

Message to all members

Dear friends,

Because of the epidemic of flu, which is strong this year, we decided, with the aim of protecting as well the health of Venerable Dagpo Rinpoche, that of all the participants, **to modify the progress of the activities of the next weekend session of January 13th and 14th and to cancel the study program.**

As well as last year, **we ask you not to come** to the Temple of Yiga Tcheudzine on Saturday, 13th and Sunday, January 14th but suggest you **following in webcast the following activities which are maintained:**

- from your home for the people of Paris area or those living far from a centre under the spiritual guidance of Venerable Dagpo Rinpoche, or those sick or feeling difficulties moving,
- from the centre under the spiritual guidance of Venerable Dagpo Rinpoche in which you usually go (except Veneux). The centres will inform their respective members.

The programme will be :

On Saturday :

- 10:00AM-12:00 PM: recitation of The Necklace of the Fortunate (Jorchoe)
- *To be done locally (no webcast) => 02:00 PM-02:55 PM: For Lamrim retreatants: meditation on " How to rely upon the spiritual master, the root of the path" or recapitulative meditation on Saptché / for non-Lamrim retreatants: concentration on breathing or rereading of notes taken during the December session.*
- 03:15 PM-05:15 PM: teaching of Rinpoche on the continuation of Jampel Chellung
- *To be done locally (no webcast) => 05:15 PM-06:00 PM : Meditation on this teaching or for the newest, rereading of the notes taken*

On Sunday :

- 09:00AM-10:00 PM: recitation of Ganden Lha Gyama
- 10:00AM-12:00 PM: teaching of Rinpoche on the continuation of Jampel Chellung

Concerning study program, those who study with Rosemary can continue as usual, with connection by computer.

So that the teaching, broadcast by webcast, can take place in the temple of Yiga Tcheudzine, he remains necessary to establish an assembly, so reduced she is. It was decided **to renew the minimum constitution of the last year:** so will be authorized to be present in the temple **exclusively** the following people if they are not sick:

- the members of the Congregation and Religious living in Veneux-les-Sablons (and near Thomery, Ecuelles, Moret, Bois Le Roi)

- the people necessary for the good progress of the weekend : these people are personally prevented.

No exception will be made and no other person whom those listed above can be authorized to enter the premises of Institutes.

Concerning the webcast: the people who do not possess a computer or who have no access to internet are invited to get closer to other members of Institutes having access there, to follow teachings together. The code will be given soon.

If you know participants about the monthly sessions of the Institutes which risk to have no access to this email, do not hesitate to inform them about the exceptional progress of this weekend.

Thanks to all of your understanding: we wish you a very good teaching.

Sandrine Gerbaud Secretary of Institut Guépèle, in collaboration with Institut Ganden Ling, Institut Bouddhiste du Lamrim and Entraide Franco-Tibétaine

-----Technical information for the webcast-----

The information you need for webcast:

- Site : <http://webcast.gandenling.org/>
- Login : guest
- Password : semkye
- Time : Paris time GMT + 1

Reminder: so that listening to teachings through webcast does not become too casual , Rinpoche asks that our attitude in front of the screen should be the same as the one we would have in the temple.

We advise you to test your connection beforehand, and check the help page on the site if needed.

If problems occur :

- If you do not manage to connect at webcast.gandenling.org : you might need to check your login or password: If the problem persists: == > write to the technical team (webcast@gandenling.org): you need to check these details some days beforehand as it might be difficult to deal with it at the last minute.
- If you manage to connect to the Web site webcast.gandenling.org but do not have the video, go on the tchat and ask the technical team, they will do their best to help you out.

enjoy the teachings