



Troma Nagmo Drum Beats

From the Rinchen Trengwa System as taught by Lama Pema Khandro

For the Black Feast

When Practicing the Troma Nagmo black feast alone.

Begin by supplicating Troma Nagmo.

Optional: dance the Troma Nagmo Cham Dance in the four directions then sit down and begin the opening drumming. If you have not learned the dance yet, then don't worry both the dance and the opening drumming beats subjugate confusion and call the power of the elements from the four directions.

Opening Drum Beat

X X X X XX XX XX XX (Repeat four times)

Then begin chanting. Throughout the chant it is single beats. X X X X etc...

Closing Drum Beat

X XX XX X X X

X XX XX X X X

X XX XX X X X

Put drum down.

