*Supreme Ocean of Infinite Good Fortune Retreat* – January 2024

Guru’s Name Mantra Retreatin the Temple with Gen-la Dekyong, General Spiritual Director of the NKT.  During the retreat we will emphasise the practice of Guru Yoga and draw closer to our Root Guru, through recitation of Venerable Geshe-la’s name mantra. Those who wish can collect 100,000 mantra recitations to complete a close retreat. Kadampa disciples are coming from all over the world to take part. Those who live at Manjushri KMC or locally are very welcome to attend as much or as little as they can, creating such auspicious causes for now and the future.

Here are some further details which I hope will be helpful for you.

**WHAT YOU WILL NEED**

Mala and Retreat Counter

Sadhanas:

1) *The Hundreds of Deities of the Joyful Land According to Highest Yoga Tantra*

2) *Request to the Holy Spiritual Guide Venerable Geshe Kelsang Gyatso from his Faithful Disciples*

3) *Vajradaka* *Burning Offering*

4) *Heart Jewel*

In preparation for the retreat you may wish to familiarise yourself with, or even memorise, the first two of these sadhanas.

Books:

You may wish to bring ‘*The Oral Instructions of Mahamudra’*and*‘The Mirror of Dharma with Additions’.*

**DATES AND SCHEDULE**

The retreat will run January 3rd - 31st.

There will be 4 sessions a day:

**7.00am - 8.30am**

**10.30am – 12.00pm**

**4.00pm - 5.30pm**

**7.30pm – 9.00pm**

Those with less time who are not able to attend all four sessions can stay longer after any session to continue counting.

Gen-la Dekyong will preside a group Vajradaka Burning Offering on Tuesday 30 January to conclude the retreat. If you finish early you can engage in Vajradaka Burning Offering back at home.

**CLOSE RETREAT OR DROP-IN SESSIONS**

If engaging in a close retreat then all of the 100,000 mantras should be counted on the same seat.

Everyone has the opportunity to drop-in to any sessions.