

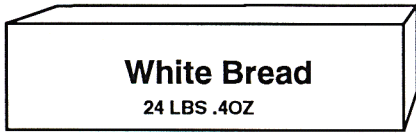
Daily Practice X
How to Make a Torma

TORMA MAKING

(ALL INGREDIENTS MUST BE LIGHT IN COLOR)

* Notes from the Godstow retreat led by Geshe Michael Roach 12/26/98 - 1/3/99.

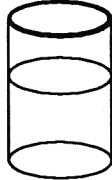
Please refer to the tapes for additional information.



BREAD

(Cheap kind works very well.
Wonder bread is ok)

- 2 loaves for one set of:
 - Je Tzongkapa offering
 - Boundary marker (Spyintor-pronounced Chitor)
 - Tiny triangular-shaped Tormas (Tormalettes)
 - Obstacle protection (Gektor)
- Work with 1/2 a loaf at a time



CLARIFIED BUTTER (Gi)

(For mixture, lamps, & painting the Tormas)

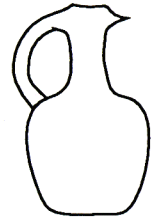
- Use salted butter, not sweet
- Melt for 45 min.
- Let simmer until it starts to separate
- Remove foam from the top
- Strain with a fine strainer
- Use about 1 to 2 Tsp in mixture



HONEY

(For mixture)

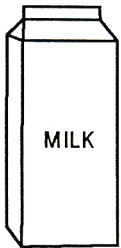
- Use 2 generous amounts of Tsp for each mixture (1/2 loaf)



DUTSI

(Nectar for mixture)

- Use 1tsp for each mixture (1/2 loaf)



MILK

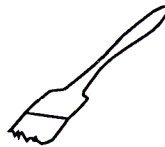
Use moderately in mixture



CHEESE

(White)

• To be used for disks on Tormas



PAINT BRUSH

• To paint Tormas with the clarified butter (Gi)



Approx. 3/4" bottle cap



Approx. 1/2" bottle cap



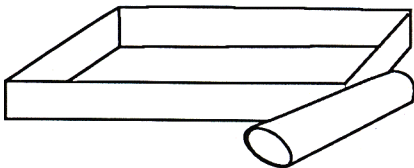
1 long macaroni



Tooth picks

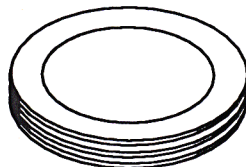
BOTTLE CAPS, MACARONI STICK & TOOTH PICKS

- Bottle caps: To cut white disks for Tormas
- Tooth picks: To place white disks on Tormas and to use with cotton as wicks for lamps



MIXING PAN & PLASTIC WRAP OR WAX PAPER

- To mix Torma ingredients
- To seal in moisture & prevent the Tormas from drying



LARGE PLATES

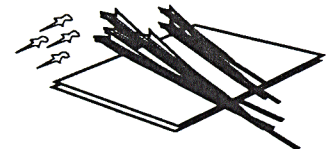
(to put offerings)

- 1 ceramic plate for Je Tzongkapa offering
- 1 ceramic plate for obstacle protection
- 1 plastic plate for boundary markers



COTTON

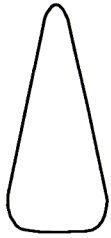
(for lamps)



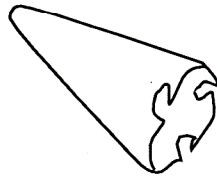
BOND PAPER, KUSHI GRASS & PUSH PINS

- Protection markers (Bond paper, grass and push pins)
- Blessing your seats (Grass)
- Blessing your bed (Grass)

