

## **FOOD OFFERING PRAYER**

**OM AH HUNG**

**TON PA LA MED SANG GYE RINPOCHE**  
*To the Unsurpassable Guide, the Precious Buddha.*

**KYOB PA LA MED DAM CHO RINPOCHE**  
*To the unsurpassable Protector, the Precious Dharma.*

**DREN PA LA MED GEN DUN RINPOCHE**  
*To the Unsurpassable Savior, the Precious Sangha.*

**KYAB NE KON CHOG SUM LA CHOD PA BUL**  
*I offer to Three Supreme Sources of Refuge.*

**CHED NAM CHOD JIN SOL WA TOP PI THUI**  
*By the power of this prayer and hymn of praise.*

**DAG TSOK GANGDO NI PI SA CHOG DER**  
*May I and all others, wherever they may be, in every direction of the earth,*

**NAY DON OL PONG THOB ZOD SHI WA DANG**  
*have all our poverty, illness, obsessions and wars pacified.*

**CHE DANG TASHI PEL WAR DZAY DU SOL**  
*And may the holy Dharma and good fortune increase without end.*