

TSOK

In brief

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Quoting an awakened lineage master :
“In the uncommon Vajrayana tantric practices, the skilful means of tsok are the effective, friendly, convenient and fast methods to accumulate the two merits. The supreme action of tsok is the wheel of accumulation”. (Tsok is also known as Ganachakra (Sanskrit) or 荟供 (Chinese)).

The practice of *tsok* is similar to offering mandalas, both of which are considered as uncommon practices in Vajrayana (Tantrayana). They are part of skilful means, meaning they are easy to practice. This practice is also meaningful as it brings much blessings. It is also a practice that can be easily done, regardless if you are rich or poor.

There are many different types of items that we can offer as *tsok*, but there is really no need for us to prepare too much offerings. A most affordable method is the offering of a cup of water and some bits of food taken each time from our daily three meals. This act itself is adequate, meaningful, and convenient to execute. It also gives plenty of blessings, and is a quick and easy way of fulfilling the needs of accumulating merits and wisdom.

Yisye Tsogyal said, *“The practice of tsok on the 8th, 10th, 15th or 25th of each month can help to release beings from being reborn in the three lower realms”.* As such, dedicating one’s *tsok* practice to someone who would be reborn in any of the three lower realms can help them purify their karma. But this is on condition that they have not laden themselves with new karmic debts caused by either bad karma, the breaking of samaya precepts, or by having committed any of the ten evil deeds. Indeed, the practice of *tsok* is a way of accumulating merits and wisdom and complements the practice of repentance.

It is also mentioned in several tantric sutras and liturgies that, *“Repentance during the practice of tsok and empowerment can help repair and purify the karma caused by broken samaya”.* As such, in Tantrayana, many downfalls can be compensated for by *tsok* practice, as a way of repentance. Over here, *tsok* practice is considered as a method of reinstating samaya precepts.

Source (Chinese) : <https://www.meipian.cn/17z7lm5ni>

