



Online Nyung Ne Retreat
Sadhana & Text Instructions
Days One and Two - June 4 & 5, 2020

Texts you will need:
Yellow Prayer Book
Gargon Nyung Ne Sadhana
Praise of Chenrezig - English Verse
Blue Prayer Book

OPENING PRAYERS/PRACTICES:

Session One - 9:00am - 12:00pm

Yellow Prayer Book, pages 1 - 5.
1x Tibetan 1x English

Tibetan Purification Prayers
Listen Only. No text available.

Gargon Nyung Ne Sadhana

Lineage Prayer - page 2 - 4
1x Tibetan 1x English

Blessing Water Purification

- * Go outside. Pour a *small* amount of blessed water into your left palm (see instructions for how to make on the Guidelines sheet).
Pour Three Times:
 - 1st Pour - Take into your mouth, swish, spit out on a clean place
 - 2nd Pour - Swallow it.
 - 3rd Pour - Anoint your crown, your palms, and your feet.
- * Go back inside and Make 3 Prostrations

Gargon Nyung Ne Sadhana

Sojong Vows - pages 5 - 10:
Posture: Kneel, right knee down & left knee up; hands in prayer mudra.

Pages 5 - 8: 2x Tibetan 1x English

Pages 8 - 10: 2x Tibetan 1x English

* Make 3 Prostrations

Mantra of Pure Discipline - page 11
Repeat 21 times.

Prayer to Keep Pure Discipline - page 11
1x Tibetan 1x English

For DAY 2 Session 1 Opening Prayers:

- * First prayer of the day to recite: *Calling the Guru from Afar*
- * Then continue with same schedule as Day 1 - Yellow prayer book etc.

Session 2 & 3 of both days:

After Opening Prayers, go to Gargon Nyung Ne Sadhana, page 12 and follow the Main Practice.

THE MAIN PRACTICE - ALL SESSIONS

Gargon Nyung Ne Sadhana

Refuge & Bodhicitta - page 12
2x Tibetan 1x English

Generation of the Deity - pages 12 - 26
1x Tibetan 1x English

Long Mantra (Dharani) - page 27

Short Mantra - page 28

Mani Mantra - accumulate as much as you can

Front Generation - pages 29 - 37
1x Tibetan 1x English

Long Mantra (Dharani) & Short Mantra - page 37

Mani Mantra - accumulate as much as you can

Praise of Chenrezig & Prostrations - pages 39 - 44 for Tibetan
~English Verse Praise - on individual sheet.
4x Tibetan 3x English

Supplication, Torma, Dedication, Offering & Dissolution
Bottom page 44 - page 50
1x Tibetan 1x English

CLOSING PRAYERS:

Session One: Prayer of Kuntuzangpo
Blue Prayer Book page 40

Session Two: Shanti Deva's Dedication Prayer
Blue Prayer Book page 61

Session Three: King of Aspiration Prayers
Blue Prayer Book page 52

Long Life Prayers in Yellow Prayer Book page 22