

## THE FOUR SESSIONS OF RANGJUNG PEME NYINGTIK (days 4-6)

*For days 4-6 of the Mahayoga Sangdrup, we use liturgies from two books. Page numbers refer to the purple hardbound Rangjung Pemé Nyingtik (RPN) published in 2010 and the Chimé Pakmé Nyingtik (CPN) travel pecha in the white binder. **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, we will send them out through Luma.*

**ABBREVIATIONS USED: Rangjung Pemé Nyingtik (RPN) Chimé Pakmé Nyingtik (CPN)**

First session — 9:00 to 11:00 a.m.				
PAGE	BOOK	TITLE	BEGIN HERE	END HERE
			<b>Please note: these columns have directions only when necessary</b>	
17 - 25	RPN			
Insert A (2 sheets of paper)	RPN			
<i>An "insert" is simply a loose piece of paper inserted into the main text. Inserts A - G and the insert with the Nangdrak Riksum prayer came with the purple book. "RPN Supplementary Inserts" is a separate document.</i>				
33 - 35	RPN			
Insert B	RPN			
37 - 39	RPN			<b>ANAYA HO BHAGAVAN...</b>
Insert C	RPN			
<b>41-44</b>	<b>CPN</b>	Inexpressible Absolute Confession (often referred to by its first two words, <b>Yeshe kuchok</b> )	This is a recent addition, so we're not yet sure where it goes. Most likely we say this prayer right after Insert C.	
39 - 99	RPN		Establishing the Protection Boundaries	<b>Miche depe loyi chaktsal tö</b>
Insert D	RPN			
99 - 117	RPN		The Different Steps of Recitation	
RPN Supplementary Inserts		Yeshe Lhatsok	Recite once after each of the 11 sets of mantras from RPN 101 - 117. (E.g. after <b>OM AH HUNG VAJRA GURU PADMA KRODHA HAYAGRIVA HUNG</b> on p. 101.)	
Insert E	RPN		After final mantra on p. 117.	
RPN Supplementary		Repeating Offerings and Praises		
		100 syllable mantra	repeat 3 times	
Insert without a letter	RPN	Nangdrak Riksum prayer		

<b>Second session — 11:30 a.m. to 12:45 p.m.</b>				
<b>PAGE</b>	<b>BOOK</b>	<b>TITLE</b>	<b>BEGIN HERE</b>	<b>END HERE</b>
1-8	White or blue travel pecha, other sources	Riwo Sangchö liturgy	At the bottom of p. 6, go back to “The Sang Offering” on p. 3. We do about 5 rounds of this middle section from p. 3 – 6.	At the end of the session, we conclude with p. 7 – 8.
	MSB Prayer Book	Prayer for the World		
Insert without a letter	RPN	Nangdrak Riksum prayer		
<b>Third session — 2:45 to 4:20 p.m</b>				
<b>PAGE</b>	<b>BOOK</b>	<b>TITLE</b>	<b>BEGIN HERE</b>	<b>END HERE</b>
<i>55-58</i>	<i>CPN</i>	Torma Offering		
<i>118-121</i>	<i>CPN</i>	Lama Yidam	Say it three times. For the first two rounds we skip the last four lines.	
<i>61 - 118</i>	<i>CPN</i>	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.
<i>58-60</i>	<i>CPN</i>	Offering the Golden Drink and Protectors’ Torma Offering		
<i>122</i>	<i>CPN</i>	Local Protectors and Prayer for Fulfilling the Wishes		
203-257	RPN	Narak Dongtruk		
<i>145-146</i>	<i>CPN</i>	Marme Mönlam		
Insert without a letter	RPN	Nangdrak Riksum prayer		

Fourth session — 4:50 to 6:30 p.m.				
PAGE	BOOK	TITLE	BEGIN HERE	END HERE
119-131	RPN			<b>OM AH HUNG VAJRA...</b>
179-199	RPN	Perfect Bestowal of the Two Attainments		
131-135	RPN		<b>HO/ Tsawa sumgyi lhatsok nam</b>	<b>SAMAYA SHUDDHA AH</b>
Insert F	RPN			
135 - 143	RPN		<b>HRI/ Wangchen pema heruka</b>	<b>Nyisu mepar changchup dzö</b>
Insert G	RPN	Short Ganachakra Offering	Recite 108 times.	
<b>176</b>	<b>CPN</b>	Feast Song	The chöpön usually sings this on her own. Sometimes we skip the Feast Song.	
RPN Supplementary		Insert Before Enjoyment of Feast		
Insert G	RPN	Düsum Sangye		
		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	CPN or MSB Prayer Book	Long-Life Prayers	Chant when the chöpön collects the remainders	
143-157	RPN		<b>HRI/ Pema wang gi kanyen pa</b>	
RPN Supplementary		Repeating Offerings and Praises		
159-161	RPN	Receiving the Siddhis	<i>Skip this section until day 7.</i>	
163-169	RPN			
275-281	RPN	Chokchu Düzhi aspiration prayer		
300	RPN	Guru Rinpoche Supplication		
	By this merit, may all attain omniscience...			
	Emulating the hero Manjushri...		3 times	