

Retreat 6 – 11 August, 2020

Original 13-21st April 1990

6 August, 6 p.m.

The retreat begins with the Medium Thun reciting the mantra of purification (om e ho shuddhe...) seven times and the mantra of Guruyoga (Padma.Thodthrengzal) at least 25 times. After the Vajra recitation, the Song of the Vajra is sung, then contemplate in silence for at least 15 minutes. Then there is the practice of transforming in Singhamukha, reciting the mantra at least 300 times and then continue as usual.

7 August

Morning Thun 10:00 a.m.

Begin with the 9 breathings and then sound A, recite the mantra of purification 5 times.

Observe, look in your Melong with awareness?

What are you lacking? What is lacking?

Is it true that you lack a teacher?

Do you lack teachings or transmission?

Or are you lacking the practice to realize oneself?

Observe!

How many teachings have you received?

How many transmissions have you received?

How many practices have you learned?

Observe!

What is most important in curing an illness, to know the medicine, know the cure or applying the cure?

Reflect (on this) for at least 20 minutes!

Osservate nei vostri Melong
con la consapevolezza!

Che cosa vi manca?

È vero che manca l'insegnante? :

Vi manca l'insegnamento o trasmissione?

O vi manca la pratica per realizzarvi?

Osservate!

Quanti insegnamenti avete avuti?

Quante trasmissioni avete ricevuto?

Quante pratiche avete imparato?

Osservate!

Quale è la cosa più importante
per guarire un malato, conoscere la
medicina, le cure o applicare le cure?

Afterwards, proceed with the short thun (A-Namo Guru bhya etc.). When you have finished singing the Song of the Vajra, remain in contemplation, in silence for about 15 minutes.

Dopodiché proseguite con il thun breve (A - Namò Guru bhya ecc.). Quando avete finito di cantare il Canto del Vajra, rimanete in contemplazione in silenzio per circa 15 minuti.

Practice of the 5 Tsigjong (CIGJYON) of Yantra Yoga

1. DRÍMBA (3 times)
2. SÌLVA (3 times)
3. PÙLVA (3 times)
4. BÈBBA (3 times)
5. GORVA (3 times)

And 10 minutes of NÁLWÁB

The practice concludes with the dedication
Mamakolingsamanta

7 August

Afternoon Thun 4:00 p.m.

After the 9 Breathings and the mantra of purification, proceed with the Short Thun as done in the thun in the morning.

Standing, there is the practice of the 8 LÚNSAN:

1. JÙGBA
2. GÁNVA
3. XÍLVA
4. PÈNBA
5. NÚBA
6. GYILVA
7. DRÈNBA
8. JYÌNBA

And one of the positions of GANVA

Now sitting comfortably, sing

HĀ A SHA SA MA HA
MA BHANDHA MARARA
HA KAÑKA HĀ SHALA
SA BHANDHA MATALI
KA HANA ALITA
HA MASA SHA KI YU

A

Remain at least 5 minutes in silence and contemplation
Upon finishing, dedicate as always done.

7 August

Evening Thun 6:00 p.m.

[12 A 10 minutes]

Practice the Medium Thun, reciting the mantra of Guruyoga at least 21 times. After the Vajra recitation, sing the Song of the Vajra and then contemplate at least a quarter hour in silence. Then transforming in Simhamukha, recite at least a hundred times the mantra, and proceed to the end of the action mantra of Ekajati.

Then do the complete Jod practice.

Finishing, one dedicates merits, as always.

MAMAKOLING SAMANTA

8 August

Morning Thun 10:00 a.m.

The 9 Breathings

Reflect on the 4 kinds of awareness!

What are the 4 kinds of awareness?

