

*The Four Elements
Torma Offerings*

འབྲུང་བཞི་གཏོར་མ།

Jung zhi tor ma

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Please accept this torma and ransom effigy
Of our sponsors, our companions and myself.
Do not bear malice or inflict harm!

Now, please return to your own abodes.

Saying thus, toss the round conical torma together with the ransom effigy into the air. Then bring the square torma to the north, the round torma to the west, the triangular torma to south, the conical torma having one face in the shape of flat crescent to the east. Place them each on a pure, clean surface.

Colophon:

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The Four Elements Torma Offerings

Namo Guru Manjugoshaya!

For those who wish to engage in the practice of offering the tormas of the four elements, arrange the following in sequence on a torma tray:

A round conical torma ལྷུམ་གཏོན་མོ།

A conical torma with
one face in the shape
of a flat crescent ལྷུམ་གཏོན་མོ།

A triangular torma ལྷུམ་གསུམ་མོ།

A round torma ལྷུམ་མོ།

A square torma ལྷུམ་བཞི།

In front of the first, second, third, fourth and fifth tormas respectively, arrange ten dough balls, five dough balls, three dough balls, six dough balls and four dough balls, together with water. If you want to arrange all the tormas on one tray, arrange the round conical torma in the center and place the remaining tormas in the same sequence as above in a clockwise direction around it, starting from the front. Place the exact number of dough-balls in front of each of the tormas as previously described.

If you are doing the ritual for a sick person, a ransom effigy should also be arranged. Then complete the preliminary practices of refuge, bodhichitta, and the four immeasurables.

Refuge and Bodhichitta

I go for refuge until I am enlightened
 To the Buddha, the Dharma, and the Supreme Assembly.
 By my practice of giving and other perfections,
 May I become a Buddha to benefit all sentient beings. (3x)

The Four Immeasurables

May all sentient beings have happiness and the causes of happiness.
 May all sentient beings be free from suffering and the causes
 of suffering.
 May all sentient beings be inseparable from the happiness that
 is free from suffering.
 May all sentient beings abide in equanimity, free from attachment
 for friends and hatred for enemies.

Visualization

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
 SHUDDHO HAM

All phenomena are purified into the state of emptiness.

For ease of practice, recite and contemplate in the following way:

In the space in front, visualize a throne made of precious jewels. On top of the throne is a lotus cushion, atop of which is a sun disc, atop of which is a moon disc. On a black skin on top of the moon disc sits Padampa Sangye (Buddha Paramapitri), who is the embodiment of all the buddhas of the three times. He is surrounded by ocean of entourages, including the five tathagata families, the three objects of refuge, and the Dharma protectors.

First there is the ransom effigy of the element of bone.
 I cast this ransom effigy of bone to the stones.
 O spirits residing in the stones,
 Accept this torma and ransom effigy,
 And do not bear malice or inflict harm!

I cast this ransom effigy of flesh to the earth.
 O spirits residing in the earth,
 Accept this torma and ransom effigy
 And do not bear malice or inflict harm!

I cast this ransom effigy of blood to the water.
 O spirits residing in the water,
 Accept this torma and ransom effigy
 And do not bear malice or inflict harm!

I cast this ransom effigy of heat to the fire.
 O spirits residing in the fire,
 Accept this torma and ransom effigy
 And do not bear malice or inflict harm!

I cast this ransom effigy of breath to the wind.
 O spirits residing in the wind,
 Accept this torma and ransom effigy
 And do not bear malice or inflict harm!

I cast this ransom effigy of mind into space.
 O spirits residing in space,
 Accept this torma and ransom effigy
 And do not bear malice or inflict harm!

Externally you are the five fragrant medical substances;
 Internally you are the five precious jewels;
 Secretly you are the five wisdom dakinis:

Make offerings by reciting:

OM ARGHAM PRATICCHA SVAHA
 OM PADYAM PRATICCHA SVAHA
 OM VAJRA PUSHPE PRATICCHA SVAHA
 OM VAJRA DHUPE PRATICCHA SVAHA
 OM VAJRA ALOKE PRATICCHA SVAHA
 OM VAJRA GANDHE PRATICCHA SVAHA
 OM VAJRA NAIVIDYA PRATICCHA SVAHA
 OM VAJRA SHAPTA PRATICCHA SVAHA

Dedication

This ocean of nectar of tormas

Possessing the five perfect objects of desire:

I dedicate to the karmic debtors who bear malice towards our flesh
 and our property,

Because we removed, beat and bound them, snatched and stole
 from them.

