

# Supreme Ocean of Infinite Good Fortune - Close Retreat 2024

## 1<sup>st</sup> session

1	Guru Founder Prayer
2	Liberating Prayer
silence 1 min	
3	Visualization, Taking the Mahayana refuge vows
4	Taking the Bodhisattva vow according to Highest Yoga Tantra
5	Inviting the wisdom beings
6	Requesting
7	The seven limbs
8	Offering the mandala (1)
9	Offering the mandala (2)
10	Receiving the Migtsema request prayer according to Highest Yoga Tantra
1	Request to the Holy Spiritual Guide Venerable Geshe Kelsang Gyatso Rinpoche from his Faithful Disciples
2	Mantra recitation

- 11 Request to the Lord of All Lineages (1)
- 12 Meditation on self-generation as Heruka (silence)
- 13 Request to the Lord of All Lineages (2) (cont'd)
- 14 Meditation on the Central Channel, indestructible drop (silence)
- 15 Request to the Lord of All Lineages (3) (cont'd)
- 16 Receiving blessings
- 17 Meditation on transforming our own mind (silence)
- 18 Dedication
- 19 Prayer for the Virtuous Tradition

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## 2nd session

- 1 Guru Founder Prayer
- 2 Liberating Prayer
- silence 1 min
- 3 Visualization, Taking the Mahayana refuge vows
- 4 Taking the Bodhisattva vow according to Highest Yoga Tantra
- 5 Inviting the wisdom beings
- 6 Requesting
- 7 The seven limbs
- 8 Offering the mandala (1)
- 9 Offering the mandala (2)
- 10 Receiving the Migtsema request prayer according to Highest Yoga Tantra
- 1 Request to the Holy Spiritual Guide Venerable Geshe Kelsang Gyatso Rinpoche from his Faithful Disciples
- 2 Mantra recitation
- 11 Request to the Lord of All Lineages (1)
- 12 Meditation on self-generation as Heruka (silence)
- 13 Request to the Lord of All Lineages (2) (cont'd)
- 14 Meditation on the Central Channel, indestructible drop (silence)
- 15 Request to the Lord of All Lineages (3) (cont'd)
- 16 Receiving blessings
- 17 Meditation on transforming our own mind (silence)
- 18 Dedication
- 19 Prayer for the Virtuous Tradition

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## 3rd session + HJ

1 Guru Founder Prayer

2 Liberating Prayer

silence 1 min

3 Visualization, Taking the Mahayana refuge vows

4 Taking the Bodhisattva vow according to Highest Yoga Tantra

5 Inviting the wisdom beings

6 Requesting

7 The seven limbs

8 Offering the mandala (1)

9 Offering the mandala (2)

10 Receiving the Migtsema request prayer according to Highest Yoga Tantra

1 Request to the Holy Spiritual Guide Venerable Geshe Kelsang Gyatso Rinpoche from his Faithful Disciples

2 Mantra recitation

30 mins for mantra recitation

11 Request to the Lord of All Lineages (1)

12 Meditation on self-generation as Heruka (silence)

13 Request to the Lord of All Lineages (2) (cont'd)

14 Meditation on the Central Channel, indestructible drop (silence)

15 Request to the Lord of All Lineages (3) (cont'd)

16 Receiving blessings

17 Meditation on transforming our own mind (silence)

18 Dedication

Inviting Dorje Shugden

Making Offerings and requests

Requesting the fulfilment of wishes

Dedication (2)

19 Prayer for the Virtuous Tradition

20 The nine-line Migtsema prayer

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## 4<sup>th</sup> session

- 1 Guru Founder Prayer
- 2 Liberating Prayer
- silence 1 min
- 3 Visualization, Taking the Mahayana refuge vows
- 4 Taking the Bodhisattva vow according to Highest Yoga Tantra
- 5 Inviting the wisdom beings
- 6 Requesting
- 7 The seven limbs
- 8 Offering the mandala (1)
- 9 Offering the mandala (2)
- 10 Receiving the Migtsema request prayer according to Highest Yoga Tantra
- 1 Request to the Holy Spiritual Guide Venerable Geshe Kelsang Gyatso Rinpoche from his Faithful Disciples
- 2 Mantra recitation
- 11 Request to the Lord of All Lineages (1)
- 12 Meditation on self-generation as Heruka (silence)
- 13 Request to the Lord of All Lineages (2) (cont'd)
- 14 Meditation on the Central Channel, indestructible drop (silence)
- 15 Request to the Lord of All Lineages (3) (cont'd)
- 16 Receiving blessings
- 17 Meditation on transforming our own mind (silence)
- 18 Dedication
- 19 Prayer for the Virtuous Tradition
- 20 The nine-line Migtsema prayer