

༄༅། །འཕགས་མ་སྒྲུལ་མའི་ཚོགས་མཆོད་ཤིན་ཏུ་
བསྐྱུས་པ་དངོས་གྲུབ་སྟིང་པོ།

**The Essence of Accomplishment:
An Extremely Concise Feast Offering to
Noble Tārā**

Jamyang Khyentse Wangpo



KHYENTSE VISION
PROJECT

'phags ma sgrol ma'i tsbogs mchod shin tu bsdus pa dngos grub snying po

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TRANSLATOR'S INTRODUCTION

This short prayer is for practitioners who wish to offer a simple gaṇacakra feast offering as part of a Tārā sādhana. The text begins with instructions for making the offering, after completing the preliminary stages of the main sādhana, by sprinkling the feast with water and amṛta. Even though it is concise, the structure of this feast offering mirrors that of longer liturgical forms.

Traditionally in India, gaṇacakra feasts were complex affairs during which a tantric community would gather and make offerings to the Three Roots and affirm their samaya vows. Specific substances were required, including wine and meat; in some cases the value of the offerings was great, equaling more than a thousand ounces of gold.¹ In Tibet, simpler feasts came to be practiced as well, properly known as a gaṇapūjā. Of the different feast days in the Tibetan calendar, the one most commonly connected to Tārā is the eighth day of the lunar month.

དངོས་གྲུབ་སྒྲིང་པོ།

The Essence of Accomplishment

*Namo guru Āryatārāyai!*²

If you wish to offer a feast to the goddess Noble Tārā, after you have completed the preliminary stages of your practice, sprinkle the feast substances, particularly the samaya substances of skillful means and wisdom, with cleansing water and amṛta.

རི་ཡམ་ཁམ།

ram yam kham

RAM YAM KHAM

ཡེ་ཤེས་རིག་ཚལ་མེ་ལུང་ཚུས།།

yeshé rigtsal mé lung chü

Fire, wind, and water—the display of wisdom awareness—

ཚོགས་ཇུས་དངོས་འཛིན་བསྐྱེད་གཏོར་སྒྲུངས།།

tsogzé ngözin sek tor jang

Burn, scatter, and purify reification of the feast substances.

བྱ་རྩེ་སྣོད་དུ་བདུད་ཚིའི་བཅུད།།

bhandhé nö du dütsi chü

Within a skull cup, the amṛta nectar transforms [202]

འདོད་ཡོན་གྱི་མཚོའི་ཕུང་པོར་གྱུར།
döyön gyatsö pungpor gyur
Into an ocean of sensual delights.

ཨོཾ་ཧཱུྃ།
om ah hung
OM ĀḤ HŪM

ཧྲིཿ
hrih
HRĪḤ

འོག་མིན་ཚེས་དབྱིངས་པོ་བྱང་ནས།
ogmin chöying podrang né
From the dharmadhātu palace of Akaniṣṭha,

ལས་རབ་བཀོད་པ་ལོངས་སྤྱིའི་ཞིང་།
lerab köpa longkü zhing
The saṃbhogakāya buddha field of Karmaprasiddhi,

གནས་གསུམ་སྤུལ་པའི་དཀྱིལ་འཁོར་ནས།
né sum trülpé kyilkhör né
And the nirmāṇakāya maṇḍala of the three abodes,

དམ་ཚིག་སྒྲོལ་མ་རྣལ་འབྱོར་མ།
damtsik drölma naljor ma
O yoginī Samayatārā,

ཙ་གསུམ་གྱི་མཚོའི་འཁོར་དང་བཅས།
tsa sum gyatsö khor dang ché
Together with a maṇḍala of the oceanic Three Roots,

ཚོགས་གྱི་འདུ་བར་སྤྱན་འཛེན་གཤེགས།
tsok kyi duwar chen dren shek
We invite you—come and join this feast gathering!

ལོངས་སྤྱོད་རྣམ་པ་ཐམས་ཅད་པའི།
longchö nampa tamché pé
We offer you the delightful wisdom amṛta

Of all kinds of enjoyments.

dik drib nyé tung töl zhing shak

We openly admit and confess our misdeeds, obscurations, and transgressions.

zung dzin tok tsok ying su dröl

Liberate the collection of dualistic thoughts into the expanse of reality!

chok tün triné ngödrub tsöl

Bestow the supreme and common siddhis and activities!

om guru arya taré sapariwara sarwa ganatsakra puja ho

ॐ गुरु आर्यातारारूपारिवारासर्वगणकक्रपूजाहो

Then, recite the hundred-syllable mantra:

[illegible]

om benzasato samaya | manupalaya | benzasato tenopa | tishta didho mé bhawa |
sutokayo mé bhawa | supokayo mé bhawa | anurakto mé bhawa | sarwa siddhim mé
prayatsa | sarwa karma su tsa mé | tsittam shreya kuru hung | ha ha ha ha ho |
bhagawan sarwa tatagata benza ma mé muntsa | benzi bhawa maha samayasato ah

