

**Troma Retreat Last Day**  
**“Trodring” Troma Nagmo Intermediate Sadhana**  
**Page Turning Guide**  
**June 5 2021**

**Text Abbreviations:**

**TD:** *Troma Nagmo Intermediate Sadhana* from Light of Berotsana

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

**CG:** “Chagdud Gonpa” *T’hroma Nagmo* text from Chagdud Gonpa/Padma Publishing

**GP:** “General Prayers” from Vajrayana Foundation

**RS:** Riwo Sangcho text including Windhorse Smoke Offering 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/>

**NOTE:** Probably after mantra recitation we will do the Longevity Practice which is only found in the Chagdud Gonpa text, and repeat the Summoning Longevity section from it before Siddhis.

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