

Etiquette for Tröma Group Practice

- ❖ Please always chant at a softer level than the umdzé. You should always be able to hear the umdzé's chanting over your own voice. The special melodies for Tröma practice were transmitted as terma, so please try to follow the umdzé's melody as closely as possible without changing it.
- ❖ Only the umdzé chants the first line of a section when it is sung with melody and/or when using the drums. The sangha begins chanting with the second line. This includes verses that are only two lines long. When a section is repeated, such as with "Refuge and Bodhicitta," the sangha may begin chanting the repetitions after a few syllables as usual.
- ❖ There are a few instances when a verse is chanted in lhuk (without melody), such as the "Seven Line Prayer," the "Lineage Prayer," and a few lines that are not written in verse. For instance, the first two lines of the practice, as well as others, are written in prose style and chanted without melody. Another example is with mantra, such as the Sky Treasury mantra. The sangha may begin chanting these after the first few syllables as usual.
- ❖ Traditionally only the loppön and/or the umdzé chant the "P'HEṬ." The sangha does not chant it in group practice.
- ❖ The bells are not played while kang-lings are blown. If you do not have a kang-ling, then please pause ringing your bell while others are blowing the kang-ling. There are specific patterns to follow when playing the kang-ling. You can begin to learn the patterns by listening and observing.
- ❖ Please observe how the loppön and umdzé play the drum. Our drumming should follow with the same speed, rhythm, and direction as closely as possible, ending at the same time. In general, the drumming begins with the first beat outwards. The exception is with the dharma protectors Sol-dü and Rahula where the first beat is to the inside. The emphasis should be on the inward beat at all times.
- ❖ Please do not place texts, pictures, or shrine articles directly on the floor, and do not step over them. If you see them on the floor, pick them up and set them on something.
- ❖ It takes time and practice to learn the melodies, patterns, and ways of practicing Tröma, and we are all continuously learning and improving. Do not worry about not being perfect or making mistakes. Only by trying and making these mistakes will our practice improve.