

THE FOUR SESSIONS OF CHIME PAKME NYINGTIK (days 1 to 3)

*Page numbers below refer to the number at the bottom of each page, which is the same for both the travel pecha and the digital pecha. (Note: the digital **PDF** page number is 6 pages ahead of the number at the bottom of each page. Also, if you have the pecha from 2019, the first year of the Chime Pakme Nyingtik program, the pages numbers are off by two in some places.)*

The digital pecha doesn't contain embedded links. The sections are organized as much as possible in the order of the practice, with minimal skipping around.

Please familiarize yourself with the order of the practice before the first day of the program.

Also note: This cheat sheet updates a few of the italicized instructions from the 2019 and 2020 versions of the text. Please follow the instructions here. If there are any significant updates during the program, we will send them out through Luma.

First session — 9:00 to 11:00 a.m.

Chime Pakme Nyingtik (CPN) liturgy, p. 2 – 10.

After p. 10, turn to p. 41 – 44 for the “Inexpressible Absolute Confession.”

Return to p. 11 and continue through the top section of p. 17 (to “With great cloudbanks of offerings.”)

Turn to p. 45 – 50 (“White Tara Offering Garland” and “Amrita Offering to the Lineage”).

Return to top of p. 18 (having skipped most of 17) and continue with “AH/ Naturally luminous bodhicitta....” Continue to middle of p. 23.

Turn to p. 51 – 53 (“Tseguk: Invocation of Longevity”).

Go back to p. 23, the Ali Kali. Continue to the bottom of p. 24.

Recite Nangdrak Rigsum (p. 186).

Second session — 11:30 a.m. to 12:45 p.m.

Torma Offering, p. 55 – 58.

Lama Yidam (p. 118 – 121) three times. For the first two rounds we skip the last four lines.

P. 61 (Kasung Magon Chamdrel) to middle of p. 118, just before Lama Yidam. In this, we say “Entrusting Ekajati and the Protectors with Activity” (p. 86 – 87) six times.

Turn back to p. 58 – 60 (Offering the Golden Drink and Protectors’ Torma Offering).

P. 122 (Local Protectors and Prayer for Fulfilling the Wishes).

Nangdrak Rigsum (p. 186).

Third session — 2:45 to 4:20 p.m.

CPN liturgy. Start with Narak Dongtruk. First, read the line beginning with “Lama rigdzin...” at the bottom of p. 123. Then start on p. 126 and continue through p. 146.

Return to “The Stages of the Tsok Offering,” p. 25. Before “Third: Offering the First Portion” on p. 26, take some food from your main tsok offering and put it on a small plate for the first portion offering, otherwise known as the “shrine plate.” Leave this plate on your shrine for the rest of the practice day and do not eat from it at any time. (You can also make a designated shrine plate when you set up your offerings in the morning.)

Continue to the middle of p. 28. Then go to “The Beautiful Garland of Jewels,” p. 147 – 155.

Turn to p. 175, “Short Ganachakra Offering.” We recite this prayer 108 times.

Recite Nangdrak Rigsum (p. 186).

Fourth session — 4:50 to 6:30 p.m.

CPN liturgy. Start with “Brief Feast Offering,” p. 157 – 158.

Turn to “Essence of Wisdom Nectar,” p. 161.

Continue to the lower half of p. 162, where there is a note about going back to p. 21 – 23. We will then do a number of each of the mantras on these pages beginning with OM TARÉ TUTTARÉ TURÉ SOHA (p. 21) and ending with OM TARÉ HUNG HO MARA YA PHÉT (p. 23).

After the final mantra, return to the lower half of p. 162 and continue with OM AH HUNG. In the older pecha, halfway through p. 163, there is a note to turn back to p. 23 – 24, but we have not been doing that. Instead continue to p. 174.

On p. 174, before the last four lines (the dedication of merit, which doesn’t appear in all versions of the pecha), we turn back to the middle of p. 28 and recite “Fourth: The Middle Portion.”

Before continuing on p. 29, the chöpon may sing the Feast Song on p. 176. After the two top sections on p. 29, we insert Dorjé’i Lü from p. 175.

After Düsüm Sangyé on p. 30, we enjoy the feast. Take some food from the main tsok offering and put it on a small plate for yourself. After enjoying some of the tsok, make a remainder offering and put it on another plate. You will take this remainder offering outside at the end of the practice.

During the collection of the remainders, we recite the long-life prayers from p. 177 – 180. Then go back to p. 30 and read through to the end of p. 38.

To conclude the practice, we recite the Chokchu Duzhi aspiration prayer (p. 181), the Prayer for Peace and Stability in the World (p. 184 – 185), the Supplication to Guru Rinpoche (p. 39), the short dedication of merit, and “Emulating the hero Manjushri...” (three times).