

Very Easy Evening Meditation
Dzogchen Lama: Jigme Gyatso's
Very Easy Meditation
practice text (*or Sadhána*)
6apr25b



Very Easy Evening Meditation

*Setting Intention
by Wishing
for Universal
Enlightenment*

Very Easy Evening Meditation



**Whatever COMES
may all beings
notice, relax, and flow!**

Very Easy Evening Meditation



Whatever STAYS
may all beings
notice, relax, **and flow!**

Very Easy Evening Meditation



Whatever GOES
may all beings
notice, relax, **and flow!**

Very Easy Evening Meditation

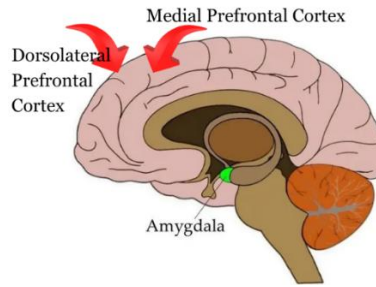
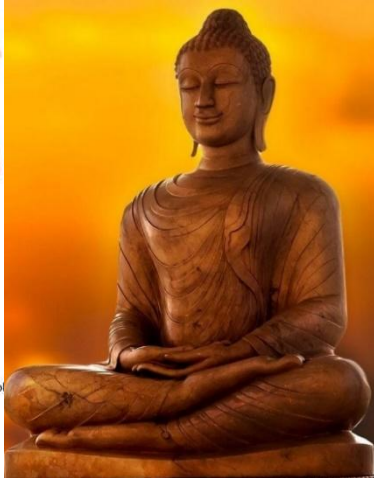
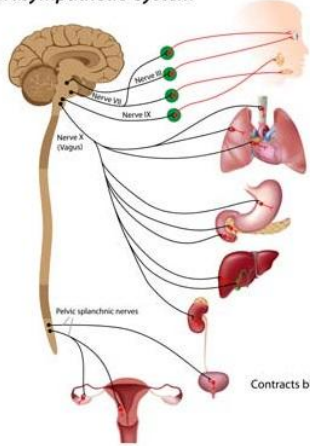
*Upon the tip of our **left little** finger,
we could rest the great knuckle
at the base of our **right little** finger
palms up, in our lap.*



Very Easy Evening Meditation

Ati-yoga's (Trekchö's or Sutra-mahamudra's) Mindfulness and Meditation

Parasympathetic System



Notice
-Vulnerably,
-Passively,
-Viscerally,
-Randomly, and
-Fleetingly

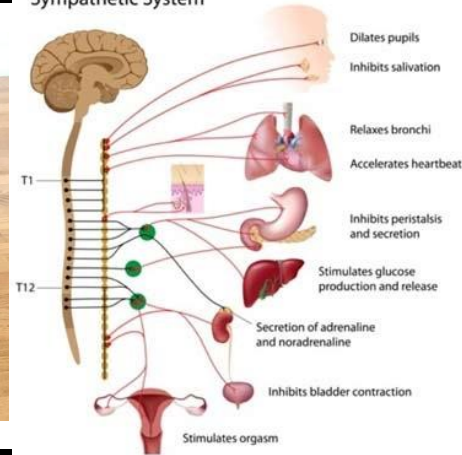
Mindfulness noticing inhalation

Meditation relaxing exhalation

This ease!



Sympathetic System

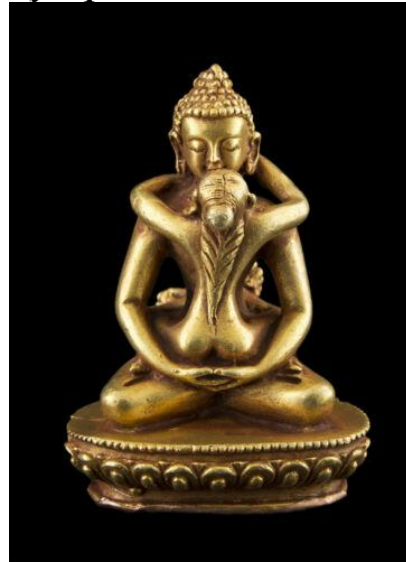
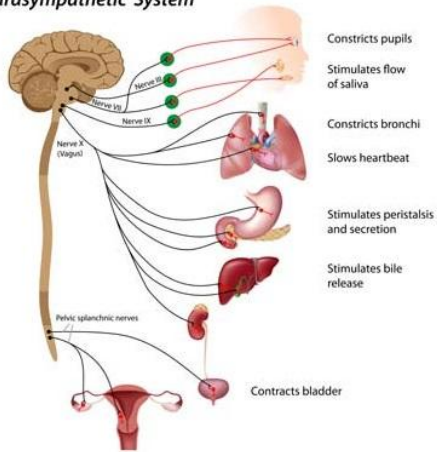


