

Tsegyalgar East Weekly Digest

Tsegyalgar East Calendar

for complete schedule and detailed practice information.

Zoom links located below.

Highlights:

Some weekly practices are on a break, see [full schedule](#) for updates.

Wednesday, December 29: [Dakini Day Ganapuja](#), 7pm on Zoom [Recurring Ganapuja link with Kundrolling](#). meeting ID: 812 1306 2357 Password: VAJRADANCE

Monday, December 27 - Monday, January 3 - Webcast from Dzamlingar and Merigar

Practice of Shiné related to Longsal Ati Gongpa Ngötrö - [Register with Merigar to participate.](#) including Wednesday December 29, Dakini Day Ganapuja at 12:15 pm EST / 17:15 (Tenerife time) Ganapuja

2022 Membership

~ [Renew your membership](#) with IDC Tsegyalgar East for 2022~

We infinitely prefer you **choose the membership tier most suitable to you** rather than choose not to register or renew your membership due to the manifestation of any unfavorable secondary conditions.

End-of-Year Fundraiser

We sincerely appreciate your ongoing support to help us sustain our Gar. Thank you!

Join mailing list's of [IDC Kundrolling](#) in NYC, [Dondrubling](#) in Berkeley, CA and join the [Sangha App](#) for more opportunities to practice!

[DONATE](#)

Wishing you strength and joy in your practice

Tsegyalgar East

Did you know?

There are *two* ways to find Zoom links; this weekly e-mail *and* by logging in as "member" on our website. Practice dedications are now listed on member page.

Members page (or click "Login" on website footer)
Enter name (all lowercase): member
Enter Password (all lowercase): snowlion-tibet-108

All the Zoom Links!

Ganapuja link, with IDC Kundrolling and Norbuling:

<https://us02web.zoom.us/j/81213062357?pwd=WjdSbGY5RnU4dEdXc1FkRmdHT1d4QT09>
meeting ID: [812 1306 2357](#) Password: VAJRADANCE

Tsegyalgar East Practices

Practices below are always on **Tsegyalgar East Collective Practice Link:**

<https://us02web.zoom.us/j/81667111041?pwd=RW5yUlg2Wi9BR2tGYWxkMmZzNDFVQT09>
[zoom.us](#) Meeting ID: [816 6711 1041](#) Passcode: 221262

Invocation to Samantabhadra/Kuntuzangpo Monlam - Eclipse and Solstice Days (Tuesday Dec 21st)

Yantra Yoga - with Paula Barry

No session Monday, December 20, 2021

Mondays, Wednesdays and Fridays 8:15am- 9:45am

Mandarava Practice

Mondays & Tuesdays, 4:00pm - 5:00pm

Complete Breathing and the Application of the Pranayamas with Paula Barry

Thursdays 5:00pm - 6:30pm

Gakyil and Community Meetings

Shiné - Sitting Meditation Practice led by Lynn Newdome

No Session December 27 or Jan 3. Mondays evenings 6:00-6:45 pm ET - NYC time

<https://us02web.zoom.us/j/83221717704?pwd=UnB2SjZjQy9ERmtrZXhZc0FhMXp6QT09>

Meeting ID: [832 2171 7704](https://us02web.zoom.us/j/83221717704?pwd=UnB2SjZjQy9ERmtrZXhZc0FhMXp6QT09) Passcode: stillness

Practise of the Precious Vase with Steven Landsberg

Holiday Break, Next Session is January 5, 2022

Wednesdays 10:00am-11:30am

<https://us02web.zoom.us/j/82935022716pwd=TXlaRWNNd1hSZUIFRDc5ejRYWDqrZz09>

Meeting ID: [829 3502 2716](https://us02web.zoom.us/j/82935022716pwd=TXlaRWNNd1hSZUIFRDc5ejRYWDqrZz09) Passcode: 247403

[Join the mailing list](#) for updates.

[Jnanadakini Thugthig Practice](#) led by Steven Landsberg

Usual Time: Thursdays, 10:00am-10:45am

*Please check your own history to understand whether you have received the Lung to participate.

<https://us02web.zoom.us/j/86534978006?pwd=Q2NaNnVNeHJGZU9mdkFVNFNhRkc0UT09>

Meeting ID: [865 3497 8006](https://us02web.zoom.us/j/86534978006?pwd=Q2NaNnVNeHJGZU9mdkFVNFNhRkc0UT09) Passcode: 965143

Daily Shitro with Kundrolling at 1pm ET (Thursdays with Merigar Practicing Together)

<https://us02web.zoom.us/j/85499857645?pwd=Q0duRGpVc0NteUFMTec2NTEzL0U0QT09>

Meeting ID: 854 9985 7645 Passcode: Shitro

[Odzer Chenma Practice](#)

Mon, Wed, Thurs, & Fri at 9:00am with Kundrolling

<https://us02web.zoom.us/j/688964335?pwd=RFYwazU2TGIYMmk5NG5oWFRqMjArdz09>

Meeting ID: [688 964 335](https://us02web.zoom.us/j/688964335?pwd=RFYwazU2TGIYMmk5NG5oWFRqMjArdz09) Password: JETSUN

Daily Tara Practice at 2:00pm ET and 7:00pm ET with Kundrolling

*except on Ganapuja

day <https://us02web.zoom.us/j/688964335?pwd=RFYwazU2TGIYMmk5NG5oWFRqMjArdz09>

Meeting ID: [688 964 335](https://us02web.zoom.us/j/688964335?pwd=RFYwazU2TGIYMmk5NG5oWFRqMjArdz09) Password: JETSUN

Special Practices:

Practice of Natural Light led by Michael Katz, 2nd

Thursdays https://us02web.zoom.us/j/88469180462?pwd=NFkybGFSc2JGSk1tVnZoUDdVNThwdz09_M
Meeting ID: [884 6918 0462](https://us02web.zoom.us/j/88469180462?pwd=NFkybGFSc2JGSk1tVnZoUDdVNThwdz09_M) Passcode: Semdzin



Happy New Year!

