

PAGE TURNING GUIDE LOSAR DAY – IRON OX YEAR

Abbreviations:

OT: Online Text available at <https://dudjomtersarngondro.com/summer-retreat-texts/>

GP: General Prayers (the big book)
Also titled “Preliminary Practices, Supplications, Aspiration Prayers, and Dharma Protectors”

DPB: Vajrayana Foundation Daily Practice Book

LV: The Heart-Essence of the Lake-Born
Recent half-page size booklet

LVO: The Heart Essence of the Lake-Born
Older full-page size version

KN: Orgyen Khandro Norlha
Recent half-page size booklet

KNO: Orgyen Khandro Norlha
Older typewriter font full page version

RS: Riwo Sang Chod
newer version translated by Heidi Nevin

RSO: Riwo Sang Chod – The Mountain of Burnt Offerings
Older version

DP: Medium Length Dharmapalas

PP: Prayers for Averting Pandemics
booklet available free on vajrayana.org

Section	Page Number	Alternative Page Number
Emaho	GP 1	DPB 1-3
Offering Prayers	GP 79-83	DPB 4-5
Calling the Lama from Afar	GP 85-87	DPB 6-8
Ngondro	GP 89-96	DPB 10-18
Verses of the Eight Noble Auspicious Ones	handout	RS 1
Neten Chakcho	handout	

Seven-Line Prayer	GP 97-99	DPB 19-21
Prayer to the Abbot, the Vajra Master, and the Dharma King	handout	
3 Kaya Prayer	GP 101-106	DPB 22-27
Pearl Necklace	GP 109-123	
Concise Supplications	GP 143-157	DPB 28-29 (partial)
Supplication Prayers	GP 97-123, 143-157	DPB 21-29 (partial)
Lineage Prayer	LV 1-3	LVO 1-2
Lake-Born Sadhana	LV 5-24	LVO 3-18
Lake-Born Longevity Practice	LV 55-63	LVO 31-34
Orgyen Khandro Norlha	KN 1-13	KNO 1-10
Lake-Born Offerings and Praise	LV 25-26	LVO 15, 16-17
Leu Dunma Chapters One through Six	LD 14-110	
Dharmapalas beginning	GP 163-173	DPB 247-256
Ekajati	DP 146-151	
Dharmapalas continued	GP 177-180, 187-208	DPB 257-275 (partial)
Butter Lamp Offerings	GP 255-258	
Confession Zhitok Dangpo	handout	
Tsok offering	LV 27-32	LVO 21-24
Tsok and additional prayers	GP 271-280, 285-298	DPB 174-182, 190-196
Lama Tharchin Supplication	GP 299-300	DPB 197-198
Lama Pema Dorje Supplication	Handout	
Long Life and additional prayers	GP 309-317, 321-324, 319, Garab Dorje Rinpoche handout, GP 327-331, Lama Sam Bercholz handout, GP 323-341	
Prayers to Avert Pandemics	PP 1-?	

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	
Sadhana Remainders	LV 41-42	LVO 24-25
Dharmapalas Conclusion	GP 229-236	DPB 278-284
Sadhana continued	LV 43-45	LVO 25-28
Offerings and Praise	LV 45-46	LVO 15, 16-17
Lake-Born Siddhis	LV 47-48	LVO 19-20
Orgyen Khandro Norlha Siddhis	KN 15-17	KNO 10
Sadhana conclusion	LV 49-51	LVO 28-29
Khandro Norlha aspiration	KN 19-22	KNO 12-14
Sadhana auspicious verses	LV 51-52	LVO 29-30
Orgyen Khandro Norlha auspicious verses	KN 22-26	KNO 14-17
Mahaguru	GP 353-362	
Prayer that Freed Sakya From Disease	PP page ?	
Tengyay Monlam	GP 415-428	
Concluding prayers	GP 431-434	DPB 233-235 (partial)