



Online Nyung Ne Retreat Sadhana & Text Instructions Day Three - June 6, 2020

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

OPENING PRAYERS & PRACTICES:

Calling the Guru from Afar - on individual sheet

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

Gargon Nyung Ne Sadhana

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

THE MAIN PRACTICE

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:

Blue Prayer Book - King of Aspiration Prayers p.52
Yellow Prayer Book - Long Life Prayers p. 22