

Thank you for registering for **Heart Cultivation (Seven Points of Mind Training II)**, Feb. 12–14, 2021 with Acharya Lama Gursam and Lama Willa Miller. Besides the Zoom link, this email contains important information on the Zoom environment and how to participate in the series. *Please read it carefully.*

**All times are Eastern Standard Time. Please adjust the schedule to your time zone.**

### **ZOOM LINK**

- If you are **new to Zoom**, please see the Zoom Tips at the end of this letter.
- If you are an **existing Zoom user**, it is important that you have the most recently updated version of the Zoom application on your device or you will not be able to enter the Zoom room. The latest version is available here: <https://zoom.us/download>.
- **The Zoom platform will open 30 minutes prior to each day's start time.** Please join the session a minimum of 5-10 minutes *before* its start time so that we don't overload the servers.

**The Zoom link is below.** Please save it somewhere safe where you can find it quickly and easily! You may want to send it to your calendar, where you can go right to it each week.

Natural Dharma is inviting you to a scheduled Zoom meeting.

Topic: Lojong 2 - Lama Willa and Lama Gursam Feb 12-14, 2021

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://us02web.zoom.us/j/85657959025?pwd=b2JDQ1A2TEozY29vZjV1YXVmcDdFZz09>

Meeting ID: 856 5795 9025

Passcode: 937497

One tap mobile

+16465588656,,85657959025# US (New York)

+13017158592,,85657959025# US (Washington D.C)

Dial by your location

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington D.C)

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 856 5795 9025

Find your local number: <https://us02web.zoom.us/u/kdtvBBla3z>

### **If you experience technical difficulties**

- During the session, communicate with the Zoom host by using the Chat function at the bottom of the screen.
- Outside of the sessions, you can contact [wonderwell.tech@gmail.com](mailto:wonderwell.tech@gmail.com). We will check that email as often as possible.
- In the event of a Zoom crash or an internet or power problem, the Zoom host and retreat staff will have your contact information and will be in touch by email or phone to let you know how to proceed.

### **USER ACCOUNTS**

With the launch of our [new website](#), an exciting feature is now available to you: an **individual User Account with a personalized dashboard** where the resources from all of your retreats are available in one, convenient location. For example, the Zoom link for a retreat will be stored in your user account so you can locate it easily. After the retreat, you'll find the link to recordings (once they are edited), as well as any other resources the teacher might have provided during the retreat.

#### **Important Next Step!**

As of February 1, 2021, all program resources will be available to you **exclusively** in your user account. As a result, it is an **important next step for you to create a user account if you do not already have one.**

Please [visit this page to create your account](#). It contains instructions and a tutorial for creating your account.

We will be syncing your user account with the retreat 48 hours prior to its start. If the teacher has made available any pre-retreat materials, they will be available in your user account at this time. **You must have an account set up 48 hours prior to the start to have access to pre-retreat materials.** Please be aware that this syncing does not happen automatically. There is a real, live person who needs time to do this work.

**If you register less than 48 hours before a retreat**, we cannot guarantee you will have access to your account when the program begins. In that case, your account will be synced 24 to 48 hours after the program has finished.

Post-retreat materials and recordings will be available 7 to 10 days after the conclusion of the event. All resources and materials will remain indefinitely in your user account.

#### **Accessing your user account**

Access to your user account begins on the [homepage](#) of our website. In the upper right corner, you'll see one of two things that indicate whether you are logged in or not...

- You are logged IN if you see "My Dashboard" and "Log Out" links in the upper right corner.
- You are logged OUT if you see "Create an Account" and "Log In" links in the upper right corner.

From there, you can take the appropriate action for accessing your dashboard.

You may contact [support@naturaldharma.org](mailto:support@naturaldharma.org) with questions about your user account.

