

Timings in recording of Nyung Nay sadhana with page numbers according to FPMT pdf ebook

Note: chantable versions of the prayers are at the end of the PDF in appendix 13

Start with setting a Motivation

p14 Calling the Guru from afar (abbreviated)

p209 Request to Lineage Gurus (chantable)

20.15 - p39 Instantaneous Generation

28.00 - p212 Limb of Prostration (chantable)

33.49 - p51 Limb of Offering

40.31 - p67 Completion of 7 limb...rejoicing

1.06 - p82 Long dharani

1.22 - p216 Offerings

1.26. - p100 Short mandala

1.43. - p217 Praise to Avalokiteshvara (chantable)

p218 Request (chantable)

1.50 - p108 Request (in Tibetan chanting)

1.53. - p109 Offering tormas

1.55. - p114 Nagarjuna's praise to 4 face Mahakala

2.02. - p121 Torma offering to Protectors, and Dakas & Dakinis

2.05 - p123 Offering ablution

2.17 - p205 Long life prayers