WEEKLY SCHEDULE of IDC KUNDROLLING in NYC

New Ganapujas and Other Upcoming Special Events:

SANG AND SERKYEM FOR THE NEW YEAR:

Friday, January 7th at 7 pm ET – [Sang and Serkyem Practice for the New Year Led by authorized SMS instructor Mariano Gil](#) – [zoom.us](#) meeting number 812 1306 2357 Password: VAJRADANCE. *Please be prepared to make sang and serkyem offerings from the place you zoom in from.*

NEW DZOGCHEN DISCOVERY SERIES:

Saturday, January 8th from 10 am – 1 pm ET – [Dzogchen Discovery Series – Nature of Sound](#) – with Tsegylgar East and authorized SMS instructor Lynn Newdome.

NEW ODZER CHENMA SERIES:

Sunday, January 9th from 1 pm ET/ 10 am PST – Odzer Chenma Practice – with Dondrubling and Christina de Falco of IDC Merigar. Contact [Dondrubling](#) for more information.

GANAPUJA:

Wednesday, January 12th at 7 pm ET – Guru Padmasambhava Day [Ganapuja hosted by Tsegylgar East/ IDC Kundrolling](#) – [zoom.us](#) meeting number 812 1306 2357 Password: VAJRADANCE.

KUMBHAKA AND THE FIRST PRANAYAMA:

Sunday, January 16th at 10 am – 12 pm ET – Course on the First Pranayama and Practice of Kumbhaka with Patrizia Pearl.

Email nydzogchencomm@gmail.com for details.

GANAPUJA:

Monday, January 17th at 7 pm ET – Full Moon [Ganapuja hosted by Tsegyalgar East/ IDC Kundrolling](#) – zoom.us meeting number 812 1306 2357 Password: VAJRADANCE.

Also consult the [IDC TSEGYALGAR Schedule](#)

Online Practice with IDC Kundrolling:

9 am ET – Ongoing [Practice of Odzer Chenma](#) (Mondays, Wednesdays, Thursdays and Fridays only)

10 am – 12 pm ET – [First Pranayama and Deepening in the Kumbhaka](#) with Patrizia Pearl (Sunday, January 16th)

10 am – 11:30 am ET – [Practice of the Precious Vase with Tsegyalgar East and Steve Landsberg](#) (Wednesdays only)

10 am – 1 pm ET – [Dzogchen Discovery Series– Nature of Sound with Tsegyalgar East and Lynn Newdome](#) (Saturday only)

12 pm ET – [Daily Chöd Practice with Steve Landsberg](#) – check the [facebook group](#) for the most current link

2 pm ET – [Daily Guru Arya Tara Practice of the 21 Praises and 20th Action Mantra](#) (daily – seven days per week)

4 pm ET – [Mandarava Practice with Tsegyalgar East](#) (Monday and Tuesdays)

7 pm ET – [Daily Guru Arya Tara Practice of the 21 Praises and 20th Action Mantra](#) (daily – seven days per week) (*Replaced by Ganapuja on those nights)

7 pm ET – [Sang and Serkyem Practice for the New Year](#) – [zoom.us](#) meeting number 812 1306 2357 Password: VAJRADANCE (Friday only)

7 pm ET on Ganapuja Days – [Ganapuja hosted by Tsegyalgar East/ IDC Kundrolling](#) – [zoom.us](#) meeting number 812 1306 2357 Password: VAJRADANCE.

8 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\)](#) (daily – seven days per week) (*Replaced by Dance practice after the Ganapuja whenever applicable.)

Links to the Practices:

Webcast

<https://webcast.dzogchen.net/index.php?id=practicing-together-html5>

Ganapuja

[Ganapuja hosted by Tsegyalgar East/ IDC Kundrolling](#) – [zoom.us](#) meeting number 812 1306 2357 Password: VAJRADANCE.

Practice of Odzer Chenma

[Practice of Odzer Chenma for IDC Kundrolling and IDC Dondrubling](#) – [zoom.us](#) meeting number 688 964 335. Password: JETSUN.

Kumbhaka and First Pranayama

[Course on the First Pranayama and Deepening in the Kumbhaka](#) with Patrizia Pearl (Sunday, December 19th) – [zoom.us](#) meeting number 857 7733 9347 Password: openhold

SMS Santi Maha Sangha

[Practice of the Precious Vase with Tsegyalgar East and Steve Landsberg](#)

Chöd and Other Practices

Practice with Steve Landsberg – [zoom.us](#) meeting number 825 2493 0413. Password: 210437. Also check the [facebook group](#) for the most current link.

Guru Arya Tara Practice

[Daily Guru Arya Tara Practice of the 21 Praises and the 20th Action Mantra](#) – [zoom.us](#) meeting number 688 964 335. Password: JETSUN.

Mandarava Practice

[Mandarava Practice with Tsegyalgar East](#) – [zoom.us](#) meeting number 816 6711 1041. Password: 221262.

Vajra Dance

[Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\)](#) – [zoom.us](#) – meeting number 812 1306 2357. Passcode: VAJRADANCE.

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New York Dzogchen Community
PO Box 403
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