Fleetingly LESS tantalizing, LESS permanent, & LESS defining

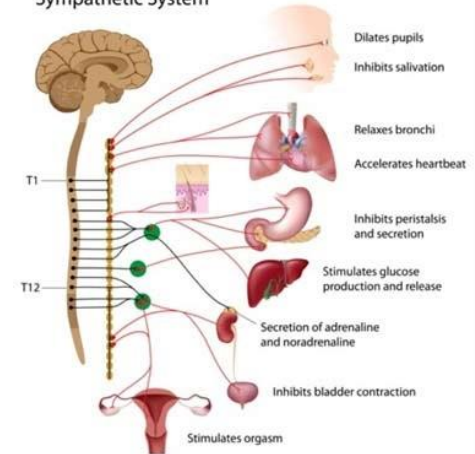
Very Easy Evening Meditation

Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

Parasympathetic System



Sympathetic System



gut inhalation

nose exhalation

Noticing
relaxing

Very Easy Evening Meditation

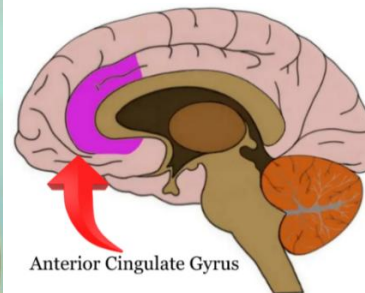
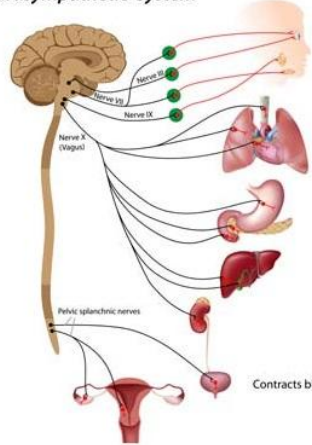
*Upon the tip of our **left ring** finger,
we could rest the great knuckle
at the base of our **right ring** finger
palms up, in our lap.*



Very Easy Evening Meditation

Ati-yoga's (Trekchö's or Sutra-mahamudra's) Mindfulness and Meditation

Parasympathetic System



Anterior Cingulate Gyrus

Notice

- Vulnerably,
- Passively,
- Viscerally,
- Randomly, and
- Fleetingly

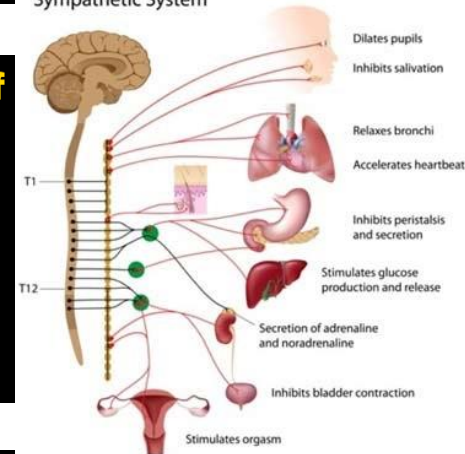
Mindfulness noticing inhalation

Meditation relaxing exhalation

This ease!

