

Vajrayana Foundation 2019 Ngöndro Retreat Text and Resources List

Recommended (available through Dharma Treasures):

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

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 Ngöndro by Lama Tharchin Rinpoche [here](#).

Other Resources and Texts Used in the Shrine Room:

General Prayers Book (Lotus Lamp Publishing & Lama Sonam Tsering, 2017). Loaners are available, but retreatants always have the option to [buy](#) their own copy.

Concise Dudjom Tersar Ngöndro Daily Practice (BJP) [digital](#) download for tablet.

Preliminary Practices of the Dudjom Tersar (including Sa-Ter Ngondro) in [print](#).

Buddha Puja and Shower of Blessings Sadhanas available in [print](#) or [digital](#) download.

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

Dudjom Tersar Ngöndro Program: We have a web-based Ngondro Program to help support your personal practice at home. The program directors, Regina DeCosse and Stefan Graves, will be providing more information during the retreat, or you can contact them directly at ngondro@vajrayana.org. Visit the Dudjom Tersar Ngöndro Program website [here](#).