

Vajrayana Foundation 2018 Ngöndro Retreat Text and Reading List

Required (available through Dharma Treasures Bookstore):

A Cascading Waterfall of Nectar by Thinley Norbu (Shambhala, 2006) [here](#).

A Commentary on the Dudjom Tersar Ngöndro by Lama Tharchin Rinpoche [here](#).

Words of My Perfect Teacher by Patrul Rinpoche (Yale University Press, 2010) [here](#).

Recommended (available through Dharma Treasures Bookstore):

Visit Dharma Treasures' collection of resources for Ngöndro practice [here](#).

Visit the Dudjom Tersar Ngöndro Program website [here](#).

A Torch Lighting the Way To Freedom, Complete Instructions on the Preliminary Practices by Dudjom Rinpoche, Jigdral Yeshe Dorje (Shambhala, 2011) available [here](#).

A Guide to the Words of My Perfect Teacher by Khenpo Ngawang Pelzang (Shambhala, 2004) available [here](#).

A Guided Tour of Hell, A Graphic Memoir by Samuel Bercholz (Shambhala, 2016) available [here](#).

Other Texts Used in the Shrine Room:

- The **Concise Dudjom Tersar Ngöndro** can be found in all of the following (shrine loaners will be available in limited quantity):
 - *General Prayers Book* (Lotus Lamp Publishing & Lama Sonam Tsering, 2017) – currently unavailable; some loaners will be available in the shrine; please bring if you've previously purchased.
 - *A Commentary on the Dudjom Tersar Ngöndro* by Lama Tharchin Rinpoche (see above)
 - *Preliminary Practices of the Dudjom Tersar* (BJP, 2015) – contains both the concise Ngöndro and longer Sa-Ter Ngöndro available in [print](#) or [digital](#) download for tablet.
 - *Concise Dudjom Tersar Ngöndro Daily Practice* (BJP) [digital](#) download for tablet.
- *Shower of Blessings Sadhana and Tsok* available in [print](#) or [digital](#) download.
- **Handouts:** 7-Point & 37-Point Mandala Offering Diagrams; Mandala Offering recitation