

## Page Turning Guide Gutor-Losar Retreat Day 3

VK: Vajrakilaya Book “Annihilator of the Hordes of Passions”  
 DP: Dharma Protectors – Long and Concise Dharma Protectors Practice book  
 PP: Prayers to Avert Pandemics handout  
 GP: General Prayers “The Big Book”  
 RS: Riwo Sangchod “Mountain Smoke Offering”  
 MN: The Glorious Protector Ma-Ning Nakpo’s Enlightened Activity  
 LD: “Leu Dunma” Prayer to Guru Rinpoche in Seven Chapters  
 ML: Vajrakilaya Meley: The Activity Ritual for Averting with the Brilliant Red Torma

### Morning Session

<b>Practice</b>	<b>Page Number</b>
Emaho	VK 1-2
Riwo Sangchod Practice with Verses of the Eight Noble Auspicious Ones and Lungta Wind Horse Smoke Offering	RS
Prayers to Avert Pandemics	handout
Ngondro	VK 3-17
7 Line Prayer	VK 19
Prayer of the Three Kayas	VK 21-25
Prayer to the Abbot, the Vajra Master, and the Dharma King	handout
The Pearl Necklace	VK 27-38
Concise Supplications	GP: 153-157
Lineage Supplication	VK 53-54
Vajrakilaya Sadhana through Mantra Recitation	VK 56-82
Vajrakilaya Meley Protection Mantra Recitation	ML: 3-6
Yangsals (Ali Kali etc.)	handout
Vajrakilaya Sadhana Tongtsik Offering and Praise	VK: 83
Dharma Protectors Beginning	DP 1-2
Torma offering to the Lama and the Yidam Deities	DP 36-42
Dharma Protectors Continued	DP 2-17

Maning	MN 1-29
Ekajati	DP 146-151
Long Shenpa	DP 55-78
Session Break prayers	handout

### **Afternoon Session**

<b>Practice</b>	<b>Page Number</b>
Blessing the Fulfillment Substances	handout
Long Shenpa Fulfillment	DP 78-85
Shenpa Accumulations	DP 108-109, 127
Long Shenpa Conclusion	DP 85-90
Vajrakilaya Protectors	DP: 43-50
Concise Protector Prayers	GP: 177-207
Terdak Zhidak	DP: 17-23
Maning Fulfillment	MN: 29-36
Damchen Chitor Confession	handout
Requesting Enlightened Activity	GP: 209-228
Leu Dunma Chapters One through Six	LD 14-110
Session Break prayers	handout
Short Break	
Butter Lamp Offering Prayers	GP: 255-258
Zhitok Dangpo Confession	handout
Sadhana Tsok	VK: 125-134
Dorje Drolo Kangwa	VK: 137-147
Yingkyi Bendhar	VK: 135-136
Tsok Khang Dechen	VK: 149-152
Tsok Lu	VK: 155-156

Tsok Intermission Prayers	GP: 285-339
Leu Dunma Chapter 7: Sampa Lhundrupma	LD: 117-133
Barche Lamsel	LD: 136-165
Testament Prayer	handout
Prayer to the King and 25 Disciples	LD: 166-176
Session Break Prayers	handout
Short Break	
Sadhana Reminders	VK: 183-184
Damchen Chitor Conclusion	DP: 23-27, 30-34
Sadhana Conclusion	VK: 193-206 (skip siddhis)
Chokchu Duzhi Aspiration Prayer	GP: 345-350
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Copper Colored Mountain Prayer	GP: 405-412
Tengyay Monlam	GP: 415-428
Concluding Prayers	GP: 431-434