

## Vajrayana Foundation Summer Retreat 2014

### Retreat Text and Ritual Implements list

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

#### Attire:

- Zen (burgundy &/or white shawl)
- Trangjur (yogi skirt), lungi (sarong) or chuba – burgundy is standard
- Rinpoche recommends a burgundy or white shirt but says other colors are fine, as well.

#### All Retreats:

- Vajrayana Foundation's Daily Prayers & Practices (BJP, 2011/2012); if you have purchased one, you may need the Swift Rebirth Prayers for Dungse Thinley Norbu Rinpoche and Lama Tharchin Rinpoche
- For additional prayers, may use:
  - Extensive Dorje Drolod (The Wish-Fulfilling Siddhis; Lama Sonam Tsering, 2010) for protectors and above prayers plus others – 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”
- Dharma Protectors, extensive: includes both extensive & daily dharma protectors; we will have loaners at the shrine; **Please note:** if you have your own copy of this text in an older version (before August 2008) but have never had the updated daily practices inserted (they will be continuous from p.111), please contact the Gekö at the shrine for information on how to get the inserts.
- Handout: Swift Rebirth Prayers

#### Tröma Nagmo:

- **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
- **Medium Length Tröma sadhana (Trö-Tring):** we recommend for ease of use:

**The Sadhana of Tröma Nagmo called: The Sun of Primordial Wisdom** (complete with auxiliary practices) – but may also use – “Tröma Nagmo (medium-length Tröma): a practice cycle for realization of the wrathful black Dakini” (Chagdud Gonpa Publications)

- **Feasts of Chöd:** we recommend for ease of use:  
**The Sadhana of Tröma Nagmo called: The Sun of Primordial Wisdom** (contains all the feasts), Mirror of Wisdom;  
- but may also find in – Chagdud Gonpa Publications, or Loppön Jigmé Rinpoché’s translation of the feasts in “Tröma Ngöndro and Four Feast Practice,” Lotus Garden, 2007 – available to Loppön Jigmé Rinpoché’s students)
- **Ritual Implements:** Chöd Drum, Kangling (thighbone trumpet), Bell & Dorjé

**Available at the Shrine:**

- Etiquette for Tröma Group Practice
- Other Notes: Symbolism, Mantra Visualization, Mandala
- 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 Friends of Lama Tharchin Rinpoché (FOLTR):
  - CD of Rinpoche chanting the T’hrö-Chung
  - “T’hrö-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) (not using at the retreat, but of additional interest)

### **Shitro Ngagso:**

- Rituals and Prayers of the Shi-Tro Cycle (Chagdud Gonpa Publications) – no loaners available
- Text contains own Dharma Protectors
- **Ritual Implements:** please bring bell & dorjé; only the Loppön uses the damaru

### **Collection of Seven Treasures Drupchen:**

- Sadhana: Collection of Seven Treasures (BJP)
- Manual: Collection of Seven Treasures Drupchen Manual (BJP)
- Dharma Protectors (BJP; extensive dharmapalas)
- Illuminations of a Jewel of Enlightened Activity (Gongpa Yongdü Jinsek text) by H.H. Dudjom Rinpoche (BJP 2013): available at the shrine or online through Bero Jeydren Publications

### **Handouts (at the Shrine):**

- Daily Practice: The Daily Practice of the Gathered Secret Heart Essence of the Guru, T'huk Drub Sangwa Düpa (BJP) (need for Frist Day & take home)
- Session Guides for the First Day, Daily, and Tenth Day of Drupchen
- Demarcating the Outer Boundaries (need for First & Tenth Days)
- Taking down the Boundaries (need for Tenth Day)
- Prayer insert for Drupchen Manual page 50

### **Ritual Implements:**

The sangha does not use bell, dorjé & damaru during this retreat.