

## More Khaita News

Date : November 18, 2018

Dear All,

We now have [a playlist with several dances demonstration videos accompanied with English subtitles](#) on [our Khaita YouTube channel](#), to help understanding the meaning, choreography and mudras.

<https://www.youtube.com/playlist?list=PL0nztwBH0xJkkzN-Oc0OIHVIPG2O0Utz0>



The screenshot shows a YouTube video player interface. The main video is titled "M 3.6.3 Tashi Monlam/ Invocation of Fortune Dance demo with subtitles" and has 3,703 views and 25 likes. The video content shows a group of dancers in a field with mountains in the background. A subtitle at the bottom of the video reads "May fortune and happiness perfectly come about!". To the right of the video player is a playlist titled "Dances demo with subtitles" containing 6 items, including "M 3.6.3 Tashi Monlam/ Invocation of Fortune Dance demo with subtitles", "M 2.1.01 Lasoggi Drodkhol/ The Warmth of Our Life Dance demo", "M 2.4.05 Machen Khangri/ Machen Snow Mountain Dance", "M 2.1.04 Ngayi Phakhyim/ My Home Dance demo with subtitles", "M 1.6.09 Ngayi Reba/ My Hope Dance demo with subtitles", and "Mft 10.04 Yarkul/ Request to All Dance demo with subtitles". Below the playlist is a recommended video titled "2017 NEW TIBETAN SONG BY LHAKYI Jigdo Recommended for you".

These include some of our most significant dances, such as:

– [Tashi Monlam/ Invocation of Fortune](#) that we use as a dedication of merits at the end of our dancing sessions

– [Lasoggi Drodkhol/ The Warmth of Our Life Force](#) about which Choegyal Namkhai Norbu said: “I had to leave a testament to the Tibetans I would leave this particular song.”

and several other dances.

We are planning to add subtitles to more dances videos in the near future, so keep checking this playlist for new videos!

In addition to subtitles, the information field under the video now includes: full translation text; a link to the original Tibetan music video; and, for Tashi Monlam & Lasoggi Drodkhol, a link to the article on the Mirror website with Chögyal Namkhai Norbu's commentaries on those songs & dances.

**IMPORTANT: to see the subtitles, you need to enable subtitles/ captions on your YouTube.**

Go to the menu in the upper right corner (for the phone) or bottom right corner (for laptop) of the video and choose CC/Captions/Subtitles > English.

Huge thanks go to all the collaborators – from dancers to translators, video and audio editors and many many others!

With many Tashi Delegs from Dzamling Gar,  
Lena Dumcheva