

“The Total Space of Vajra Sattva” – composed by Garab Dorje

# The Total Space of Vajra Sattva

*composed by Prahe Vajra (Garab Dorje)*

*Translated into Italian by Chögyal Namkhai Norbu,*

*translated into English by Adriano Clemente*

*adapted and amplified by Lama Jigme Gyatso*

*23apr24a*



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“The Total Space of Vajra Sattva” – composed by Garab Dorje

# Í pay homage to the Bha-ga-van glorious Vaj-ra Sát-tva!

Lama Jigme’s NOTES:

What is meant by the divine nature  
of the archetype of indestructible mind?

The circumstantial is seen yet NOT graspable,  
the physical is sensual yet NOT graspable,  
the interpersonal is resounding yet NOT graspable, and  
the mental is lucid yet NOT graspable.

*I. On the Dhar-ma-ta*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*1<sup>st</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
Buddha Nature



The total space of Vaj-ra Sat-tva  
is the ever-good,  
án immense ultimate dimension  
of phenoména.

“The Total Space of Vajra Sattva” – composed by Garab Dorje



Béing the pure, total path  
that liberátes ALL  
ít does NOT arise or cease;  
it does NOT think of anýthing.

—^—

Lama Jigme's NOTES:

The wisdom of letting go  
is the one path that liberates ALL,  
and yet it is neither graspable (*itself*)

nor is it a sentient entity  
requiring either faith nor worship.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*2<sup>nd</sup> of 55 verses*

**The Total Space of Vajra Sattva** (or *Dor-je Sem-pa Nam-kha Che*) composed by **Prahe Vajra** (or Garab Dorje)  
*Love: Spontaneous and Uncontrived*

**Béing love,  
and thus thoroughly accomplished,  
it does NOT practice great compásson.**

“The Total Space of Vajra Sattva” – composed by Garab Dorje

**Béing great,  
the profound qualities of greatness  
need NOT bé praised.      \_^\_**

Lama Jigme’s NOTES:

The correct and consistent practice  
of mindfulness and meditation  
unleashes the highest love:  
spontaneous and uncontrived.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*3<sup>rd</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by **Prahe Vajra** (or Garab Dorje)  
*Spontaneous Wisdom of Letting-go*

# Phénomena do NOT move the authentic condítion,

Lama Jigme’s NOTES:

Regardless of what phenomena manifest  
physically relaxing into exhalation  
always makes mental release possible.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

since self-originated wisdom  
is beyond searching,  
in liberating itself  
it also shows the path of liberation.



Lama Jigme's NOTES:

As we master the Ati-yoga  
of noticing and releasing  
students are drawn to our example  
like moths to a porch light.



“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Dhar-ma-ta*

*II. On How it Exists by Nature*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*4<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*Independent Enlightenment*

The great elements are the Bha-ga-van  
that exists by nature in **ÁLL** beings.

Lama Jigme’s NOTES:

What is the, so called, divine nature  
of all elements?

Our **CROWN**’s experience of air is spacious yet NOT graspable,  
our **womb**’s experience of wind is dynamic yet NOT graspable,

our **throat**’s experience of fire is warm yet NOT graspable,  
our **navel**’s experience of earth is solid yet NOT graspable, and  
our **heart**’s experience of water is wet yet NOT graspable.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Hówever wrongly it may be conceived,  
**liberation** originates from oneself  
and NOT élsewhere.     \_Λ\_

Lama Jigme’s NOTES:

The consummate renegade, Prahe Vajra infers  
that the oppressive master student relationship  
prescribed by Patriarchy  
is redundant and NOT required.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Dhar-ma-ta*

*II. On How it Exists by Nature*

*III. On How it Exists by Nature as Greatness*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*5<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*The Folly of Guru Devotion*

The wisdom of greatness  
is difficult to find;  
it is realized  
through Praj-na and Méthod.

Lama Jigme Gyatso's NOTES:

*The greatness of Ati-yoga flows*

*from the method of NOTICING: vulnerably, passively, viscerally, and randomly  
during each inhalation*

*and the Praj-na accessed during each exhalation*

*by the mental release that seems to surf upon the carrier wave of physical relaxation.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Thóugh it could be said  
to depend on something else,  
real **bliss** originates from óneself.

