

Concise – Guru Yoga and Meditation

# Concise Guru Yoga and Meditation

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*7mar22a*



Concise – Guru Yoga and Meditation  
*The Four Immeasurables*

**Máy** everyone be free from stress!

May everyone be háppy!

**Máy** NO one be separated  
from their happíness!

**Máy** everyone have balance free from the  
tyranny of hatred, craving, and clínging!

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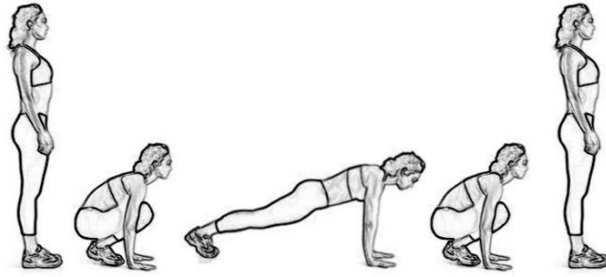
*Invigorating Buddha Bowing for aging Fitness Freaks – Refuge and Bodhichitta*

Eternally I rely  
on Bud-dha, Dhar-ma and Sang-ha.  
Máý my practice of this path  
liberate áll beings.

*4, 8, 12, or 16 repetitions*



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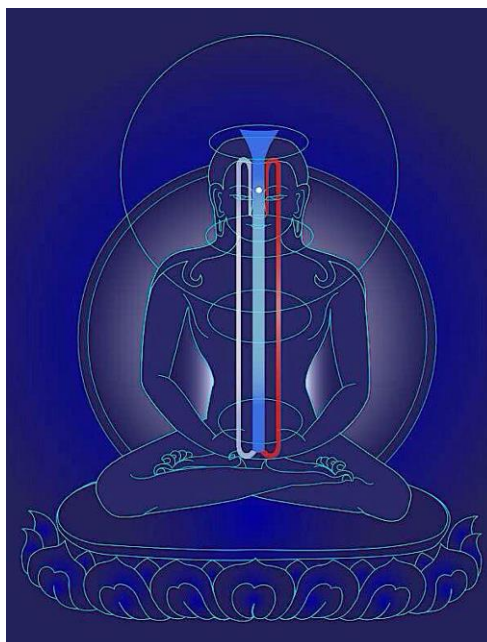
# The Four Thoughts

Résistance exacerbates all stress,  
independence is but an illúision,  
thére is nothing permanent to grasp;  
so let's **make the most** of our precioús lives!

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# *Tummo Yoga*

*Essence-mahamudra – Centering meditation – Bliss and release*



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May peaceful wisdom  
coalesce in my central channel  
at my horizontal BLADDER-wheel  
as blissful BELLY-breathing.

*three repetitions*

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*Sutra-mahamudra – Spontaneous Meditation – Awareness and release*

*Observant inhalation:*                      *Notice this...*  
*Relaxing exhalation:*                      *relaxing!*

Count sixteen **rounds** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.  
Count four **sets** upon RIGHT little, ring, middle, & index finger's **lower** sets of creases.



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*Observant inhalation:*

*Notice this...*

*Relaxing exhalation:*

*relaxing!*

*Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count four sets upon RIGHT little, ring, middle, & index finger's middle set of creases.*

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*Observant inhalation:*

*Notice this...*

*Relaxing exhalation:*

*relaxing!*

*Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count four sets upon RIGHT little, ring, middle, & index finger's higher set of creases.*

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*Observant inhalation:*

*Notice this...*

*Relaxing exhalation:*

*relaxing!*

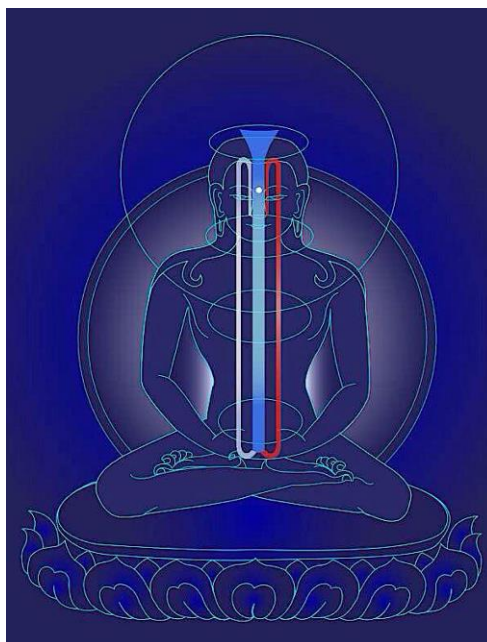
*Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count four sets upon RIGHT little, ring, middle, & index finger's tip.*

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# *Guru Yoga*

*Essence-mahamudra – Centering meditation – Bliss and release*



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May joyful love  
coalesce in my central channel  
at my horizontal HEART-wheel  
as blissful CHEST-breathing.