Mind's Antics of Perception, Emotion, Intention, Cognition, Recollection, & Imagination

Sympathetic System

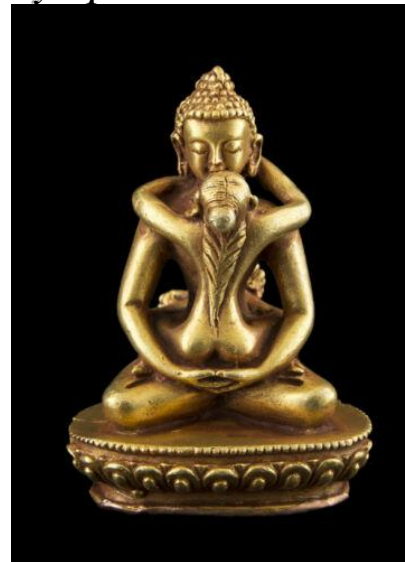
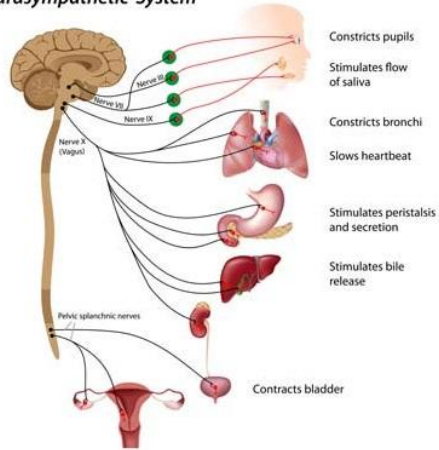


Fleetingly LESS tantalizing, LESS permanent, & LESS defining

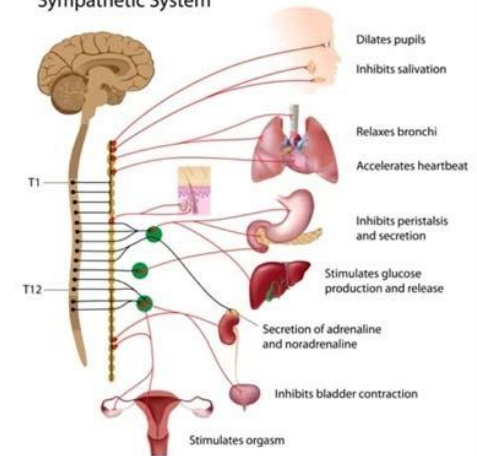
Very Easy Evening Meditation

Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

Parasympathetic System



Sympathetic System



gut inhalation

nose exhalation

Noticing
relaxing

Very Easy Evening Meditation

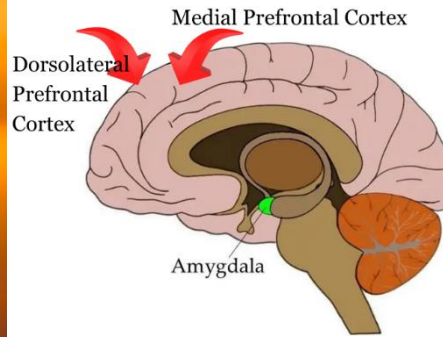
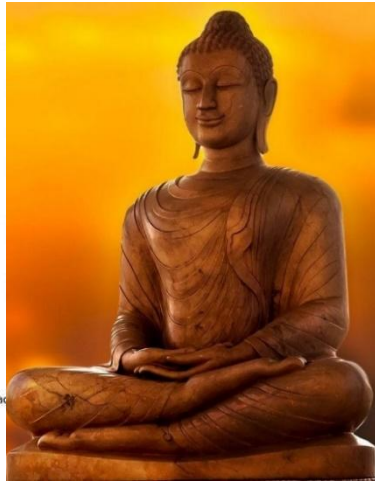
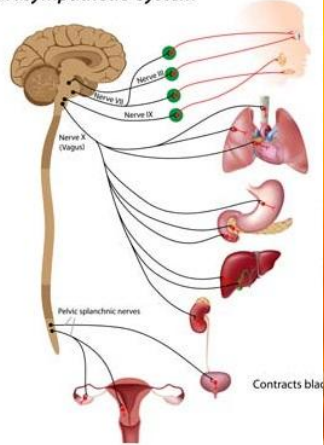
*Upon the tip of our **left middle** finger, we could rest the great knuckle at the base of our **right middle** finger palms up, in our lap.*