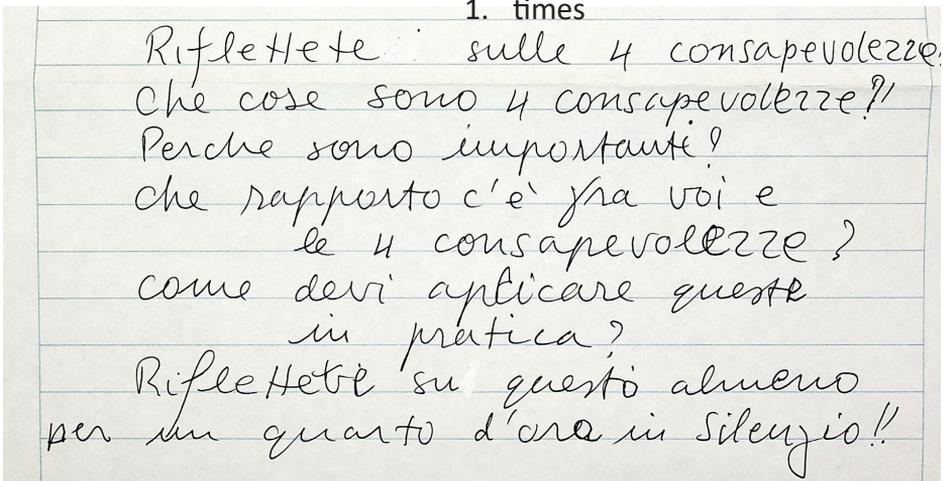
Why are they important?

What is the relationship between oneself and the 4 kinds of awareness?

How can one apply these in practice?

Reflect on this for at least a quarter of an hour in silence!!

1. times



Then proceed with the Short Thun (A – Namu Guru bhya etc.)

After finishing the Song of the Vajra, remain in contemplation, in silence for about 15 minutes.

Practice the 5 Tsigjong (CIGJYON) of Yantra Yoga

1. DRÍMBA (3 times)
2. SÌLVA (3 times)
3. PÙLVA (3 times)
4. BÈBBA (3 times)
5. GORVA (3 times)

And 10 minutes of NALWAB.

The practice finishes with the dedication.

Mamakolingsamanta

8 August

Afternoon Thun 4:00 p.m.

For this thun, the practice follows exactly as the August 7th afternoon thun. The only difference though is after the practice of Yantra Yoga's eight LUN-SÀÑ , one of the positions for XÍLVA is introduced.

After the 9 breathings and the mantra of purification, continue with the Short Thun

Standing up, begin the practice of the 8 LÚÑSAÑ:

1. JÙGBA
2. GÁNVA
3. XÍLVA
4. PÈNBA
5. NÚBA
6. GYILVA
7. DRÈNBA
8. JYÌNBA

And one of the positions of XÍLVA

Then sitting comfortably, sing

HĂ A SHA SA MA HA
MA BHANDHA MARARA
HA KAÑKA HĂ SHALA
SA BHANDHA MATALI
KA HANA ALITA
HA MASA SHA KI YU

A

Remain at least 5 minutes in silence , in contemplation
Finishing, dedicate merits as always.

8 August

Evening Thun 6:00 p.m.

[12 A 10 minutes]

This thun's practice is exactly the same as the evening thun of August 7th.

Practice the Medium Thun, reciting the mantra of Guruyoga at least 21 times. After the Vajra recitation, sing the Song of the Vajra and then contemplate at least a quarter hour in silence. Then transforming in Simhamukha, recite at least a hundred times the mantra, and proceed to the end of the action mantra of Ekajati.

Then do the complete Jod practice.

Finishing, one dedicates merits, as always.

MAMAKOLING SAMANTA

9 August

Morning Thun 10:00 a.m.

Nine breathings

Observe one's relationships of the Vajra, between teacher and students, between student and student, with whom we are travelling in the same boat.

Is this rapport important?

