

Practice texts & Advice

Please prepare to use your personal practice texts. So that online participants can see and enjoy the practice environment we will not project any practice texts via streaming.

Everyone can join at their level

While the main practice framework is the **Tendrel Nyesel sadhana** (and **only on 28 August also Rigdzin Düpa**), we encourage you to connect at your own level. That might be Ngöndro practice, in particular the Guru Yoga practice, accumulating the Vajra Guru mantra; or, simply sitting and enjoying the atmosphere. Everyone can join *The Ritual for the Bodhisattva Vow* (during the offering ceremony for the 28th), *Zangcho Monlam* (aspiration prayer) and the *Tsok prayer by Jikme Lingpa*.

Offering Ceremony around the Stupa on 28 August, 8.00-9.00

with Khenchen Pema Sherab & Rigpa Teachers and Practice Holders

—**Eight Noble Auspicious Ones** x3

—**Wang Dü**

—The **Ritual for the Bodhisattva vow**, according to Patrul Rinpoche*
with big ceremonial procession placing offerings on all sides of the Great Enlightenment Stupa

**The Rigpa Booklet can be downloaded here*

[English](#) [French](#) [German](#) [Spanish](#) [Italian](#) [Dutch](#)

Or you can find the text also on [Lotsawa House](#)

—followed by **Riwo Sangcho** around 9am

—**Drupchö Booklet 2024:** [download here](#)

—**King of Aspiration prayers (Zangcho Monlam):** [download here](#)

—**Practice text inserts:** [download here](#)

(partly in different languages)

- Short Tsok Prayer
- Long life prayer for Mindrolling Jetsun Khandro Rinpoche
- Khenchen Pema Sherab Rinpoche
- Khenchen Namdrol Rinpoche
- Tulku Rigdzin Pema
- Swift Rebirth prayers
- Revised Shyidal prayer

Or you can find here - **sorted by languages** - also other recent prayers:

Incl Prayer to Sogyal Rinpoche by Orgyen Tobgyal Rinpoche and by Alak Zenkar Rinpoche

[Deutsch](#)

[English](#)

[Español](#)

[Français](#)

[Italiano](#)

[tsok-day-long-life-prayers-30-july-2025](#)

Only needed if you follow the Vajrayana practices:

Sadhana Practice Texts

Empowerments needed to do Sadhana practice

To do the Rigdzin Düpa or Tendrel Nyesel sadhana, you need a Guru Rinpoche or Tendrel Nyesel empowerment. In case you are missing any empowerments (e.g. Vajrakilaya), please focus during these parts on your own personal practice.

—**Rigdzin Düpa practice book:**

NEW DRAFT [practice book - download here](#)

[Rigdzin Düpa Study and Practice Page](#)

—Daily Sadhana Book for Riwo Sangchö and Tendrel Nyesel

[Download here](#)

[Riwo Sangchö Study and Practice Page](#)

[Tendrel Nyesel Study and Practice Page](#)

If you have already purchased a practice book before 2021 you can download the update directly from Dharmakosha via the links below.

Updates of the Rigpa Daily Sadhana Practice ebooks (epub) (2021)

[Daily Sadhana epub Pack 1](#)

[Daily Sadhana epub Pack 2](#)

[Daily Sadhana epub Pack 3](#) (without Magön Chamdräl)

[Daily Sadhana epub Pack 3](#) (with Magön Chamdräl)

[Daily Sadhana epub Pack 4](#) (without Magön Chamdräl)

[Daily Sadhana epub Pack 4](#) (with Magön Chamdräl)

Practice Advice for the Vajrayana practices:

How to close the sadhana by yourself?

Find instructions [here](#) in english, french, spanish, german

What if I miss sessions where the sadhanas are being opened? Find instructions [here](#) in english, french, spanish, german