Very Easy Evening Meditation

Ati-yoga's (Trekchö's or Sutra-mahamudra's) Mindfulness and Meditation

Parasympathetic System

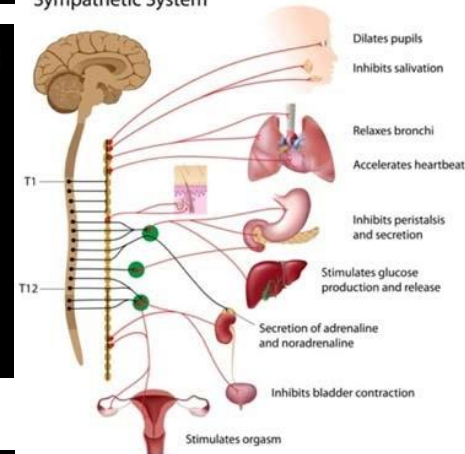


Notice
 -Vulnerably,
 -Passively,
 -Viscerally,
 -Randomly, and
 -Fleetingly

All Manner of Phenomena:
 External to Internal,
 Physical to Mental,
 Pleasurable to Painful,
 Interesting to Boring,
 Glorious to Grotesque

This
ease!

Sympathetic System



Mindfulness noticing inhalation

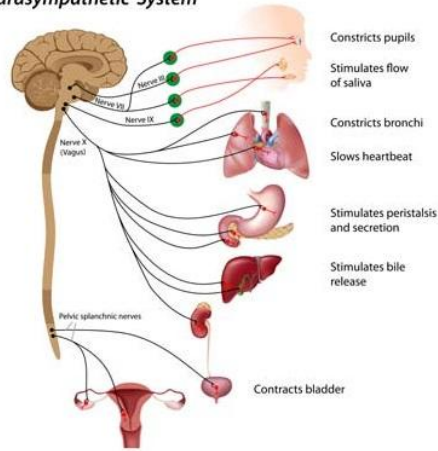
Meditation relaxing exhalation

Fleetingly LESS tantalizing, LESS permanent, & LESS defining

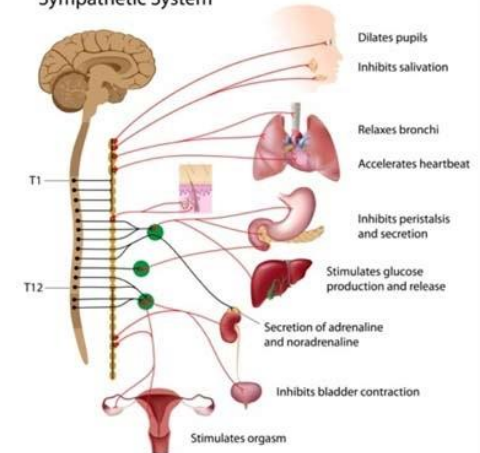
Very Easy Evening Meditation

Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

Parasympathetic System



Sympathetic System



gut inhalation **Noticing**
nose exhalation **relaxing**

Very Easy Evening Meditation

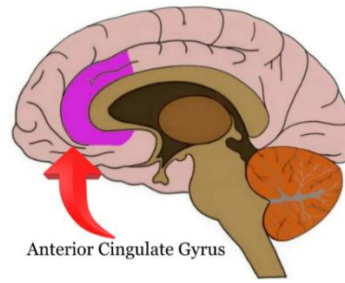
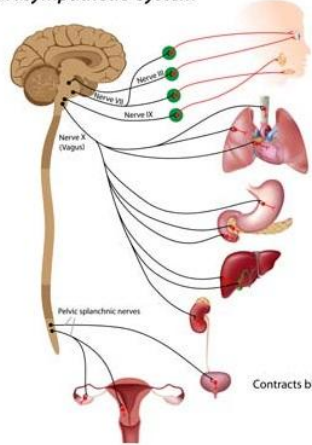
*Upon the tips of **each** of our **left** fingers,
we could rest the great knuckles
at the base of **each** of our **right** fingers
palms up, in our lap.*



Very Easy Evening Meditation

Ati-yoga's (Trekchö's or Sutra-mahamudra's) Mindfulness and Meditation

Parasympathetic System



Notice

- Vulnerably,
- Passively,
- Viscerally,
- Randomly, and
- Fleetingly

Dualities such as:

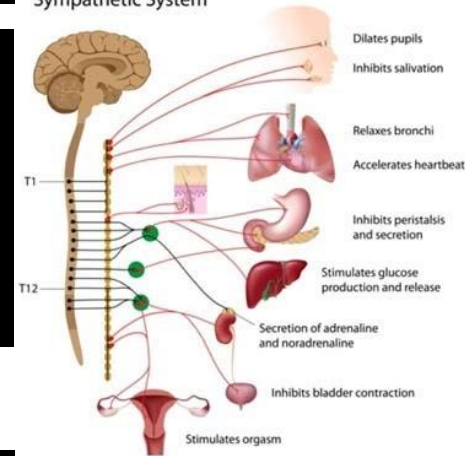
- Lack and Boon,
- Pain and Bliss,
- Scorn and Praise,
- Shame and Fame

Mindfulness noticing inhalation

Meditation relaxing exhalation

This ease!

