

PHASE 2 CALENDAR
September 2014 to January 2015
Vajrayogini Inner and Secret Practices

First Recitation, Eight divisions

<u>Date</u>	<u>Day</u>	<u>Practice Emphasis</u>
9/28-10/1	1-3	Seed Syllable and Mantra Garland
10/1-5	3-7	Karmadakini and navel chakra
10/2	4	T3 Chakrasamvara feast prep/tormas
10/3	5	T2-3 Chakrasamvara Feast
10/5-8	7-10	Padmadakini and heart chakra
10/7	9	T3 Mahakala Feast
10/8	10	Sojong, Sadhana of Mahamudra
10/8-11	10-13	Ratnadakini and throat chakra
10/11-14	13-16	Vajradakini and head chakra
10/12	14	T3 Werma practice
10/14-17	16-19	Vairochana on top of the head
10/17	19	T3 Vajrayogini feast prep/tormas
10/17-21	19-23	Visualizing up and down
10/18	20	T2-3 Vajrayogini feast
10/21-28	23-30	Visualizing inside to outside
10/23	26	Sojong, Sadhana of Mahamudra

Second Recitation

10/28-11/4	30-37	
11/1	34	T3 Chakrasamvara feast prep/tormas
11/2	35	T2-3 Chakrasamvara Feast

Third Recitation

11/4-11	37-44	White light, radiating
11/5	38	T3 Mahakala Feast
11/6	39	Sojong, Sadhana of Mahamudra
11/11-18	44-51	Pink light, radiating
11/10	43	T3 Werma practice
11/16	49	T3 Vajrayogini feast prep/tormas
11/17	50	T2-3 Vajrayogini feast
11/18-25	51-58	Red light, radiating
11/22	55	Sojong, Sadhana of Mahamudra
11/25-12/2	58-65	Red mantra radiating
11/30	63	T3 Chakrasamvara feast prep/tormas
12/1	64	T2-3 Chakrasamvara Feast

2014

Fourth Recitation

12/2-9	65-72	Slight emphasis on vase breathing
12/5	68	T3 Mahakala Feast
12/6	69	Sojong, Sadhana of Mahamudra
12/9-16	72-79	Greater emphasis on vase breathing
12/10	73	T3 Werma practice
12/15	78	1:00-4:45 Vajrayogini feast prep/tormas*
12/16	79	T2-3 Vajrayogini feast

Fifth Recitation

12/16-23	79-86	Individual Practice
12/21	84	Sojong, Sadhana of Mahamudra
12/23-1/6	86-100	T2-3 Group Mahamudra Practice
12/30	93	1:00-4:45 Chakrasamvara feast prep/tormas*
12/31	94	T2-3 Chakrasamvara feast
1/3	97	T3 Mahakala Feast
1/4	98	Sojong, Sadhana of Mahamudra

*Due to the amount of preparations for the Drupchö/Self Abhisheka and Fire Puja, feast prep will commence 1:00 and continue until 4:45. The torma chief will announce a 15 minute tea and bathroom break. If you have lunch clean-up, please come as quickly as you can to join the group.

Group Practice**No feasts or other practices during the next 22 days**

Druppa

1/11-1/13	104-107	Drupchö
1/14-1/15	108-114	Self-Abhisheka
1/20	114	Sojong, Sadhana of Mahamudra

Fire Puja

1/24	114	Fire Puja Set up
1/27-1/28	115-121	Fire Puja
1/28	121	Final Feast
1/28	122	Fire Puja take down
		Ghakrasamvara-Chopons set-up-shrine

Secret Practice

1/29	123	Ghakrasamvara-Feast
		T-4 Secret Practice
1/29-3/9	123-162	Secret Practice
	123-131	1st Recitation, one day each stage
2/2	127	T3 Mahakala Feast
2/3	128	Sojong, Sadhana of Mahamudra
2/6-2/10	131-135	2nd Recitation
2/7	132	Werma Feast
2/10-2/22	135-147	3rd Recitation, 3 days each
2/13	139	T3 Vajrayogini feast prep/tormas
2/14	140	T2-3 Vajrayogini Feast
2/18	144	Sojong, Sadhana of Mahamudra
2/19	145	Shambhala Day
2/22-3/1	147-154	T4 4th Recitation
3/1-3/9	154-162	T4 5th Recitation

PRACTICE SCHEDULE
PHASE 2
MARCH TO JULY 2015

<u>Date</u>	<u>Day</u>	
3/4	157	Milarepa Day, No Mahakala Feast
3/5	158	Sojong

Outer Chakrasamvara Practice, 90 days

3/8-6/5	161-250	Chakrasamvara Outer practice
3/8	161	T1 Individual Vajrayogini Feast, breakfast delay 1 hour
		T2 Chakrasamvara preparations
		T3 VFS Outer Chakrasamvara Group Practice
		T4
3/9	162	T3 Werma
3/14	167	T3 Vajrayogini Feast Prep
3/15	168	T2-3 Vajrayogini Feast
3/20	173	Sojong
3/28	181	T3 Chakrasamvara Feast Prep
3/29	182	T2-3 Chakrasamvara Feast
4/3	187	T3 Mahakala Feast
4/4	188	Sojong
		Trungpa Rinpoche Parinirvana
4/8	192	T3 Werma
4/13	197	T3 Vjrayogini Feast Prep
4/14	198	T2-3 Vajrayogini Feast
4/18	202	Sojong
4/27	211	T3 Chakrasamvara Feast Prep
4/28	212	T2-3 Chakrasamvara Feast
5/3	217	T3 Mahakala Feast
5/4	218	Sojong
5/8	222	T3 Werma
5/12	226	T3 Vajrayogini Feast Prep
5/13	227	T2-3 Vajrayogini Feast
5/18	232	Sojong
5/27	241	T3 Chakrasamvara Feast Prep
5/28	242	T2-3 Chakrasamvara Feast
6/1	246	T3 Mahakala Feast
6/2	247	Sojong Vaishaka

Group Practice 30 Days

No additional feasts during group practice

6/5-6/15	250-260	Inner Practice (optional sand mandala)
6/16	261	Sojong
6/16	261	Fire Offering Set-up
6/18-6/23	262-266	Fire Offering
6/23	267	Summer Solstice
6/23	267	Fire Offering Take Down 6/26 Kanmaba
6/23-7/2	268-277	Secret Practice
7/2	277	Sojong

Very Secret Practice 19 Days

7/4-7/11	278-296	T1 VFS Very Secret Practice
7/5	280	T3 Werma
7/10	285	T3 Vajrayogini Feast Prep
7/11	286	T2-3 Vajrayogini Feast
7/16	291	Sojong
7/21	296	T1 VLS Very Secret Practice
		T2 (T3 as necessary) Chakrasamvara Feast Prep
		T3 Elaborate Chakrasamvara Feast
7/22-7/24	298-299	No Thuns
		Clean-up
		Pack-up
		Rest
7/25	300	Benefactor Appreciation Circle
		Gate Opens