

## Page Turning Guide

### Gutor-Losar Retreat Day 1 Morning 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
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 Abbod, the Vajra Master, and the Dharma King	handout
The Pearl Necklace	VK 27-38
Concise Supplications	
Lineage Supplication	VK 53-54
Vajrakilaya Sadhana through Blessing the Offering Substances	VK 56-64
P’hurba Blessing	VK 253-254
Vajrakilaya Sadhana up to Mantra Recitation	VK 64-78
Mala Blessing	VK 251-252
Vajrakilaya Sadhana Mantra Recitation	VK 79-83
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

Blessing the Fulfillment Substances	handout
Long Shenpa Fulfillment	DP 78-85
Shenpa Accumulations	DP 108-109, 127
Long Shenpa Conclusion	DP 85-90
Leu Dunma: General Visualization	LD 4-8
Leu Dunma: Three Kaya Prayer and Prayer Requested by King Trisong Deutsen	LD 14-43
Session Break prayers	handout