

Mangala Shri Bhuti Virtual Sunday Sitting

Sunday 8:30am- 9:45am MT

[ZOOM LINK](#)

**If you would like to receive weekly email reminders for 2025,
[please fill out this registration form](#)**

[MSB Chantbook](#)

You are welcome to join the Mangala Shri Bhuti Sangha for our Virtual Sunday Sitting weekly at 8:30am MT. We will begin with our daily morning chants, which are pages 1-12 in the MSB Chantbook. After the morning chants we will sit for 42 minutes.

If you are new to meditation and have not yet received meditation instruction through one of our Introductory Courses, you can begin by reading one of these [guided meditations](#) during our meditation time. You can read slowly and stop to contemplate whenever you like.

Zoom Link Information:

<https://zoom.us/j/3064082250?pwd=HaFewC0zB4n6n8bhmSbGTOHv7Vj2vS.1>

Meeting ID: 306 408 2250

Passcode: tsewa