

Troma Retreat Page Turning Guide

Text Abbreviations:

FC: *Troma Nagmo Feasts of Chod* from Light of Berotsana

ND: *Troma Nagmo Ngondro and Phowa* from Light of Berotsana

TC: “Trochung” *Troma Nagmo Concise Sadhana* from Light of Berotsana

GP: “General Prayers” from Vajrayana Foundation

RS: Riwo Sangcho text including Windhorse from Vajrayana Foundation

PP: Prayers to Avert Pandemics booklet available free online from vajrayana.org

Light of Berotsana texts are available for purchase from <https://www.berotsana.org/>

Online Texts:

Morning Session: <https://dudjomtersarngondro.com/summer-retreat-texts/>

Afternoon Session: <https://dudjomtersarngondro.com/summer-retreat-texts-2/>

Morning Session		
Section	Online text page number	Paper text page number
Emaho	1-3	GP 1-3
Black Feast	4-18	FC 7-14, 17-22, 77-79, GP 350
Riwo Sangchod including Verses of the Eight Noble Auspicious Ones and Windhorse Prayer	19-53	RSO 1-11, Windhorse, 11-13
Troma Ngondro	54-76	ND 1-28
Prayers to Avert Pandemics	77-96	PP
White Feast	97-113	FC 7-14, 25-32, 77-79, GP 350
Session Conclusion Prayers	114-115	GP 340-341 (partial)
Lunch Break		

Afternoon Session		
Emaho	1-3	GP 1-3
Mixed Feast	4-18	FC 7-14, 35-40, 77-79, GP 350
Trochung through Fulfillment	19-64 (skip last two lines of 64)	TC 1-46
Tsok Khang Dechen	65-68	GP 275-278
Trochung Serving Tsok	(skip to last two lines of 69) 69-71	TC 46-48
Leymon Tendrel, tsok intermission prayers	72-116	GP 279-281, 285-300, Lama Pema Dorje Rinpoche handout, GP 309-317, 321-324, 319, Garab Dorje Rinpoche handout, GP 327-331, Lama Sam Bercholz handout, GP 333-336
Trochung conclusion	117-131 (skip two lines of siddhis in the middle of p.121 except on the last day)	TC 49-62 (skip two lines of siddhis in the middle of p.53 except on last day)
Concluding prayers	132-161	GP337-340, 431-434
Red Feast	162-182	FC 7-14, 43-54, 77-79, GP 350