

THE FOUR SESSIONS OF RANGJUNG PEMA NYINGTIK (SANGDRUP) (days 4 to 7)

The digital pecha contains embedded links. Clicking on them should send you to the right place in the text. Page numbers below refer to the PDF page, not the number written at the bottom of each page. Please familiarize yourself with these links and the order of the practice before the first day of the program.

First session — 9:00 to 11:00 a.m.

Rangjung Peme Nyingtik (RPN) liturgy, p. 8 – 58.

Within these pages, you will go to inserts A – E. These are on p. 222—227 of the PDF. (Wherever there is skipping around, we have embedded links to help you get back and forth.)

In “The Different Steps of Recitation” (48 – 58), there are eleven mantras that we repeat for a while. After each set, recite Yeshe Lhatsok, a short prayer written on each page of this section. (You can find the English translation on p. 231.)

After "Accomplishing the Dharma Protectors" (58) and Insert E, go to Repeating Offerings and Praises (231). Then recite the 100-syllable mantra (three times) followed by the Nangdrak Riksum prayer (234).

Second session — 11:25 a.m. to 12:30 p.m.

Riwo Sangchö (145—152)

When we get to p. 148, we say OM AH HUNG for a while, then continue to the bottom of p. 150. Then we go back to “The Sang Offering” on p. 147. We do several rounds of this middle section from p. 147—150. At the end of the session, we conclude with p. 151—152.

Then we recite “Prayer for the World” (153) and finally Nangdrak Riksum (234).

Third session — 2:30 to 4:15 p.m.

Long protector prayers (154—215).

We say "Entrusting Ekajati and the Protectors with Activity" (179—180) six times. We recite Lama Yidam (211—214) three times, but for the first two rounds we skip the last four lines.

Then recite Narak Kongshak (101—128), Marme Mönlam (129—136), and Nangdrak Riksum (234).

Fourth session — 4:45 to 6:30 p.m.

Begin on p. 59, “Concluding Activities.” On p. 63, before “Offering the First Portion,” 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.)

From p. 65, turn to p. 89, and recite the “Perfect Bestowal of the Two Attainments,” through p. 99. Then return to p. 65 and continue through p. 71.

Midway through p. 71, we go to Insert G (229), the “Short Ganachakra Offering,” which we repeat many times.

When we have concluded the day’s ganachakra recitations, the chöpön sings the Feast Song and some lines from Rigdzin Dupa (not included in the digital pecha).

Then Rinpoche and the assembly sing the next few lines from Rigdzin Dupa (“Dewar shekpa...”). Then we recite “Dorje’i Lü,” followed by “The Assembly Replies” (“Daklū pungkham...”). Beginning with “Dewar shekpa,” this section of text can be found under “Insert Before Enjoyment of Feast” on p. 232—233.

After this, we recite Dūsum Sangye (Insert G, p. 230) and then 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.

At the end of the enjoyment section, when the chöpön collects the remainders, we recite all the Long-Life Prayers (216—219).

Then we go back to the main text and recite p. 71—78. After Horse Dance, we go to Repeating Offerings and Praises (231—232) from the Supplementary Inserts page.

Except for the final day, we skip "Receiving the Siddhis" (79—80). We save this for the final morning of the retreat.

We conclude the main part of the day's practice by reciting p. 81—84.

Then we do "Chokchu Dūzhi" (137—140), “Prayer for Peace and Stability in the World” (220—221), and the "Guru Rinpoche Supplication" (141). We conclude with “By this merit, may all attain omniscience...” (once), and “Emulating the hero Manjushri...” (three times).