Sympathetic System

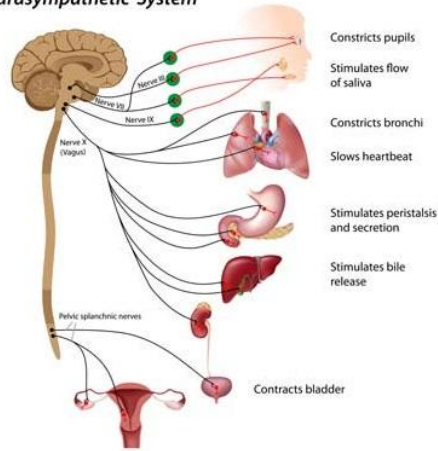


Fleetingly LESS tantalizing, LESS permanent, & LESS defining

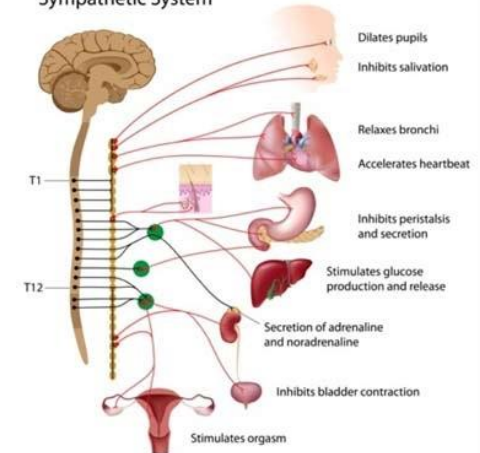
Very Easy Evening Meditation

Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

Parasympathetic System



Sympathetic System



gut inhalation **Noticing**
nose exhalation **relaxing**

Very Easy Evening Meditation

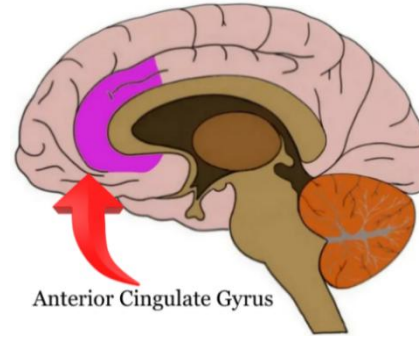
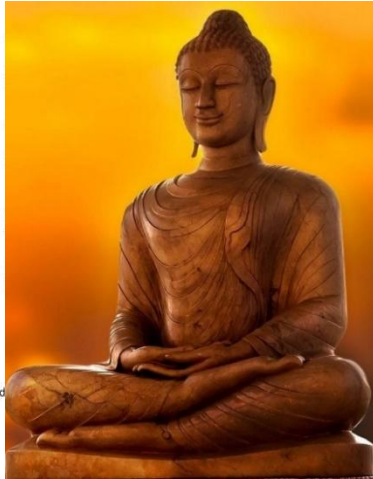
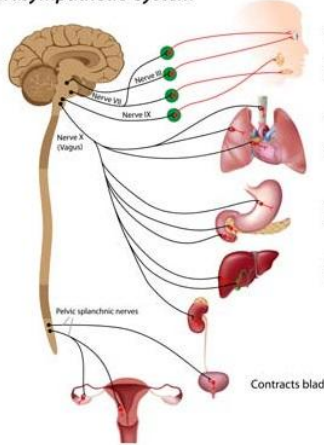
*Upon the tip of our **left index** finger, we could rest the great knuckle at the base of our **right index** finger palms up, in our lap.*