[OM VAJRASATTVA SAMAYA | MANUPĀLAYA | VAJRASATTVATVENOPA | TĪṢṬHA
DṚḌHO ME BHAVA | SUTOṢYO ME BHAVA | SUPOṢYO ME BHAVA | ANURAKTO ME
BHAVA | SARVASIDDHIṀ ME PRAYACCHA | SARVAKARMAṢU CA ME | CITTAM ŚREYAḤ
KURU HŪṀ | HA HA HA HA HOḤ | BHAGAVAN SARVATATHĀGATA VAJRA MĀ ME
MUṆCA | VAJRĪBHAVA MAHĀSAMAYASATTVA ĀḤ]

Gather the remainder and consecrate it with:

om ah hung ho

OM ĀḤ HŪḤ HOḤ

Summon the guests with:

པེམ།

pem

PHEM

Dedicate the remainder with:

ཨོཾུཅིཤྱཱ་ཐ་བེལྟ་ཁ་མཁེ།

om utsishta balingta khahi

OM UCCHIṢṬA BALIṂTA KHĀHI

Make aspirations with:

རྗེ་བཙུན་པག་མེ་ལྷ་ཚོགས་ལ།

jetsün pagmé lhatsok la

Through this marvelous offering

མཇུང་ཆོཔ་པ་སྤལ་བ་ཡིས།

mejung chöpa pülwa yi

To the divine assembly of the Noble Lady,

བསོད་ནམས་ཡེ་ཤེས་ཚོགས་རྫོགས་ནས།

sönam yeshé tsok dzok né

Having completed the accumulations of merit and wisdom,

དངོས་གྲུབ་རྣམ་གཉིས་མུར་ཐོབ་ཤོག།

ngödrub nam nyi nyur tob shok

May we swiftly attain the two accomplishments.

Then, make offerings, praises, and petitions, and confess mistakes. If you have a practice support, request the deities to remain. If you do not, request them to depart. Then, recite prayers of dedication, aspiration, auspiciousness, and so forth as usual.

This was written by Mañjughoṣa. Virtue!

NOTES

1. Adzom Gyalse Gyurme Dorje, “A Concise Explanation of Gaṇacakra.”
2. “Homage to the guru, Noble Tārā!”

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GLOSSARY

Akaniṣṭha

འོག་མིན། • *’og min* • akaniṣṭha

Akaniṣṭha (literally, “Below None”) is the name of the pure realm of saṃbhogakāya buddhas as well as the name of the highest god realm within the form realm. Since different pure realms are described as emanating from Akaniṣṭha, it is also understood as ultimately being synonymous with the dharmakāya.

amṛta

བདུད་རྩི། • *bdud rtsi* • amṛta

The Sanskrit term literally means immortality. While the exact meaning depends on context, in Vajrayāna practice it refers to the consecrated nectar of immortality contained in the skull cup.

dharmadhātu

ཆོས་དབྱིངས། • *chos dbyings* • dharmadhātu

Literally, “expanse of phenomena.” A synonym for ultimate reality and emptiness.

gaṇacakra

རྩིས་ཀྱི་འཁོར་ལོ། • *tsbogs kyi ’khor lo* • gaṇacakra

Literally, “wheel of gathering.” By offering a banquet to the invited deities, the practitioner accumulates merit and wisdom.

Karmaprasiddhi

ལས་རབ་རྫོགས་པ། ལས་རབ་གྲུབ་པ། • *las rab rdzogs pa, las rab grub pa* • karmaprasiddhi

Literally, “Supreme Accomplishment of Activity.” This is the northern pure land of Amoghasiddhi, lord of the Karma family, known for all-accomplishing wisdom. For an early textual reference, see the seventh–eighth-century *Sarvatathāgatātattvasaṃgrahatantra*.

samaya

དམ་ཚིག། • *dam tshig* • samaya

The commitments and observances upheld by practitioners of Vajrayāna.

Samayatārā

དམ་ཚེག་སྒྲོལ་མ། • *dam tshig sgrol ma* • samayatārā

The consort of Amoghasiddhi and the purified aspect of the wind element. This is also a synonym for Green Tārā.

saṃbhogakāya

ལོངས་སྤྱོད་ • *longs sku* • saṃbhogakāya

Literally, “body of enjoyment.” The saṃbhogakāya is one of three kāyas, or bodies, of a fully awakened buddha. It is characterized by five certainties: (1) it is endowed with the 112 major and minor marks; (2) it resides in the Akaniṣṭha buddha realm; (3) its retinue consists of bodhisattvas on the tenth bhūmi; (4) it exclusively teaches the Mahāyāna Dharma; (5) and it continuously remains as long as there are beings to be freed from saṃsāra.

siddhi

དངོས་གྲུབ། • *dnogs grub* • siddhi

Accomplishment gained through tantric practice. Two types of siddhis are distinguished: the supreme siddhi, which is perfect awakening, and common siddhis, which are various types of accomplishment such as supernatural abilities.

three abodes

གནས་གསུམ། • *gnas gsum*

The three divine realms (*lha gnas gsum*) include the pure abodes, the ordinary form realms, and the Thirty-Three Heavens of the desire gods.

Three Roots

རྩ་གསུམ། • *rtsa gsum*

In tantric Buddhist practices, the Three Roots in which one takes refuge are the guru, the tutelary deity (*yi dam*), and the ḍākinī.

two accomplishments

དངོས་གྲུབ་རྣམ་གཉིས། • *dnogs grub rnam gnyis*

The two accomplishments or siddhis are the ordinary accomplishments and the supreme accomplishment, which is enlightenment itself.