

Unfailing Success' Easy Tantra

Unfailing Success' Easy Tantra

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14apr23d



Unfailing Success' Easy Tantra

The Mantra's Meaning

ཨོ་རྩ་ན་སམ་བྱ་ཕ་ཏྲེ།

Unfailing Success' Easy Tantra



*With **Om** we invoke
the **A-mo-gha** Unfáiling,
Síd-dhi accomplishment, with **Ah**
wishing liberation fór ALL!*

Unfailing Success' Easy Tantra

I. Outer Ngondro Preliminary Practices



Unfailing Success' Easy Tantra

Actively Training in Blissful Mindfulness from a Tantric Perspective

Kind lama come to this CROWN!

Om A-mo-gha Sid-dhi Ah



4 mantras per breath for 4 breaths

Unfailing Success' Easy Tantra

Actively Training in Stress: the First Mark of Reality

How could (hating, craving, vying, clinging)... feel stressful?

Om A-mo-gha Sid-dhi Ah



4 mantras per breath for 4 breaths

Unfailing Success' Easy Tantra

Actively Training in Compassion

All beings' stress, may I soothe!

Om A-mo-gha Sid-dhi Ah



4 mantras per breath for 4 breaths

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Actively Training in Impermanence: the Second Mark of Reality

How could this always change?

Om A-mo-gha Sid-dhi Ah



4 mantras per breath for 4 breaths

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Actively Training in Letting-go: the Third Mark of Reality

How could this NOT be me?

Om A-mo-gha Sid-dhi Ah



4 mantras per breath for 4 breaths

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II. Inner Ngondro Preliminary Practices



Unfailing Success' Easy Tantra

Actively Training in Bodhichitta the second part of Tantric Ngondro

*May I liberate all from the tyranny
of hating, craving and clinging!*

Om A-mo-gha Sid-dhi Ah



4 mantras per breath for 3 breaths

Unfailing Success' Easy Tantra

Actively Training in Refuge the second part of Tantric Ngondro

*May I rely upon the Buddha's:
example, instructions, and students!*

Om A-mo-gha Sid-dhi Ah



4 mantras per breath for 3 breaths

Unfailing Success' Easy Tantra

Actively Training in Purification the third part of Tantric Ngondro

*Lama may I regret the harm I've caused
and resolve to always do the **kind** thing!*

Om A-mo-gha Sid-dhi Ah



4 mantras per breath for 3 breaths

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Actively Training in Generosity the fourth part of Tantric Ngondro

*May I share my wisdom, love, health, and
good fortune in the most beneficial ways!*

Om A-mo-gha Sid-dhi Ah



4 mantras per breath for 3 breaths

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Actively Training in Lama Naljor's Guru Yoga the fifth part of Tantric Ngondro

*May lama's and my **BLADDER** minds blend
for they both share the same **empty** nature!*

Om A-mo-gha Sid-dhi Ah



4 mantras per breath for 3 breaths

Unfailing Success' Easy Tantra

Mantra Meditation

which is also known as creation stage: the antidote to hating

ॐ'རྩ'ན'སམ'བྱ'མ'ཏྲྀ

Unfailing Success' Easy Tantra

Love and Letting-go

serve as an antidote to hating
and are known by many names

such as: Generation-stage, Creation-stage,
Mantra-yoga, Maha-yoga,
Tantra Mahamudra, and Tokal Dzogchen

Unfailing Success' Easy Tantra
*Leapfrogging over our competitive tendencies
with Maha-yoga's, Tokal Dzogchen's, & Tantra Mahamudra's*

Love's Kind Wishes

the second fold of the eight fold path

Unfailing Success' Easy Tantra
Mantra Mala Yoga

ॐ'རྩ་ན་སམ་བྱ་ཕ་ཏྲྀ

Unfailing Success' Easy Tantra

As we chant the mantra it could feel as if emerald rays were emitting from a thumb-nail sized, horizontal, mantra rosary at our **BLADDER**

ཨོ་རྩ་ན་སམ་བྱ་ཕ་ཏྲི།

Unfailing Success' Easy Tantra

lávishing ALL minds, communication,
bodies, and circumstánces
wíth wisdom, love, health, and good fortune:
centered and spontanéous.

