

## Chronological list of the different texts of each day

The list is not exhaustive, but it indicates the main parts as well as the approximate time of recitation. The time of the recitations can vary considerably from one day to the next.

When the text is part of the main text, it is indicated by the prefix "Gutor".

Example:

**"8- Gutor: Seulka".**

For other texts, no prefix. Example:

**"2- Prayer to Guru Rinpoche".**

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### **Session 5h-8h:**

- 1- Namdjom, the 100 000 mantras -- 05:00
- 2- Prayer to Guru Rinpotché -- 05:20
- 3- Prayer to the lineage of the practice -- 05:25
- 4- Pagmo Dakye -- 05:35
- 5- Sungkor -- 06:25
- 6- Gutor: Ngontok, invitation -- 07:00

### **Session 9h-12h:**

- 7- Gutor: offerings, ... -- 09:00
- 8- Lhadron
- 9- Gutor: Lhadron (ctd.)
- 10- Gukpa

### **Session 14h-17h:**

- 11- Serkyem -- 14:00
- 12- Gutor: Solka
- 13- Gutor: Kangwa -- 15:50

### **Session 17h30-19h:**

- 14- Gutor: Ngagyun --17:30
- 15- Gutor: Ledrik -- 17:55
- 16- Dratcho -- 18:20
- 17- Gutor: Ledrik (ctd.) -- 18:50

### **Session 20h-until end of text:**

- 18- Gutor: Ledrik (ctd.) -- 20:00
- 19- Gutor: Tsok -- 20:30
- 20- Gutor: Conclusion
- 21- Sengdongma, Tengye Monlam