Very Easy Evening Meditation

Ati-yoga's (Trekchö's or Sutra-mahamudra's) Mindfulness and Meditation

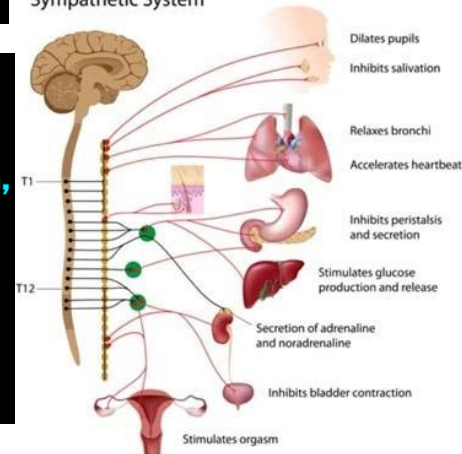
Parasympathetic System



Notice
 -Vulnerably,
 -Passively,
 -Viscerally,
 -Randomly, and
 -Fleetingly

When the Antidote of Letting-go is Applied:
HATE becomes mirror-like wisdom,
GREED becomes discerning wisdom,
CONFUSION becomes all-pervading wisdom,
JEALOUSY becomes all-accomplishing wisdom, and
PRIDE becomes equalizing wisdom

Sympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation

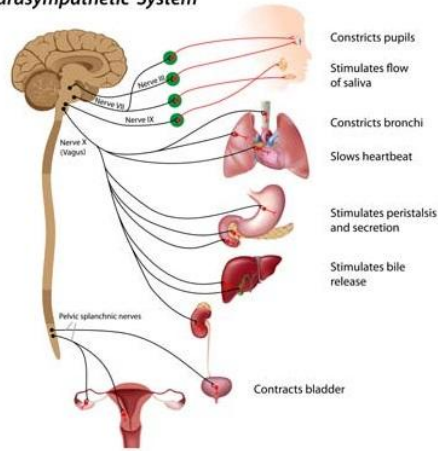
This ease

Fleetingly LESS tantalizing, LESS permanent, & LESS defining

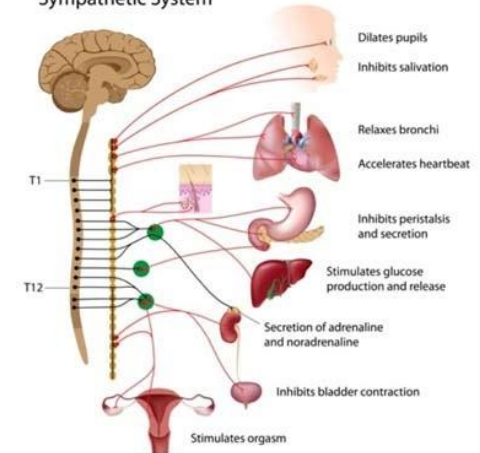
Very Easy Evening Meditation

Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

Parasympathetic System



Sympathetic System



gut inhalation **Noticing**
nose exhalation **relaxing**

Very Easy Evening Meditation



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

Very Easy Evening Meditation

Appendix

Very Easy Evening Meditation

Doing so could gently invite our real or imagined, subtle energies, to automatically coalesce in the **Bladder** region of our lower abdomen.



Very Easy Evening Meditation

*Doing so could gently invite
our real or imagined, subtle energies,
to automatically coalesce at
the **Navel** region of our mid-abdomen.*



Very Easy Evening Meditation

*Doing so could gently invite
our real or imagined, subtle energies,
to automatically coalesce
at the **Heart** region of our chest.*



Very Easy Evening Meditation

*Upon the tips of **each** of our **left** fingers,
we could rest the great knuckles
at the base of **each** of our **right** fingers
palms up, in our lap.*



