

## Vajrayana Foundation: 2025 Dudjom Ngondro Retreat Text and Resources List

### Required (available through Dharma Treasures):

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

**Concise Dudjom Tersar Ngondro and Additional Prayers** (Lotus Lamp).  
Purchase a print version [here](#), or digital version [here](#).

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

**Long Life prayers** free downloads:

[Tulku Thadral Rinpoche](#) [Sam Bercholz](#). [Lama Sonam Rinpoche](#)

### Recommended:

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

In addition, the **Dudjom Ngondro Program** recommends these books:

Yudron Wangmo “[Clearing the Way to Awakening](#)”

Pema Wangyal “[Awakening Wisdom](#)”

Shechen Gyaltsab “[A Chariot to Freedom](#)”

Thinley Norbu “[Ruby Rosary](#)”

Thinley Norbu “[Sole Panacea](#)”

**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 a [print version](#) or [digital](#).

**Preliminary Practices of the Dudjom Tersar** (includes Sa-Ter Ngondro) a [print version](#) or [digital](#)

### Other Resources and Prayers Used (not necessary if you have the Concise Dudjom Tersar Ngondro and Additional Prayers~above)

**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](#).

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**Mala Blessing** (best for Ngondro) [free download](#)

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

Dharma Treasures now carries [SAFFRON](#) for your mandala rice offering.

### **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 <http://www.dudjomngondro.com/>

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

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

**How to set up a simple shrine with Lama Sonam Rinpoche:** [watch the video](#)

**How to make saffron rice:** [watch the video](#)

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

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

**How to use a mala with Lama Sonam Rinpoche:** [watch the video](#)

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

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