

Pema Osel Ling 2025 Summer Retreat

Troma Nagmo Empowerment and Lungs – **June 8** | Troma Nagmo Ngondro Retreat – **June 9-11**

Troma Nagmo Concise Sadhana Retreat – **June 12-17**

Troma Nagmo Intermediate Sadhana Retreat – **June 18-20**

Text and Resources List

Texts

There will be a free online-viewable text provided for all practice sessions to those who participate in the retreat online.

Troma texts may be pre-ordered from Dharma Treasures and will be delivered prior to retreat or held for pick up. There will be a limited number of shrine loaner copies for those participating in person.

- **Troma Nagmo Feasts of Chod.** Berotsana Publications, 2016: available in [print here](#) or by digital download [here](#). (Used 6/9-6/20)
- **Troma Nagmo Ngondro & Phowa.** Berotsana Publications, 2017: available in [print here](#) or by digital download [here](#). (Used 6/9-6/11)
- **Troma Nagmo Concise (TroChung) Sadhana.** Berotsana Publications, 2016: available in [print here](#) or by digital download [here](#). (Used 6/12-6/17)
- **Troma Nagmo Intermediate Sadhana (Sun of Wisdom).** Berotsana Publications, 2017: available in [print here](#) or by digital download [here](#). (Used 6/18-6/20)
- **Troma Sang: A Sang Offering of Clouds of Sense Pleasures with Nolsang and Dribsang.** Lotus Lamp Publishing and Lama Sonam Tsering, 2024: available in [print here](#) or by digital download [here](#). (Used 6/9-6/20)

Suggested Commentary

- **Dudjom Lingpa's Chöd: An Ambrosia Ocean of Sublime Explanations.** Light of Berotsana, 2014: available [here](#).

Instruments Used For Troma Practice

Everyone is invited to bring their own instruments or to purchase them at Dharma Treasures. However, it is not necessary to play instruments in order to practice Troma.

- [Chod Drum](#) - These two-sided drums are usually 6-9” and are played with the right hand.
- [Bell](#) - This comes as a set with a dorje (vajra). The bell is played with the left hand.
- **Kangling** - The thigh-bone trumpet can be made of human bone, wood or resin. Dharma Treasures has some resin ones available that are not online. It is held in the left hand and played instead of the bell in some sections.

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Materials for Troma Ngondro Practice

Ngondro involves the accumulation of prostrations and mandala offerings. For prostrations, you may want to bring knee pads, furniture sliders or washcloths for sliding your hands on, a counter or mala and a small towel. For mandala offerings, you will need a mandala pan, mala, rice and/or small semi-precious gems and a cloth to hold the offerings. There are many Ngondro support items offered at [Dharma Treasures](#).

General Ngondro Resources

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

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

How to use a mala 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: Coming soon

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

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

For Individual Troma Ngondro Support

[Vajrayana Foundation's Troma Nakmo Ngondro Program](#)