

Green Heroine's Mantra Meditations

21jul26c

Green Tara's Easy Tantra

**Maha-yoga's
Union of
Wisdom and
Letting-go**

Tantra

Mahamudra

(Tokal or)
**Leaping-over
Pride's Obstruction
to Omniscience**

Creation
(or Generation)
Stage

and **Bringing Letting-go**
(*or Ultimate Bodhichitta*)
into the
Four Bases of Mindfulness

Let us Begin with the **Circumstantial**



As we relax
into our exhalation...



all stressful
circumstances or LOTs...



could look as
impermanent, NON-defining,
and interdependent...

as if they could blissfully melt
into rainbow light...



that could delightfully absorb
into this body or form.

inhalation Into form...

exhalation all LOTs **melt!**



Let us Shift Gears
to the
Physical



As we relax
into our exhalation...



all stressful
bodies or FORMs...



could feel as
impermanent, NON-defining,
and interdependent...

as if they could blissfully melt
into rainbow light...



that could delightfully absorb
into this experience of the
interpersonal or speech.

inhalation Into speech...

exhalation all FORMs **melt!**



Let us Shift Gears
to the
Interpersonal

Om Tare
Ture
So-ha

As we relax
into our exhalation...



all the stressful
interpersonal phenomena
or SPEECH...

Om Tare Tu-ta-re
Tu-re So-ha

could sound as
impermanent, NON-defining,
and interdependent...

as if they could blissfully melt
into rainbow light...



that could delightfully absorb
into this mind.

inhalation Into mind...

exhalation all SPEECH melts!

Om Tare Tu-tare
Ture So-ha

Let us Shift Gears
to the
Mental

Hoong

As we relax
into our exhalation
all stressful: perceptions...

Hoong

emotions, intentions,
cognitions, recollections,
imaginings, or MINDs...

Hoong

could seem as
impermanent, NON-defining,
and interdependent...

as if they could blissfully melt
into rainbow light...

Hoong

that could delightfully absorb
into this vast, empty void.

inhalation Into void...

exhalation all MINDs **melt!**

Hoong

Ati-yoga's
Union of
Awareness and
Letting-go

Sutra

Mahamudra

(Trekcho or)
**Slicing-through
the Dualistic
Obscuring Emotions
of Dread and Desire**

and
**Great
Completion
Stage**

Crown Energy



Lama Khyenno

Teacher come
to this CROWN!



**Active
Focus**

**Passive
Peripheral
Awareness**



Union of Awareness and Letting-go

inhalation **Watch**

exhalation **Rest**

Download FREE
practice materials
LinkTr.ee/LamaJigmeG



inhalation Passively,
Watching!

intonation Om Ta-re Tu-ta-re
Tu-re So-ha

Anu-yoga's
Union of
Bliss and
Letting-go

Bindu

Mahamudra

Completion Stage

and **Tikle's**
channels,
wind's
and
Drops

Gathering the Next Collection



Lama Naljor

Teacher blend
with this MIND!



~~Active
Focus~~

**Passive
Peripheral
Awareness**



The Union of Bliss and Letting-go

inhalation **Feel**

exhalation **Rest**

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practice materials
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end

inhalation

Passively,
Feeling!

intonation

Om Ta-re Tu-ta-re
Tu-re So-ha

Maha-yoga's Union of **Love** and Letting-go

... where we bring
our neurotic needs and desires

into the peaceful path
of manifesting

- mental,
- interpersonal,
- physical, and
- circumstantial

happiness

for **all** beings **everywhere**.

