

## About the practice of Nyung Ne at Karma Migyur Ling

You will find below the practice schedules, the details of the fasting process, the Sojdong greetings and practical information.

### Timetable of Nyung Ne

#### ***1st day (Nye -Ne partial fasting)***

**5:25am:** Beginning of the session

**7:00 - 7:30:** Rice soup

**7:30 - 9:00:** End of the 1st session (Possible departure: end of Nyung-Ne)

**9:00 – 10:00:** Break and help with group tasks

**10:00 – 12:00pm:** 2nd session

**12pm – 12:45pm:** Meal

**1:00pm – 3:00pm:** Break

**3:00pm – 5:00pm:** Start of the 3rd session

**5:00pm - 5:30pm:** Break

**5:30pm – 7:00pm:** End of 3rd session followed by short Mahakala

**7:00pm – 8:00pm:** optional teaching.

#### ***2nd day (Nyung-Ne complete fast)***

**5.25am:** Beginning of the session

**8:00 - 9:00:** Break

**9:00 am: - 12:00:** End of 1st session at 10h 30 - Start of 2nd session

**12:00- 3:00pm:** Break

**3:00- 5:00:** End of the 2nd session - Beginning of the 3rd session

**5:00- 5:30:** Break

**5:30- 7:00:** End of the 3rd session

**7:00:** Mahakala practice (optional)

Leaflets explaining the ritual, as well as a few texts, are available for everyone in the temple.

### **About the meals and the fasting process General attitude towards food**

Food is not allowed outside of rice soup at 7:00 and lunch on the day of Nye-Ne. Moreover, in accordance with the "Sojdong Vows" (which one takes in the morning) where one refrains from taking what is not given, one can only consume the food that is served on the table. Therefore, avoid helping yourself in the kitchen or in the storerooms. The meal begins after the prayer. At 12:45 another prayer is said and from that moment on no solid food can be consumed.

Being in collective, for obvious reasons of hygiene, it is requested not to use personal cutlery in common dishes.

**Silence is to be respected during the meal.**

### **Day 1: Nye-Ne (partial fasting)**

**Morning:** from 7:00 to 7:30 am: rice soup, honey, hot drinks (excluding any other food).

**Break:** from 9:00 am to 10:00 am: Hot and cold drinks (no fruit juice).

**Noon:** from 12:00 to 12:45: single meal, at the table, strictly vegetarian. From the end of this

meal, strict fasting begins and lasts until 7am the following morning.

**Breaks** of 5:00 and 7:00: Fruit juices and hot drinks.

It is then allowed to drink until 10pm to quench your thirst and not for nutritional purposes.

### **2nd Day: Nyong-Ne (total fast)**

From the moment one goes to bed on the day of Nye-Ne, the vow of silence is added to the maintenance of the fast already started previously (food and drink). Fasting (food and drink) and silence are then respected until the next morning after rinsing our mouths with the water from the Boumpa (Vase) that is poured into us at the entrance of the temple.

Moreover, on this day of Nyong-Ne, the saffron water distributed during the practice must not be drunk.

### **Day 3: last session in the morning**

A complete Nyong Ne ends after the end of the 1st morning session at 9am.

### **The day you finish your practice:**

Rinse your mouth at the entrance of the temple, come out at the moment of taking your vows, then you attend the entire 1st session which ends at 9:00 am: only then are you free of your vows.

### **If we continue with a next Nyong Ne :**

Do not leave the temple and resume vows to continue the practice.

### **Sodjong Vows:**

Nyong-Ne includes the observance of eight vows called "Sodjong Vows," see text of the ritual on pp. 3a-4a:

- 1- Do not take life
- 2- Do not steal (take what is not given)
- 3- Abandon all sexual activity
- 4- Do not lie
- 5- Do not absorb intoxicants (alcohol, tobacco, drugs).
- 6- Do not sit on a high seat
- 7- Do not eat at undue hours
- 8- Do not wear perfume (deodorant and aftershave allowed), or special ornaments, do not sing or dance.

### **Additional information**

The practice of Nyong-Ne is part of the Kriya tantra (purification tantra) tradition, so everyone is asked to be clean and to wear a sober outfit. Outside the temple, the practitioners must keep a permanent attention (no useless words, no chatter etc...).

### **At the temple**

The temple must always be clean and orderly. Silence is required in this place which is not suitable for siesta, chatting etc... No food or drink is consumed. Out of respect for what they represent, we ask you not to step over the texts, ritual instruments, seats or carpets of the lamas and monks. Also do not leave the texts on the floor or in any disrespectful place.

It is urged not to take out the things of the temple: cushions, floor mats, blankets etc.... The objects used must be returned to their place in good condition and clean before your departure. The temple is only left at the end of a session.

For reasons of safety and insurance, burning candles and incense outside sessions in the temple and in the chambers is prohibited; offerings may be given either in kind to the altar maker, who alone is authorized to do so, or in the form of money in the Nyung-Ne offering box.

Please do not bring your phones to the temple or keep them turned off.

### **Attitude to respect in case of health problems**

In case of health problems and taking medication, it is authorized to do Nye Ne (partial fasting) on both days (registration at the reception). In this case, however, it is advisable to remain silent on the 2nd day.

Those who complete the Nyung Ne retreat are weakened by the prolonged practice of fasting and their natural defenses are diminished. It is therefore necessary that any person suffering from a disorder: cold, flu, angina etc... that can contaminate the practitioners should keep away in the temple as well as during meals.

### **Participation in collective tasks**

Each participant is asked to help with the tasks necessary for the smooth running of the practice (cleaning the temple, setting the table, helping with dishes and cooking, cleaning, etc.), by writing on the board in the dining room or in agreement with the person leading the sessions.

Silence is de rigueur in the center from 10 pm. Please avoid any noise that may disturb the sleep of others (idem during siesta), as well as taking showers between 10:00 pm and 5:30 am and flushing the toilet at night.

We wish you good practice.