

Details and Information about Nyung Ne Practice at Karma Migyur Ling

Updated December 2025

How does a Nyung Ne work?

This practice is organized in units that last 48 hours. It starts on the morning of the 1st day at dawn, at 5:30 am, and ends on the 3rd day in the morning, at 9 am. It is a group practice from the Vajrayana tradition, done in the temple during most of the day (about 9 hours per day). It includes reciting a text (a sadhana), reciting mantras, meditation with visualization, prostrations, etc.

A Nyung Ne includes a partial fast on the 1st day, called Nyé Né, and a complete fast on the 2nd day called Nyung Ne (no food or drink for 24 hours, with strict silence).

Important note: this is not a "diet" fast but a spiritual practice that follows the rules of the Nyung Ne tradition.

During these 48 hours, this practice also includes taking ethical discipline vows called Sodjong (see details below), which are taken again each morning for 24 hours.

It is necessary to be on time in the morning to take the vows at 5:25 am, to attend all sessions, and to complete the Nyung Ne entirely without interrupting it.

Nyé Né (partial fast): People who cannot do a complete fast on the 2nd day can do Nyé Né, a partial fast, by eating a meal at noon and drinking during the day.

You must arrive the day before, because the first session starts at 5:25 am in the Nyung Ne temple. If you arrive after the welcome desk closes, the location of the temple is shown on the map to the left of the welcome desk door.

Below you will find the practice schedule, details about the fasting, the Sodjong Vows, and practical information.

Nyung Ne Schedule

1st Day (Nyé Né – partial fast)

- 5:25 am: Session begins
- 7:00 - 7:30 am: Rice soup
- 7:30 - 9:00 am: End of 1st session (end of Nyung Ne for those who must leave)
- 9:00 - 10:00 am: Break and help with group tasks
- 10:00 am - 12:00 pm: 2nd session
- 12:00 - 12:45 pm: Meal
- 1:00 - 3:00 pm: Rest break
- 3:00 - 5:00 pm: 3rd session
- 5:00 - 5:30 pm: Break
- 5:30 - 7:00 pm: End of 3rd session followed by short Mahakala
- 7:00 - 8:00 pm: possible teaching

2nd Day (Nyung Ne – complete fast)

- 5:25 am: Session begins
- 8:00 - 9:00 am: Break
- 9:00 am - 12:00 pm: End of 1st session at 10:30 am followed by start of 2nd session
- 12:00 - 3:00 pm: Break
- 3:00 - 5:00 pm: End of 2nd session - Start of 3rd session
- 5:00 - 5:30 pm: Break
- 5:30 - 7:30 pm: End of 3rd session followed by Mahakala practice (optional)

Papers explaining the ritual, as well as some texts, are available to everyone in the temple.

About Meals and the Fasting

General attitude toward food

No food can be eaten except the rice soup at 7 am and the noon meal on the Nyé Né day.

Also, according to the "Sodjong Vows" (which we take in the morning) where we do not take what is not given, we can only eat the food that is served on the table. So, do not serve yourself from the kitchen or storage areas. The meal starts after the prayer. At 12:45 pm another prayer is said, and from that moment no solid food can be eaten.

Since we are in a group, for clear hygiene reasons, please do not use your personal utensils in the common dishes.

Silence must be kept during meals.

1st Day: Nyé Né (partial fast)

- Morning from 7:00 to 7:30 am: rice soup, honey, hot drinks (no other food)
- Break from 9:00 to 10:00 am: Hot and cold drinks (no fruit juice)
- Noon from 12:00 to 12:45 pm: one meal, at the table, strictly vegetarian. From the end of this meal, the strict fast begins and lasts until the morning of the day after tomorrow at 7 am.
- Breaks at 5 pm and 7 pm: Fruit juice and hot drinks
- After that, you can drink until 10 pm to quench your thirst, not for nutrition

2nd Day: Nyung Ne (complete fast)

From the moment you go to bed on the evening of Nyé Né, in addition to the fast already started since noon (no food), you strictly do not drink anything, you take the vow of silence by not speaking at all until the morning of the day after tomorrow at 5:25 am, when you rinse your mouth with water from the Bumpa (vase) which is given to you at the temple entrance.

Note: on the Nyung Ne day, the saffron water distributed during the practice must not be drunk.

On the day you finish your practice, the 3rd Day at the morning session:

Rinse your mouth at the temple entrance at 5:30 am, leave during the taking of vows, then attend the entire 1st session which ends at 9 am.

If you continue with the next Nyung Ne:

Do not leave the temple and take the vows again to continue the practice.

About the fast...

If you have health problems and need to take medicine, you are allowed to do Nyé Né (partial fast) both days (registration required at the welcome desk). This means you can have the rice soup in the morning and the noon meal on the 2nd day. In this case, it is still good to keep silence on the 2nd day.

The Sodjong Vows

Nyung Ne includes following eight vows called "Sodjong Vows," see ritual text p. 3a to 4a:

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

Additional Information

Since the practice of Nyung Ne is part of the Kriya tantra tradition (purification tantra), everyone is asked to be clean and to wear simple clothes.

Outside the temple, practitioners must keep constant attention (no unnecessary words, no chatting, etc.).

At the temple

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

Please do not take things out of the temple: cushions, floor mats, blankets, etc. Objects used must be put back in their place in good condition and clean before you leave. You can only leave the temple at the end of a session.

For safety reasons, it is forbidden to burn candles and incense outside of sessions in the temple and permanently in the rooms. Offerings can be given either as items to the person in charge of the altar, who is the only one authorized for this task, or as money in the Nyung Ne donation box.

When you are in the temple, your phone must be in airplane mode.

In case of health problems

People doing the Nyung Ne retreat are weakened by the long practice of fasting, and their natural defenses are reduced.

Therefore, if you planned to come and do one or several Nyung Ne but you have symptoms of cold, flu, sore throat, cough, etc. that could infect other practitioners, we ask you to postpone your stay until you are healed.

In the same way, if you are already here and symptoms appear, please stay apart in the temple and during meals.

Participation in group tasks

Each participant is asked to help with tasks needed for the practice to run well (cleaning the temple, setting the table, helping with dishes and cooking, cleaning, etc.), by signing up on the board in the dining room or in agreement with the person leading the sessions.

Silence is required in the center from 10 pm. Please avoid any noise that could disturb others' sleep (same during siesta time), and avoid taking showers between 10 pm and 5:30 am and flushing the toilet at night.

We wish you a good practice.