

Dear Insight Meditation friends and colleagues,

Tara and I send Spring greetings and an invitation to [join us in our Cloud Sangha community](#). Please forward this invitation to the members of your sangha and anyone who might benefit.

As the teaching of Kalyana-Mitta shows, spiritual friendship is an essential jewel in our meditative path to liberation. It's equally important for thriving and finding joy in our daily lives.

But many people don't have regular access to spiritual friends and community. And even established communities like yours sometimes need help in organizing and hosting groups for people to connect in an ongoing way.

We created Cloud Sangha to meet these needs. We offer wonderful weekly, online dharma groups for people on the path to connect with peers, cultivate spiritual friendship, and integrate the teachings into daily life.

We have a variety of groups that focus on **Dharma themes** in relation to specific life stages and experiences like daily mindfulness, mindful parenting, grieving, aging, conscious relationship and more.

The groups are facilitator-led and include meditation, discussion prompts and resources, and breakout rooms for sharing and connecting with peers.

Here's what people experience:

"I appreciate the opportunity to share some very personal issues and I get great support and guidance from my group." —Ana

"Knowing that I have my group each week keeps me disciplined to maintain my daily practice. I take advantage of the live sessions as mini oases in my week." —Steve Goldberg, CA, USA

You and other members of your community can join these online practice groups by emailing hello@cloudsangha.co.

It's easy to do.

And please forward this invitation to anyone who might benefit.

We'd love to welcome you, answer your questions, and see how we can support you and your community.

With metta,

Jack Kornfield, Tara Brach, and the Cloud Sangha Team