

Monthly Sadhana Practice Descriptions

MEDICINE BUDDHA – on the 8th of the Lunar month

Meditational deity practice on Medicine Buddha is carried out to pacify all physical and mental illnesses, diseases and suffering, including those caused by disturbing emotions (anger, desire, pride, ignorance & jealousy).

GURU TSOK – on the 10th of the Lunar month

Rigdzin Dupa with Tsok feast offering - focusing on the inner practice of Padmasambhava to purify our obstacles and to receive blessings & accomplishment from Guru Rinpoche.

Tsok means “gathering together” for a spiritual feast. The practitioners come together, the food and drink to be offered to everyone is assembled, the Buddhas and Bodhisattvas gather together, and finally as a result of this practice, merit and wisdom are accumulated or “gathered together” by the participants.

AMITABHA/PHOWA PRACTICE – on the 15th of the Lunar month

Buddha Amitabha, whose name means ‘Boundless Light’, is particularly associated with the clear light of liberation that dawns when one recognizes the true nature of one’s own mind. This subtlest manifestation of mind arises also at death and is known as the clear light of death.

Phowa – Namchö Practice

The practice of conscious dying and the transfer of Consciousness to the Pure Land; a profound way in which Dharma is realized spontaneously.

DAKINI TSOK – on the 25th of the Lunar month

Yumka (The Queen of Great Bliss) with Tsok feast offering is dedicated to Padmasambhava's consort, the enlightened wisdom Dakini, Yeshe Tsogyal. Tsok means “gathering together” for a spiritual feast. The practitioners come together, the food and drink to be offered to everyone is assembled, the Buddhas and Bodhisattvas gather together, and finally as a result of this practice, merit and wisdom are accumulated or “gathered together” by the participants.

VAJRAKILAYA (DHARMA PROTECTOR) – on the 29th of the Lunar month

Vajrakilaya - The main Nyingma protector deity whose practice dispels harmful beings and negative circumstances, creating beneficial conditions for Dharma practice and the path to enlightenment.