

Recommended Vajrasattva Online Retreat Schedule

Session 1 (optional / recommended)

Altar set-up

Prostrations to the 35 Confession Buddhas

Increasing mantras and blessing the speech

Heruka-Vajrasattva sadhana (extended or abbreviated)

Session 2 (Zoom whole group)

Daily Prayers (Refuge, 4 Immeasurables, 7-Limb Prayer, Mandala Offering)

Lam Rim meditation with Foundation of all Good Qualities or

Calling the Guru from Afar abbreviated

Heruka-Vajrasattva sadhana (extended)

Dedications from Daily Prayers

Session 3 (Zoom whole group)

Short calm abiding and Lam Rim meditation

Heruka-Vajrasattva sadhana (extended)

Torma offering from Heruka-Vajrasattva sadhana

Dedications from Daily Prayers + Shantideva

Session 4 (optional / recommended)

Heruka-Vajrasattva sadhana (extended or abbreviated)

Dedications from Daily Prayers + Shantideva + Longer Dedications