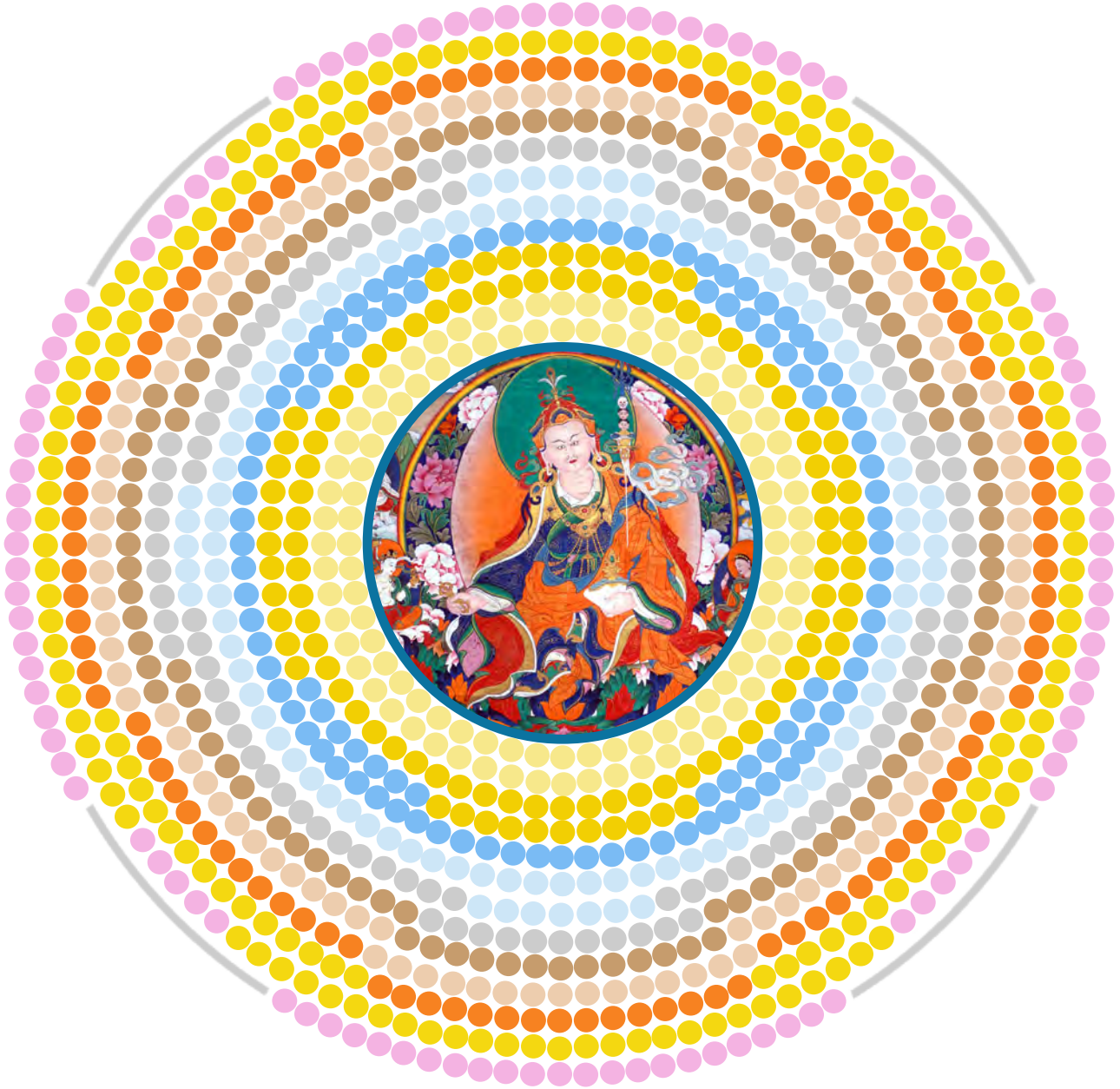




# Vajra Guru Mantra

OM AH HUNG BENDZA GURU PADMA SIDDHI HUNG/

ཨོཾ་ཨུཾ་ཧུཾ་བཅོམ་ལྷན་དུ་བསྐྱེད་པའི་འཇམ་མཁའ་ལྷོ་མེད་ཀུན་ལོངས་སྤོངས་ཀྱི་བཀྲ་ཤིས་གྲུབ་པའི་བཞུགས་སྐབས་ཀྱི་མཚན་མོ་།



## “Prajna Paramita & Sengey Tsewa 2016” 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 “Prajna Paramita & Sengey Tsewa 2016” 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 \_\_\_\_\_

“Prajna Paramita & Sengey Tsewa 2016” is group retreat between **17th and 22nd February 2016**, led by His Holiness the Gyalwang Drukpa. For more information, please visit [www.drukpa.com](http://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](mailto:info@drukpa.com)