ཨོ་རྩ་ན་སམ་བྱ་ཕ་ཏྲེ།

Unfailing Success' Easy Tantra

Ah

*Máy all minds of all beings now be
as wisely **peaceful** as a Buddhá's mind
sýmbolized by a one syllable mantra
known as a seed or Bi-ja mántra!*

Unfailing Success' Easy Tantra

Ah

*Bladder **Ah** peace... for all minds!*

Om A-mo-gha Sid-dhi Ah

four breaths at four mantras each for a total of sixteen mantras

Unfailing Success' Easy Tantra



*Máy all relationships of all beings
 now be as joyfully lóving
 ás a Buddha's communication
 symbolized by a seven syllable mántra!*

Mantra joy... for all speech!

four breaths at four mantras each for a total of sixteen mantras

Unfailing Success' Easy Tantra



*Máy all bodies of all beings now enjoy
the beautiful **health** depicted in Buddhíst art
óf the blissful body of a Yi-dam of lore:
an archetype of enlighténment!*

Unfailing Success' Easy Tantra



Yidam health... for all forms!

Om A-mo-gha Sid-dhi Ah

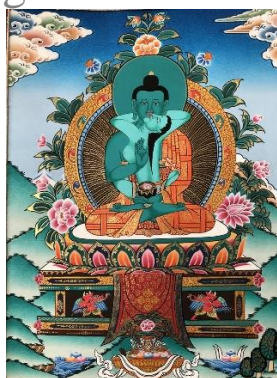
four breaths at four mantras each for a total of sixteen mantras

Unfailing Success' Easy Tantra



*Máy all circumstances of all beings
now be as safe and fortunate
ás a Buddha's
paradise, pure land or Va-ti óf lore!*

Unfailing Success' Easy Tantra



*Vati **luck**... for all lots!*

Om A-mo-gha Sid-dhi Ah

four breaths at four mantras each for a total of sixteen mantras

Unfailing Success' Easy Tantra

Leapfrogging over clinging tendencies with

Maha-yoga's, Tokal Dzogchen's, & Tantra Mahamudra's

Letting-go's Right View of Reality

the first fold of the eight fold path

Unfailing Success' Easy Tantra

Ah

*Hów is it that as we inhale
our **minds**' functions could seem quíte clear,*

*yét as we **relax** into our exhalation
they could feel as non-graspable as
a cloudless sky, or a Bi-ja óf light?*

Unfailing Success' Easy Tantra

Ah

*How **minds** clear yet... void like Bi-ja?*

Om A-mo-gha Sid-dhi Ah

four breaths at four mantras each for a total of sixteen mantras

Unfailing Success' Easy Tantra

ཨོ་རྩ་ན་སམ་བྱ་ཕ་ཨྱེ།

*Hów is it that as we inhale the interpersonal experience of **communication** could sound quite resoúnding,*

*yét as we **relax** into our exhalation it could feel as non-graspable as a vast, **empty** void or a Man-tra óf light?*

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ॐ अमोघसिद्धिः ॐ

*How **speech** heard yet... void like Man-tra?*

Om A-mo-gha Sid-dhi Ah

four breaths at four mantras each for a total of sixteen mantras

Unfailing Success' Easy Tantra



*Hów is it that as we inhale
our **bodies** could feel quite sensúal,
yét as we **relax** into our exhalation
they could feel as non-graspable as
a cloudless sky or a Yi-dam óf light?*

Unfailing Success' Easy Tantra



*How **forms** felt yet... void like Yi-dam?*

Om A-mo-gha Sid-dhi Ah

four breaths at four mantras each for a total of sixteen mantras

Unfailing Success' Easy Tantra



*Hów is it that as we inhale our
circumstances could appear quite vivídly,*

*yét as we **relax** into our exhalation
they could feel as non-graspable as
a vast, **empty** void or a Va-ti óf light?*

Unfailing Success' Easy Tantra



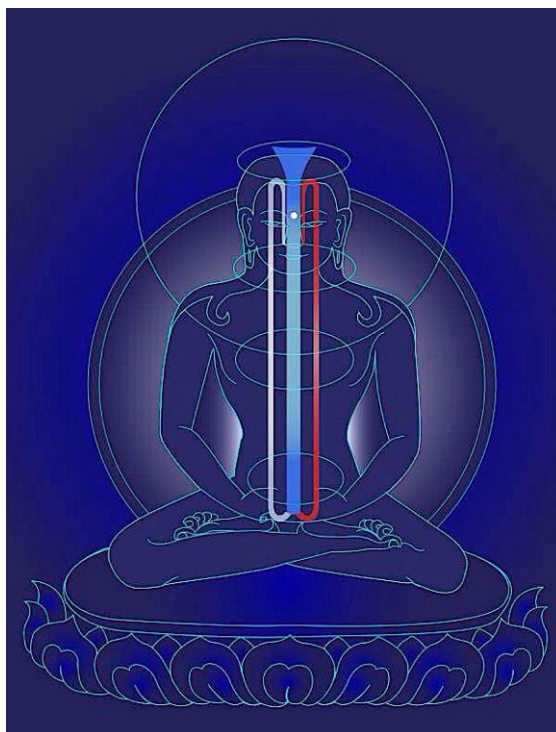
*How **lots** seen yet... void like Va-ti?*

