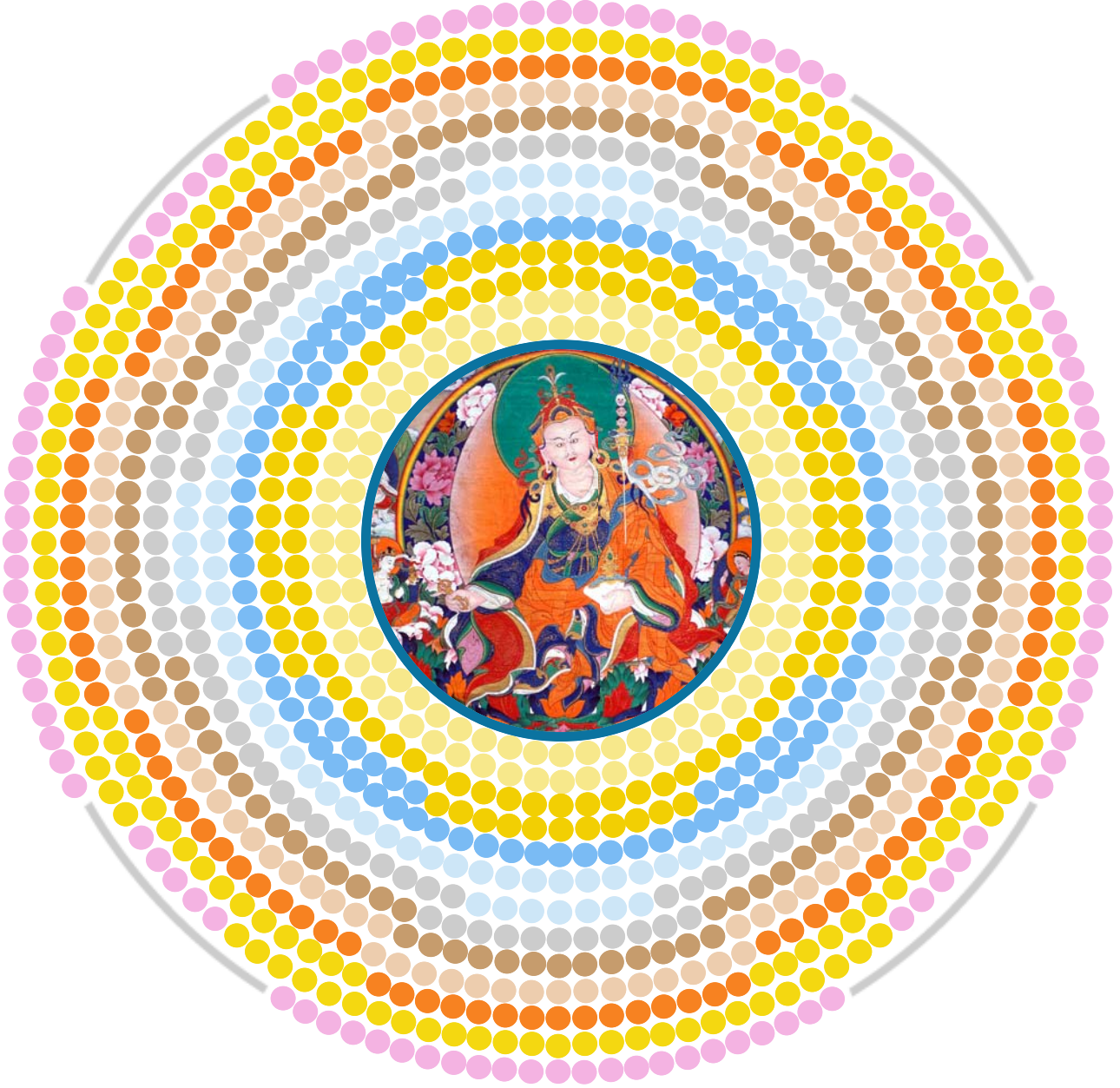




Vajra Guru Mantra

OM AH HUNG BENDZA GURU PADMA SIDDHI HUNG/

ཨོཾ་ཨུཾ་ཧུཾ་ འཛཱ་ གུར་ བཟླ་ སིད་ ཧུཾ་



“Phowa Retreat” Preparation Practice

Each colour comprises 108 circles. Doing one 108-bead mala counts as 100 mantra recitations; the extra repetitions are done to amend any mistakes. After each round of recitation, you can cross out one of the circles. Although for each registrant, the required Vajra Guru Mantra recitation for “Phowa Retreat” is 10,000, you are encouraged to accumulate 100,000. This mantra counting sheet is designed to assist you in recording your recitation count.

For each session of recitation, follow the sequence of recitation as belowmentioned (all pages are in reference to the third edition of “A Rosary of Jewels”)

1. Recite the “Noble Prayer to the Eight Holders of Prosperity” (*Tashi Gyepa*) one time (p. 1)
2. Recite the “Seven-Line Prayer to Guru Padmasambhava” three times (p. 193)
3. Recite the Vajra Guru Mantra as many times as you can
4. “Dedication” (p. 309) and “Long Life Prayers” for your Guru(s)

Name of Registrant _____

Registration No. _____

Total Mantra Count _____

“Phowa Retreat” is a teaching retreat between **5th and 10th March 2014**, led by His Holiness the Gyalwang Drukpa, Their Eminences Gyalwa Dokhampa and Drukpa Thuksey Rinpoche. For more information, please visit www.drukpa.com. You can also contact: Drukpa Publications Pvt. Ltd. D301 Sushant Arcade, Sushant Lok-1, Gurgaon 122001, India Tel: 91 (0) 124 4115234 Email: info@drukpa.com