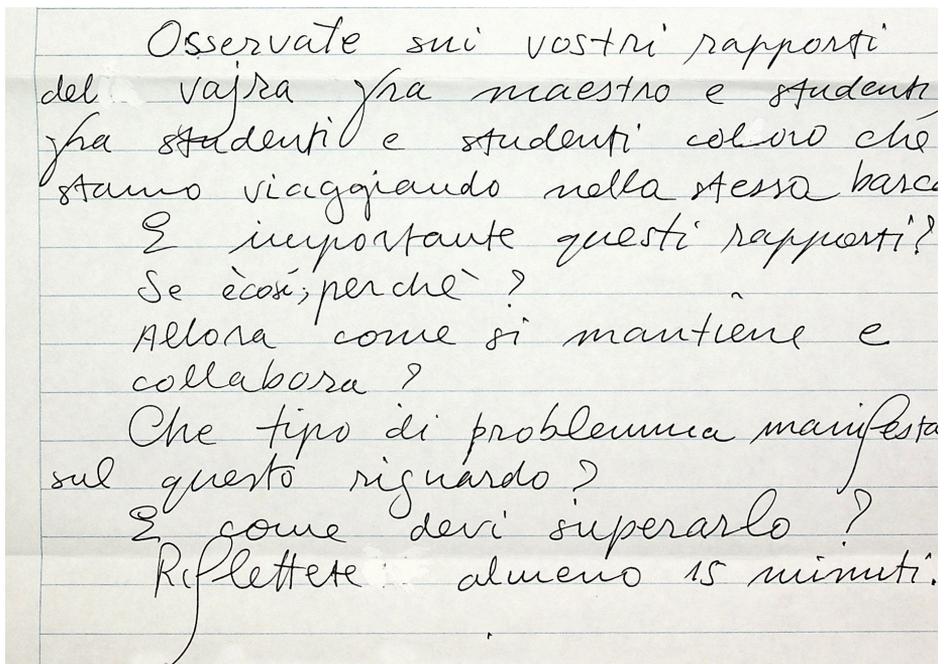
If so, why?

Then how is it maintained and collaborative?

What kind of problems manifest in this regard?

And how does one overcome this?

Reflect for at least 15 minutes



Osservate sui vostri rapporti
del vajra fra maestro e studenti
fra studenti e studenti coloro che
stanno viaggiando nella stessa barca.
È importante questi rapporti?
Se così, perché?
Allora come si mantiene e
collabora?
Che tipo di problematica manifesta
sul questo riguardo?
E come devi superarlo?
Riflettete almeno 15 minuti.

Continue on with the practice of the Medium Thun, with 7 invocations of Guru Padmasambhava and recite the mantra of Guruyoga (long life) 25 times, going on to the Vajra Recitation, then sing the Song of the Vajra, followed by contemplation in silence for 15 minutes.

First, practice the Zadul breathing, repeating seven times and then apply the five yantra:

1. ÑÉVA
2. LONXAD
3. BUNGOR
4. QÀNBE!B
5. ÑONVA

Practice one of the positions for Gylva.

Finishing, one dedicates merits to all sentient beings
Mamakoling samanta

9th August

Afternoon Thun 4:00 p.m.

Do the practice of the Medium Thun with the mantra of Guruyoga (Padmathodthrenzal) at least 25 times and continue the practice as done normally to the Vajra Recitation. Then in the state of unification, sing the Song of the Vajra and contemplate in silence for at least 15 minutes.

Sounding OM A Hum reawaken the presence of the 3 Vajra States and then proceed with the practice of the Purification of the 6 Loka as usually done, purifying one loka after another and then all together.

HĂ A SHA SA MA HA
MA BHANDHA MARARA
HA KAÑKA HĂ SHALA
SA BHANDHA MATALI
KA HANA ALITA
HA MASA SHA KI YU

A

Remain at least 5 minutes in silence and contemplation.
Ending, one dedicates merits as always.

9th August
Evening Thun 6:00 p.m.

[12 A 10 minutes]

This thun is exactly the same as that of August 7th.

Practice the Medium Thun, reciting the mantra of Guruyoga at least 21 times. After the Vajra recitation, sing the Song of the Vajra and then contemplate at least a quarter hour in silence. Then transforming in Simhamukha, recite at least a hundred times the mantra, and proceed to the end of the action mantra of Ekajati.

Then do the complete Jod practice.

Finishing, one dedicates merits, as always.

This evening is the last Jod practice for the retreat.

10 August

Morning Thun 10:00 a.m.

After the 9 purification breathings and sounding A, recite at least five times the purification mantra.