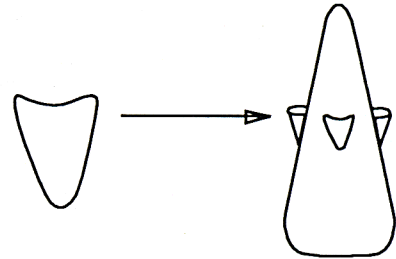
Starting with 1/2 a loaf of white bread, cut the slices into small pieces about the size of a dime. You do not have to remove the crusts. Mix bread with 2 generous Tspoons of honey, 1 Tsp of Dutsi (nectar), 1 to 2 Tspoons of clarified butter (Gi) and very little milk in a mixing pan. Mix contents well with your hands. Add more milk a little bit at a time. The final mixture should feel like sculpting clay. If the mixture is too wet, it will sag, if it's too dry, it will crack very quickly. Wrap the mixture with a plastic or wax paper to keep moist. Repeat steps.



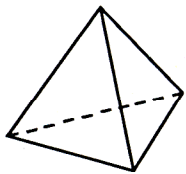
From the 1/2 loaf mixture, mold to create a cone-like shape with a slightly rounded top.



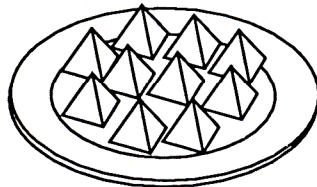
Pinch off four equal portions from the bottom of the Torma for the Je Tsongkapa offering. Pinch off three when making the Gektor offering (Obstacle marker). Pinch off none for the Spyintor (Pronounced Chitor: boundary marker). Reshape bottom.



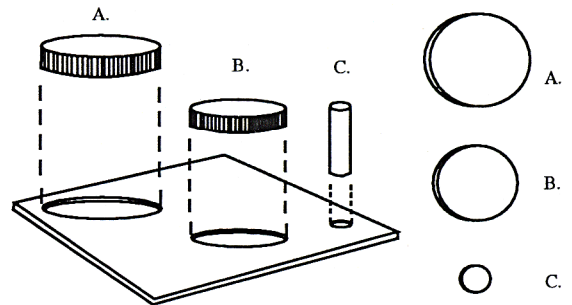
Mold each portion to create a flat triangular shape. Curved slightly and attach it mid-way on the Torma. Place them equal distance apart leaving room for the disks made from the white cheese. Paint generously with clarified butter (Gi). Repeat steps.



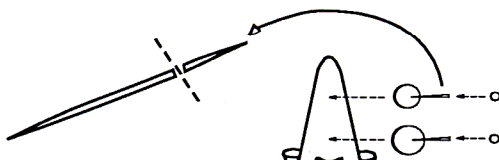
Take equal portions from the mixture about 2" in diameter. Mold pieces to create tiny three-sided triangular Tormas with a triangular base. The quantity will depend on the length of your retreat. Make extras in case you need to stay longer. These Tormalettes will be placed each day on your Je Tsongkapa offering plate during the duration of your retreat.



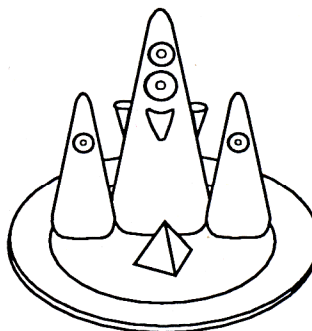
Paint all sides of the tomalettes with the Clarified butter (Gi). Place on a plastic plate and cover them with with a plastic wrap. Store in a cool place to prevent animals from getting to them.



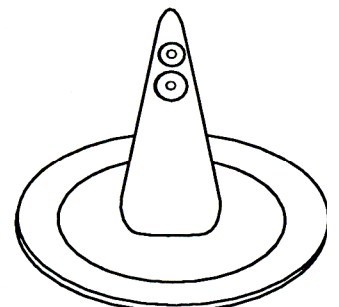
Use the bottle caps and macaroni stick to cut three disk shapes from the white cheese. These disks will be placed on each of the Tormas after they've been painted with the clarified butter (Gi).



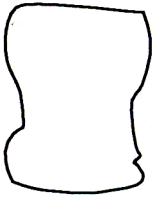
Cut off 1/3 of the tooth pick. Use the pointed tip to attach the cheese disks on the Tormas. Figure "C" will be used to cover the rough edge of the tooth pick. Some Tormas will have only one disk.



