

Errata to the
Vajradhatu Ngöndro Manual
August 2021

After p. 61 of the manual, add this page:

Summary of Prostration Practice

Opening chants

Shamatha-vipashyana: 10–20 minutes

Tonglen (optional)

Chant the supplication for the general and special preliminaries in anjali

Chant and contemplate the four general preliminaries: 5 minutes, one by one or all four at once

Chant the visualization liturgy, remaining seated

Chant the long refuge liturgy 7 times while prostrating

Chant the short refuge liturgy many times, without trying to synchronize prostrations with repetitions. Count the number of prostrations, accumulating 108,000 altogether.

Chant the bodhisattva vow

1st section: 3 times in anjali

Remaining sections: once in anjali

Chant the four limitless ones: 3 times without anjali

Tonglen: 10 minutes or more

Chant OM AH HUM and visualize receiving abhisheka

Chant the lineage supplication while dissolving the visualization

Chant the confirmation: “Finally, the object of refuge . . .”

Shamatha-vipashyana: 15–30 minutes

Chant the dedication and aspiration