

Dear friends

I wanted to highlight the 4 daily practices beaming live from the Hermitage's Shrine Room (most days), The Morning Puja, Sadhana of Shakyamuni, Apramanas, and the Evening Puja. These practices are liturgy based including meditation, chanting and singing aplenty!

With Lama Shenpen from the Hermitage of the Awakened Heart

7 - 8am - Morning puja with the Heart Sutra ([liturgy](#))

9 - 10am - Sadhana of Shakyamuni ([liturgy](#))

1:45 - 1:55pm Apramanas (*not Mon or Sun*)

7.30 - 8.45pm - Evening puja with Guru Rinpoche prayers and singing ([liturgy](#)) (*not Sun or Mon*)

Sunday: evening puja is 5-6:15pm instead of 7:30-8:45pm.

You can find all the information you need here: <https://ahs.org.uk/meditation-online> .

Practising together in this way reminds us of our connection with the whole Sangha past, present and future. It's also a powerful vehicle for connecting to the power and inspiration of the lineage. So, if you feel inspired then you're very welcome to join us. All you need is a computer or smartphone, and you should be able to see and hear the other participants in the meditation session.

I also wanted to draw your attention to our subscription list for the type of emails that you'd like to receive from us. These can range from information about retreats to news from Lama Shenpen, if you haven't already then please follow this link to subscribe to your choice of emails here: <https://ahs.org.uk/meditation-online>.

Warm wishes

Mebar