

INSTRUCTIONS FOR A POWERFULLY BLESSED SHORT PROTECTOR RETREAT

1. **PREPARE** *(Optional – Refer to Appendix 1)*

- Buddhist swastika (printed or drawn on a piece of paper)
- Kusha grass stalks, one long and one short (from a brand new broom)

The kusha grass must be placed in the center of the Buddhist swastika. Place the longer kusha grass on top of the Buddhist swastika with the stem facing inwards and the tassels facing outwards. Place the shorter kusha grass horizontally, perpendicular to the longer kusha grass. The kusha grass can be taped onto the Buddhist swastika to keep it in place.

2. **RETREAT VICINITY AND ENVIRONMENT**

- Clean the room.
- Keep it clean and tidy throughout the retreat.

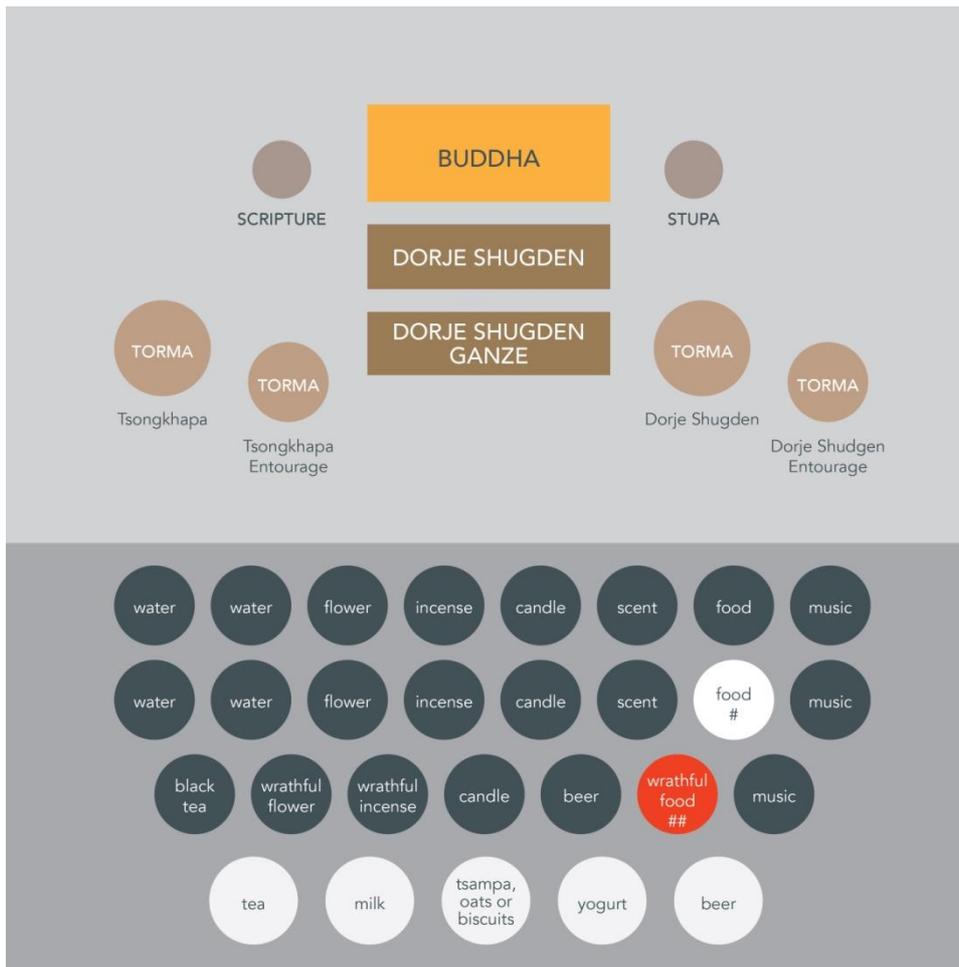
3. **SITTING LOCATION**

- Select a location where you will be most comfortable and undisturbed.
- Place the Buddhist swastika with the kusha grass on the position selected.
- Then, place the cushion over the Buddhist swastika / kusha grass.
- The cushion must not be moved from its original position throughout the entire retreat.
- **Be Mindful** not to step on or cross over the other participants' cushions.

4. **ALTAR**

- It is recommended to have the following items on the altar as the object of our offerings and meditations:
 - Image of Lama Tsongkhapa / Yidam
 - Image of the Protector
 - Scripture (placed on the left)
 - Stupa (placed on the right)
 - Image of one's Guru / lineage lamas

5. OFFERINGS (Refer to Appendices 2A and 2B)



This diagram shows the minimum offerings required for the short retreat. If you wish to make additional offerings for the collection of merits, you can do so.

