

## ~ *Tim's Introduction to Nectar of the Path* ~

Greetings Everybody. This is Tim.

I want to take a moment on behalf of Cort and myself to welcome you to this Nectar of the Path immersion. We are delighted to be able to do this and to share this material with you. We have been talking about it for a very long time and we are really happy that we are finally being able to do it. In the months to come we will dive deeply into the various aspects of this beautiful practice, the *Nectar of the Path*, and in doing so, we will explore all the key facets of the teachings, of our tradition, and as well the various meditation practices that bring these key points of the teachings to life.

In presenting this material, we have wanted to structure it in a certain way, and that is that we have tried to bring in all different voices into the equation. Some of the readings will be from more classical texts. Some of them will be from more modern voices. We have offered a lot from various places, from various traditions, from various voices, because it is clear that some of us can hear certain teachers, or certain types of teachings in a way, other types of teachings and other teachers, for whatever reason, we just cannot hear them. It is not helpful to us. Also, it is really great to get the same material from a variety of angles—classical, modern, male, female, whatever it might be. It really is a great way to stimulate our own contemplation, our own understanding. We have done this on purpose.

In some ways there is a lot of material. For some of you, there may be too much. For some of you who are particularly enthusiastic or oriented toward study, there might not be enough. This is just the way it is going to be. There are several hundred people who are involved in this program, so we are trying to do what is the best for the widest sector of the audience. Some of you will want to go on and read more scholastic or classical approaches. You can ask us and we will give you some suggestions. For some of you this might seem a little bit heady so, again, we are going to try to mix it up. Some of you have time to

really go deeply, to do all the readings, to watch the clips, and to do the contemplations, and to practice daily, and all of those things. That is the way it is. Some of you, for various reasons, do not have that much time, so you might just read a couple of the readings, or you might just listen to a couple of the recorded pieces, or watch some of the clips, whatever is easy for you, what works for your schedule. This is perfect.

This is basically—the whole program is—an offering to invigorate your own practice and study, to inspire, to bring meaning, and also some understanding of what we are doing with this practice and the path in general. We really invite you to engage it in any way that makes sense for you. Also, as you know, if you go through the material once, you might get a few things, but then for whatever reason you will come back to it, maybe your quality of attention is different, you have more time, your practice may have deepened and enriched, and then you hear something new for the first time, or you hear the same old thing and you hear it in a way that is richer and deeper than you had heard it before. However you want to take on these next four months is just perfect for us.

Finally, we encourage you to stay in touch with us—if you want to and you have time and it is your predilection, to please get on the forums. It is so great to share insights and ideas and understandings and also you can ask questions. Please feel free to stay in touch if you have any technical problems. Please stay in touch with us if there is any questions that you have along the way. As you already know, I think, we have interviews available, so you are most welcome to take part in those.

In general, again, a hearty welcome from Cort and myself and we really hope that you enjoy these months to come.