

## Vajrayana Foundation: 2022 Ngondro Retreat Text and Resources List

### Required (available through Dharma Treasures):

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

### Recommended:

**Dharma Treasures'** collection of resources for Ngondro practice [here](#).

**Vajrayana Foundation Annual Ngondro Retreat Practice Book** (Lotus Lamp). Additional prayers contained in this edition are being revised; purchase a print version of the current version [here](#), or view online [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 Commentary on the Dudjom Tersar Ngondro** by Lama Tharchin Rinpoche in [print](#) or [digital](#).

**Preliminary Practices of the Dudjom Tersar** (including Sa-Ter Ngondro) in [print](#) or [digital](#).

**Dudjom Tersar Ngondro Practice Texts** available [digitally](#) through the Vajrayana Foundation's Ngondro Program.

### Other Resources and Prayers Used:

**Long Life prayers** free downloads: [Lama Sonam Rinpoche](#) & [Sam Bercholz](#).

**Tsok Khang Dechen:** (BJP) available for [free download](#).

**Prayers Before Teachings:** (BJP) available for [free download](#)

**Dedication of Merit (So Nam Di Yiy):** (BJP) available for [free download](#)

**Always from Rebirth prayer:** (BJP) available for [free download](#).

**Prayer for the Peoples of the Earth:** (BJP) available for [free download](#).

**Monthly Ngondro Teaching Links:** Recordings available to watch on YouTube [here](#).

**Mala Blessing:** for [free download](#)

**Dudjom Lingpa's Water Offering Prayer:** for [free download](#)

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### **Additional Resources from the Vajrayana Foundation Dudjom Tersar Ngondro Program:**

We have a web-based Ngondro Program to help support your personal practice at home. The program directors, Choying Wangmo and Stefan Graves, will be providing more information during the retreat, or you can contact them directly at [ngondro@vajrayana.org](mailto:ngondro@vajrayana.org). Visit the Dudjom Tersar Ngondro Program website at [dudjomtersarngondro.com](http://dudjomtersarngondro.com).

**Ngondro Practice Suggested Support Materials:** [click here](#)

**How to set up a simple shrine with Lama Sonam Rinpoche:** [click here](#).

**How to make saffron rice:** [click here](#).

**How to do prostrations, with Lama Sonam Rinpoche:** [watch the video here](#).

**Prostration liturgy for printing at home:** [click here](#).

**How to use a mala with Lama Sonam Rinpoche:** [click here](#).

**Seven-point Mandala features diagram:** [click here](#).

**Thirty-Seven-point Mandala features diagram:** [click here](#).

**Recommended list of support items:** [click here](#).