

Winter Tsa Sum

Drupcho Primer

Mangala Shri Bhuti members at all levels of practice are encouraged to take part in our annual Palchen Dupa & Rigdzin Dupa group practice. The purpose of this study resource page is to orient MSB members on how to take part in this practice.

We will begin the drupcho with 4 days of Palchen Dupa sadhana practice and receive the siddhis on the 4th day. Then the next 4 days continue on with Rigdzin Dupa sadhana practice and receive the siddhis on the 8th day.

1. Liturgy & Ritual Resources

- Palchen Dupa Liturgical Sequence Videos
 - The Palchen Dupa portion of the drupcho is divided up into 4 practice sessions per day. At some point in the future, we will post a link above to watch videos that give an overview of what sections of the liturgy are recited for each practice session.
- [Rigdzin Dupa Drupcho Liturgical Sequence Videos](#)
 - The drupcho is divided up into 4 practice sessions per day. Go to the link above to watch videos that give an overview of what sections of the liturgy are recited for each practice session.
- [Drupcho Liturgical Sequence Reference Sheets](#)
 - These reference sheets give a detailed overview of what sections of the liturgy are recited during each of the 4 daily practice sessions.
- [Mudra Instructional Video](#) (Updated August 2025)
 - Please note that mudras are optional for beginners. Gradually one can learn the mudras and incorporate them into the practice. The same is true for the use of ritual

instruments. In other words, it is perfectly acceptable for beginners to just recite the liturgy without performing the mudras and/or using ritual instruments.

- [Online/Solitary Drupcho/Tsok Offerings](#)
 - Use the above document as a guide on how to arrange your tsok offerings at home.
- [How to Order Vajrayana Sadhana Liturgies](#)
- [Mahadeva Liturgy Update](#) (Feb. 2026)
- [Long Life Prayers](#) (Updated Oct. 2023)
- [Liturgy Update Announcement](#) (Sept. 2023)
- [100 Syllable Mantra](#) (also included in the *Narak Dongtruk* liturgy)

2. Vajrayana Sadhana Teachings

- The teachings included below are intended to orient beginners on the general view of sadhana practice.

a. Audio Recordings

- [Audio Recording Background Document](#) (2 pages)
- [SoundCloud Audio Playlist](#)
 - Nature of Mind and Sadhana Practice (66 minutes)
 - Devotion and Sadhana Practice (33 minutes)
 - Faith in the Vajrayana (7 minutes)
 - Reciting Terma Sadhanas in Tibetan (10 minutes)

b. Readings

- [Drupcho Manual](#)
- [Simplicity and Faith](#) (2 pages)
- [Faith and Devotion](#) (6 pages)
- [Strength in Supplication](#) (7 pages)
- [Tsok Practice Reflections](#) (3 pages)
- [Tsok Manual](#)
- *MSB Sangha Manual* - Chapter 8: Offerings as a Way to Accumulate Merit (14 pages)
- [Vajrayana Primer Study Resources](#)