



**AMERICAN MEDITATION INSTITUTE**  
*Education for Enlightenment*

**AMI'S SUNDAY MEDITATION  
WILL BE HELD ONLINE ONLY**  
(until further notice)

**Please Take A Moment To Read Below  
and Get Instructions on How to Participate**

**INSTRUCTIONS FOR ATTENDING ONLINE**

Please note that while it is not necessary to download and install Zoom because most computers, laptops, tablets and phones are compatible, to avoid browser limitations, we strongly recommend that you do install Zoom on your device and perform a test to make sure that the device you will be using to attend will function properly. Below are some helpful links. If you experience any problems, please contact us so we can troubleshoot the problem in advance of the meditation.

[Download the Zoom software for free here](#)

[Test your audio and camera on Zoom here](#)

[System requirements for Windows, macOS, and Linux](#)

[System requirements for iOS, iPadOS, and Android](#)

Meeting room links are sent via email to the address you provide.

To join the meeting, you can either click on the link provided, or go to the Zoom web site at [http://zoom.us/](http://zoom.us) and click on "Join a Meeting" where you will be prompted to enter the 11-digit Meeting ID number and passcode. The Zoom web browser client will download automatically when you start or join your first meeting if it has not already been downloaded on your device.

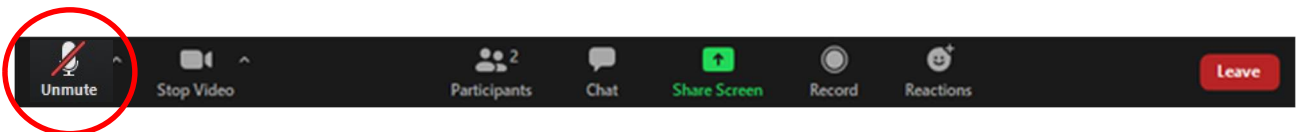
## How to Participate

On Sunday, **at least ten minutes before the meditation is scheduled to begin**, please join the meeting as referenced above.

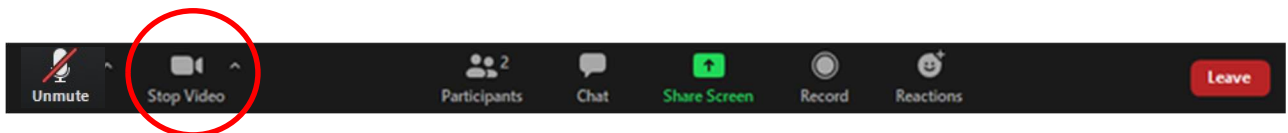
If you enter the meeting before AMI, you will be placed in a virtual waiting room and remain there until AMI joins. Once AMI joins, you will see a Video Preview. **Click on Join With Video** (You have the option to enable/disable your video camera once in the meeting.) AMI will then admit everyone into the meeting and you will see everyone on the screen.

Below are descriptions for some of the controls that are available to you during the meeting. This menu usually appears at the bottom of your screen. If it disappears at any time, just move your cursor and it will re-appear. Please note that the location of the menu items and buttons may appear differently on a phone or tablet.

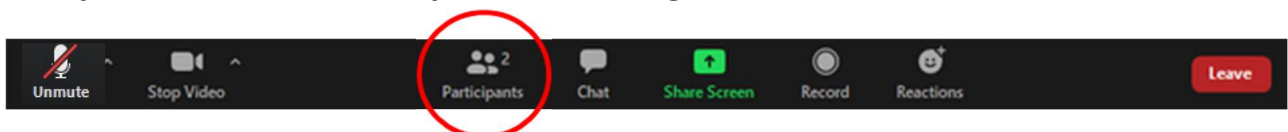
1. **MICROPHONE:** Upon entering the meeting, your microphone will automatically be muted as shown below. Please leave it muted to minimize distractions during meditation. We ask that you only 'unmute' the microphone when speaking and then return it to mute once you have finished. (If you click the arrow to the right of the microphone, a menu will open providing you access to your microphone and speaker settings.)



2. **VIDEO:** You can start and stop sharing your webcam by clicking on the camera. (If you click the arrow to the right of the camera, a menu will open providing you access to your camera and video settings.)



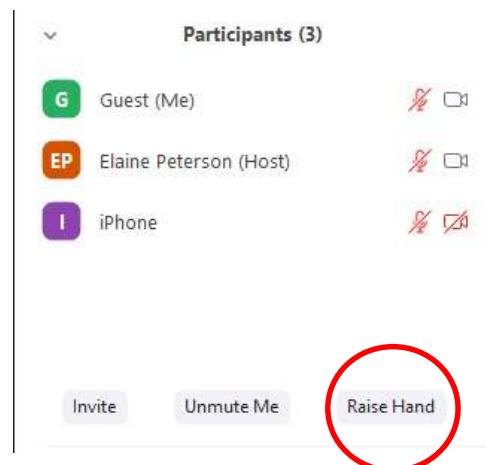
3. **PARTICIPANTS:** This control opens the Participant panel and reveals a list of everyone in that is currently in the meeting.



4. The **Chat**, **Share Screen** and **Record** options have all been disabled.

5. **Raise Hand:** Following meditation, if you would like to speak, please use the Raise Hand button located on the bottom of the Participant box. A blue hand will appear next to your name. You will also be given the option to lower your hand once it is raised.

Once you have been recognized, please unmute your microphone, speak and then return your microphone to mute once you have finished.



If you have any questions or problems, please contact us —  
Telephone: (518) 674-8714  
E-mail: [info@americanmeditation.org](mailto:info@americanmeditation.org)

## GUIDED AMI MEDITATION

SUNDAYS, 9:30 - 11:00am EST  
with Leonard (Ram Lev) & Jenness Perlmutter