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Inner Uncommon Preliminary **Ngöndro Practice** **Part 1 - Refuge Prostration Practice** **Saturday, December 8 at 10 AM**

"The Ngöndro Practices are the foundation of all the other practices." Drikungpa Jigten Sumgön

Ngöndro was designed to create hardships for aspirants in order to focus and purify their motivations for a healthy Buddhist life. Usually Ngöndro is performed by young monks and nuns during a concentrated time at the beginning of a three-year retreat. Most of us in the West do not have the benefit of a nearby Buddhist monastery, nor do we have the financial and food supply support from family and friends to go off into caves or hermitages to practice meditation for long periods of time.

However, we do have wonderful Dharma centers with Buddhist teachers and books for inspiration and reference. We have the benefit of starting Ngöndro in our homes or temple regardless of our age or resources, but we are often interrupted by everyday obligations, or we stop to research the meaning of the practices, so we must restart over and over again during a much longer period of time. Fortunately, this allows Westerners to "temper their practice," like someone who finds ordinary lead ore in the ground. He or she recognizes the ore is contaminated with impurities and is very brittle, so they heat the ore in a very hot fire to bring impurities to the surface, and then hammer the ore on an anvil to remove the impure particles, and then plunges the ore into a vat of water to cool and stabilize the metal. This process is repeated many times over to purify the metal and make it resilient to breakage and pliable into useful shapes and sizes. This may be the practical Western version of Ngöndro, which develops determination and diligence, as well as, increasing knowledge and skill.

With respect and devotion, Lance David Bergerson

Vajrasattva Sadhana Practice **Sunday, December 9 at 10 AM**

Every Sunday DDSC offers Teachings, Meditations, or Deity Yoga practice. We are very fortunate when the Lamas are present because from them we receive deity yoga empowerments or teachings on Buddhist philosophy and meditation practices. Learning the academics of Buddhism is very important, however the other part of Buddhism is the actual practice of the academics. Therefore on Sundays when the Lama is away teaching in other Dharma centers, DDSC senior practitioners will facilitate the deity yoga sadhana practices of the most recent empowerments.

I pray that the lama may have good health
I pray that the lama have long life
I pray that your Dharma activities spread far and wide
I pray that I may I not be separated from you

Everyone is Welcome to all Practices! Beginners Advanced Practitioners All Religions Drop-ins OK