

**List of Lungts given during the Vajrayana Foundation Annual Ngondro Retreat:
March 27 – April 04, 2021 at Pema Osel Ling Retreat Center
with Lama Sonam Tsering Rinpoche**

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

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

The following prayers can be found in the Ngondro Retreat Practice Book, in [print here](#)

Praise to Lama Vajrasattva

Calling the Lama from Afar

Concise Dudjom Tersar Ngondro

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

Laymon Tendral (BJP) available for [free download](#).

Tsok Lu (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](#).

7 Line Prayer (BJP) available for [free download](#).

Prayer to swiftly fulfill all wishes (BJP) available for [free download](#).

Please see our text list for more important books, texts, and resources to help your ngondro practice, [click here](#)!