

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

2022 version

*Page numbers below refer to the current edition of the **travel pecha**. If you have another version of this text, such as the digital pecha, please check the page numbers and change them accordingly. As much as possible, please familiarize yourself with the page numbers and the order of the practice before the first day of the program. If there are any significant updates during the program, we will send them out through Luma.*

ABBREVIATIONS USED: CPN = Chime Pakme Nyingtik

First session — 9:00 to 11:00 a.m.

PAGE	TITLE	BEGIN HERE	END HERE
		Please note: these columns have directions only when necessary	
2-10	Chime Pakme Nyingtik (CPN)	Begin with the Seven Line Prayer	Continue through Preliminaries Part Five: Meditating on the Protective Circle.
41-44	Inexpressible Absolute Confession		
10-17 (top)	Preliminaries Part Six:	Invoking Great Blessings	Go through top section of p. 17 (Fifth: Performing the Offerings through Chö pé trichen tibpar sam.)
45-50	White Tara Offering Garland & Amrita Offering to the Lineage		
18 (top of page)	AH...	AH/ Chöja chöjé chöyül sok...	Middle of p. 23, through the 4 mantras ending with OM TARE HUNG HO MARA YA PHET
51-53	Tseguk: Invocation of Longevity).		
23	Ali Kali....	begin with the Ali Kali	Continue to the bottom of p. 24 (“Recite the Hundred Syllable Mantra three times”).
186	Nangdrak Rigsum		

Second session — 11:30 a.m. to 12:45 p.m.			
PAGE	TITLE	BEGIN HERE	END HERE
55 – 58	Torma Offering		
118-121	Lama Yidam	Say it three times. For the first two rounds we skip the last four lines.	
61	Kasung Magon Chamdrel etc.	In this section, we say Entrusting Ekajati and the Protectors with Activity (p. 86 – 87) six times.	Middle of p. 118, just before Lama Yidam.
58-60	Offering the Golden Drink and Protectors' Torma Offering		
122	Local Protectors and Prayer for Fulfilling the Wishes		
186	Nangdrak Rigsum		
Third session — 2:45 to 4:20 p.m			
PAGE	TITLE	BEGIN HERE	END HERE
123, bottom	Narak Dongtruk	Only recite the line beginning with Lama rigdzin...	
126		E MA HO/ Chokchu düzhi...	Continue through the end of Marmé Mönlam on p.146
25	The Stages of the Tsok Offering		
Before p. 26	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.)	End: middle of p. 28.

Third session (cont.) — 2:45 to 4:20 p.m			
PAGE	TITLE	BEGIN HERE	END HERE
147-155	The Beautiful Garland of Jewels		
175	Short Ganachakra Offering.	Recite 108 times.	
186	Nangdrak Rigsum		
Fourth session — 4:50 to 6:30 p.m.			
PAGE	TITLE	BEGIN HERE	END HERE
157-158	Brief Feast Offering		p.158 mantra: SAMAYA PANTSA...
161	Essence of Wisdom Nectar (Danjuk)		Lower half of p. 162, where there is a note about going back to p. 21-23
21-23	mantras	Begin with OM TARÉ TUTTARÉ TURÉ SOHA (p. 21). Recite mantras only and skip all other text.	End with OM TARÉ HUNG HO MARA YA PHÉT (p. 23).
<i>Note: The travel pecha in the white binder now includes an insert called Twelve Mantras of Chimé Pakmé Nyingtik,</i>			
<i>which has all of these mantras on a single page.</i>			
162 - 174		OM AH HUNG/ Lebum nangdu...	Sipé tsolé drowa drölwar shok (p. 174)
28	Fourth: The Middle Portion of the Offering		
176	Feast Song (The chöpön usually sings this on her own. Sometimes we skip the Feast Song and continue on p. 29.)		
29	2 top sections	HO/ Lama pawo...	Dezhin nyila dak-kyang tsal
175	Dorjé'i Lü		
29 - 30	"The assembly recites..." through Dusum Sangye	HO/ Daklü pungkham...	Sampa lhün-gyi drubpar jin-gyi lob.

Fourth session (cont.) — 4:50 to 6:30 p.m.			
PAGE	TITLE	BEGIN HERE	END HERE
	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.	
177-180	During the collection of the remainders, recite the long-life prayers		
30-38		HRIH PHEM/ Ngontse...	
181 - 183	Chokchu Düzhi aspiration prayer		
39	Supplication to Guru Rinpoche		
	By this merit, may all attain omniscience...		
	Emulating the hero Manjushri...	3 times	