



## Online Nyung Ne Retreat Guidelines

### *How to engage in the practice from afar.*

Emaho! Though our bodies may be separated by geography, we will be together in this profound practice of Nyung Ne, for the benefit of all beings.

Nyung Ne involves fasting, silence and prostrations. We will explain how to engage in each of them while participating from afar.

### Schedule

June 4 & 5, 2020

9:00am – 12:00pm

2:00pm – 4:00pm

4:30pm – 6:00pm

June 6, 2020

6:00am – 8:00am

### Fasting & Silence

#### Day One – June 4

- You may eat breakfast and lunch only. Ideal lunchtime is 12-1pm.
- No food of any kind after lunch is finished.
- No black foods - meat, eggs, onion, garlic or radishes.
- You may drink all day long.
- You may speak *until you fall asleep*. Silence begins when you sleep.

#### Day Two – June 5

- No speaking. No eating. No drinking.

#### Day Three – June 6

- After the end of the morning session, you may eat, drink and speak.

*If you cannot fast for health reasons, it is possible to do the practice as a Nyine, where eating and drinking small amounts is permissible. Food should be simple, with no meat, eggs, onions, garlic or radishes. The liquids you drink must be clear (herbal tea, water; apple juice is ok, orange juice is not.)*

### Prostrations

Once per session we will prostrate for about 20 minutes while chanting the Praise to Chenrezig. Garchen Rinpoche has instructed that we should prostrate to the best of our ability. If you *can* do full prostrations, that is best. If you can only do the kneeling prostration, please do those. If your bodies cannot prostrate at all, sit and chant the Praise while visualizing yourself prostrating – if you have a prayer wheel, spinning it at this time is very good.

Blessed Water Every morning you will purify yourself with blessed water (see Sadhana Instructions). To make this water, place clean water in a clean vessel with a few grains of dutsi (blessing/mani pills). If you do not have blessing pills, use saffron in the water instead.