

How to get the audio files of Teachings For All Seasons

Option 1: Using iTunes

You should have iTunes software installed in your computer. If you don't you can download it using this link <http://www.apple.com/itunes/download/>

1.1 Go to <http://www.rigpaportal.org> login with you user and password and **click** on the teachings For all Seasons tab on your left



1.2 **Click** the purple and blue iTunes link at the end of the Teachings for all seasons page



iTunes will open, look for the Podcast section on your left



iTunes will automatically download the files from the Rigpa website when they are available.

If you want to keep the podcasts files in your computer:

Go to edit menu in iTunes, **Click** on Preferences

Select the *Podcasts* tab, on the *keep* selection list choose the option that suits you best.

Files will be transferred to your ipod automatically next time you sync it.

If you want to have access to all files in iTunes you can create a special playlists for these teachings using a smart playlist:

Go to file, **choose** *new smart playlist* a dialog will open

Set the first condition to *podcast*, **choose** *is true*.

Add a new condition clicking on the on the + sign in the dialog

Set Artist to contain "Robert Gassler"

Click the OK button to create it and name your newly created playlist

Option 2, Using the RSS Feeds in Firefox (recomended): Feeds are just automatically updated bookmarks. Make sure you have the last version of Fire Fox (2.0 or higher). You can download it following this link <http://www.mozilla.com/en-US/firefox/all.html>

2.1 Go to <http://www.rigpaportal.org> login with you user and password and **click** on the teachings For all Seasons tab on your left



2.2 **Click** the orange and gray RSS link at the end of the Teachings for all seasons page

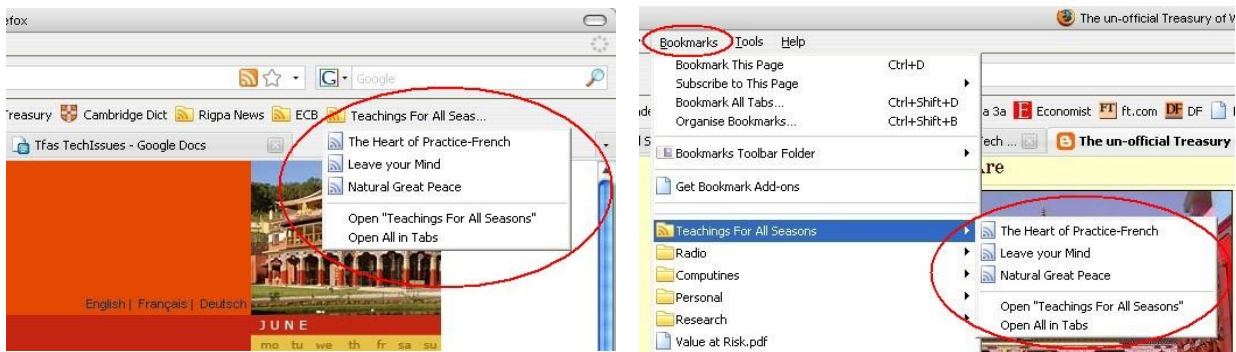


You will see a dialog like this



2.3. **Choose** where you want to have the access point to the audio teachings (through your Bookmarks or through your Toolbar Bookmarks Folder), **Click** the *add* button.

Every time you go to your new “Teachings For All Seasons” feed-bookmark you will see an automatically updated list of mp3 files. You should see something like this if you added it to your “Toolbar Bookmarks Folder” or just to your regular Bookmarks.



2.4 Pick one of the available Teachings. To save the mp3 file go to step 3.3 on the next page.

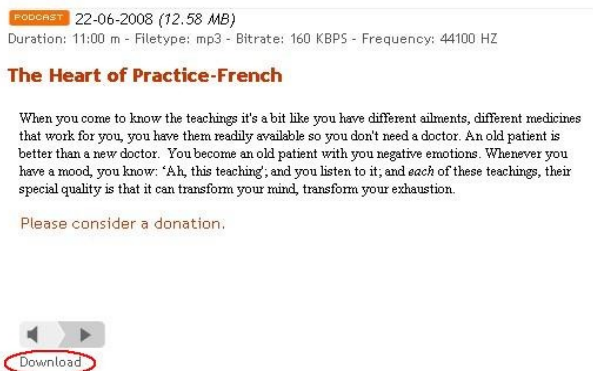
Option 3: Manual download. Even if you are using itunes you might need to download these teachings manually.

3.1 Go to <http://www.rigpaportal.org> login with you user and password and **click** on the teachings For all Seasons tab on your left



3.2 If you are not susbscribed to the teachings feed, follow step 2.2 on page 3and the go to step 3.3

3.3 When you click on the Teachings for all Seasons feed you will see a list of teachings, choose one of them, you will see something like this, **click** on the Download link below to download it.



3.4.a If you are using Firefox you will see a pop up window, choose "Save File"



3.4.b If you use Internet Explorer the dialog should look like the one below, click on the *Save* button.



You are done !