

5300 Ox Road  
Fairfax VA 22030

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Drikung Dharma Surya Center

## The Four Inner Preliminaries of Mahamudra Ngondro Teachings

3-Sessions by  
Venerable Khenpo Samdup

Saturday, March 12, 2016 10 AM ~ Noon, 2 ~ 4 PM

Sunday, March 13, 2016 10 AM ~ Noon



### The Four Ngondro Practices

The Practice of Taking Refuge (prostrations with recitations)

Practice of Vajrasattva 100-Syllable Mantra Recitation for Purification and Meditation

Offering the Noble Mandala the Special Method for Perfecting the Two Accumulations

The Guru Yoga that Brings the Blessings of the Lineage

### Lord Jigten Sumgön has said:

“The Ngondro teachings and practices are the most profound. This is the root of Dharma, which is like the foundation of a house.”



**Your generous donations will be gratefully accepted**

No one turned away due to lack of funds

For more information please contact: [drikungdharma.org@gmail.com](mailto:drikungdharma.org@gmail.com)

Tri Bui: 703.926.1423

Lance David Bergerson: 443.794.5560