

Easy Dzogchen

*Terton Lama: Jigme Gyatso, Rime, Dzogchenpa Rinpoche's*

# Easy Dzogchen

*12nov23c*



Easy Dzogchen

*Right Aspiration, View & Zeal's **Second, First, & Sixth** Folds of the Eight-fold Path*

# Empathy and Enthusiasm

*by chanting the recitations of Bodhichitta and Refuge*



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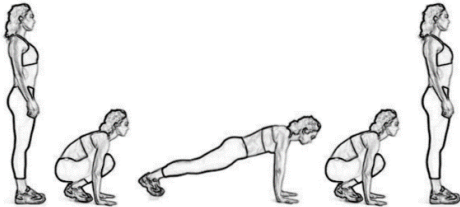
*Empathetic Bodhichitta*

Máy I liberate all beings from the tyranny of hating, craving, and clínging

*Enthusiastic Refuge*

bý relying on the Buddha's example, instructions, and stúdents.

*three repetitions*



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*Right Aspiration and Enthusiasm's Second and Sixth Fold of Bodhichitta and Refuge*

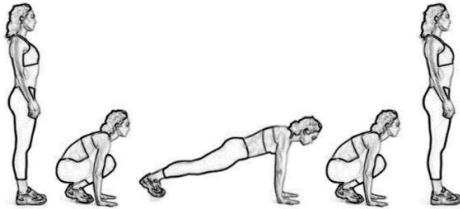
Empathetic Bodhichitta

Máy I liberate  
ALL beings

Enthusiastic Refuge

by relying  
on the Thrée Jewels.

three repetitions



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*Mindfulness & Meditation: Zen, Proto-zen, Ch'an, Dhyana, Mahamudra (or Great Seal), Mahasandhi (or Great Coalescence), Ati (or Utmost) yoga, Dzogchen (or Great Completion Stage Tantra) & Trekcho (or Slice-through)*

## *IV. Practice*



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*Meditation's relaxing exhalation*

**calm!**

**CALMing breath!**

*Mindfulness' perceptive inhalation*

**Tall**

*Sitting TALL*

*WATCHing* lot/ **CALMing breath!**

*FEELing* form/ **CALMing breath!**

*TASTing* form/ **CALMing breath!**

*HEARing* speech/ **CALMing breath!**

*WATCHing* mind/ **CALMing breath!**

*2 collections of 20 sets of 17 rounds*

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*Meditation's **relaxing** exhalation*

**ease!**      **re-la-xing!**

*Mindfulness' perceptive inhalation*

*This*      *Notice this*

*Watching lot/ **re-la-xing***  
*Feeling form/ **re-la-xing***  
*Hearing speech/ **re-la-xing***  
*Watching mind/ **re-la-xing***

*2 collections of 20 sets of 17 rounds*

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*Meditation's relaxing exhalation*

**ease!**

**re-la-xing!**

*Mindfulness' perceptive inhalation*

*This*

*Notice this*

**PLAY of:** lot, form, speech, mind

mind, **rate**, **form**, **feel**, **drive**,

dull, **crave**, **hate**, **cling**, **vie**,

watch, **hear**, **feel**, **taste**, **smell**

appearance, **resonance**, **sensation**, **this flavor**, **this fragrance**

emotion, intention, cognition, memory, imagine

*2 collections of 20 sets of 17 rounds*

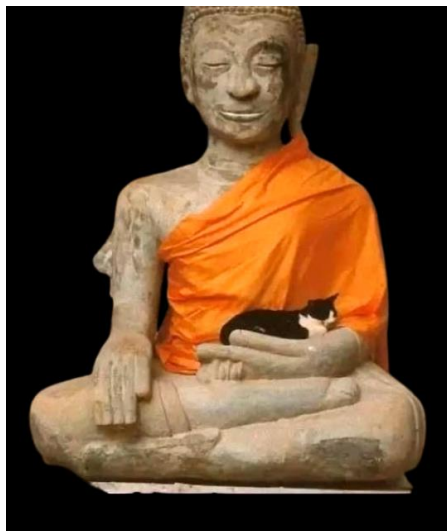


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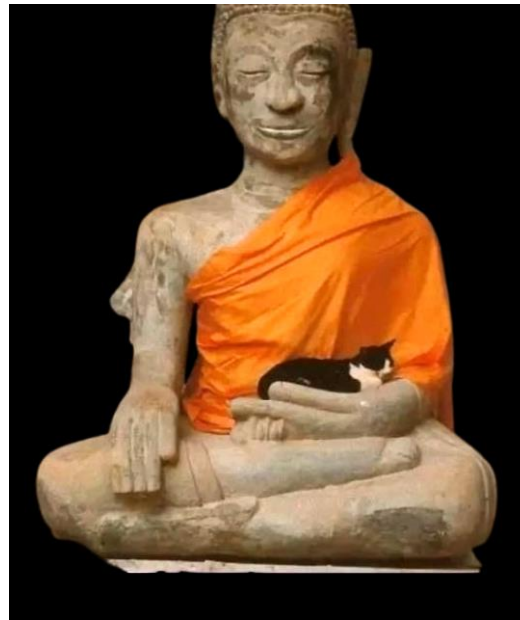
*The **Third**, **Fourth**, and **Fifth** Folds' of Buddha's Eight-fold Path*

# Kind Ethics

*thus side-stepping aloofness*



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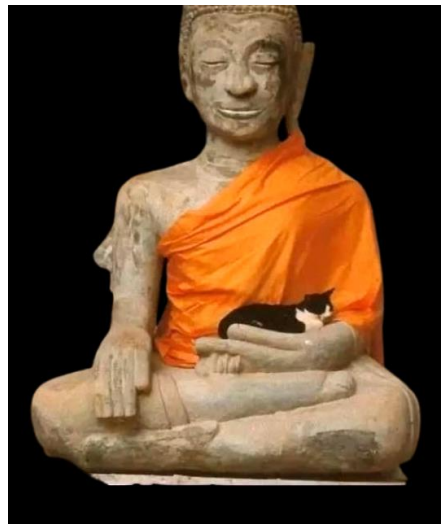
**Máy ALL beings' practice of KIND:  
communication, conduct, and commerce  
flow spontaneous and uncóntrived.**

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*Right View and Right Intention's **First** and **Second** Folds of Buddha's Eight-fold Path*

# Four Immeasurables

*thus side-stepping aloofness*



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Máy everyone be free from misery.

*thus no need to hate*

May everyone be háppy.

*thus no need to crave*

Máy NO one be separated  
from their happíness.

*thus no need to cling*

Máy everyone have balance:

FROM the tyranny

of hating, craving, & clingíng FREED! 😊