

Vajrayana Foundation Summer Retreat 2015

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, chöd damaru & khangling for Troma Retreat; bring bell and dorje for Shitro Ngagso; sangha does not use bell, dorje or damaru for the Drolö or Drupchen Retreats

All Retreats:

- **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 will be available soon) and our individual sadhana practices; includes our Three Roots daily practices and daily Dharma Protectors
- Or may use:
 - 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; the long life prayer for Chatral Rinpoche from Dudjom Yangsi Rinpoche; the Healing Medicine of Faith soldeb.
 - 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 –
 - Vajrakilaya Sadhana (Lama Sonam Tsering, 2011) – “Annihilator of the Hordes of Passions, A practice of Vajrakilaya that, like a sword, destroys at a touch”
- **Additional Prayers**: working on a new edition, but for now may use: (available at the Dharma Treasures)
 - 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 –
 - Vajrakilaya Sadhana (Lama Sonam Tsering, 2011) – “Annihilator of the Hordes of Passions, A practice of Vajrakilaya that, like a sword, destroys at a touch”
 - Vajrayana Foundation Additional Prayers (old copies, not reprinting)
- Dharma Protectors:
 - Long Dharma Protectors: 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. Complete texts will be available at the Bookstore.
 - Daily Dharma Protectors: also available in the new Daily Practice Book, the long Dharma Protectors and Lama Sonam’s Dorje Drolu and Vajrakilaya
- Handouts: Swift Rebirth Prayers, if needed; Chatral Rinpoche’s long life prayer by Dudjom Yangsi Rinpoche; The Healing Medicine of Faith; Barchay Kunsel Prayers (may be used)

Tröma Nagmo:

- **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

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

Dorje Drolö:

- Extensive Dorje Drolod (The Wish-Fulfilling Siddhis; Lama Sonam Tsering, 2010)
- Ngöndro Practice Book: Includes the Concise Dudjom Tersar Ngöndro (also in the above) and the longer Sa-Ter Ngöndro (The Chariot of the Path of Unity) (BJP, 2015) – may be available; limited Sa-Ter Ngöndro shrine copies

Shitro Ngagso:

- Rituals and Prayers of the Shi-Tro Cycle (Chagdud Gonpa Publications)
- Text contains own Dharma Protectors

Collection of Seven Treasures Drupchen:

- Sadhana: Collection of Seven Treasures (BJP, 1992)
- Manual: Collection of Seven Treasures Drupchen Manual (BJP, 1992)
- For additional prayers, such as Seven Line Prayer, Three Kayas, Pearl Necklace, Namthar Soldeb, Concise Troma Confession, Maha Guru, Aspiration of the Vajradhatu Mandala, Chariot of Joy and Good Fortune, Concise Copper-Colored Mountain Prayer, Prayer of the Sealed Vajra Knot, and Prayer for the Spread of the Nyingma Teachings, please use Lama Sonam's Dorje Drolu book
- Drupchen Supplemental Practices (BJP, 2015): contains the prayers & practices to complete the sadhana & manual; will be available as a free download on the vajrayana.org website
 - Contents: Verses of the 8 Noble Auspicious Ones, Lineage Prayer, Guru Rinpoche Tea Offering, Ye Dharma, Tashi Prayer, Ali Kali, Dudjom Lingpa's Tsok Lu (Du Kyi Phun Sum), Heruka Prayer, Stabilizing the Presence, Manual insert for p.50, Daily Practice for Collection of Seven Treasures, Demarcating the Outer Boundary insert, and Taking Down the Boundaries
- Illuminations of a Jewel of Enlightened Activity (Gongpa Yongdü Jinsek text) by H.H. Dudjom Rinpoche (BJP 2013): available in print at the bookstore or for download on the Bero Jeydren page on the vajrayana.org website for \$20
- Dharma Protectors (BJP; extensive dharmapalas, including daily)

Handouts (at the Shrine):

- Session Guides for the First Day, Daily, and Tenth Day of Drupchen
- Daily Practice: The Daily Practice of the Gathered Secret Heart Essence of the Guru, T'huk Drub Sangwa Düpa (BJP) (need for First Day) – also in the Drupchen Supplemental Practices
- Lineage Prayer
- Demarcating the Outer Boundaries (need for First & Tenth Days) & Taking Down the Boundaries – also in the Drupchen Supplemental Practices

- Prayer insert for Drupchen Manual page 50 – also in the Drupchen Supplemental Practices