

## 24-hour Ngagkong Practice Chain This Weekend

Date : April 27, 2018



**INTERNATIONAL  
DZOGCHEN COMMUNITY  
DZAMLING GAR**  
[www.dzamlinggar.net](http://www.dzamlinggar.net)

Dear Vajra Family,

We would like to thank you very much for all the practices that you have been dedicating to the health of our beloved Master. They do have their effect.

At the same time we invite you to participate in a global 24-hours chain of Ngagkong practice this weekend.

Next Monday Rinpoche will undergo a very important medical test. The goal of this test is to find the cause of anemia. If this test is successful, it will be a very important step in His recovery process.

Therefore we are inviting all of you to dedicate your time to the practices of Dharma protectors. Everybody is welcome to practice as much as he or she can during these upcoming days – also including Monday. But to make our practice more connected, we organize a global 24-hour chain of recitation of Ngagkong. The details of how to participate in this chain are explained below.

### **Global 24-hour Ngagkong practice chain**

**Start:** Saturday, 28th of April at 5 PM (GMT + 1 / Tenerife time zone)

**End:** Sunday, 29th of April at 5 PM (GMT + 1 / Tenerife time zone)

### **How to participate?**

#### **1. Choose your time**

Choose when you want to commit to participate in the global chain.

## **2. Register your commitment**

Fill this form: <https://goo.gl/Tr8MEi> (note: if you commit to do 3 hours of practice, you need to fill this form 3 times – once for every hour of your commitment)

## **3. Start your practice in advance**

The practice of recitation of Ngagkong is included in Medium or Long Ganpauja and Medium or Long Thun and can also be a part of the Ganapuja of Mandarava. You can choose any of these practices depending on your circumstances. It is important that you start the thun of your practice in advance.

Whichever practice you choose to perform, you should arrive at the recitation of Ngagkong at the time you committed to start participating in the chain.

Finally, we encourage you to check and train the pronunciation of the invocations and mantras. Especially so if you choose to practice the Long Thun or Long Ganapuja. You can visit the internet shop of the Shang Shung Foundation (<http://shop.shangshungfoundation.com/>) to find and download audio guides of the correct pronunciation and recording of the Umdze training.

Kindly,  
Dzamling Gar Gakyil