## **DURING THE RETREAT**

### **Schedule**

#### **Friday, February 12**

4:00–5:00 pm     Introductory Session: Lama Gursam and Lama Willa  
7:00–8:00 pm     Teaching with Lama Gursam  
8:00–8:30 pm     Guided meditation with Lama Willa

#### **Saturday, February 13**

10:00–10:30 am   Guided Meditation with Lama Willa  
10:30–11:15 am   Teaching with Lama Willa  
11:15–11:30 am   Break  
11:30–Noon        Q and A with Lama Willa  
Noon–4:00 pm     Break  
4:00–4:30 pm     Guided Meditation with Lama Gursam  
4:30–5:15 pm     Teaching with Lama Gursam  
5:15–5:30 pm     Break  
5:30–6:00 pm     Q and A with Lama Gursam  
7:30–8:00 pm     Evening Meditation with Lama Gursam

#### **Sunday, February 14**

10:00–10:30 am   Guided Meditation with Lama Willa  
10:30–11:15 am   Teaching with Lama Willa  
11:15–11:30 am   Break  
11:30–Noon        Q and A with Lama Willa  
Noon–4:00 pm     Break  
4:00–4:30 pm     Guided Meditation with Lama Gursam  
4:30–5:15 pm     Teaching with Lama Gursam  
5:15–5:30 pm     Break  
5:30–6:00 pm     Q and A with Lama Gursam and Lama Willa

*Please use this [time-zone converter](#) to determine the start time at your home.*

### **Handouts**

Please remember to download the attached translation of the text by Lama Willa Miller.

Also download this translation of the text: <https://www.lotsawahouse.org/tibetan-masters/geshe-chekhawa-yeshe-dorje/seven-points-mind-training>.

The following texts are recommended reading:

*The Great Path of Awakening* by Jamgon Kongtrul, Shambala Classics, Boston, 2005  
*Enlightened Courage*, Dilgo Khyentse Rinpoche, Snow Lion, Ithaca, New York, 2006

### Recordings

The retreat will be recorded and the recordings posted in your User Account. We have a wonderful volunteer editor who prepares the recordings for distribution. We can't guarantee exactly when the files will be available, but they'll be posted as soon as we can prepare them. We're grateful for your patience!

### Calling on Your Generosity

In Buddhist traditions, generosity is a key principle cultivated on the path to awakening. Out of gratitude for teachers and their kind instruction, students may offer financial support to them or to the retreat center that works to continue the propagation of the Dharma. If you feel moved to express your gratitude in this way, we warmly invite you to do so by visiting our [donation page](#). **Using the Retreat Donation tab, please enter the name of the retreat and the teachers names in the top box, and your donation amount in the NDF Lamas and Visiting Teachers boxes and any of the other boxes below.**

If you have any questions about the above retreat information, please contact the registrar at [retreats@wonderwellrefuge.org](mailto:retreats@wonderwellrefuge.org).

### ZOOM TIPS

**IMPORTANT NOTE:** If the Zoom link does not work directly, you can copy and paste it into your web browser. **Please test the Zoom link** soon after you receive it to avoid last-minute connection issues when there may be no one available to assist you.

#### Key Points for Using Zoom:

- If you are new to Zoom – download Zoom onto your computer or device. *Do this well before the retreat begins!* Use the following link to access the free download: <https://zoom.us/download>
- You *must* download the Zoom App, but you do *not* need to sign up for a Zoom account to participate in the retreat.
- If the Zoom link does not work directly, you can copy and paste it into your web browser.
- **Please test the Zoom link** soon after you receive it to avoid last-minute connection issues when there may be no one available to assist you.
- The best possible conditions for wi-fi will create the best experience for your Zoom meeting. If necessary, you can set up your retreat space close to your router or with a direct ethernet connection to your computer.

- It would be wise for you to download the Zoom app to your phone or tablet if you have that option available, and forward the Zoom meeting link and password to that second device. That way, you can easily switch devices if necessary.

**Zoom has a large library of videos and instructions** on how to use various aspects of the site. Here is the link to their support information: <https://support.zoom.us/hc/en-us/categories/200101697-Getting-Started>