Tantra

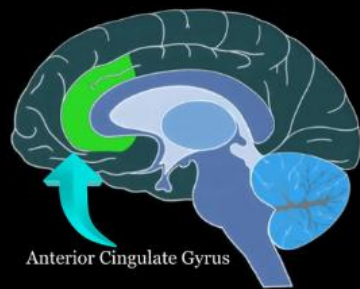
Mahamudra

(Tokal or)
**Leaping-over
Jealousy's
Obstruction
to Omniscience**

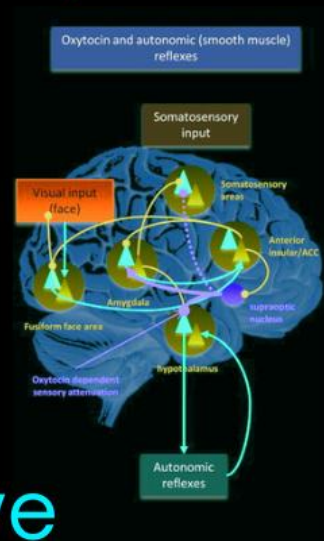
Creation
(or Generation)
Stage

and **Bringing Love**
(or Conventional Bodhichitta)
into the
Four Bases of Mindfulness

Since we're already wired
for empathy and cooperation



let's practice
Mental Wishing-love



May each being's experience
of the mental
now be as peacefully wise

Hoong

as the MIND
of an archetypical Buddha
symbolized by
a Bi-ja “seed” syllable!

inhalation

Bi-ja **Wise**
for all minds

intonation

Om Ta-re Tu-ta-re
Tu-re So-ha

Hoom

Let us Shift Gears
to the
Interpersonal

Om Tare
Tu-ta-re
Tu-ra
So-ha

May each being's experience
of the interpersonal now be
as joyfully loving...



as the SPEECH
of an archetypical Buddha
symbolized by a Man-tra!

inhalation Man-tra **Love...**
for all Speech

exhalation Om Ta-re Tu-ta-re
Tu-re So-ha

Om Ta-re Tu-ta-re
Tu-re So-ha

Let us Shift Gears
to the
Physical



May each being's experience
of the physical
now be as healthy.



as the FORM
of an archetypical Buddha
symbolized by a Yi-dam!

inhalation

Yi-dam Health
for all Forms

intonation

Om Ta-re Tu-ta-re
Tu-re So-ha



Let us Shift Gears to the **Circumstantial**



May each being's experience
of the circumstantial



now be as lavished with the
good fortune or boon...

as the LOT of an
archetypical Buddha



symbolized by a paradise,
pure land, or **Va-ti**!

inhalation

Va-ti **Boone...**
for all Lots

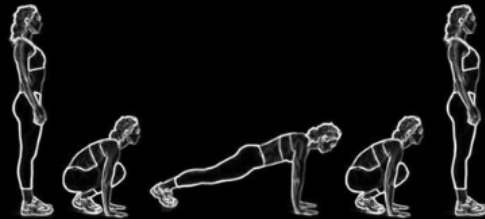
intonation

Om Ta-re Tu-ta-re
Tu-re So-ha



end

Senior Citizen Squat Thrusts



Bodhichitta and
Refuge

Bodhichitta

In our compassion
may we long to free all beings
from the toxic tyranny of:

dread, desire, and delusion,
metaphorically known
as the three *mental* poisons.

Refuge - a

In our pragmatism
may our liberation of all others

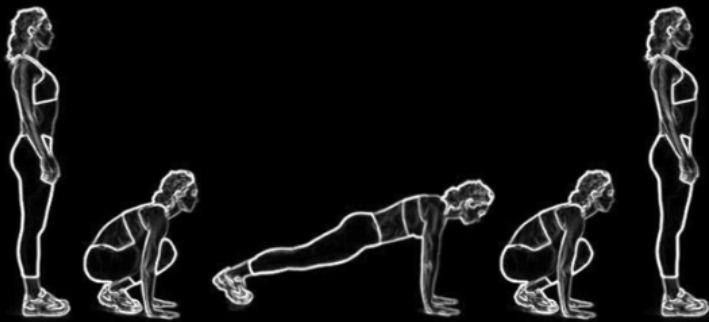
be fueled by our mastery of the
Three *wish-fulfilling* Jewels of...

Refuge - b

- following the buddha's example,
- applying his instructions, and
- cooperating with his students.

Senior Citizen Squat-thrusts

May we
free all
through the
Three Jewels.



end



**You have taken your first step
into a much larger world**