

## **Procedure for Saving all Retreat Docs in your Laptop:**

Firstly, read the full attached Doc once carefully, so that you have everything before your mind's eye at a glance.

1. Hold the CTRL KEY and click on the First Link in the Attached Doc (You will see that there are many Links, so many Docs to be downloaded).
2. Do not watch/hear any Doc, without downloading.
3. As there are many files, down load all Files: Audio Files, PDF Files (Ten PPTs), other PDF files, Meditation Music Files, very patiently, taking time to ensure that all Files arrive in your Laptop.
4. When you watch the First PPT (pertinent to the First Day of the Retreat), proceed as follows. I am suggesting the method I follow myself.
5. Let the Laptop display come on to a Larger Screen, so that there will be viewing pleasure.
6. On the Left Side of the large Screen hoist the PPT, so that you can see slide by side, as you scroll.
7. There will be an Audio File Icon on the Slide(with a radiant glow), as the Icon is in a PDF, you will not be able to play it, by clicking on it.
8. So hoist the Other File: Final Mix Day 1, etc, so that you can visually see all the series of Audio Files corresponding to Day 1 of the Retreat.
9. On the left side, you have Slide 1, on the Right Side, Click on Slide S1, etc, then the First Audio File will start playing. Hear with headsets, as then the Audio Quality will be excellent. Once Slide 1 is completed, go to Slide 2 and Play the Audio File 2, etc.
10. Note Down Qs on a paper or in a MS Word Doc and send me the Qs, for clarification.

After you have downloaded the Files completely, let me know.

Give also appropriate Names for Saving the Files in your Laptop.

Before you commence the study of the HSC, send me a short mail of about one page, summarising what you are seeking in your spiritual life (you may have already done this. Wishing you many hours of delightful intense learning through this HSC.

**|| Aum Tat Sat ||**