

Triangle Insight Meditation Community
triangleinsight.org

Instructions for Joining Sangha Zoom Sessions

1. Prior to joining any meeting, please turn off all notifications on your devices for texts, emails, etc.
2. Please silence all devices that beep or ring, e.g. phones (mobile and landline); pagers; etc., and minimize any extraneous ambient sounds around you.
3. If you want others to see you, make sure your video is on when you join in. Feel free to remain with your video disabled if you wish. The controls for video are accessed by clicking the arrow to the right of the camera icon on your screen. Our experience thus far is that having more of us visible brings a sense of deeper connection with one another.
4. Remember that the host of the meeting will have everyone "muted" upon joining, and you will be invited to remain muted until it appears everyone has gathered and you are invited to "unmute" by the host. Controls for audio are accessed by clicking the arrow to the right of the microphone icon.
5. Once unmuted and after you have spoken, please mute your own microphone again, as this will decrease ambient noise that will interfere with the clarity of the audio.
6. In using the "Chat" function to type a message, note the feature next to the "To:" indicator at the bottom of the Chat box. There is an arrow where "Everyone" or a name appears in the box -- when clicking on that arrow the name of the host or co-host(s) should appear, and you may choose who you would like to message. You can then type in the space below and hit "return" or "enter" on your device.
7. If for some reason your device does not support the Zoom video, you may dial in by phone and then follow the instructions above regarding the request to mute the audio on all phones (mobile, landline) until invited to unmute.

We are grateful for the opportunity to gather in this way during these uncertain and challenging times. Our hope is that all of us experience the support of our ongoing connection with one another, and that it helps sustain each of us in our practice and in our daily lives.