—^—

*Lama Jigme Gyatso's NOTES:*

*Again our favorite feminist reminds us  
that our bliss is not dependent  
upon guru or ritual.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Dhar-ma-ta*

*II. On How it Exists by Nature*

*III. On How it Exists by Nature as Greatness*

*IV. On How it is Beyond Searching*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*6<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*The Miraculous Flows from Within*

**The great miracle is NOT difficult.  
ALL qualities and capabilities,**

*Lama Jigme Gyatso's NOTES:*

*Whether we recognize the benefits  
of the mundane's (pacification, increase, control, or wrathful actions)  
or the supra-mundane's full enlightenment  
the miraculous is (at one time or another) craved by all.*

*Perhaps the greatest miracle  
is all one's choices, utterances, and deeds  
effortlessly and automatically flowing  
from love's centered spontaneity.*



“The Total Space of Vajra Sattva” – composed by Garab Dorje

through subtle understanding  
of the authentic condition,  
immediately arise from oneself.



*Lama Jigme Gyatso's NOTES:*

*Inhalation's awareness  
(vulnerable, passive, visceral, and random)*

*is the root of authenticity  
the key to recognizing both the causes of pain  
as well as the causes of pleasure.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*7<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*Authentic Meditation*

**Méditation is relaxing  
without séeking**

**ín the Dhar-ma-ta 's** (*mastery of awareness and letting-go*)  
**that does NOT appear visíibly.**

*Lama Jigme Gyatso's NOTES:*

*Here, in the seventh quatrain  
we learn that meditation is comprised  
of physical relaxation  
and mental release.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Íf one (*actively*) searches  
(*either*) for (*the*) *Dhar-ma-ta*  
*or* for something **ín** it

thé natural condition  
will never manífest.



*Lama Jigme Gyatso's NOTES:*

*Without vulnerability, passivity, and spontaneity  
passive awareness is NOT passive awareness  
BUT instead degenerates into active concentration:  
the antidote to happiness and good fortune.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Dhar-ma-ta*

*II. On How it Exists by Nature*

*III. On How it Exists by Nature as Greatness*

*IV. On How it is Beyond Searching*

*V. On How it is Ineffable (or Inexpressible)*


“The Total Space of Vajra Sattva” – composed by Garab Dorje

*8<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*No Substitute for Experience*

This supremely secret reality  
cannot be heard  
through the sense of hearing.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Likewise it cannot be expressed  
by the tongue,  
NOT even in the slightest. 

*Lama Jigme Gyatso's NOTES:*

*The Dhar-ma-ta or mastery of awareness and letting-go  
is not hidden by the fearful or petty  
but by the cloying ineptitude of yang's hard patriarchal tendencies  
to be: rigid, fearful, controlling, elitist, cryptic, competitive, and cruel.*

*Ironically it is only revealed by yin's soft matriarchal tendencies  
of being: flexible, loving, laid-back, egalitarian, lucid, cooperative, and kind.*

*The benefits of so mastering mindfulness and meditation  
that we practice it: spontaneously, habitually, easily, and effectively;  
are as indescribable as the taste of a persimmon  
or the scent of an orange.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

# Tuesday

morning..... pg. 39

9<sup>th</sup> verse..... pg. 41

10<sup>th</sup> verse..... pg. 43

11<sup>th</sup> verse..... pg. 45

12<sup>th</sup> verse..... pg. 47



The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

composed by Garab Dorje (*or Prahe Vajra*) *edited by Chögyal Namkhai Norbu,*

*translated by Adriano Clemente and adapted as well as amplified by Lama Jigme Gyatso*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of the Ultimate Dimension*

VI. *On How Beings are Not Subject to (spooky) Karma*



“The Total Space of Vajra Sattva” – composed by Garab Dorje

*9<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*The Non-duality of Suffering*

Thé suffering of beings  
is the Bo-dhi-chit-ta  
(*or mindset of enlighténment*)

thát fully manifests  
while pervadíng ALL.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Without ever being moved,  
it abides equally  
just as the reaches of space.



