

Daily Practice Texts and Page Turning

Here is the list for the morning practice.

Link for the downloads:

<https://gardrolma.org/daily-virtual-achi-chokyi-drolma-practice-and-achi-smoke-offering-and-panashavari-practice/>

Here is the information regarding the text and page number for the daily practice:

Opening prayers - page 12 Deity Yoga Sadhana

Shakyamuniye Buddha - page 13-17 Deity Yoga Sadhana

White Dzambhala - page 91-95 Deity Yoga Sadhana

Achi Chokyi Drolma - This is a separate download. The text is called " Drigung Kyobpa's Concise Daily Practice of Achi & Achi Smoke Offering". We use this one as it is metered or can be chanted with the meters as the Tibetan syllables.

Mahakala - page 128-137 Deity Yoga Sadhana

Parnashavari - Start on page 6-8. To the mantra after the mantra bottom of page 9 (Vajrashattva mantra) – and finish on page 10. This is a separate download called "the Parnashavari Sadhana from the Collected Works of Kayobpa Jigent Sumgon" Read in English.

Seven Verses of Supplication to Tara - This is also a separate download titled "The Seven Verses of Supplication to Tara". We read in English and Tibetan.

Prayer to be Reborn in Dewachen & Bodhicitta. This is a separate download titled "Dewachen Prayer metered English- can be chanted with Tibetan. Again, this is metered (same number of syllables as the Tibetan) so the same Tibetan melody can be chanted in English. The Bodhicitta prayer is on the back of the page. Usually, he will do the English and Tibetan.

Last, we are reciting four lines from **Shantideva prayer** that Garchen Rinpoche had asked students to recite. That will be in the chat room, but I am going to include here so you have as well. We go off mute and we will read in English and then Tibetan.

Lines from Shantideva prayer:

May every being ailing with disease
Be freed at once from every malady.
May all the sickness that afflicts the living
Be instantly and permanently healed

SEM CHEN NE PA JI NYE PA
NYUR DU NE LE TAR GYUR CHIK
DRO WE NE NI MA LU PA
TAK TU JUNG WA ME PAR SHOK

Sometimes, Khenpo will add an additional sadhana which he will direct us to the **Deity Yoga Sadhana** if he is doing any additional prayers.

I hope that you find the information helpful. Look forward to seeing you on zoom. Please let me know if you have any questions. I am on at 10:30am starting the zoom meeting or you can contact me any time by e-mail info@gardrolma.org or phone [513-604-3723](tel:513-604-3723).

I rejoice you can join in with us, and so wonderful to connect on zoom.

Have a beautiful evening.
Virtual hugs,
Deb