

Using Zoom for our daily meditation sitting group:

You do not need to register, but you may want to check and make sure you can access the link. Please check to see if you can connect, and use the link **between 8:30-10am PST**.

This is an unique Zoom link we created for these sessions: <https://zoom.us/j/127636317>

Helpful videos:

Via devices (smart phone, iPad, laptops, computers):

<https://www.youtube.com/watch?v=kh50kVaIdAY>

Via phone - using call in, phone numbers:

<https://www.youtube.com/watch?v=7dU9N3P3sZk&feature=youtu.be>

- Zoom operates similar to Skype and WebEx combined. It is helpful for you to have a free account; however, you can still join the meetings if you do not have the free account.
- If at all possible, join online. If that is not possible, you can join by phone by sending an email to Linda, linda@satisangha.org, **at least one day prior**. She will send you an invitation with phone numbers to call in.
- Use 'speaker view' when we start to see the teachers, and 'gallery view' at the end to see everyone (up in right hand corner of video). Mute and stop video functions in the lower left hand corner.
- We request that you use a private room *whenever possible*. A headset with a built in microphone is optimal, but not required.
- Please consider rebooting your computer (and modem in some cases) some time before the meeting, and closing out all browsers when on the call.
- Log in a few minutes early for continuing meetings. Please keep silence/ mute your device when you come on the call, unless tech help is needed and you can assist.
- We will enter the Zoom room right at 9am to start. If you are more than a few minutes late, please meditate and reflect on your own and join us at 9:45am PST for the closing comments. You can leave the meeting at any point.
- We are not using the chat function during the meetings unless deemed necessary by the host.
- Please understand that we will not be able to offer technical assistance once the meeting has started. You can email before or after the meetings and we will try to help at those times.
- Use the mute at all times. Unmute only when you choose to speak at the end of the session. You can choose to turn on your video or turn it off. If you are using an iPad or smartphone, please stabilize the device. If you move around, please turn off the video.

Agreements for Participation

- Beginning with self honesty - being truthful with yourself
- Respecting autonomy - the right for you to control the direction of your meditation practice
- Avoiding actions that harm yourself and other participants during our sessions
- Practicing confidentiality
- Treating different kinds of experience and people equitably

Simple Instructions for a meditation practice

- Choose a comfortable position - we will be meditating for 20-30. You can choose to meditate for a shorter amount of time.
- Let your thoughts, feelings and sensations move, holding your body relatively still. You may start with any practice you feel comfortable with, and change the focus of your practice at any time during the sitting.
- If you feel overwhelmed at any point you can open your eyes, you can bring your focus to an object (your body, a phrase or picture, the breath), or you can get up and move around.
- At the end of your meditation session, reflect back upon your experience by writing it down or simply remembering.
- Although we don't have time in this online session, we encourage you to explore your experience with a teacher, peer or friend. [We will provide reflection sessions during the March online retreat, and hope to provide a list of teachers and reflective meditation practitioners that can make themselves available.]

March 26-30 Online retreat:

Register with Linda: linda@satisangha.org

April Online retreat, register here:

<https://www.reflectivemeditationretreat.com/events/international-online-retreat/>

Dana - appreciation, generosity, and support for Sati Sangha and Pine Street Sangha to continue our teachings:

<https://satisangha.org/donate/>

<https://pinestreetsangha.org/support/>

List of teachers and reflective meditation practitioners with whom to talk about your meditation sittings:

Coming soon