Satisfied by this offering of tormas,

May all karmic debts giving rise to malice towards our flesh
 be purified.

By removing all our debts of property,

May you quickly attain the sublime state

Of perfect enlightenment!

On a daily basis, one must engage in the practice of giving of
 Dharma teachings, prayers, and dedication.

If one has dedicated this ritual to a sick person by using a ran-
 som effigy, then one should say the following prayers here:

I invite the actual wisdom beings to come from their natural state.
 They dissolve into both myself and the deities visualized in front.

Praise

Your body has been accomplished through the power of virtuous
 actions

And fully ornamented by your many qualities.

Blazing with the major and minor marks of the enlightened body,
 One is never satisfied gazing at your beautiful form.

I bow down at the feet of Dampa who is beyond dispute!

I offer everything, both actual and visualized,
 And I confess all negative actions and broken vows
 Accumulated from the beginningless time.

I rejoice in the virtuous actions of both ordinary and superior beings.
 I request that you stay until samsara ends
 And turn the wheel of Dharma for migratory beings.
 I dedicate the virtuous actions of myself and others so that we may
 attain the enlightened state!

I pray to the Venerable Dampa, who is as widely known as the sun
 and the moon

And to the undefeatable Maitreya Buddha, who is the sole
 ornament of this world.

May you protect myself and all sentient beings and grant us
 all siddhis!

Eliminate hindrances from the tormas by reciting:

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify the tormas by reciting:

OM SVABHAVA SHUDDHA SARVA DHARM SVABHAVA
SHUDDHO HAM

From the state of emptiness, a syllable BHRUM appears and transforms into vast and expansive containers made of precious jewels. Within those containers, the syllables YAM, RAM, BAM, and LAM transform into the tormas of the four elements. These tormas possess infinite qualities of color, fragrance, taste, and potential. They are as vast as the extent of the space and will remain until the end of samsara. They transform into a great ocean of nectar containing the five objects of desire.

Bless the nectar by reciting:

OM AH HUM (3x)

Offering the Tormas

The conical torma with one flat crescent face

Then, focusing on the conical torma that has one face in the form of a flat crescent, dedicate it by uttering:

OM TA THE DA DHA NHA YAM OM AA SVAHA (3x or 7x)

Make offerings by reciting:

OM ARGHAM PRATICCHA SVAHA
OM PADYAM PRATICCHA SVAHA
OM VAJRA PUSHPE PRATICCHA SVAHA
OM VAJRA DHUPE PRATICCHA SVAHA
OM VAJRA ALOKE PRATICCHA SVAHA

This ocean of nectar possessing the five objects of desire,
Produced from heaps of earth substances that emerged from LAM,
Whose color is like refined gold and whose characteristics are
solidity and obstruction:

I offer it Guru Amoghasiddhi and the dakinis;
And especially to the hosts of deities of Amoghasiddhi in the
northern direction,
Together with their retinues!

By enjoying this offering, may the four elements within us be
balanced and harmonized!
May we perceive all appearances as interdependent!
And through interdependence, may we accomplish the infinite
purposes of migratory beings!

Especially, may the negative emotion of jealousy
Of myself [*or insert the name of the sick person*] and mother
sentient beings be pacified without any remainder!
May phlegm diseases and harm inflicted by malevolent earth spirits,
As well harm inflicted by yakshas of the northern quarter
be pacified!

Request or entrust spiritual service in this way.

The round conical torma

After dedicating the four tormas in this way, dedicate the fifth
torma to all the guests in general and especially to karmic debtors
by reciting:

A KA RO (3x)

By enjoying this offering, may the four elements within us be
balanced and harmonized!
May we perceive all appearances as interdependent!
And through interdependence, may we accomplish the infinite
purposes of migratory beings!

Especially, may the negative emotion of desire
Of myself [*or insert the name of the sick person*] and mother
sentient beings be pacified without any remainder!
May cold diseases, harm inflicted by spirits of samaya corrupters,
and malevolent female spirits,
As well harm inflicted by the nagas of the western quarter
be pacified!

Request spiritual service in this way.

