

SUMMER RETREAT: TRÖMA NAGMO RETREAT

MAY 28 – JUNE 4, 2015

SCHEDULE

May 28

8:30– 9:00 am	Breakfast
10:00 – 12:30 pm	Retreat prep at Shrine
12:30 – 1:00 pm	Lunch
2:00 – 5:00 pm	Retreat prep at Shrine
4:30 – 5:00 pm	Dinner
5:30 – 9:30 pm	Tröma Nagmo opening tsok (Medium length)

May 29 - June 3

6:30 – 8:30 am	Wangdu Silnon, Black Feast, medium length Tröma Ngondro
8:30 – 9:00 am	Breakfast
10-12:30 pm	White Feast; medium length Tröma Ngondro; teaching with Sangye Khandro
12:30 – 1:00 pm	Lunch
2:30 – 5:00 pm	Mixed Feast, medium length Tröma Ngondro; teaching with Sangye Khandro
5:00 – 5:30 pm	Dinner
6:30 – 9:00 pm	Tröma concise (Thro-chung) tsok session/ Red Feast

June 4

7:30 – 8:00 am	Breakfast
9:00 – 1:00 pm	Concluding Tröma (Medium-length) tsok
1:00 – 1:30 pm	Lunch
2:00 – 5:00 pm	Retreat clean up at shrine
5:00 – 5:30 pm	Dinner

RETREAT TEXT AND RITUAL IMPLEMENTS LIST

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

Attire & Ritual Implements:

- Zen (burgundy &/or white shawl)
- Trangjur (yogi skirt), lungi (sarong), chuba or kira – burgundy is standard
- Ritual Implements: please bring bell, dorje, chod damaru & khangling for Troma Retreat

Texts:

- **Dudjom Lingpa's Chod** (Light of Berotsana, 2015); An Ambrosia Ocean of Sublime Explanations by Pema Lungtok Gyatso & The Profound Heart Essence of Saraha by Heruka Dudjom Lingpa

- **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

- **The Sadhana of Troma Nagmo called: The Sun of Primordial Wisdom** (Mirror of Wisdom Publications, 2006): includes the Medium-Length Troma sadhana (Tro-Tring), Troma Ngondro, and Feasts; those may also be found in “Tröma Nagmo (medium-length Tröma): a practice cycle for realization of the wrathful black Dakini” (Chagdud Gonpa Publications); “Troma Ngondro & Four Feast Practice” (Lotus Garden, 2007) available to Loppon Jigme Rinpoche’s students – please contact directly

- **Tröma Notes:** available on the Bero Jeydren Publications link on the Vajrayana.org website or limited number available at the bookstore

Available at the Shrine:

- Etiquette for Tröma Group Practice

- 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

- **Vajrayana Foundation Daily Practice Book** (BJP, 2015 First Edition): This is our new, fully updated & comprehensive version of the Daily Practice Book available for Summer Retreat in print and for tablet; it is designed to be used with the new VF Additional Prayers (updated version available soon) and our individual sadhana practices; includes our Three Roots daily practices and daily Dharma Protectors

- Or may use:

- o **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. **Please note:** we are working on a more comprehensive Daily Practice Book and hope to have a limited number of loaners at the shrine to help finalize the publication; please bring your Daily Prayers & Practices if you have one, but neither text will be available for sale at this time. If you have already purchased a Daily Prayers & Practices, we will provide you with a significant discount for a trade-in on the new text once it becomes available.

- o **Extensive Dorje Drolod** (The Wish-Fulfilling Siddhis; Lama Sonam Tsering, 2010) for protectors and above prayers plus others (does not include The Seed of Three-Fold Faith lineage prayer) – OR –

- o **Vajrakilaya Sadhana** (Lama Sonam Tsering, 2011) – “Annihilator of the Hordes of Passions, A practice of Vajrakilaya that, like a sword, destroys at a touch”

- Handouts: Swift Rebirth Prayers, if needed; Chatral Rinpoche’s long life prayer by Dudjom Yangsi Rinpoche; Barchay Kunsel Prayers

Additional Recommended Tröma Material (not required for retreat):

- Available from Friends of Lama Tharchin Rinpoché (FOLTR):

- o CD of Rinpoche chanting the T’hrö-Chung

- o “T’hrö-Chung” teachings on DVD

- o “Feasts of Chöd” teachings on DVD

- o “Feasts of Chöd” recitation by Lama Tharchin Rinpoche on DVD

- o Tröma Ngöndro teachings & recording on DVD

- o 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)
- Troma Nagmo Collection of Practices, Tibetan Only (BJP, 2014)