Om A-mo-gha Sid-dhi Ah

four breaths at four mantras each for a total of sixteen mantras

Unfailing Success' Easy Tantra

Silent Contemplations and Meditations



Unfailing Success' Easy Tantra

Bliss and Letting-go

serve as an antidote to craving
and are known by many names

such as: Completion-stage, Anu-yoga,
Bindu Mahamudra, and Tiklé Dzogchen

Unfailing Success' Easy Tantra
Dance of Impermanence and Interdependence

*All lots **melt**... into form*
*All forms **melt** ... into speech*
*All speech **melts** ... into mind*
*All minds **melt** ... into void*

Unfailing Success' Easy Tantra



Feeling the play of sensation and relaxing into its NON-graspable nature

*Bladder **Ah**
re-lax-ing*

15 sets of 16 rounds

Unfailing Success' Easy Tantra

Awareness and Letting-go
which serve as an antidote to clinging
(while also slicing through
the fundamental duality of dread and desire)
are known by many names

such as: Zen, Ch'an, Dhyana,
Great Completion-stage Maha Sandhi, Ati-yoga,
Sutra Mahamudra, and Trekchö Dzogchen

Unfailing Success' Easy Tantra

Watching the play of mind and relaxing into its NON-graspable nature

*Notice this
re-lax-ing*

1st collection of 16 sets of 16 rounds

Unfailing Success' Easy Tantra

Watching the play of mind and relaxing into its NON-graspable nature

*Notice this
re-lax-ing*

2nd collection of 16 sets of 16 rounds

Unfailing Success' Easy Tantra

Leaping over Hating w/ Mahayoga, Tokal, Bija Mahamudra

Bi-ja peace... for all minds
Man-tra joy... for all speech
Yi-dam health... for all forms

Va-ti luck... for all lots

Watching the play of mind and relaxing into its NON-graspable nature

Notice this
re-lax-ing!

16 sets of 16 rounds

Unfailing Success' Easy Tantra

Dance of Mindfulness and Meditation

All lots seen yet... void like Va-ti
All forms felt yet... void like Yi-dam
All speech heard yet... void like Man-tra
All minds clear yet... void like Bi-ja

Watching the play of mind and relaxing into its NON-graspable nature

Notice this
re-lax-ing

16 sets of 16 rounds

Unfailing Success' Easy Tantra

*How could this... feel stressful?
All beings' stress... may I soothe!
How could this... NEVER last?
How could this... NOT be me?*

Watching the play of mind and relaxing into its NON-graspable nature

*Notice this
re-lax-ing!*

16 sets of 16 rounds

Unfailing Success' Easy Tantra

IV. Five Well Wishes



Unfailing Success' Easy Tantra
1 Embracing the Path of Yin



Máy ALL beings, like **Amoghasiddhi**,
master being: flexible, loving, laid-back,
egalitarian, cooperative ánd kind.

Unfailing Success' Easy Tantra

*2 Right Communication, Conduct, & Commerce's Third, Fourth, & Fifth Folds – **Ethics***



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

Unfailing Success' Easy Tantra
3 Accomplishing Mastery of the Eight-fold Path



Máy all beings, like **Amoghasiddhi**,
master the eight-fold path
as well as liberate ALL óthers.

Unfailing Success' Easy Tantra
4 Future wishes



Máy each being take auspicious rebirth,
master the Buddha's path
and then help all others do líkewise.

Unfailing Success' Easy Tantra
5 Right Intention's Second Fold

The Four Immeasurables

thus side-stepping aloofness



Unfailing Success' Easy Tantra

Máy everyone be free from stress.

