

About the Nyoung Ne practice at Karma Migyur Ling

Nyoung Ne is a practice associated to the aspect of Tchenrezi with eleven faces and one thousand arms, embodiment of the Bouddhas' love and compassion. This practice brings together all the aspects of the Dharma as well as the three vehicles' essence : the observance of the ethical conduct vows, the Bodhisattva's training to the development of love and loving kindness, the carrying out of the skilful and deep means of the Vajrayana including recitation of mantras and visualizations.

“Because of the great purifying strength of this practice, even a being who has accomplished extremely harmful deeds, if he does only one Nyoung Ne, carrying it through correctly, is assured of not being reborn in the inferior spheres of existence and will quickly progress on the path of Awakening.”

About eight Nyoung Ne : one of the beneficial effects resulting from the practice of eight Nyoung Ne, called « White Nyoung Ne » is expressed in these words by Tchenrezi himself :

“The one who performs a White Nyoung Ne can, at the moment of his / her death, be certain of being reborn in the pure land of great bliss, Dewatchen.”

One Nyoung Ne unfolds on 48 hours (2 days + the beginning of a morning) during which the ritual is performed 7 times (3 times the first day + 3 times the second day + once on the morning of the third day. The vows are taken on the first and second day. If one decides to practice a Nyoung Ne and take the Sojong vows on the morning of the first day, it is necessary to take part in all the sessions and to perform the Nyoung Ne completely without interrupting it.

It is necessary to arrive on the previous day since the first session starts at 5,30 am in the Nyoung Ne temple. If you arrive after the office's opening hours, the location of the temple is shown on the map on the left hand side of the office's door.

Below you will find information about the practice's schedule, the fasting, the Sojong vows and practical information.

Nyoung Ne Schedule

1st day (Nye Ne partial fasting)

5.30 : Gathering at the temple (conch) – The vows are taken about 6.15 am

7 - 7.30 : Rice soup

7.30 - 9 : End of the 1st session (eventual departure for people who end a Nyoung Ne).

9 - 10 : Break and helping with collective work

10 - 12 : 2nd session

12 - 13 : Meal

13 - 15 : Break

15 - 17 : Beginning of the 3rd session

17 - 17.30 : Break

17.30 - 19 : End of the 3rd session

19 - 20 : Mahakala Practice (optional) and possible teaching.

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2nd day (Nyoung Ne full fasting)

5.30 : Gathering at the temple (conch) – The vows are taken about 6.15 am

8 - 9 : Break

9 - 12 : End of the 1st session around 10.30 – Beginning of the 2nd session

12 - 15 : Break

15 - 17 : End of the 2nd session - Beginning of the 3rd session

17 - 17.30 : Break

17.30 - 19 : End of the 3rd session

19 : Mahakala Practice (optional)

3rd day (Nye Ne partial fasting)

5.30 : Gathering at the temple (conch)

7 - 7.30 : Rice soup

7.30 - 9 : End of the 1st session (departure for people who end a Nyoung Ne).

Leaflets explaining the development of the ritual as well as a few texts are at your disposal in the temple.

About the meals and fasting

General attitude regarding food.

In accordance with the Sojong vows (taken in the morning session) during which one refrains from taking what is not given, one can only eat the food served on the table and therefore not to help oneself in the kitchen or in the reserve. The meal begins with a prayer. At 12.45 another prayer is said and from that moment on, no solid food can be eaten.

Staying in a community, for obvious hygienic reasons, we kindly ask you not to use your personal cutlery in the common dishes.

All meals are silent.

1st day (Nye Ne partial fasting)

Morning : from 7 to 7.30 : rice soup, honey, hot drinks (no other food).

Break : from 9 to 10.00 : Hot and cold drinks, (no fruit juice)

Noon : from 12 to 13.00 : the only meal, sitting, strictly vegetarian

Breaks at 17 and 19.00 : Fruit juice and hot drinks

Till 22.00 drinking is allowed in order to quench one's thirst but not for nutritive ends.

2nd day (Nyoung Ne full fasting)

Silence and fasting (food and drink) are to be respected since the going to bed on the Nye Ne day until the morning one day and a half later after having rinsed one's mouth with the Boumpa's water (vase) given at the entrance of the temple. On this Nyoung Ne day, the saffron-coloured water given out during the ritual should not to be drunk.

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3rd day (Nye Ne partial fasting)

A Nyoung Ne ends at the end of the 1st morning session at 9.00.

On the day when you end your practice :

Rinse one's mouth at the entrance of the temple, leave it when the vows are taken, then assist the whole 1st session that ends at 9.00. At that moment only one is freed from one's vows.

If one goes on with the next Nyoung Ne :

Take the vows again and go on with the practice.

The Sojong vows

A Nyoung Ne practice includes the observance of eight vows called the "Sojong vows" (see the ritual text p. 3a to 4a) which are :

To refrain from :

- 1- killing
- 2- stealing
- 3- sexual intercourse
- 4- lying
- 5- intoxication (alcohol, tobacco, drugs)
- 6- taking a high or luxurious seat
- 7- eating at inadequate times
- 8- singing dancing, wearing ornaments (perfume (deodorant and after-shaving lotion allowed)).

Additional information

Since the Nyoung Ne practice belongs to the tradition of the *Kriya tantra* (purification tantra), everyone is asked to be clean and to wear plain clothing.

Outside the temple, retreatants have to remain mindful all the time (no pointless words, no chatting, etc...).

At the temple

The temple always has to be clean and tidy. Silence is requested in this place that is not suited for naps, chatting, etc. nor for eating or drinking. Out of respect for what they represent, we ask you not to step over the texts, ritual instruments, the lamas' or monks' seats or mats. Don't leave the texts on the ground nor in a little respectable place.

We insistently ask not to bring the temple's equipment out : cushions, mats, blankets etc... .

Before your departure, you should put any equipment you used, back to the right place in the temple, in good condition and clean.

Retreatants can leave the temple only at the end of a session.

For safety and insurance policies, it is forbidden to light candles and incense sticks in the temple between the sessions and in the rooms ; offerings can be made in kind to the person in charge of the altar, the only one entitled to take care of it, or in cash in the Nyoung Ne box.

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Thank you for not bringing your phone into the temple, or for keeping it switched off.

The attitude to adopt in case of health problems

In case of health problems and medical treatment, one is authorized to do Nye Ne (partial fasting) on both days (registration at the office). It is however appropriate to keep silent on the 2nd day.

People performing the Nyoung Ne retreat are weakened by prolonged fasting and their natural defences are diminished. Anybody suffering from a physiological disorder : cold, flu, sore throat etc... that could infect the retreatants should sit apart in the temple as well as during the meals.

Taking part in collective work

Each participant is kindly asked to help out with the work for the smooth going of the practice (cleaning the temple, setting the table, helping out with doing the dishes, cooking, housework, etc.). You can write your name down on the board in the refectory or refer to the instructions of the person in charge of the sessions.

Silence is required in the centre after 22.00. Thank you for avoiding any noise likely to disturb other people's sleep (during siesta too), as well as having showers between 22.00 and 5.30 AM, and flushing the toilet during night time.

We wish you a fruitful and beautiful practice.