

MSB STUDY & PRACTICE MANUAL

Revised September 10, 2009

PHASE VI: SADHANA

Students who are ready to enter this phase of practice have fully completed the Dzogchen Longchen Nyingthik Ngöndro preliminary practice and received the Rigdzin Dupa (Yabkha) empowerment.

Once the above prerequisites are met, a student starts the Rigdzin Dupa sadhana within the context of a strict solitary retreat setting. This practice may not be started on a daily basis without first doing this retreat. It is highly recommended that one does a 100-day solitary retreat in order to complete the full set of nyenpa and drubpa accumulations. If one is not able to do this, it is permissible to do a shorter retreat of at least two weeks. However, in order to enter into the Dzogchen phase of practice one must complete the full number of nyenpa and drubpa recitations within the context of a strict solitary 100-day retreat.

In order to prepare for the solitary retreat, it is crucial to study the MSB Sadhana Manual and learn to make tormas well in advance. After this solitary retreat is completed, the Rigdzin Dupa sadhana should be continued as a daily practice and retreats can be done as often as possible.

RESOURCES

Order the sadhana liturgy online at:

http://www.mangalashribhuti.org/html/study_practice/liturgies.html

Order the Sadhana Manual and Torma Manual online at:

http://www.mangalashribhuti.org/html/study_practice/texts.html

Order sadhana visualization photos from Kate Dobbertin at:

kate@windhorsecare.com

Order mendrup and rakta from Bob Reid at:

khenchungbob@mangalashribhuti.org