

SUMMER RETREAT 2018 TRÖMA NAGMO TEXTS (JUNE 1-4)

Texts Available through Dharma Treasures Bookstore (www.dharmatreasures.com) & on the Bero Jeydren page (www.vajrayana.org/bero). Be sure to download any digital texts before coming to Pema Ösel Ling as available internet will be very limited.

- **Tröma Practice Texts:** we have an extremely limited number of shrine loaners – please bring your text, purchase at Dharma Treasures, or download a digital text before coming to Pema Ösel Ling (see below for links). Please especially consider downloading the text if you are joining us only on June 4th as Dharma Treasures will have a very limited number of Intermediate-Length Sadhanas available.
- **The General Prayers Book** (Lotus Lamp Publishing 2017) is available again [here](#) through Dharma Treasures. We will have a limited number of shrine loaners. These books will be used in place of daily practice, dharmapalas, and additional prayers. Please bring if you have previously purchased. A few added prayers will be available as handouts or on the [Bero Jeydren](#) page.
- **Prayers Before Teachings and Dedication:** loaner copies will be available at the shrine
- **Tea Offering Prayers:** handouts will be available at the shrine or on the [Bero Jeydren](#) page.

Tröma Nagmo Concise & Intermediate-Length Sadhanas, Feasts (June 1-4; Dudjom Yangsi Rinpoche will join us for Intermediate-Length Tsok on the 4th):

- **Dudjom Lingpa's Chod:** An Ambrosia Ocean of Sublime Explanations & The Profound Heart Essence of Saraha (Light of Berotsana, 2014) available [here](#) through Dharma Treasures
- [Feasts of Chöd](#) from Light of Berotsana (will be used June 1-3); also available in [digital format](#) from Light of Berotsana
- [Concise Tröma Nagmo Sadhana \(Tro-chung\)](#) from Light of Berotsana (will be used June 1-3); also available in [digital format](#) from Light of Berotsana
- [Tröma Ngöndro & Phowa](#) from Light of Berotsana (will be used June 1-3); also available in [digital format](#) from Light of Berotsana
- [Medium-Length Tröma Nagmo Sadhana](#) from Light of Berotsana (will be used on the last day of retreat); also available in [digital format](#) from Light of Berotsana
- **Etiquette for Tröma Group Practice** (handout at shrine)
- **Dudjom Lingpa's Tsok Lu: Du Kyi Phun Sum** (handout at shrine)
- **Longchenpa's Aspiration Prayer, Nang Drak Rik Sum, Kye Wa Kun Tu** (handout at shrine)
- **Additional Recommended:**
 - Dharma Treasures [Tröma Chöd practice collection](#)
 - Heart Teachings by Lama Tharchin Rinpoche [Tröma Nagmo collection](#)