

VAJRAYOGINI CHÖ TSOK RETREAT

Thursday, July 16 through Sunday, July 19



SCHEDULE

(Group Sessions highlighted in yellow indicate all attendees expected to attend)

Thursday, July 16

Session 1: – Group session

Opening of Retreat

PST: Thu, 7 pm - 8:30 pm

EST: Thu, 10 pm - 11:30 pm

AEST: Fri, 12 noon - 1.30 pm

CES: Fri, 4 am - 5:30 am

Session 2: – Individual practice time for participants in CES time zone only

CES: Fri, 2 pm - 3 pm

Friday - Saturday, July 17 - 18

Session 3 – Individual practice time for all participants

Meditation + Practice

PST: Fri - Sat, 6 am - 7 am

EST: Fri - Sat, 9 am - 10 am

AEST: Sat-Sun, 11 pm - 12 mid

CES: Fri - Sat, 3 pm - 4 pm

Session 4 – Group session

Introduction to Vajrayana and Tsok

Vajrayogini Cho Tsok - Introduction & Transmission

PST: Fri-Sat, 8 am – 10 am

EST: Fri-Sat, 11 am - 1 pm

AEST: Sat-Sun, 1 am – 3 am

CES: Fri-Sat, 5 pm - 7 pm

Session 5 – Group session

Musical Transmission and Commentary

Subtle Body Training

PST: Fri-Sat, 11 am - 1 pm

EST: Fri-Sat, 2 pm - 4 pm

AEST: Sat-Sun, 4 am - 6 am

CES: Fri-Sat, 8 pm - 10 pm

Session 6 – Individual practice time for all participants except those in CES time zone

Melodies + Practices

PST: Fri-Sat, 3 pm – 4 pm

EST: Fri-Sat, 6 pm - 7 pm

AEST: Sat-Sun, 8 am - 10 am

Session 7 – Group session

Vajrayogini CHÖ Tsok

PST: Fri-Sat, 7 pm - 8:30 pm

EST: Fri-Sat, 10 pm - 11:30 pm

AEST: Sat-Sun, 12 pm - 1.30pm

CES: Sat-Sun, 4 am - 5:30 am

Sunday, July 19

Session 8 – Individual practice time for participants in CES time zone only

Melodies + Practices

CES: Sun, 2 pm - 3 pm

Session 9 – Individual practice time for all participants

Meditation + Melodies

PST: Sun, 6 am - 7 am

EST: Sun, 9 am - 10 am

AEST: Mon, 11 pm - 12 mid

CES: Sun, 3 pm - 4 pm

Session 10 – Group session

Damaru/Bell hands-on

Group Discussion

PST: Sun, 8 am – 10 am

EST: Sun, 11 am - 1 pm

AEST: Mon, 1 am - 3 am

CES: Sun, 5 pm - 7 pm

Session 11 – Group session

Vajrayogini CHÖ Tsok

Closing of Retreat

PST: Sun, 11 am - 1 pm

EST: Sun, 2 pm - 4 pm

AEST: Mon, 4 am - 6 am

CES: Sun, 8 pm - 10 pm

OPTIONAL INTERVIEW WITH KHANDRO-LA:

Friday and Saturday 2 pm - 6 pm (30 mins per person). Please contact Ellen at hawleybk@twc.com to request an interview.

ZOOM LINK:

<https://us02web.zoom.us/j/88538519556>

GUIDANCE AND RECOMMENDATIONS FOR PARTICIPANTS:

Here are a few things that will deepen your experience and help our weekend together flow:

- Most importantly, you are on retreat -- even if on-line. Please treat this as a DW annual residential retreat with the intention to create the inner and outer space for retreat. For the more detailed information about retreat, please see [here](#).
- We ask that you observe silence as much as possible throughout the retreat.
- Please stay present while on-line over the retreat. Being intentionally focused online sometimes can be difficult and yet it also impacts how you, and potentially others, experience the Retreat.
- Here are a few Zoom courtesies to observe in respect to our teacher and each other.
 - Please arrive 5 - 10 mins before each session begins so you are set up and ready when Khandro-la arrives.
 - Please be sure you are MUTED.
 - Please use your real name as your Zoom name so we can be clear who is with us.
 - During Q&A, please use the hand wave function (part of Zoom platform);
 - Otherwise, please write your questions in the Chat Box. (Click the Chat Box. Otherwise, it won't show automatically);
 - Please do not share the link with others who have not registered.
- If you have any technical problems, please contact Elizabeth at elizabeth.ebaugh@gmail.com.
- For general questions, contact Ellen at hawleybk@twc.com.

GUIDANCE FOR SETTING UP AN ALTAR:

The main altar set-up as detailed below will be at the Tara Rose Center in Washington, DC. The main altar in Tara Rose Center will be shown to all retreat participants through Zoom at certain points.

You may set up an altar in your retreat home/location or you can use the power of visualization to have an altar as part of your Retreat experience. If you would like to set up a simple altar for yourself, please consult the details and images below:

- Cleanse your room with incense or by sprinkling saffron water;
- Place a picture or Thangka of the Buddha or Vajrayogini (if possible with a Kata - a white scarf - over) on the altar;
- Place a picture of Khalkha Jetsun Dampa (if possible with Kata) on the altar;
- Place one set of offering bowls (7 water bowls) if possible;
- Place offerings (i.e. electronic candles, flowers, some fresh fruits) on the altar - if not available, it is OK as well;
- Include Tormas (use cookies, cake offering to replace traditional tormas at Washington altar. Khandro-La will make actual tormas in Oregon); and
- Include Tsok offering with Bala (a small piece of dry meat) and Madana (alcohol) in a small glass container.

During the tsok offering, you will need to have Bala and Madana (and some offerings such as biscuits, cake, or candy for the offering). Bala is dried meat and Madana is alcohol that you place in two small

cups. The dried meat - jerky or something similar, is cut into small pieces. You don't name them meat and alcohol in a tantric feast as they have a sacred meaning. They symbolize method and wisdom. They are offered to the guru, heroes, and heroines. When the tsok is taken with the right state of mind, bliss arises in the channels.

Here is [a detailed description.](#)

LIST OF MATERIALS:

- **Vajrayoini Cho Tsok**
- **Vajrayogini Eight-Line Praise**
- **Heart Sutra**
- **Supplication to Machik Five-Dakini**
- **A Short Six-Session Guru Yoga**
- **Jetsun Dampa's Aspiration Prayer**
- **Short mandala offering & Long Mandala Offering**
(recited before and after the transmission and teachings)