*Lama Jigme Gyatso's NOTES:*

*How ironic is it  
that the very act of coping with suffering  
through the two truths of noticing and releasing  
causes us to master the mindset of enlightenment.*

*Nick-named “nothing special,”  
this enlightened mindset  
is available for all beings  
with a rudimentary nervous system.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*10<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*The Illusion of Karma*

That which is  
the equality of ALL distinctions  
is conceived by saying  
*“It is Káarma!”*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Wére it really  
under the power of Kárma,  
Sélf-originated wisdom  
would NOT éxist.     \_^\_

*Lama Jigme Gyatso's NOTES:*

*We indulge our controlling tendencies  
as we seek our cause of stress  
that it we might remedy.*

*These controlling tendencies  
are the common denominator  
of that which exacerbates stress.*

*There is no purification  
like the relaxation and release of meditation.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*11<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*Birthlessness*

The cause is the Vaj-ra,  
as are the secondary conditions.  
Never having been born,  
it can NOT be destroyed.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Since it is the Bodhi-essence  
that exists from the beginning,  
the ultimate dimension is NOT moved  
by the effort of thought.     \_Λ\_

*Lama Jigme Gyatso's NOTES:*

*The functions of our autonomic nervous system  
that support mindfulness and meditation  
are effortless and automatic  
and NOT the fruit of our controlling tendencies.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of the Ultimate Dimension*

VI. *On How Beings are Not Subject to (spooky) Karma*

VII. *On How it is Free from Mental Effort*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*12<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*Freedom from Labeling, Suppression, and Control*

Méditative stability  
of supreme quality,  
being real meditative stability  
is beyond (*the tyranny of*) thought.



“The Total Space of Vajra Sattva” – composed by Garab Dorje

Without applying thought or purifying  
in accordance with nature,  
from thought itself  
wisdom springs forth.



*Lama Jigme Gyatso's NOTES:*

*Although meditation effortlessly and spontaneously  
relaxes and releases  
the thoughts noticed during mindfulness*

*those self-same thoughts  
are the grist for its mill  
and therefore support the process.*

*Thoughts are therefore NOT the problem,  
rather it is contrivance and controlling tendencies  
that are the culprit.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

# Tuesday

evening..... pg. 50

13<sup>th</sup> verse..... pg. 51

14<sup>th</sup> verse..... pg. 53

15<sup>th</sup> verse..... pg. 56

16<sup>th</sup> verse..... pg. 59



The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

composed by Garab Dorje (*or Prahe Vajra*) *edited by Chögyal Namkhai Norbu,*

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“The Total Space of Vajra Sattva” – composed by Garab Dorje

*13<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*The Folly of Mind Blanking*

Coining the expression  
“gate (*way*) to the s**ú**btle”  
théy seek the path  
by isolating thé mind,

“The Total Space of Vajra Sattva” – composed by Garab Dorje

máintaining isolation  
in a secludéd place:  
íf we examine well,  
this is conceptual meditátion.



Lama Jigme Gyatso's NOTES:

*Those who prize  
being: rigid, fearful, controlling, elitist, cryptic, competitive, and cruel  
teach the value of the meditator  
isolating themselves from society.*

*Some are malicious, most are just lazy-minded,  
but either way by forgetting that humans have evolved to be social  
they do far more harm than good.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*14<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by **Prahe Vajra** (or Garab Dorje)  
*DUALITY: the Analog of Ethics*

Théy coin the terms  
“*cause and éffect,*”  
BÚT both virtues and negativities  
dissolve complétely.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Théy say,  
“*We will get out of thís world,*”  
ÁND nurture supreme complacency  
in accepting and rejécting.    \_^\_

Lama Jigme Gyatso's NOTES:

*Just as impermanence  
makes of spooky karma a phantom*

*likewise renunciation  
drags us even deeper  
into the quagmire of Duality's  
desire and dread*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of the Ultimate Dimension*

*VI. On How Beings are Not Subject to (spooky) Karma*

*VII. On How it is Free from Mental Effort*

*VIII. On How it is NON-dual and Free from Defects*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*15<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*Even Dualistic Extremes are One in their Empty Nature*

Attachment and NON-attachment are  
the path of words,  
and something in the middle is the same,  
like an écho.

Lama Jigme Gyatso's NOTES:

*The extremes of dread and desire and all points in between  
sound resounding as we notice during our inhalation  
yet feel as NON-graspable as an echo as we relax during our exhalation.*



“The Total Space of Vajra Sattva” – composed by Garab Dorje



*“Háppiness and suffering  
have the sáme cause,”  
sáid Vaj-ra Sat-tva,  
lord óf beings.*       ^  

Lama Jigme Gyatso's NOTES:

*Though prized and shunned  
happiness and suffering  
are just emotions nothing more.  
Come, let us rest in NON-duality.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of the Ultimate Dimension*

*VI. On How Beings are Not Subject to (spooky) Karma*

*VII. On How it is Free from Mental Effort*

*VIII. On How it is NON-dual and Free from Defects*

*IX. On How Wisdom Arises from Oneself*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*16<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*Appearing yet Void*

Attachment, anger,  
and ignorance  
arise from the path  
of (*enlightenment's*) total Bó-dhi.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The five (*sense*) objects  
of enjoyment, too,  
are said to be the ornament  
of the Dhar-ma-da-ta dimension.