Continue with the practice of the five ZADUL as done on August 8th in the afternoon thun. And then practice one of the DRENBA positions

Sounding A visualize Garab Dorje and continue with the practice of Guruyoga of Garab Dorje as usually done. (After the invocation, sounding A unite in the A at the heart. Then sounding A again, do TRO, and sounding another A, do DU. Again, sounding A, manifesting and invoking Garab Dorje, one unites in the gakyil at the forehead, sounding A. Then do TRO and DU as done before). Sing the Song of the Vajra, remain in silence and contemplation for at least 15 minutes. The thun finishes with the dedication of merits as always.

10 August

Afternoon Thun 4:00 p.m.

The practice follows exactly as that done in the afternoon on August 9th. The only difference is the before “mamakolin samanta” sing A A HA SHA SA MA MA BHADHA....etc.. .. the mantra DASDROL and also TOSDROL to the ending HA HA HA.

Practice the Medium Thun with the mantra of Guruyoga(Padmathedhrenal) at least 25 times and continue the practice to the end of the Vajra Recitation as normally done. Then, in the state of unification, sing the Song of the Vajra and remain in silence and contemplation for 15 minutes or so.

Sounding Om A Hum, reawaken the 3 Vajra States and then continue the practice of the Purification of the 6 Loka as usually done, purifying one after another and then all together.

Sitting comfortable, sing

A

HĀ A SHA SA MA HA
MA BHANDHA MARARA
HA KAṅKA HĀ SHALA
SA BHANDHA MATALI
KA HANA ALITA
HA MASA SHA KI YU

HĀ A SHA SA MA HA
MAM BHANDHA MITARU
A HASHE ANALI
HĀ ETHA BHANDHAMA
SHA LASHA HĀ KA KAṅ
SA MUTI KANALI
MA VANI SUNE Ā
HA GISHAR HA HA HA

Remain in silence and contemplation for 10 minutes.

At the end dedicate merits as always.

10 August

Evening Thun 6:00 p.m.

[12 A 10 minutes]

Practice of the Medium Thun – recite the mantra of Guruyoga at least 21 times. After the vajra recitation, sing the Song of the Vajra and then remain for at least a quarter of an hour in silence and contemplation.

Then transforming in Simhamukha, recite the mantra at least 100 times, continue on to the action mantra of Ekajati, and then using all instruments, do the long rite of Ekajati (Bhyo yakmo...). After, add the Ñaggoñ practice sounding the drum, bells etc.

Repeat Ñaggoñ 25 times and then conclude as usually done.

11 August

Morning Thun 10:00 a.m.

The practice is done exactly as the Thun on the morning of August 10th.

After the 9 purification breathings and sounding A, recite at least five times the purification mantra.

Continue with the practice of the five ZADUL as done on August 8th in the afternoon thun. And then practice one of the DRENBA positions

Sounding A visualize the Master Garab Dorje and continue with the practice of Guruyoga of Garab Dorje as usually done. After singing the Song of the Vajra, remain in silence and contemplation for at least 15 minutes.

The thun finishes with the dedication of merits as always.

11 August

Afternoon Thun 4:00 p.m.

After the 9 breathings, sound A and sing the purification mantra 7 times.

Practice the eight LÚÎ-SÀÎ and one of the positions of Zadoñkyilva.

Sound A and follow with refuge and bodhicitta after which do the complete practice of XiITRO. After the practice of Dasdrol and Tos-drol, sing the Song of the Vajra and remain in contemplation and silence for a quarter of an hour.

Finish the practice as usually done with dedication of merits

11 August

Evening Thun 6:00 p.m.

[The retreat is concluded with the long GANAPUJA.

Recite 7 times the Seven verses, and 21 times the mantra for Guruyoga.

Then transform into Simhamukha, reciting the mantra at least 100

times. Continue with the rites of Ekajati, Rhula and Dorje Legpa using

instruments. Afterwards, recite the Naggon 25 times, sounding drum

and bells etc. Continue the Ganapuja finishing with the dedication of

merits.]



From a 1990 Merigar Letter: The Master emphasized that nearly all the practitioners of the Dzogchen Community have received many teachings, not only from him, but also from other teachers. He said that what we are missing are not teachings, but practice, to make the teachings we have received concrete. So the Master has prepared a detailed program of practices for each day of the retreat.