JE TSONGKAPA OFFERING
This offering represents Je Tsongkapa and his two disciples. Place this setting on a ceramic plate and place it on your altar. The tiny triangle Tormas (Tormalettes) should be added each day during the duration of your retreat.



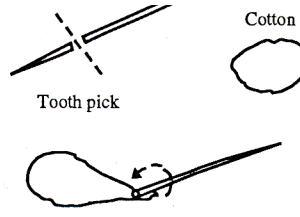
SPYINTOR
(Pronounced Chitor)
This offering is a boundary marker. Place this setting on a plastic plate outside.



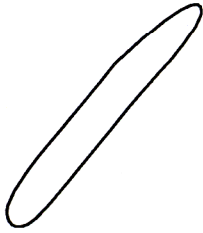
From the 1/2 loaf bread mixture, take half and separate into 3 equal parts about 3" in diameter.



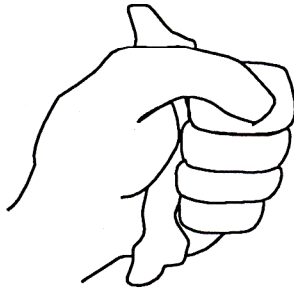
Mold to create goblet-like shape



Take a tooth pick and snap off a little more than 2/3 section off. Take a cotton ball, fry it and roll it around the tooth pick starting from the cut off edge first. Warp tightly leaving extra cotton on top. Insert into goblet and paint generously with the clarified butter (Gi) filling the goblet and covering the wick. The lamp will burn longer. Repeat steps 3 times for each Gektor offering.



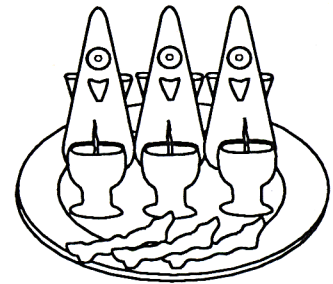
Take a portion from the bread mixture about 3" in diameter. Separate into three equal parts. Roll between your hands to create a cylinder shape approx. 4" high.



Squeeze cylinder slightly. Press the top and bottom with your thumb.



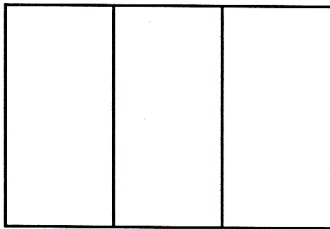
Final shape should look like above image.



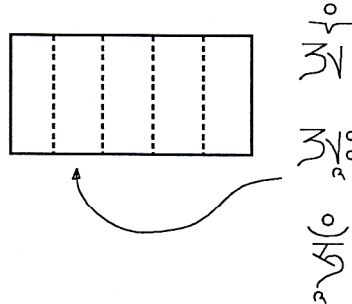
GEKTOR

This offering represents protection from obstacles you may experience during your retreat. Place this setting on a ceramic plate outside.

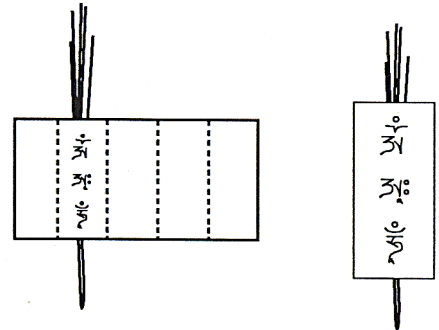
PROTECTION MARKERS



Take a piece of 8 1/2" x 11" white or cream bond paper and cut it into 3 equal sections. You will need a total of 4. Cut the 4th section from another piece of paper.



Fold each of the sections into 5 equal parts. Write the following letters on the second left panel in the following order starting from the top.



Place Kushi grass in the center of the 2nd panel on the left and fold. Use a push pin to put up the protection markers outside. Make sure the pin does not go through the letters.