

Vajrayana Foundation Summer Retreat 2016

Retreat Text and Ritual Implements list

If you have any of these texts from previous years, please bring them.

Attire & Ritual Implements:

- Zen (burgundy &/or white shawl)
- Trangjur (yogi skirt), lungi (sarong), chuba or kira – burgundy is standard but other colors are fine
- Ritual Implements: please bring bell, dorje, chöd damaru & khangling for Tröma Retreat; bring bell and dorje for Shitro Ngagso; sangha does not use bell, dorje or damaru for the Hayagriva or Drupchen Retreats

All Retreats:

- **Vajrayana Foundation Daily Practice Book** (BJP, 2015 First Edition): This is our comprehensive version of the Daily Practice Book available for [tablet](#); it is designed to be used with the VF Additional Prayers (updated version will be available soon) and our individual sadhana practices; includes our Three Roots daily practices, daily Dharma Protectors, Prayers Before Teachings, and more; since the book is currently being amended, the print version is not currently available (people who purchase the digital tablet format will receive the updated text once finished)
- Or may use:
 - [Dorje Drolod](#) (The Wish-Fulfilling Siddhis; Lama Sonam Tsering, 2010) for protectors and above prayers plus others (does not include The Seed of Three-Fold Faith lineage prayer) – OR –
 - [Vajrakilaya Sadhana](#) (Lama Sonam Tsering, 2011) – “Annihilator of the Hordes of Passions, A practice of Vajrakilaya that, like a sword, destroys at a touch”
- **Additional Prayers**: We are working on a new edition, but for now may use: (available at the Dharma Treasures)
 - Extensive Dorje Drolod (The Wish-Fulfilling Siddhis; Lama Sonam Tsering, 2010) for protectors and above prayers plus others (does not include The Seed of Three-Fold Faith lineage prayer) – OR –

- Vajrakilaya Sadhana (Lama Sonam Tsering, 2011) – “Annihilator of the Hordes of Passions, A practice of Vajrakilaya that, like a sword, destroys at a touch”
- Vajrayana Foundation Additional Prayers (old copies, not currently in print)
- Or handouts
- Dharma Protectors:
 - Long Dharma Protectors: includes both extensive & daily dharma protectors; we will have some loaners at the shrine
 - Dharmapala Daily Practices: also available in the new Daily Practice Book, the long Dharma Protectors and Lama Sonam’s Dorje Drolo and Vajrakilaya (not complete in last two)
 - Note: there will be new concise dharma protector practices for Summer Retreat; handouts will be available at the shrine
- Barchay Lamsel prayers (may be used)
- Handouts: Swift Rebirth Prayers, new long life prayers, The Healing Medicine of Faith, Dharmapala additions, and others will be available; Barchay Kunsel Prayers (may be used)

Tröma Nagmo Ngöndro (June 14-23):

- **See the Dharma Treasures [Troma Nagmo collection](#)**
- **Dudjom Lingpa’s Chod** (Light of Berotsana, 2015); An Ambrosia Ocean of Sublime Explanations by Pema Lungtok Gyatso & The Profound Heart Essence of Saraha by Heruka Dudjom Lingpa
- **Concise Tröma Sadhana & Tsok (Trö-Chung):** “The Quintessential Accomplishment in Accordance with the Lineage of the Vajra Essence” arranged by Thinley Norbu Rinpoche, Translated by Sangye Khandro – currently not in print – please bring if you have; new version from Light of Berotsana will be available at Dharma Treasures for the retreat
- **The Sadhana of Tröma Nagmo called: The Sun of Primordial Wisdom** (Mirror of Wisdom Publications, 2006): includes the Medium-Length Tröma sadhana (Tro-Tring), Tröma Ngöndro, and Feasts – currently not in print – please bring if you have; those may also be found in “Tröma Nagmo (medium-length Tröma): a practice cycle for realization of the wrathful black Dakini” (Chagdud Gonpa Publications)
- **The Four Feasts, Lu Chin and Giving the Dharma** (Mirror of Wisdom Publications, 2008): includes Troma’s Laughter, Seven Line Prayer,

Supplication to Dudjom Lingpa, Short Troma Ngondro, Feasts, Lu Chin, and Giving the Dharma – please bring with you if you already have it

Available at the Shrine:

- Etiquette for Tröma Group Practice
- Dharmapala Handout (“*The Concise Fulfillment Prayer for the Five Classes of the Kasung of the Sole Mother, Tröma Nakmo*”) – for those who don’t already have in their Tro-chung texts

