

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

*This sheet is for people who have the Rangjung Peme Nyingtik text from 2010 (the purple volume) as well as paper versions of the Riwo Sangcho and protector prayers. You will also need the MSB prayer book, which contains the “Prayer for the World” and the long-life prayers. **Please familiarize yourself with 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. 17 – 117.

Use inserts A – E. (Where they go is marked on the inserts.)

In “The Different Steps of Recitation” (p. 99 – 117), there are eleven mantras that we repeat for a while. After each set, recite Yeshe Lhatsok. (This is in the document called “Supplementary Inserts.”)

After “Accomplishing the Dharma Protectors” (p. 117) and Insert E, go to Repeating Offerings and Praises from Supplementary Inserts. Then recite the 100-syllable mantra (three times) followed by the Nangdrak Riksum prayer, which is an Insert that doesn't have a letter.

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

Riwo Sangchö liturgy.

When we get to p. 4, we say OM AH HUNG for a while, then continue to the bottom of p. 6. Then we go back to “The Sang Offering” on p. 3. We do several rounds of this middle section from p. 3 – 6. At the end of the session, we conclude with p. 7 – 8.

Then we recite “Prayer for the World” and finally the Nangdrak Riksum prayer.

### **Third session — 2:30 to 4:15 p.m.**

Long protector prayers liturgy.

We say “Entrusting Ekajati and the Protectors with Activity” six times. We recite Lama Yidam three times, but for the first two rounds we skip the last four lines.

Then RPN liturgy: Narak Kongshak (p. 203 – 257), Marme Mönlam (p. 259 – 273), and Nangdrak Riksum.

### **Fourth session — 4:45 to 6:30 p.m.**

RPN, p. 119 – 131. On p. 127, before “Offering the First Portion,” take some food from the 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.

From p. 131, turn to p. 179, and recite the “Perfect Bestowal of the Two Attainments,” through p. 199. Then return to p. 131 and continue through p. 143.

Midway through p. 143, we go to Insert G, 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.

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 is available on the Supplementary Inserts page under Insert Before Enjoyment of Feast.

After this, we recite Dūsum Sangye (Insert G) 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.

Then we go back to the RPN text and recite p. 143 – 157. After Horse Dance, we go to Repeating Offerings and Praises from the Supplementary Inserts page.

Except for the final day, we skip "Receiving the Siddhis" p. 159 – 161. We save this for the final morning of the retreat.

We conclude the main part of the day's practice by reciting p. 163 – 169.

Then we do "Chokchu Dūzhi" (p. 275 – 281), "Prayer for Peace and Stability in the World" (separate insert), and the "Guru Rinpoche Supplication" (p. 300). We conclude with "By this merit, may all attain omniscience..." (once), and "Emulating the hero Manjushri..." (three times).