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!** ☺

V. Appendix

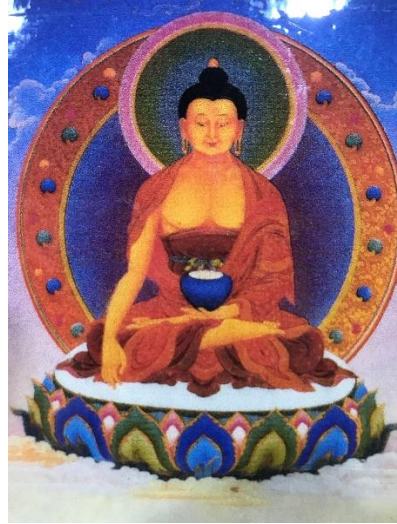
Unfailing Success' Easy Tantra
Shantideva's

Dedication Prayers

from the 10th chapter of the Bodhicharyavatara

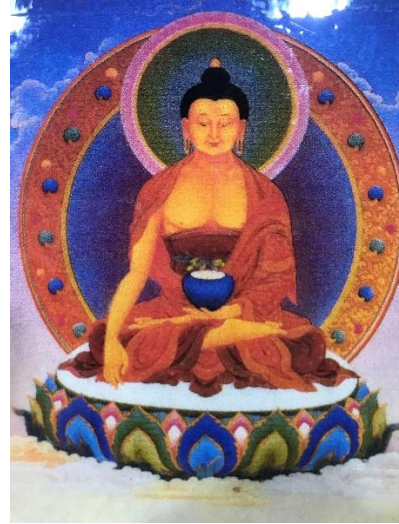


Unfailing Success' Easy Tantra



Máy all beings everywhere
plagued by sufferings of body ánd mind,
réceive an ocean of happiness and joy
by virtue of my mérits.

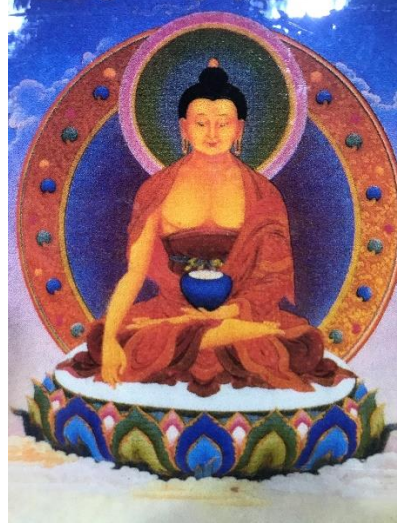
Unfailing Success' Easy Tantra



Máy NO living creature suffer,
commit evil, or ever fáll ill.

Máy NO one be afraid or belittled,
with a mind weighed down by *sórrorw*.

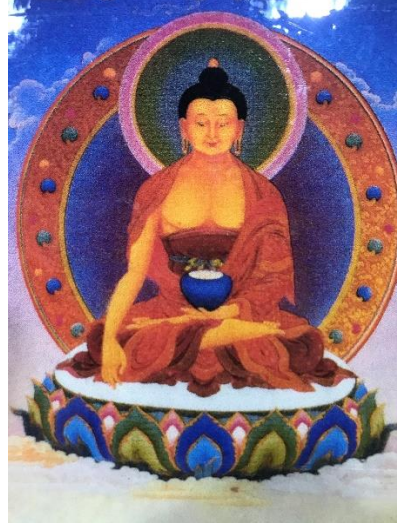
Unfailing Success' Easy Tantra



Máy the blind see forms
and the deaf héar sounds.

Máy those whose bodies are worn with toil,
receive rest and be réstored.

Unfailing Success' Easy Tantra



Máy the naked *receive* clothing
the hungry receíve food
máý the thirsty *receive* water
and deliciouús drinks.

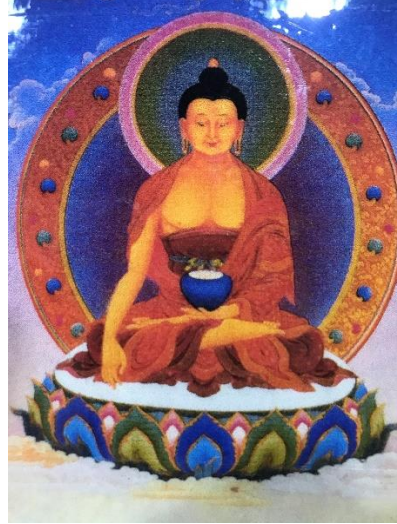
Unfailing Success' Easy Tantra

Máy the poor *receive* wealth,
those weak with sorrow *recéive* joy;

máy the hopeless *receive*:

