

OM DEVA NAGA YAKSHA GANDHARVA ASURA GARUDA  
KINNARA MAHORA MANUSHA AMANUSHA SAPARIVARA  
NAIVIDYA PRATICCHA SVAHA

OM DEVA NAGA YAKSHA GANDHARVA ASURA GARUDA  
KINNARA MAHORA MANUSHA AMANUSHA SAPARIVARA  
SHAPTA PRATICCHA SVAHA

### *Torma Offering to the Don*

OM DEVA NAGA YAKSHA GANDHARVA ASURA GARUDA  
KINNARA MAHORA MANUSHA AMANUSHA SAPARIVARA  
NAMA TATHAGATABHYO / VISHVA MUKHEBHYA / SARVA  
TADKHAMUDGATE SPHARANAH IMAM GAGANA KHAM  
GRIHNA IDAM BALIMTE SVAHA

Those spirits who reside on Mount Meru in pleasure groves, in godly realms, in mountains in the east and west, in the homes of the sun and moon, in all the mountains and in precious jewel

### *The Way to Offer the Tormas*

OM RUTRAYE / OM SHATASAHASRA AKSHIYE / OM AGNIYE /  
OM YAMAYE / OM NIRITIYE / OM VARUNAYE / OM VAYOVIYE /  
OM KUVAIRAYE / OM URDHAMBRAHMANAYE SURYAGRAHA  
ADHIPATAYE CHANDRA NAKSHATA ADHIPATAYE / OM ARDHA  
PRITHIVIBHYA / OM ASUREBHYA NAGEBHYA SAPARIVARA /  
NAMA SARVA TATHAGATABHYO VISHVA MUKHEBHYA SARVA  
TADKHAMUDGATE SPHARANAH IMAM GAGANAKHAM  
GRIHNA IDAM BALIMTE SVAHA

O vajra-holding god of the east, with your entourage, please accept this torma offering.

O god of fire, god Yama, god of the rakshas of the southwest, owner of water, owner of wind, owner of wealth, powerful god owner of spirits, the great god Brahma, gods of sun and moon above, all gods and nagas of the earth, gods of themoutains, and the multitude of yakshas, please accept with delight these tormas that are offered to each of you.

Be seated in your own places together with your mothers and daughters, friends and family, soldiers and forces.

Gather here together and partake well of these offerings of flowers, fine aromas, perfumes, and tormas, and make my actions fruitful.

---

Thus dedicating the offerings.

---

### *Requests*

Please take this offering, and may the yogi myself and all others be free from illness.

May we be endowed with long life, power, fame and fortune, dignity and great wealth.

May we be granted the attainment of all actions of pacification, increase, and so on.

May the pledge-holders always protect and assist us in achieving all attainments.

May they pacify untimely death, illness, evils, disturbances, obstacles, bad dreams, bad signs and omens, and bad activities.

May the world have peace, good crops, and increase of grains.  
May the Dharma flourish, causing all goodness to arise.  
May all that I have in my mind be fulfilled.

---

Thus making requests for the desired purposes.

---

## *Part Two:*

### *Offering to the Interfering Spirits Known as Don*

O gods and asuras, yakshas, mahoragas, garudas, suparnas, pre-tas, gandharvas, rakshas, all of you of the Don class of interfering spirits, those who abide on the earth, endowed with special powers, along with you mothers and daughters and all your entourage and servants. Kneeling on the ground with folded hands, I make this request.

Please listen to me. In order to give your assistance come to this very place.

OM EH HYA HI

LOKAKARAYE DEVA NAGA YAKSHA GANDHARVA ASURA  
GARUDA KINNARA MAHORA MANUSHA AMANUSHA  
SAPARIVARA SAMAYE SVAHA

### *Offering to the Don*

OM DEVA NAGA YAKSHA GANDHARVA ASURA GARUDA  
KINNARA MAHORA MANUSHA AMANUSHA SAPARIVARA  
ARGHAM PRATICCHA SVAHA

---

Thus offering water for the mouth. Then make the offering of seats, and water for the feet, flowers, incense, etc. up to sound.

---

KAMALAYE TAM