*three repetitions*

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*Sutra-mahamudra – Spontaneous Meditation – Awareness and release  
overcoming: what some call self-cherishing and others call obscuring emotions*

*Observant inhalation:*                      *Notice this...*  
*Relaxing exhalation:*                      *relaxing!*

*Count sixteen **rounds** upon the LEFT little, ring, middle, & index fingers’  
lower, middle, & higher creases and tips.*

*Count four **sets** upon RIGHT little, ring, middle, & index finger’s **lower** sets of creases.*

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*Observant inhalation:*

*Notice this...*

*Relaxing exhalation:*

*relaxing!*

*Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count four sets upon RIGHT little, ring, middle, & index finger's middle set of creases.*

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*Observant inhalation:*

*Notice this...*

*Relaxing exhalation:*

*relaxing!*

*Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count four sets upon RIGHT little, ring, middle, & index finger's higher set of creases.*



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*Observant inhalation:*

*Notice this...*

*Relaxing exhalation:*

*relaxing!*

*Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count four sets upon RIGHT little, ring, middle, & index finger's tip.*

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*Traditionally Inspired Dedications*

For the sake of all living beings  
may I quickly master the eight-fold path  
to the point of practicing it:  
spontaneously, habitually,  
easily and effectively

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and then lead every living being,  
without exception, to that state.

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At the natural end of each beings' life  
may they take optimal rebirth,  
complete the path  
and then help all others do likewise.

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May ALL suffering quickly cease,  
all happiness and joy be fulfilled,  
and may the Buddha's Dhar-ma  
flourish everywhere.

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May the precious, supreme Bo-dhi-chit-ta  
grow where it has NOT grown  
and where it has grown  
may it flourish forever more.



# V. Appendix

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## *A. Two Paths*

*In the Tao Te Ching we read of two paths in any endeavor,  
Lao Tzu warned against the former and encouraged the latter:*

*the path of yang or the path of yin,  
the path of patriarchy or the path of matriarchy,  
the path of rigidity or the path of flexibility,  
the path of elitism, or the path of egalitarianism,*

*the path of control or the path of permissiveness,  
the path that craves certitude or the path that embraces ambiguity,  
the path with authority as the source of truth  
or the path with truth as the source of authority,*

*the direct path or the circuitous path,  
the active path or the passive path,  
the path of competition or the path of cooperation,  
the path of cruelty or the path of compassion...*



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*the path of pride or the path of love,  
the path of ego or the path of NO-self (aka NOT-self),  
the path of scatteredness or the path of centeredness,  
the path of contrivance or the path of spontaneity,  
the path of effort or the path of ease.*

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## B. Four Levels of Practice

- Browsers – come to class but do NO homework and see NO transformation.*
- Students – come to class AND do their homework every morning AND every evening; they evolve.*
- Yogis – students who perform one-day retreats every quarter, month or week, practicing four times that day (i.e.: 6am, 10am, 2pm & 6pm).*
- Monastics – students who live as if on permanent retreat, practicing four times every day (i.e.: 6am, 10am, 2pm & 6pm).*

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**Twenty minutes of formal silent meditation**

*for First Level Students – those who are seeking a “life lubricant”*

**Forty minutes of formal silent meditation**

*for Second Level Students – those who desire a “profound evolution”  
such as healing PTSD, overcoming a tragic past,  
or transcending a disempowering and oft repeated pattern*

**Sixty minutes of formal silent meditation**

*for Third Level Students – those who yearn to rapidly master  
sagehood’s simplicity, patience, and compassion to the point of practicing them:  
spontaneously, habitually, easily and effectively.*

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## *C. The Path of Mastery*

*Unconscious Incompetence*

*Conscious Incompetence*

*Conscious Competence*

*Unconscious Competence*

*When have we mastered the sages' path?*



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*When we practice their techniques:  
spontaneously, habitually, easily and effectively;  
and their practice has so defined us  
that we no longer chase a goal...*

*but are so content to practice the path  
that we no longer even feel the need  
to ask whether or not  
we have mastered it.*



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## *D. The Means of Mastery*

*Ten thousand hours of regular, lucid, strategic practice is often the minimum required to accomplish mastery needed to teach others. Any student who enthusiastically practices their homework every morning AND every evening for sixteen consecutive weeks could be considered an apprentice.*

*A Journeyman is an apprentice who has accumulated 5,000 hours of study and 5,000 hours meditation; ideally for eight hours daily over the course of three and a half years...*

*and has demonstrated intellectual comprehension and emotional **evolution**.*

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*A Master is a journeyman who has accumulated an additional 5,000 hours of study and an additional 5,000 hours of meditation; ideally for eight hours daily...*

*over the course of an additional three and a half years and has demonstrated intellectual and emotional **mastery**. The 10,000 hours is a minimum, for some folks require 20,000 hours, 30,000 hours or more to demonstrate intellectual and emotional mastery.*

*Although this path of mastery can be long, it is neither mysterious nor occult.*