

**THE MACHIK DĀKINĪ EAR-WHISPERED LINEAGE AT GLANCE
EMPOWERMENTS, PRACTICES, AND RETREATS**

YEAR	PRACTICE TEXTS	EMPOWERMENTS	RETREATS
I. THE CHO WHISPERED FROM THE MOUNT OF BLISS - THE FOUNDATIONS & VAJRAYOGINI			
1ST YEAR		E-0. ONE OF THE HIGHEST YOGA TANTRA DEITIES	
	1. Chö Foundations: Preliminary and Concluding Practices/Prayers		
	2. The Seven PE (<i>Phat Dünma</i>)	E-1. COMMON OPENING THE DOOR TO SKY	
	3. Dedicating The Illusory Body As A Feast Offering (<i>Gyulü Tsogsu Ngowa</i>)		
	4. Five-Dākinīs Retreat Manual by Ngülchu (<i>Khandro Dengey Nyenyik</i>)		R-1. FIVE-DĀKINĪ RETREAT
	5. Retreat Manual of the Five Dākinīs by Tuken		
2ND YEAR	Vajrayogini Sadhana	E-2. THE HIGHEST YOGA TRANTRA EMPOWERMENT - VAJRAYOGINI	
	6. Vajrayogini Chö Tsok (<i>Khachömey Chö Tsok</i>)		
II. THE ERA-WHISPERED CHO OF MACHIK DAKINI - PEACEFUL MACHIK FIVE DĀKINĪS			
3RD YEAR	7. Pervading Space (<i>Chö Khakyabma</i>)	E-3. UNCOMMON OPENING THE DOOR TO SKY	
	8. The Profound Path of Peace (<i>Shiwa Lamsab</i>)	I-4. VARIOUS BLESSING/PERMISSION INITIATIONS (<i>rjes gnang</i>)	R-2. SEVEN-NIGHT WILDERNESS RETREAT
4TH YEAR	9. The Single Sitting (<i>Dentok Chikma</i>)		
	III. THE ERA-WHISPERED CHO OF MACHIK DAKINI - WRATHFUL MACHIK FIVE DĀKINĪS		
5TH YEAR	10. Concise Tröma Nakmo Self-Generation (<i>Trönak DagkyJe Dordu</i>)	I-5. DĀKINĪ LINEAGE TRÖMA NAKMO EMPOWERMENT	
	11. The Retreat Manual of Tröma Nakmo Five-Deity (<i>Trönak De-ngey Nyenyik</i>)		R-3. INDOOR OR 108-SPRING WANDERING RETREAT
	Kinkara Couple Kanso Practice		
	Wild Tsen, Protector of Sangri Kanmar, Practice		

**E-0.EMPOWERMENT OF ONE OF THE HIGHEST YOGA TANTRA DEITIES
(VAJRAYOGINI EMPOWERMENT - 2ND YEAR)**



1.Chö Foundations: Preliminary and Concluding Practices/Prayers



E-1.COMMON EMPOWERMENT OF OPENING THE DOOR TO SKY



2.The Seven PÉs (*Pé Dünma*)



3.Dedicating One's Illusory Body as a Feast Offering (*Gyulü Tsogsu Ngowa*)



4.Five-Dākinīs Retreat Manual by Ngülchu (*Khandro Dengey Nyenyik*)

OR

5. Retreat Manual of the Five Dākinīs by Tukwan (*Khandro Dengey Nyenpa jetsul*)



R-1.FIVE-DĀKINĪ RETREAT



6.Vajrayogini Chö Feast (*Khachömey Chö Tsok*)

E-2.UNCOMMON EMPOWERMENT OF OPENING THE DOOR TO SKY



7.Pervading Space (*Chö Khakyabma*)



8.The Profound Path of Peace (*Shiwa Lamsab*)



9.The Single Sitting (*Dentok Chikma*)



R-2.SEVEN-NIGHT WILDERNESS RETREAT



I-3.VARIOUS BLESSING/PERMISSION INITIATIONS (*rjes gnang*)



I-4.ĎĀKINĪ LINEAGE TRÖMA NAKMO EMPOWERMENT



10.Concise Tröma Nakmo Self-Generation (*Trönak DagkyJe Dordu*)



11.The Retreat Manual of Tröma Nakmo Five-Deity (*Trönak De-gey Nyenyik*)



R-3. TRÖMA NAKMO INDOOR OR108-SPRING WANDERING RETREAT