

## Page Turning Guide

### Gutor-Losar Retreat Day 2 Afternoon Session

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

<b>Practice</b>	<b>Page Number</b>
Emaho	VK 1-2
Short Shenpa	DP: 95-107
Shenpa Accumulations	DP 108-109, 127
Long Shenpa Conclusion	DP 86-90
Vajrakilaya Protectors	DP: 43-50
Concise Protector Prayers	GP: 177-207
Terdak Zhidak	DP: 17-23
Blessing the Fulfillment Substances	handout
Maning Fulfillment	MN: 29-36
Damchen Chitor Confession	handout
Requesting Enlightened Activity	GP: 209-228
Leu Dunma: Chapters Three through Six	LD 47-110
Session Break prayers	handout
Short Break	
Butter Lamp Offering Prayers	GP: 255-258
Dusum Deshek Confession	handout
Sadhana Tsok	VK: 125-134
Dorje Drolo Kangwa	VK: 137-147
Yinggyi Bendhar	VK: 135-136
Tsok Khang Dechen	VK: 149-152
Tsok Lu	GP: 283-284
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
Mahaguru	GP: 353-362
Kunzang Monlam	GP: 371-390
Tengyay Monlam	GP: 415-428
Concluding Prayers	GP: 431-434