

VAJRAYANA FOUNDATION: 2021 NGONDRO RETREAT TEXT AND RESOURCES LIST

REQUIRED (AVAILABLE THROUGH DHARMA TREASURES):

A Cascading Waterfall of Nectar by Thinley Norbu (Shambhala, 2006) [here](#).

RECOMMENDED (AVAILABLE THROUGH DHARMA TREASURES):

Dharma Treasures' collection of resources for Ngondro practice [here](#).

Concise Dudjom Tersar Ngondro Daily Practice (BJP) available for [free download](#), or [print](#).

A Torch Lighting the Way To Freedom, Complete Instructions on the Preliminary Practices

By Dudjom Rinpoche, Jigdral Yeshe Dorje (Shambhala, 2011) available [here](#).

A Commentary on the Dudjom Tersar Ngondro by Lama Tharchin Rinpoche in [print](#) or [digital](#).

Preliminary Practices of the Dudjom Tersar (including Sa-Ter Ngondro) in [print](#) or [digital](#).

Other Resources and Texts Used:

Long Life prayers free downloads: [Lama Sonam Rinpoche](#) & [Sam Bercholz](#).

Tsok Khang Dechen: (BJP) available for [free download](#).

Dedication of Merit (So Nam Di Yiy): (BJP) available for [free download](#)

Always from Rebirth prayer: (BJP) available for [free download](#).

Prayer for the Peoples of the Earth: (BJP) available for [free download](#).

ADDITIONAL DUDJOM TERSAR NGONDRO PROGRAM RESOURCES:

Dudjom Tersar Ngondro Program: We have a web-based Ngondro Program to help support your personal practice at home. The program directors, Regina DeCosse and Stefan Graves, will be providing more information during the retreat, or you can contact them directly at ngondro@vajrayana.org. Visit the Dudjom Tersar Ngondro Program website at dudjomtersarngondro.com

How to set up a simple shrine with Lama Sonam Rinpoche: [click here](#).

How to make saffron rice: [click here](#).

How to do prostrations with Lama Sonam Rinpoche: [watch the video here](#).

Prostration liturgy for printing at home: [click here](#).

How to use a mala with Lama Sonam Rinpoche: [click here](#).

Seven point Mandala features diagram: [click here](#).

Thirty Seven point Mandala features diagram: [click here](#).

Recommended list of support items: [click here](#).