

INDIVIDUAL NYUNGNE SESSION PRACTICE SCHEDULE

1ST DAY – Eat breakfast and lunch only. No food after lunch. You may drink liquid. You may speak until sleeping time. Silence begins when you sleep.

(3 sessions in total: morning, 2pm session, and 4:30pm session)

No Solid Food After Lunch Day

Session One: 9:30am to 12 Noon

Lunch before 1pm Local time

Session Two: 2pm to 4pm

Session Three: 4:30pm to 6:30pm

Opening Prayer:

- Calling guru from Afar (chant together)
- Opening Prayers, including Refuge, Bodhicitta, Bodhicitta Vows, Four Immeasurables, Deity Yoga Book P3-6. (One time in Tib, 2 times in English)
- In Praise the Twelve Deeds of the Buddha
- Main Sadhana, P4-5
- Purification (go out and use blessing Water for purification) (1st pour clean mouth and spit out, 2nd swallow water, 3rd anoint crown, palms and feet)
- Lama chanting, Main Sadhana P2 (1 time in Tib, 1 time in Eng together)
 - a. Offer 3 prostrations. Then kneel on right knee and join palms in prayer.
- Mahayana Sojong Vow, Sadhana p3, chant mantra and prostrate 3 times

**Om amoga shila sambhara sambhara bhara bhara maha shudda satwa
padma bibhukita bhudza dhara dhara samanta awalokite hung phet svaha**

Main Practice:

- Sadhana P5 (Tib/Eng one time)
- Generation of Deity
- Long Dharani – P13

- Short Mantra, Mani Mantra
- Front generation – P14
- Long Dharani, short Mantra, Mani Mantra – P19
- Praise to Chenrezig & Prostrations P21-24
- Torma offering – P25-27 (sending out torma)
- Offering an Ablution – P28-30 (Cleansing ritual - crystal ball, plate, blessing water, put blessed water into palm and drink)
- Dissolution (last session of day)

Closing Prayers:

- Dedication in BLUE BOOK or RED BOOK
 - a. **Blue Book** - Shantideva's The Way of the Bodhisattva P61 (morning session)
 - b. **Red Book** - The Aspiration of Sukhavati (2nd session)
 - c. **Blue Book** - The King of Aspiration prayers P52 (last session of day)
- End of each Day Dedication – Lineage Prayers & Long Life Prayers – Deity Yoga book P157

2ND DAY – No speaking. No eating. No drinking.

(3 sessions: morning, 1:30pm session, and 4pm session)

Fasting & Silence Day

Session One: 9am to 12 noon

Break: 12 pm- 1:30 pm

Session Two: 1:30 pm to 3:30 pm

Session Three: 4pm to 6pm

Opening Prayer:

- Calling guru from Afar (chant together)
- Opening Prayers, including Refuge, Bodhicitta, Bodhicitta Vows, Four Immeasurables, Deity Yoga Book P3-6. (One time in Tib, 2 times in English)

- In Praise the Twelve Deeds of the Buddha
- Main Sadhana, P4-5
- Purification (go out and use blessing Water for purification) (1st pour clean mouth and spit out, 2nd swallow water, 3rd anoint crown, palms and feet)
- Lama chanting, Main Sadhana P2 (1 time in Tib, 1 time in Eng together)
- kneel on right knee and join palms in prayer.
- Mahayana Sojong Vow, Sadhana p3, chant mantra and prostrate 3 times
**Om amoga shila sambhara sambhara bhara bhara maha shudda satwa
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- Dissolution (last session of day)

Closing Prayers:

- Dedication in BLUE BOOK or RED BOOK
 - d. **Blue Book** - Shantideva's The Way of the Bodhisattva P61 (morning session)
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- End of Each Day Dedication – Lineage Prayers & Long Life Prayers, Deity Yoga Book P157

3RD DAY morning (8am -8:30am)

Completing Day

Final Session 8 am to 8:30 am (Sharing Session 8:30am to 9:00 am)

- Calling the Guru from Afar
- Closing Mantra
- After the end of morning session, you may eat, drink and talk.