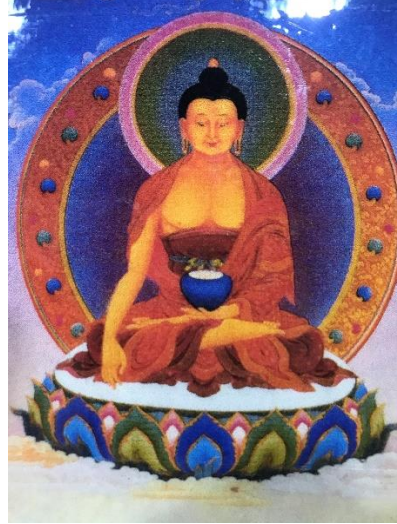
- (1) hope,
- (2) constant happiness,
- (3) and prosperity.

Unfailing Success' Easy Tantra



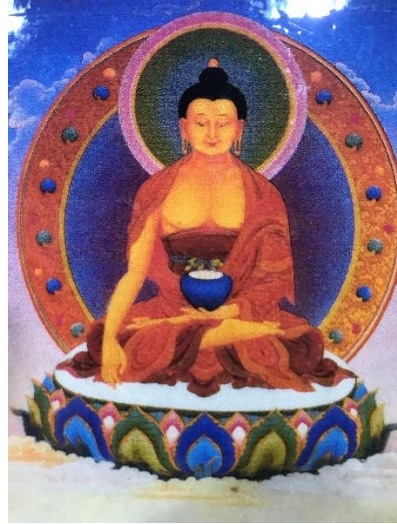
Máy there be timely rains
and bountiful hárvests;
máý all the medicines be effective
and wholesome prayers béar fruit.

Unfailing Success' Easy Tantra



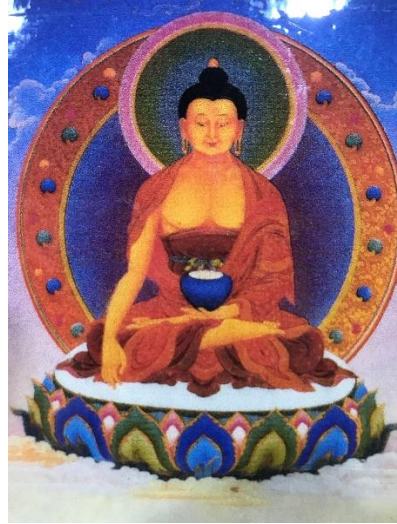
Máy all who are sick and ill
quickly be freed from their ailments.
Whátever diseases there are in the world,
may they never occur ágain.

Unfailing Success' Easy Tantra



Máy the frightened cease to be afraid
and those bound bé freed;
máý the powerless *receive* power
and the people *long* to benefit each óther.

Unfailing Success' Easy Tantra



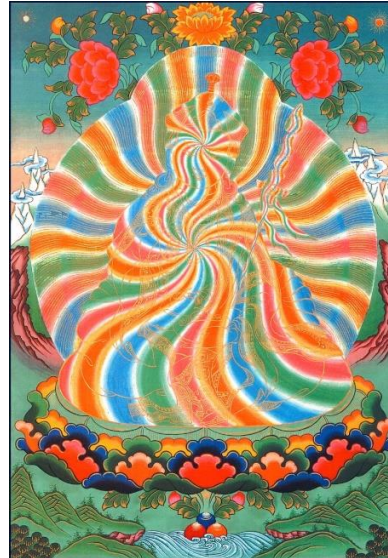
Fór as long as space remains,
for as long as sentient beings rémain,
úntil then may I too *auspiciously* remain to
effectively dispel the miseries of thé world. 😊

Unfailing Success' Easy Tantra

leapfrogging over confusion's clinging and competition with

Clear Light Yoga's

chanted contemplation of the Dance of Impermanence, Interdependence, and Emptiness



Unfailing Success' Easy Tantra

Hów could all Buddhas impermanently
melt into blissful rainbów light

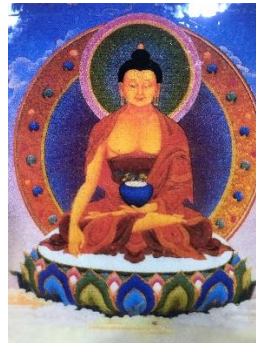
thát interdependently absorbs
into all púre lands?



