

Globally synchronized Vajra Dance Practice

Date : May 30, 2020

Dear Vajra Family!

On this auspicious full moon day, June 5th, let us connect practicing together at the same times around the globe the Vajra Dance of Space of the 12 A.

Very simply and to the essence, we can dance the Vajra Dance of Space of 12 A at the beginning of each hour (xx:00 to xx:00), for as long and often as we feel. Singing, integrating with the natural sound or with the music prepared for 12 A.

We practice with the intention of creating positive causes for the planet and all beings to overcome negativities and move forward positively. We dedicate to all for the relief of sufferings and for finding a peaceful state, inseparable from the light of supreme state of universal knowledge, ultimate Bodhicitta.

If we don't know how to do alone, we can do simple base A version and also we can do Guru Yoga with 3 A integrating in the Song of the Vajra instead.

The first version of the music for the Dance is still available in files on the webcast page. New version and different lengths are available in SSP webshop:

<https://shop.shangshungfoundation.com/en/downloadable-audio/831-the-music-for-the-vajra-dance-of-space-of-12-a-2000000002378.html>

You can also download newly created mp3 files by Prima Mai with natural outdoor sound recordings and simple music for integration with our voice and song of A in the Vajra Dance of Space. 2 versions with TUN repetitions of 21 and 12 Times.

<https://drive.google.com/file/d/1SA99gkvMXTbtprQooEh02HFPr9oc5Qqe/view?usp=sharing>
<https://drive.google.com/file/d/1ddWyANp8sNzBBE43cK6kH3m3yB56yuN-/view?usp=sharing>

With love and best wishes,
Your Vajra Dance Instructors