Additional Recommended Tröma Material (not required for retreat):

- Available from Heart Teachings by Lama Tharchin Rinpoche:
 - CD of Rinpoche chanting the Trö-Chung
 - “Trö-Chung” teachings on DVD
 - “Feasts of Chöd” teachings on DVD
 - “Feasts of Chöd” recitation by Lama Tharchin Rinpoche on DVD
 - Tröma Ngöndro teachings & recording on DVD
 - Tröma Nagmo Fire & Water Offerings on DVD
- Tröma Nagmo: Wrathful Compassionate Wisdom Deity, A Concise Tibetan Buddhist Nyingma Chod Practice (Tröma Sadhana and Tsok) chanted by Lama Gyaltzen and Sangyay Tsomo
- “Machig’s Complete Explanation: Clarifying the Meaning of Chöd” translated & edited by Sarah Harding (Snow Lion Publications)
- A Spontaneously Accomplished Enlightened Activity: Fire Offering of the Dakini Tröma Nagmo (includes the Mé-Chöd, Nol-Sang & Sur-Chöd) by Dudjom Lingpa (BJP, 2000)
- Tröma Nagmo Collection of Practices, Tibetan Only (BJP, 2014)

Black Hayagriva (June 24-July 1):

- Black Hayagriva Sadhana & Tsok (Sonam T. Lama, 2016) will be available through Dharma Treasures
- [Preliminary Practices of the Dudjom Tersar](#): Includes the Concise Dudjom Tersar Ngöndro (also in the above) and the longer Sa-Ter Ngöndro (The Chariot of the Path of Unity) (BJP, 2015) – may be needed – updates to follow; Concise Dudjom Tersar Ngöndro is also in the Daily Practice Book, Dorje Drolo, and Vajrakilaya

Troma Nagmo Empowerment (July 2):

- Prayers Before Teachings and Dedication (available in the Daily Practice Book and handouts)

Shitro Ngagso (July 3-4):

- Rituals and Prayers of the Shi-Tro Cycle (Chagdud Gonpa Publications)
- Text contains own Dharma Protectors

Collection of Seven Treasures Drupchen (July 6-14):

- Sadhana: Collection of Seven Treasures (BJP, 1992)
- Manual: Collection of Seven Treasures Drupchen Manual (BJP, 1992)
- For additional prayers, such as Seven Line Prayer, Three Kayas, Pearl Necklace, Namthar Soldeb, Concise Troma Confession, Maha Guru, Aspiration of the Vajradhatu Mandala, Chariot of Joy and Good Fortune, Concise Copper-Colored Mountain Prayer, Prayer of the Sealed Vajra Knot, and Prayer for the Spread of the Nyingma Teachings, please use Lama Sonam's Dorje Drolo or Vajrakilaya book
- Drupchen Supplemental Practices (BJP, 2015): contains the prayers & practices to complete the sadhana & manual; will be available as a free download on the vajrayana.org website
 - Contents: Verses of the 8 Noble Auspicious Ones, Lineage Prayer, Guru Rinpoche Tea Offering, Ye Dharma, Tashi Prayer, Ali Kali, Dudjom Lingpa's Tsok Lu (Du Kyi Phun Sum), Heruka Prayer, Stabilizing the Presence, Manual insert for p.50, Daily Practice for Collection of Seven Treasures, Demarcating the Outer Boundary insert, and Taking Down the Boundaries
- Illuminations of a Jewel of Enlightened Activity (Gongpa Yongdü Jinsek text) by H.H. Dudjom Rinpoche (BJP 2013): available in print at the bookstore or for [download](#).
- Dharma Protectors (BJP; extensive dharmapalas, including daily)

Handouts (at the Shrine):

- Session Guides for the First Day, Daily, and Tenth Day of Drupchen
- Daily Practice: The Daily Practice of the Gathered Secret Heart Essence of the Guru, T'huk Drub Sangwa Düpa (BJP) (need for First Day) – also in the Drupchen Supplemental Practices

- Lineage Prayer (also in Drupchen Supplemental Practices)
- Demarcating the Outer Boundaries (need for First & Tenth Days) & Taking Down the Boundaries – also in the Drupchen Supplemental Practices
- Prayer insert for Drupchen Manual page 50 – also in the Drupchen Supplemental Practices
- Additional Dharmapalas