The square torma

Then, focusing on the square torma, dedicate it by reciting:

OM TA THA DA DHA NA LAM LI LII I II SVAHA (*3x or 7x*)

Make offerings by reciting:

OM ARGHAM PRATICCHA SVAHA
OM PADYAM PRATICCHA SVAHA
OM VAJRA PUSHPE PRATICCHA SVAHA
OM VAJRA DHUPE PRATICCHA SVAHA
OM VAJRA ALOKE PRATICCHA SVAHA
OM VAJRA GANDHE PRATICCHA SVAHA
OM VAJRA NAIVIDYA PRATICCHA SVAHA
OM VAJRA SHAPTA PRATICCHA SVAHA

OM VAJRA GANDHE PRATICCHA SVAHA
OM VAJRA NAIVIDYA PRATICCHA SVAHA
OM VAJRA SHAPTA PRATICCHA SVAHA

This ocean of nectar possessing the five objects of desire,
Produced from heaps of air substances that emerged from YAM,
Whose color is lapis lazuli and whose characteristics are light
and moving:
I offer this torma to Guru Vajrasattva and the meditational deities,
To the dakinis, Dharma protectors, the Buddha, Dharma,
and Sangha;
And especially to the hosts of deities of Vajrasattva in the
eastern direction,
Together with their retinues!

By enjoying this offering, may the four elements within us be
balanced and harmonized!
May we perceive all appearances as interdependent!
And through interdependence, may we accomplish the infinite
purposes of migratory beings!

Especially, may the negative emotions of hatred and ignorance
Of myself [*or insert the name of the sick person*] and mother
sentient beings be pacified!
May wind diseases, harm inflicted by kingly spirits and evil spirits
of gods,
As well as that of odor-eating spirits of the eastern quarter
be pacified!

Request spiritual service in this way.

The triangular torma

Then, focusing on the triangular torma, dedicate it by reciting:

OM TSA TSHA DZA DZHA NYA RAM E EE RI RII SVAHA (3x or 7x)

Make offerings by reciting:

OM ARGHAM PRATICCHA SVAHA
OM PADYAM PRATICCHA SVAHA
OM VAJRA PUSHPE PRATICCHA SVAHA
OM VAJRA DHUPE PRATICCHA SVAHA
OM VAJRA ALOKE PRATICCHA SVAHA
OM VAJRA GANDHE PRATICCHA SVAHA
OM VAJRA NAIVIDYA PRATICCHA SVAHA
OM VAJRA SHAPTA PRATICCHA SVAHA

This ocean of nectar possessing the five objects of desire,
Produced from heaps of fire substances that emerged from RAM,
Whose color is orange-red and whose characteristics are hot
and blazing:

I offer it Guru Ratnasambhava and the dakinis,
And especially to the hosts of deities of Ratnasambhava in the
southern direction,
Together with their retinues!

By enjoying this offering, may the four elements within us be
balanced and harmonized!
May we perceive all appearances as interdependent!
And through interdependence, may we accomplish the infinite
purposes of migratory beings!

Especially, may the negative emotions of pride and miserliness
Of myself [or insert the name of the sick person] and mother
sentient beings be pacified!

May bile diseases, harm inflicted by demons, violent spirits, and
malevolent male spirits,
As well harm inflicted by the lords of death of the southern
quarter be pacified!

Request spiritual service in this way.

The round torma

Then, focusing on the round torma, dedicate it by reciting:

OM PA PHA BA BHA MA PAM U UU SVA HA (3x or 7x)

Make offerings by reciting:

OM ARGHAM PRATICCHA SVAHA
OM PADYAM PRATICCHA SVAHA
OM VAJRA PUSHPE PRATICCHA SVAHA
OM VAJRA DHUPE PRATICCHA SVAHA
OM VAJRA ALOKE PRATICCHA SVAHA
OM VAJRA GANDHE PRATICCHA SVAHA
OM VAJRA NAIVIDYA PRATICCHA SVAHA
OM VAJRA SHAPTA PRATICCHA SVAHA

This ocean of nectar possessing the five objects of desire,
Produced from heaps of water substances that emerged
from PAM,
Whose color is like a moon crystal and whose characteristics are
wet and moistening:
I offer it Guru Amitabha and the dakinis,
And especially to the hosts of deities of Amitabha in the western
direction,
Together with their retinues!