

PAGE TURNING GUIDE
ORGYEN KHANDRO NORLHA RETREAT

Abbreviations:

- 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
- LD: Le’u Dunma: Prayer to Guru Rinpoche in Seven Chapters
Maroon half-page size booklet
- 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
Supplication Prayers	GP 97-123, 143, handouts	DPB 21-29 (partial)
Only First Day: Riwo Sangcho	RS 1-14, 19-26, 14-16	RSO 1-11, Windhorse, 11-13

Only First Day: Prayer to Avert the Sudden Contagion of Pandemics	PP 1	
Lineage Prayer	LV 1-3	LVO 1-2
Lake-Born Sadhana	LV 5-8	LVO 3-5
Only First Day: Ghosts of Poverty	Handout	
Lake-Born Sadhana through mantra	LV 9-24	LVO 5-18
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
Day 2 and on: Riwo Sangcho	RS 1-14, 19-26, 14-16	RSO 1-11, Windhorse, 11-13
Prayer to Avert the Sudden Contagion of Pandemics	PP 1	
Dharmapalas beginning	GP 163-173	DPB 247-256
Ekajati	DP 146-151	
Dharmapalas continued	GP 177, 178, 179, 187-198, 201-207, 213-228	DPB 257-275 (partial)
Butter Lamp Offerings	GP 255-258	
Confession “Zhitok Dangpo”	Handout	
Lake-Born Tsok offering	LV 27-32	LVO 21-24
Yingkyi Bendhar Tsok Offering Verse	GP 271-272	
Tsok Khang Dechen	GP 275-278	
Alternating: Leymon Tendrel	GP 279-291	
OR Tsok Lu	GP 283-284	
Alternating: The Prayer that Spontaneously Fulfills All Wishes	LD 111-135	
OR The Prayer that Removes All Obstacles from the Path	LD 136-165	

Tsok Intermission Prayers	GP 285-298	
Concise Tara Prayers and Ozer Chenma practice	PP	
Lama Tharchin Supplication	GP 299-300	
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	
Lake-Born Sadhana Remainers	LV 41-42	LVO 24-25
Dharmapalas Conclusion	GP 229-236	DPB 278-284
Lake-Born Sadhana continued	LV 43-45	LVO 25-28
Lake-Born Offerings and Praise	LV 45-46	LVO 15, 16-17
Only Last Day: Summoning Longevity	LV 63-65	LVO 33-34
Summoning Wealth	KN 10-13	KNO 7-10
Lake-Born Siddhis	LV47-48	LVO 19-20
Orgyen Khando Norlha Siddhis	KN 15-17	KNO 10
Lake-Born Sadhana conclusion	LV 49-51	LVO 28-29
Orgyen Khandro Norlha aspiration and auspicious verses	KN 19-26	KNO 12-17
Lake-Born Sadhana auspicious verses	LV 51-52	LVO 29-30
Mahaguru	GP 353-362	
Chokchu Duzhi	GP 345-351	
OR Prayer of the Sealed Vajra Knot	GP 363-367	
Prayer that Saved Sakya from Disease	PP	
Copper-Colored Mountain Prayer	GP 407-412	
Tengyay Monlam	GP 415-428	
Concluding prayers	GP 431-434	