

Dear Sangha,

Drubpon Tsering Rinpoche and the **DGI team** warmly invite you for:
Shamata Meditation and **Mantra Chanting** in **DGI** via **ZOOM** on **Friday, May 1, at 06:00 pm CET.**

We will practice the **short sadhana of Avalokiteshvara** (see below) and **Shamata Meditation** together.
Please, always use the texts sent for the respective practice, so that we all have the same status.

RULES for a 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!

Please, share all of this with your sangha!

Login for meeting from the Laptop:

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

or

Meeting-ID: 737 3762 3305

Password: Achi108?

Login for meeting from the Smartphone:

Meeting-ID: 737 3762 3305

Password: Achi108?

HERE SHORT INSTALLATION INSTRUCTIONS for those who are the first time:

Please UNDERSTAND that we CANNOT PROVIDE any FURTHER TECHNICAL ASSISTANCE!
PLEASE CONTACT YOUR FRIENDS or CHILDREN :) when you need additional assistance.

If you have not yet installed ZOOM on your laptop, here are the corresponding links:

Windows: <https://zoom.us/support/download>

MAC/iOS: <https://support.zoom.us/hc/en-us/articles/203020795-How-To-Install-on-Mac>

Linux: <https://zoom.us/download?os=linux>

Please allow access to the internal camera and microphone! (Join with Computer Audio)

On your **smartphone**, the **APP** installation of **ZOOM** goes via Play Store/ App Store.

Please note: The **APP must be installed** on the **smartphone**.

Please allow access to the internal camera and microphone!

Best regards and see you soon :)

DGI Team

PRAYERS OF REFUGE AND BODHICITTA

SANG GYE CHÖ DANG TSOG KYI CHOG NAM LA/

JANG CHUB BAR DU DAG NI KYAB SU CHI /

DAG GI JIN SOG GYI PE SÖ NAM KYI /

DRO LA PHEN CHIR SANG GYE DRUB PAR SHOG // (3x)

In the Buddha, Dharma and supreme assembly I take refuge until enlightenment.
By the merit of my generosity and the like, may buddhahood be achieved for the sake of wayfarers. (3x)

MA NAM KHA DANG NYAM PE SEM CHEN THAM CHE DE WA

DANG DE WE GYU DANG DEN PAR GYUR CHIG /

DUG NGAL DANG DUG NGAL GYI GYU DANG DREL WAR GYUR CHIG /

DUG NGAL ME PE DE WA DANG MI DRAL WAR GYUR CHIG /

NYE RING CHAG DANG NYI DANG DREL WE TANG NYOM LA NE PAR GYUR CHIG //

(3x) May every sentient being—my mothers coextensive with space —
have happiness and its causes. May they be free from suffering and its causes.
May they never lack the ease that is free from suffering.
May they abide in equanimity, free from both attachment and aversion. (3x)

CHENREZIK MEDITATION

Praise

KYON GYI MA GÖ KU DOK KAR

DZOK SANG GYE KYI U LA GYEN

T'HUK JEY CHEN GYI DRO LA ZIK

CHEN RE ZIG LA CHAK TSHAL LO

You, unmarred by imperfection, body white in color,
whose head is ornamented with a perfect Buddha,
gazing on beings with the eye of compassion,
to Chenrezik I reverently prostrate.

Chenrezig (Skt. Avalokiteshvara) Mantra & Aspiration:

OM MANI PADME HUM / HRIH

GE WA DI YI NYUR DU DAG /

CHEN RE ZIG WANG DRUB GYUR NE /

DRO WA CHIG KYANG MA LÜ PA /

DE YI SA LA GÖ PAR SHOG //

Through this virtue may I soon / accomplish Lord Chenrezig /
and place, with no exception, / all transient beings in that state.

PRAYERS OF DEDICATION & ASPIRATION

*SÖ NAM DI YI THAM CHE ZIG PA NYI /
THOB NE NYE PE DRA NAM PHAM JE TE /
KYE GA NA CHI BA LONG TRUG PA YI /
SI PE TSO LE DRO WA DRÖL WAR SHOG //*

By this merit may I attain the all-seeing state and, having conquered negative emotions,
may wayfarers be freed from the ocean of existence, which is agitated by the waves of
birth, aging, illness and death.

*DAG DANG KHOR DE THAM CHE KYI / DÜ SUM DU SAG PA DANG /
YÖ PE GE WE TSA WA DI / DAG DANG SEM CHEN THAM CHE /
NYUR DU LA NA ME PA / YANG DAG PAR DZOG PE JANG CHUB
RIN PO CHE THOB PAR GYUR CHIG //*

Through the [virtuous] accumulations in the past, present and future by myself and
all [beings] in samsara and nirvana, and through this intrinsic basis of virtue,
may all sentient beings and I swiftly attain precious, perfectly complete enlightenment.

Longlife Prayer for H.H. Tenzin Gyatso, the XIV Dalai Lama

*GANG RI RA WÄ KOR WÄ SCHING K'AM SU/
P'ÄN DANG DE WA MA LÜ DSCHUNG WÄ NÄ/
TSCHÄN RÄ SIG WANG TÄN DSIN GJA TS'O JI/
SCHAB PÄ SI T'Ä BAR DU TÄN GJUR TSCHIG//*

For this realm encircled by snow-covered mountains
You are the source of every benefit and bliss without exception.
Tenzin Gyatso, you who are one with Avalokiteshvara,
May you remain steadfast until samsara's end!

*JANG CHUB SEM CHOG RIN PO CHE /
MA KYE PA NAM KYE GYUR CHIG /
KYE PA NYAM PA ME PAR YANG /
GONG NE GONG DU PHEL WAR SHOG // (3x)*

May precious, supreme bodhicitta arise in whom it has not been generated.
May that which has been generated not decline, but ever further increase.