

**Practice Outline for Padma Samye Ling
Spring 2020 Webcast Practices
with Ven. Khenpo Tsewang Dongyal Rinpoche**

Texts used during Afternoon Session:

1. *Treasury of Precious Mantras and Prayers of Supplication, Dedication & Aspiration ("Daily Prayers")*
2. *Orgyen Menla*
3. *White Tara*
4. *Prayers and Mantras to Pacify the Spread of Contagious Diseases and Imbalances
(Vajra Armor & Tara Ritod Loma Jonma)*
5. *Dharmapala Offering Prayers*
6. *Teaching Text: Heart Advice to All Practitioners* by H.H. Dudjom Rinpoche

General Practice Text Guide for Afternoon Session (3:30 – 5:30pm)

- **Daily Prayers**

- pg 14: Seven Line Prayer*

- Pg 20 – 23: Lineage Prayers*

- **Ven. Khenpo Tsewang Dongyal Rinpoche will give Dzogchen teaching**

- **Daily Prayers**

- pg 14: Seven Line Prayer*

- Pg 20 – 23: Lineage Prayers*

- **Orgyen Menla**

- Pg. 1 – 14*

- **Prayers and Mantras to Pacify the Spread of Contagious Diseases and Imbalances**

- Pg 1-3: Vajra Armor section*

- Pg 4: Tara Ritod Loma Jonma*

- **White Tara**

- **Dharmapala Offering Prayers**

- Pg 1 – 9*

- Pg 44 - 46 (then meditate while Ven. Khenpo Tsewang Rinpoche recites additional prayers.)*

- Pg 47*

- Page 9 – 41; then 51 – 62*

- **Orgyen Menla**

- Pg 14 – mid-page*

- Recite: "Unspoiled by thought.....Rest in that state of meditation, pure awareness, for a moment."*

- Pg 15- 16*

- **Daily Prayers:**

- Pg 29, 26, 30 Long life Prayers*

- Pg 32- 42: Dedication & Aspiration Prayers*

**Practice Outline for Padma Samye Ling
Spring 2020 Webcast Practices
with Ven. Khenpo Tsewang Dongyal Rinpoche**

Texts used during Morning & Evening Session:

1. *Treasury of Precious Mantras and Prayers of Supplication, Dedication & Aspiration ("Daily Prayers")*
2. *The Blessing Treasure: A Liturgy of the Buddha ("Buddha Sadhana")* This includes *the Heart Sutra*.

General Practice Text Guide for Morning Session (8:00 – 9:00am)

- **Daily Prayers**

pg 14 - 19: Seven Line Prayer and Guru Yoga

Pg 20 – 23: Lineage Prayers

- **Buddha Sadhana**

Pg 2 – 16

Pg 24 – 27

Pg 17

Pg 21 – 22

- **Daily Prayers:**

Pg 29, 26, 30: Long life Prayers

Pg 32- 42: Dedication & Aspiration Prayer



General Practice Text Guide for Evening Session (7:30 – 8:15pm)

- **Daily Prayers**

pg 14: Seven Line Prayer

Pg 20 – 23: Lineage Prayers

- **Heart Sutra**

- *Buddha Sadhana pg 30*

- *Extended Buddha Sadhana pg 90*

- *Heart Sutra Download pg 2*

- **Daily Prayers:**

- *Pg 29, 26, 30 – Long life Prayers*

- *Pg 32- 42: Dedication & Aspiration Prayers*