

# INDIVIDUAL NYUNGNE DAILY SESSION PRACTICE SCHEDULE

**1<sup>ST</sup> 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: 9am session, 2pm session, and 4:30pm session)**

**No Solid Food After Lunch Day**

Session One: 9am to 12pm Noon

Lunch Break: 12pm to 2pm (Lunch before 1pm Local time)

Session Two: 2pm to 4pm

Break: 4pm to 4:30pm

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) (1<sup>st</sup> pour clean mouth and spit out, 2<sup>nd</sup> swallow water, 3<sup>rd</sup> 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 (Tibetan/English 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 (2<sup>nd</sup> 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

**2<sup>ND</sup> DAY – No speaking. No eating. No drinking.**

**(3 sessions: 9am session, 2pm session, and 4:30pm session)**

### Fasting & Silence Day

Session One: 9am to 12pm noon

Break: 12pm to 2pm

Session Two: 2pm to 4pm

Break: 4pm to 4:30pm

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) (1<sup>st</sup> pour clean mouth and spit out, 2<sup>nd</sup> swallow water, 3<sup>rd</sup> 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  
padma bibhukita bhudza dhara dhara samanta awalokite hung phet svaha**

### Main Practice:

- Sadhana P5 (Tibetan/English one time)
- Generation of Deity
- Long Dharani – P13
- Short Mantra, Mani Mantra
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- 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
  - d. **Blue Book** - Shantideva's The Way of the Bodhisattva P61 (morning session)
  - e. **Red Book** - The Aspiration of Sukhavati (2<sup>nd</sup> session of day)
  - f. **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

## **3RD DAY morning (7am -7:30am)**

### **Completing Day**

Final Session 7am to 7:30am

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