Very Easy Evening Meditation

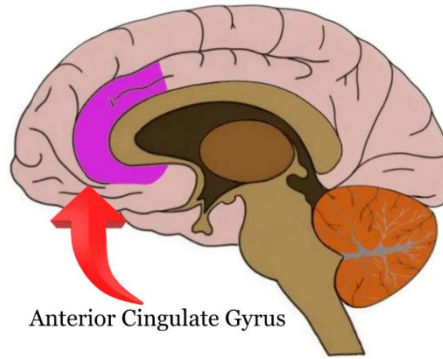
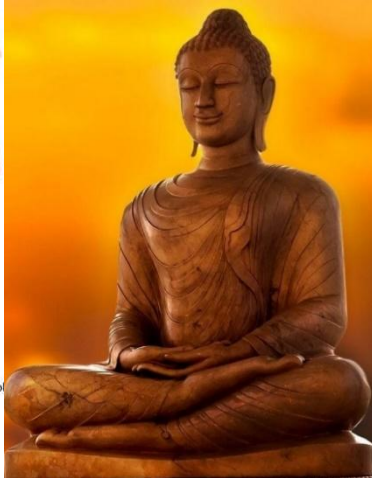
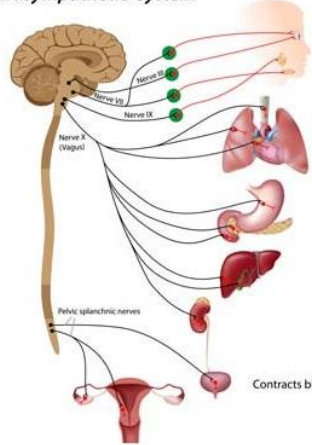
*Doing so could gently invite
our real or imagined, subtle energies,
to automatically coalesce
at the **Throat** region of our neck.*



Very Easy Evening Meditation

Ati-yoga's (Trekchö's or Sutra-mahamudra's) Mindfulness and Meditation

Parasympathetic System



Notice
 -Vulnerably,
 -Passively,
 -Viscerally,
 -Randomly, and
 -Fleetingly

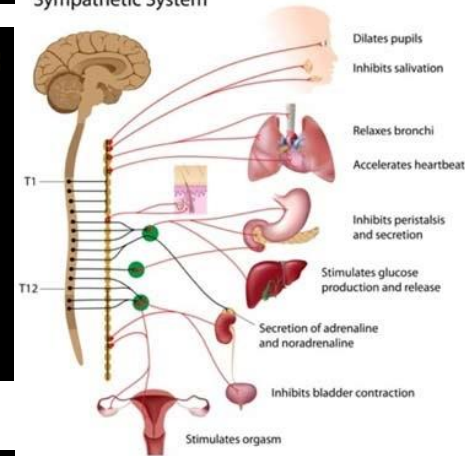
Mindfulness noticing inhalation

Meditation relaxing exhalation

This ease!

All Manner of Phenomena:
 External to Internal,
 Physical to Mental,
 Pleasurable to Painful,
 Interesting to Boring,
 Glorious to Grotesque

Sympathetic System



Fleetingly LESS tantalizing, LESS permanent, & LESS defining

Very Easy Evening Meditation
mindfulness and meditation



inhalation

Gut notice

exhalation

Nose relax

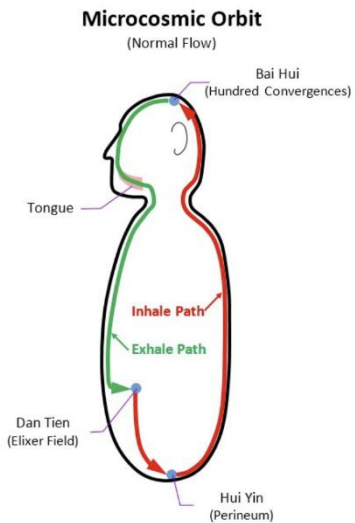
Very Easy Evening Meditation

*Doing so could gently invite
our real or imagined, subtle energies,
to automatically coalesce
at the **Crown** region of our head.*



Very Easy Evening Meditation

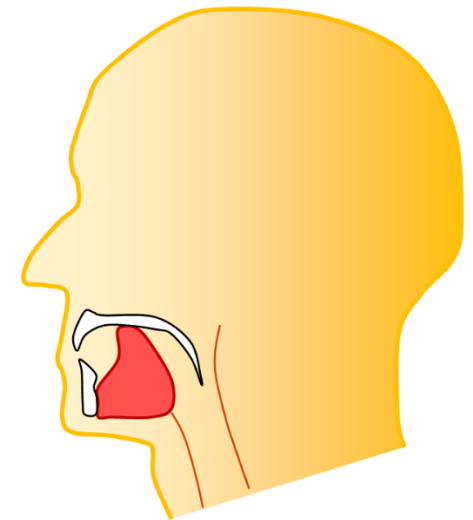
Seven-point Posture of Vairochana as demonstrated by the Statue at Kamakura, Japan



inhalation

exhalation

Gut notice
Nose relax



Very Easy Evening Meditation