

## TROCHUNG – CONCISE TRÖMA NAGMO PRACTICE PAGE TURNING GUIDE

**Online text available at:**

<https://dudjomtersarngondro.com/daily-puja-trochung/>

**Abbreviations:**

- GP: General Prayers (the big book)  
Also titled “Preliminary Practices, Supplications, Aspiration Prayers, and Dharma Protectors”
- DPB: Vajrayana Foundation Daily Practice Book 2015 edition
- TN: Tröma Nagmo Concise Sadhana  
[Light of Berotsana translation available here.](#)
- RS: Riwo Sang Chod  
Bero Jeydren Publications - newer version translated by Heidi Nevin
- RSO: Riwo Sang Chod – The Mountain of Burnt Offerings  
Bero Jeydren Publications - older version
- PP: Prayers for Averting Pandemics  
booklet available free from vajrayana.org

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