

Dear Sangha Members,

In this flyer, you will find: Zoom meeting information for White Tara Saturday practices as well as the Lunar Day pujas for April thru May; links for practice texts; and helpful hints to enhance your experience.

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**Zoom meeting information:** *NEW: Please note NEW password information:*

**WHITE TARA:**

Join Zoom Meeting – *we will use this same Zoom conference every Saturday:*  
<https://zoom.us/j/602198453>

Meeting ID: 602 198 453

Password: 031413 ← **NEW: please note: Zoom now requires this**

One tap mobile

+16699006833,,602198453# US (San Jose)

+13462487799,,602198453# US (Houston)

Dial by your location

+1 669 900 6833 US (San Jose)

+1 346 248 7799 US (Houston)

+1 929 436 2866 US (New York)

+1 253 215 8782 US

+1 301 715 8592 US

+1 312 626 6799 US (Chicago)

Meeting ID: 602 198 453

Password: 031413

Find your local number: <https://zoom.us/u/aelwOhw8aC>

**LUNAR DAY PUJAS:**

Join Zoom Meeting: *We will use this same Zoom conference for every puja:*  
<https://zoom.us/j/675570163>

Meeting ID: 675 570 163

Password: 005822 ← **NEW: please note: Zoom now requires this**

One tap mobile

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+1 253 215 8782 US

Meeting ID: 675 570 163

Password: 005822

Find your local number: <https://zoom.us/u/aelwOhw8aC>

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## Links for Practice Texts (all are digital versions in pdf format):

**White Tara:** The ***Sadhana for the Wish-Fulfilling Chakra, Noble Mother Tara, entitled: An Excellent Vase of Immortal Nectar*** that will be used every Saturday morning is available on the Vimala Treasures website [HERE](#).

**Guru Rinpoche:** The ***Heart Essence of the Lake Born Vajra Guru (Tsokye Tuktig) sadhana practice of Kyabje Dudjom Rinpoche*** that will be used April 3 and May 3 is available on the Vimala Treasures website [HERE](#).

**Amitabha:** The ***Amitabha Practice of Rebirth in Dewachen, a treasure of Namcho Migyur Dorje*** that will be used April 8 and May 7 is available on the Vimala Treasures website [HERE](#).

**Yeshe Tsogyal:** The ***Profound Path of the Dakini's Heart Essence (Kandro Tuk Tig) sadhana practice of Kyabje Dudjom Rinpoche*** that will be used April 17 and May 17 will be available on the Vimala Treasures website [HERE](#). (Note: This text is still in the process of being prepared for release.)

**Troma Nagmo:** The ***Troma Nagmo Concise Sadhana*** that will be used April 22 and May 22 is available from Light of Berotsana [HERE](#).

*Please note: With apologies, we will not be able to offer hardcopy versions of these texts until after the current stay-at-home and other restrictions are lifted. We hope to once again begin printing these texts for those of you who prefer hardcopy format sometime in May or June. Thank you for your patience. We also humbly request that you refrain from making special requests of our staff (e.g., for text versions other than what we're offering online at this time). Thank you for your understanding!*

**AUXILIARY PRAYER PACKET:** You will need prayers from this packet for all of the practices. Get your **free download copy** [HERE](#).

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## Helpful Hints:

**#1:** In order to not disturb the lamas and other participants, we ask that everyone keep your **AUDIO MUTED AND VIDEO CAMERAS OFF** for the duration of the practice session. You will be brought into the session with these settings. **Please do not change them. Please doublecheck as soon as you join to make sure that your audio is still MUTED and your videocam is still OFF.**

**#2:** If you cannot hear, it is because your computer's audio settings are turned down. Please adjust them so you can hear.

**#3:** To best enjoy the chanting and musical offerings that are part of our practice of these profound sadhanas, it is recommended that you wear headphones, a headset, or your earbuds plugged into your laptop's audio port (or connected by bluetooth). Another option is to connect external speakers to your computer's audio port. If you are experiencing sound distortion when bells, cymbals, and other instruments are played, it is because the internal speakers of *your own computer* were not designed with this type of sound output in mind. Adopting one of the above options will greatly improve your listening experience.

**#4:** For our Lunar Day pujas, there will be two active "presenter" windows in Zoom—one each for the dorje lopon (vajra master) and the umzed (chant leader). You can choose one of them to be the center of your display by *double-clicking the name in the lower left of their image in Zoom*.

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### Other Information:

**TSOK AND MUSIC OFFERINGS FOR LUNAR DAY PUJAS:** If you are able, it is suggested that you assemble a tsok food offering in your own home. The most important elements of this would be a small sip of any kind of liquor and a small bit of meat, but any kind of ready-to-eat food can also be offered. These pujas will be done with traditional instrumentation. If you have the instruments, you are welcome to follow along at home.

**DONATIONS:** Please consider making a donation to support our ability to offer these online sessions (\$5 per session, or any amount you would like to offer, recurring or one-time). You can use the donate button on this page: <http://vimalatresures.org/make-a-donation.aspx>. Please include a note with your donation that it is for "TC Online Puja".

**ACKNOWLEDGEMENT AND THANK-YOU:** Thanks to your generous donations, we have been able to purchase equipment, software, and services that enable us to offer video streaming capabilities at Tashi Choling. We will continue to add additional capabilities in the weeks to come in order to improve everyone's experience. We appreciate your support as these enhancements allow Tashi Choling to offer practice opportunities that keep our worldwide sangha community connected so that we can all support one another spiritually during these difficult times.

***Thank you! And may all beings benefit!***