- **Sensory Offerings** (Refer to Appendices 3A and 3B)

- Three sets of Sensory Offerings

- One set of peaceful sensory offerings for the Yidam (eight bowls)
- One set of peaceful sensory offerings for the Protector (eight bowls)
- One set of wrathful sensory offerings for the Protector (seven bowls)
 - You can download a high resolution image of the Wrathful Flower here: <http://www.tsemrinpoche.com/wp-content/uploads/2015/03/ds-wrathful-flower.jpg>

- **Five Commitment Offerings** (Refer to Appendices 3A and 3B)

- Five bowls, arranged in the following order from left to right:
 - Tea
 - Milk
 - Tsampa (roasted barley flour). Alternatively, use oats with some butter on top
 - Yoghurt
 - Beer



* Peaceful incense offering



** Wrathful incense offering



Peaceful torma should be WHITE



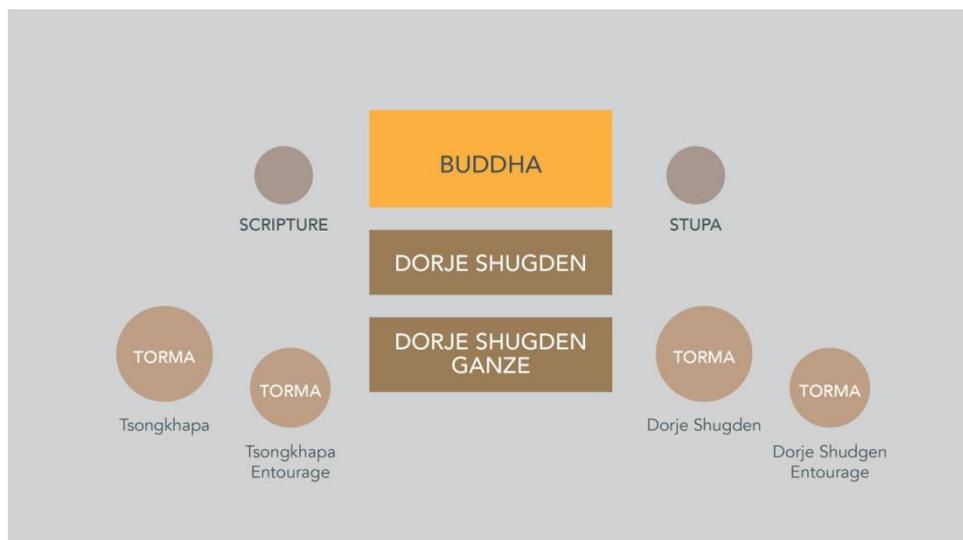
Wrathful torma should be RED, if not, white.

- **Tormas** (Refer to Appendices 4A and 4B)

- Four sets of tormas in total
 - One (large jar) for Lama Tsongkhapa
 - One (medium jar) for Lama Tsongkhapa's Entourage
 - One (large jar) for the Protector
 - One (medium jar) for the Protector's Entourage
 - You can download a high resolution image of the tear-drop and round shaped cuttings here: <http://www.tsemrinpoche.com/wp-content/uploads/2015/03/tormashapes.jpg>

Buy an assortment of biscuits and cookies for the above tormas. Fill the jars with the biscuits and cookies, and place each jar on a plate. Fill each plate with more biscuits and cookies to surround the torma jars. If you have an issue with pests and insects, you can use individually-wrapped biscuits and cookies for this. Stick the tear-drop and round shaped cuttings onto the respective torma jars.

The biscuits and cookies on the plates should be replaced after each retreat session whereas the biscuits and cookies in the jars can only be cleared upon completion of the entire retreat. The torma jars **should not be moved** throughout the entire retreat.



- **Other Offerings** (Refer to Appendices 4A and 4B)

- Ganze (<http://www.tsemrinpoche.com/wp-content/uploads/2015/03/qanzeDS.jpg>)
- Incense
- Serkym
- Candles (optional)
- Water Offerings (optional)
- Fruits and Flowers (optional)

6. NOTES ON OFFERINGS

In addition to the serkym offering on the altar, all participants are encouraged to offer a serkym of black tea individually if doing a group retreat.

If you are engaging in a retreat in a public place e.g. in the Gompa or at the retreat center, it is wonderful to have additional offerings of incense and candles (at your own home) concurrently with the retreat session.

Any form of alcohol and beer as offerings is not encouraged in public areas like the Gompa and retreat center.

Names or photographs of your loved ones can be put in a sealed envelope and placed under the Protector.

A picture of your secret Yidam covered neatly with a khata should also be placed on the altar throughout the duration of the retreat.

7. COMMITMENTS

Participants must observe a vegetarian diet and avoid the five black foods (meat, fish, eggs, onions and garlic).

Retreat participants must abstain from consuming alcohol, sexual activity, idle chatter, lying and any form of non-virtuous action until the entire retreat is finished.

8. RETREAT ETIQUETTE

If you are thirsty, you may drink water during the mantra recitation. However, eating is not encouraged.

You may take toilet breaks during the retreat session. After toilet breaks, you are advised to wash your hands and rinse your mouth before resuming your prayers.

Talking during the breaks is not encouraged.

Refrain from walking back and forth during a retreat session. This especially applies in a group retreat to avoid distracting other participants.

During the mantra recitation, if you cough, burp or pass wind involuntarily, go back on your mantra count by seven beads.

You have to restart the mantra count for that session if you fall asleep.

Refrain from wearing make-up or excessive jewelry during retreat sessions.

9. FINAL DAY

On the final day of the retreat, make a good motivation and rejoice over the time well-spent in doing Dorje Shugden's retreat.

As on all days, finish with the completion dedication.

10. COMPLETION OF RETREAT

Clear up all the offerings and cushions.

All participants take turns to sweep the floor (use a broom dedicated for the retreat) and visualize that you are clearing all obstacles and negativities. The dust collected is to be disposed outside the retreat vicinity.

You are strongly advised to place the Buddhist swastika and the kusha grass under your mattress. This will help to ward off any hindering spirits.