

VAJRAYANA FOUNDATION 2020 NGÖNDRO RETREAT

TEXT AND RESOURCES LIST

Required (available through Dharma Treasures):

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

The Play of Thought by Dudjom Rinpoche available for free download [here](#).

Recommended (available through Dharma Treasures):

Concise Dudjom Tersar Ngöndro Daily Practice (BJP) available for free [download](#).

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 Ngöndro by Lama Tharchin Rinpoche in [print](#) or [digital](#).

Other Resources and Texts Used in the Shrine Room:

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

General Prayers Book (Lotus Lamp Publishing & Lama Sonam Tsering, 2017) available in print [here](#).

Buddha Puja and Shower of Blessings (BJP) available in [print](#) or [digital](#).

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

Dudjom Tersar Ngöndro 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 Ngöndro Program website [here](#).