

Vajrasattva Retreat with Yangsi Rinpoche 2020

First session : 6h30-8h

1. Prostration to the 35 bouddhas (FMPT Vol.1)
2. Praise to Buddha Shakyamuni (FPMT Vol.1, golden book page 73)
3. Gandèn Lha Gyéma (FPMT Vol.2, silver book, page 22)
4. *Wheel of sharp weapons* verses 1 à 30
5. Vajrasattva Sadhana
6. Long life prayer for His Holiness the Dalai Lama (FPMT Vol. 1, golden book page 92 ed 1 and page 101 ed. 2 &3.or on a separate sheet) and prayer for the fulfillment of His Holiness' wishes (separate sheet).

Second session : 10h-11h30

1. Praise to Buddha Shakyamuni (FPMT Vol.1, golden book page 73 on a separate sheet)
2. *Wheel of sharp weapons* verses 31 to 59
3. Vajrasattva Sadhana (starting from generating the deity page 6)
4. Long life prayer for His Holiness the Dalai Lama Lama (FPMT Vol. 1, golden book page 92 ed 1 and page 101 ed. 2 &3 or on a separate sheet.) and prayer for the fulfillment of His Holiness' wishes (separate sheet)

Third session : 16h30-18h (not guided, individually)

1. Praise to Buddha Shakyamuni (FPMT Vol.1, golden book page 73 or on a separate sheet)
2. *Wheel of sharp weapons* verses 60 to 89
3. Vajrasattva Sadhana
4. Long life prayer for His Holiness the Dalai Lama Lama (FPMT Vol. 1, golden book page 92 ed 1 and page 101 ed. 2 &3 or on a separate sheet) and prayer for the fulfillment of His Holiness' wishes (separate sheet)

Fourth session : 20h00-22h30

1. Praise to Buddha Shakyamuni (FPMT Vol.1, golden book page 73 or on a separate sheet if no golden book)
2. *Wheel of sharp weapons* verses 90 to 119
3. Vajrasattva Sadhana
4. Dedications (FPMT Vol. 1, golden book page 91 or 101 in ed. 2& 3)

5. Long life prayers (FPMT Vol. 1, golden book page golden book page 92 ed. 1 and page 101 ed. 2 &3 or on a separate sheet)
6. Long life prayer for Yangsi Rinpoché (separate sheet)
7. Prayer for the fulfillment of His Holiness' wishes (separate sheet) Migtséma (separate sheet)
8. Migtsema (FPMT Vol. 1, golden book page 245 or on a separate sheet if no golden book)