Unfailing Success' Easy Tantra

Hów could all pure lands impermanently
melt into blissful rainbów light

thát interdependently absorbs
into áll beings?



Unfailing Success' Easy Tantra

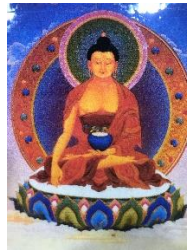
Hów could all beings
(*other than earthlings*) impermanently
melt into blissful rainbów light

thát interdependently absorbs
into áll worlds?



Unfailing Success' Easy Tantra

Hów could all worlds
(*other than earth*) impermanently
melt into blissful rainbów light
thát interdependently absorbs
into all éarthlings?



Unfailing Success' Easy Tantra

Hów could all earthlings
(*other than our neighbors*) impermanently
melt into blissful rainbów light

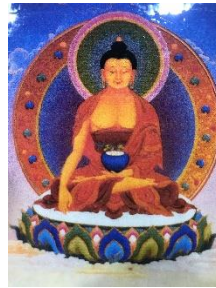
thát interdependently absorbs
intó earth?



Unfailing Success' Easy Tantra

Hów could all of Earth (*other than
our neighborhood*) impermanently
melt into blissful rainbów light

thát interdependently absorbs
into our néighbors?



Unfailing Success' Easy Tantra

Hów could our neighbors impermanently
melt into blissful rainbów light

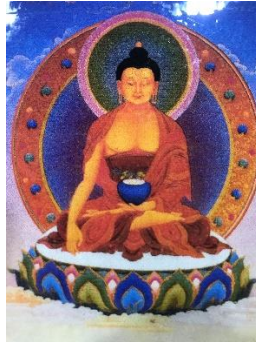
thát interdependently absorbs
intó here?



Unfailing Success' Easy Tantra

Hów could here impermanently
melt into blissful rainbów light

thát interdependently absorbs
into this bódý?



Unfailing Success' Easy Tantra

Hów could this body impermanently
melt into blissful rainbów light

thát interdependently absorbs into this
communicátion?



Unfailing Success' Easy Tantra

Hów could this communication
impermanently

melt into blissful rainbów light

thát interdependently absorbs
into thís mind?

Moom

Unfailing Success' Easy Tantra

Hów could this mind impermanently
melt into blissful rainbów light

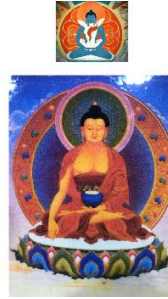
thát interdependently absorbs
into infinite spacióúsness?

In-fi-nite... spa-cious-ness!

Unfailing Success' Easy Tantra
Pho'wa's Transference of Consciousness



Unfailing Success' Easy Tantra



Át the END of this current life
may this tiny **Moom**-líke mind

shóot UP this central channel
out this fontanel
and into the vast expáanse: **Pey!**

(*snap*)

Unfailing Success' Easy Tantra

A. Invigorating Buddha Bowing



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Na-mo Bud-dha-ya
Na-mo Dhar-ma-ya
Na-mo Sang-ha-ya!

I pay homage to the Buddha's example

I pay homage to the Buddha's teachings

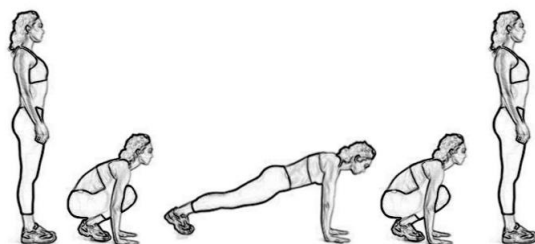
I pay homage to the Buddha's students

3 repetitions

Unfailing Success' Easy Tantra *Karmic Calisthenics*



or



Unfailing Success' Easy Tantra

RIGHT: intention

Máy everyone be free from misery.

May everyone be háppy.

Máy NO one be separated
from their happíness.

Máy everyone have balance: FREE from
the tyranny of greed, hate, and confúsi^on. 😊

Unfailing Success' Easy Tantra

B. 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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C. 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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D. 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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E. 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**.*

Unfailing Success' Easy Tantra

*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.*

Unfailing Success' Easy Tantra

Their nudity reminds us
of mindfulness' vulnerability,
their bodies comprised of light
remind us of non-graspability,

their beauty reminds us
of love's energy,
the stability with which he sits
reminds us of centeredness, and

the abandon with which she sports
reminds us of spontaneity.

MEDITATE ^{LIKE} A JEDI

