



Dear Sangha,

Drubpon Tsering Rinpoche invites you to join the Shamatha Meditation and Avalokiteshvara Mantra Chanting via ZOOM on Friday, May 15th, 2020, kl. 18 CET.

Rinpoche will give further profound teachings on Shamatha Meditation and Solvej Nielsen will translate directly from Tibetan into English.

Then we will practice the [short sadhana of Avalokiteshvara \(click link\)](#) and Shamata Meditation together, and read [The Ganga-ma Mahamudra \(click link, English text starts from page 20\)](#).

RULES for group practice via ZOOM: PLEASE NOTE! Discipline is the second of the six paramitas :)

1. Please, arrive on time! We close the "door" at 06:05 pm CET! If you arrive too late, you disturb the other participants and the organizers.
2. By definition, the microphones of all participants must be muted to avoid unnecessary noise. We automatically do this right from the start. Only the microphone of the person leading the practice is active.
3. Please, exercise patience (the third paramita) if the Internet does not work as expected :)
4. You can leave the practice on your own at any time.

JOIN US! WE ARE HAPPY TO SEE YOU!

Login for meeting :

<https://us04web.zoom.us/j/73737623305?pwd=M0FqL1ZFSWVQU200RFVIRkZQZEY2QT09>

or

Meeting-ID: 737 3762 3305

Password: Achi108?

Best regards and see you soon :)

DGI Team

Drikung Garchen Institute in Munich