



NARM Merit-Making Friday 2025

October 3rd online

- Optional group practice sessions to collectively generate merit for our region and each of our own centers, projects, services and study groups.
- **All welcome - please invite your community members!**
- **Join us for one or more sessions - drop in any time!**
- Each 40 minute practice will begin at the top of the hour followed by a 20 minute break.
- **The practices listed below are tentative.** We expect to do a variety of practices including incorporating the latest advice concerning the search for Rinpoche's Reincarnation, if possible.

Time	Program	Leader
10:00 - 10:40 am ET 7:00 - 7:40 am PT	How to Make My Lives Wish-Fulfilling: The Method to Transform a Suffering Life into Happiness, including the practice of Blessing the Speech and Daily Mantras	Don Handrick
11:00 – 11:40 am ET 8:00 – 8:40 am PT	Lama Tsongkhapa Guru Yoga with Migtsema recitations	Ven. Amy Miller
11:40am - 2:00 pm ET 8:40am - 11:00 am PT	BREAK	
2:00 – 2:40 pm ET 11:00 - 11:40 am PT	Short Practice of White Tara with recitations of the Praises to the Twenty-One Taras	Ven. Angie Muir
3:00 – 3:40 pm ET 12:00 - 12:40 pm PT	Everflowing Nectar of Bodhichitta: Annihilating the Demon of the Self-Cherishing Mind	Don Handrick
4:00 – 4:40 pm ET 1:00 - 1:40 pm PT	Calling the Guru from Afar, Chanting the Names of Manjushri, and Prayers for the Swift Return of Lama Zopa Rinpoche	Ven. Angie Muir