

RIWO SANGCHÖ

After receiving the transmission for this practice, one can purchase the Riwo Sangchö liturgy. Attending all or part of a Riwo Sangchö group practice at Pema Osel Do-Ngak Chöling in Vermont is equivalent to receiving the transmission, but being present at other times Rinpoche does the practice (such as at Losar or before the Nyingma Summer Seminar) is not. Once they have received the transmission, practitioners at any level can do the practice on their own. The Crucial Point article called "Finding Freedom from Lenchak" includes a general commentary on the Riwo Sangchö and should be relied on as the primary instruction for this practice. (The audio recording of this talk is on the "Lenchak" CD, which also contains the traditional Riwo Sangchö melody). Although more detailed instructions from other teachers on the visualizations and so forth are available, Kongtrul Rinpoche encourages his students to approach this practice in a straightforward, simple way instead of studying such teachings.

PRACTICE

First, light the incense and using a juniper twig, a clean spoon, etc. sprinkle clean water on to the burning incense three times while simultaneously saying OM AH HUNG, once for each sprinkle. Then, recite the Riwo Sangchö liturgy in Tibetan with the appropriate melody. If you are not familiar with the purification and sky treasury mudras done during the Purification and Blessing of the Sang Offering section of the practice, please meet with your meditation instructor or a khenchung for instructions.

OFFERING

It is important to use a specific type of incense when doing this practice, one that contains the necessary offering materials. Riwo Sangchö incense may be purchased through the Tibetan Treasures store. This incense should only be burnt during Riwo Sangchö practice sessions, and should not be used at other times. Also, the incense should be completely burnt by the end of the practice session; therefore it is usually necessary to break apart a stick into smaller pieces, unless one is doing extended recitations within a single session.

INTERNET RESOURCES

"Lenchak" and "2006 Riwo Sangchö" Audio CDs:

http://www.mangalashribhuti.org/html/store/recordings_new.html

See the *lenchak* entry on the Tibetan Terms webpage to download the "Finding Freedom from Lenchak" and "Jellyfish in the Ocean of Samsara " Crucial Point transcripts:

http://www.mangalashribhuti.org/html/study_practice/terms.html

Order a copy of the liturgy at the MSB Liturgy Webpage:

http://www.mangalashribhuti.org/html/study_practice/liturgies.html

Order Riwo Sangchö incense from Tibetan Treasures:

<http://www.tibetantreasures.com/thtml/ttmerch/incense.htm>