



Troma Nagmo Practice Schedule

From the Rinchen Trengwa System as taught by Lama Pema Khandro

RETREAT PRACTICE

Repeat in 4 sessions throughout the day

DAILY PRACTICE or DAKINI DAY PRACTICE

Refuge	Refuge
Bodhichitta	Bodhichitta
Three kaya meditation	Whatever practice you can do. Either Three kaya meditation and mantra recitation or Black Feast or any Chod practice.
Mantra recitation.	Calm Abiding meditation 24 minutes or as long as possible.
Calm abiding meditation 24 minutes	Dedication of merit.
Black feast.	
Calm abiding meditation 24 minutes.	
Dedication of merit	

OTHER ADVICE

1. If you have learned 3 Dakini Chod then divide the sessions throughout the day with Troma practice being at night.
2. Melodies.
 - a. Three Kaya Troma Nagmo has no melody, it can be read or memorized and then contemplated throughout the mantra.
 - b. Note that the Troma Nagmo mantra has a melody, or just do your best to chant it with bodhichitta.
 - c. Note that the 3 Dakini Chod has its own melody throughout, consistent with 100,000 Dakinis section of the Rinchen Trengwa. You need 3 Dakini Chod lung to receive this.
 - d. Whereas, Troma Nagmo Black Feast practiced alone uses the Vajrayogini melody, consistent with the seven line song and Vajrayogini generation stage, or just do your best to chant it with bodhichitta.
3. If you have instability in the face of obstacles, evil, anger, or fear, wear black or blue, supplicate Troma Nagmo and recite the mantra until you calm down. Remember that every experience has its peak and then it subsides, knowing this, you can make it through anything.
4. Generally, practice only one deity at a time unless you are in retreat, so that you can concentrate on that deity at all times in the post meditation state and so forth. Troma is the union of all the deities. If you want to keep other deity yoga practices going, repeat a few of their mantras each day (at least three), or practicing them on Dakini Day, Guru Rinpoche Day, Dark Moon and Full Moon with the rest of the days being your main deity. Sign up for our google calendar and it will notify you when Dakini Day or Guru Rinpoche is or count it yourself as the 10th and 25th day of the moon.