Lama Jigme Gyatso's NOTES:

*Although those who prize being  
rigid, fearful, controlling, elitist, cryptic, competitive and cruel  
forsake: desire, dread, and dullness  
as well as the delights of sight, sound, sensation, flavor, and scent;*

*those who treasure being  
flexible, loving, laid-back, egalitarian, lucid, cooperative, and kind  
recognize them as the fuel that turns the gears  
of the enlightenment machine.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

# Wednesday

morning..... pg. 61

17<sup>th</sup> verse..... pg. 62

18<sup>th</sup> verse..... pg. 65

19<sup>th</sup> verse..... pg. 67

20<sup>th</sup> verse..... pg. 69



The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

composed by Garab Dorje (*or Prahe Vajra*) edited by Chögyal Namkhai Norbu

*translated by Adriano Clemente and adapted as well as amplified by Lama Jigme Gyatso*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*17<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by **Prahe Vajra** (or Garab Dorje)  
*Clear yet Void – or – Radical Acceptance*

Spáce is beyond  
the arising óf thought,  
ánd thought itself  
is líke space.

Lama Jigme Gyatso's NOTES:

*SPACE: that which we use to describe both*

*1) the infinity of objects perceived during inhalation*

*2) and the non-graspability experienced during exhalation*

*cannot be controlled by mind.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Without attachment,  
from space dedication  
one’s great aim  
manifests as space.     $\_ \wedge \_$

Lama Jigme Gyatso’s NOTES:

*Ironically noticing our dreads and desires  
and then releasing them  
hastens the profoundly abundant manifestation  
of the protection and acquisition we crave.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of the Utterly Pure Ultimate Dimension*

X. *On the Way of Applying the Function of Energy*



“The Total Space of Vajra Sattva” – composed by Garab Dorje

*18<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*Balance comes not from contemplation but meditation*

Thought-free equality  
is the Dhar-ma-ka-ya  
(*mastery of awareness and letting-go*):

“The Total Space of Vajra Sattva” – composed by Garab Dorje

líke the moon’s reflection in water,  
it can NOT bé grasped.

Lama Jigme Gyatso’s NOTES:

*The freedom indorsed  
is NOT freedom from the literal presence of thoughts  
but rather from their figurative tyranny.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Throug<sup>h</sup> the energy manifestation  
of Sa-man-ta-bhá-dra  
thé A-li Ka-li (*or vowels and consonants*)  
are profoundly díisplayed.    \_Λ\_

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*19<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*Communication reveals our mind*

Through the **Ah**  
and the beautiful **Ta**,  
thé **Pa**  
and their emanated bránches

“The Total Space of Vajra Sattva” – composed by Garab Dorje

ín the sphere of experience  
of the whóle world  
thé profound  
Voice of the Buddha aríses.



Lama Jigme Gyatso's NOTES:

*Although there is a correlation  
between energy and sound,  
as we shall see in a later passage,*

*it is NOT an end-run-around  
the Buddha's path of being  
vulnerable, passive, visceral, and spontaneous.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*20<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*Seed mantras are NOT keys to unlock enlightenment's door*

Wonderful! This sphere of experience  
of the Buddhas  
is NOT a place  
to be found by searching,

Lama Jigme Gyatso's NOTES:

*This liberation is the fruit  
not of the effort of concentration  
but the ease of passively noticing and relaxing  
in harmony with our inhalation and exhalation.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Ánd like the phenomena  
of the six sénses,  
ít is (*also*) NOT an object  
(*we shoúld grasp áfter*):

“The Total Space of Vajra Sattva” – composed by Garab Dorje

thóse who search for it  
are like the blind  
reaching for thé sky.



Lama Jigme Gyatso's NOTES:

*This is a double figure of speech exploring:*

- 1) *the impossibility of the blind seeing the sky as well as*
- 2) *the impossibility of anyone successfully grasping a handful of sky.*

*Thus exemplifying the ludicrousness  
of indulging our controlling tendencies.*



“The Total Space of Vajra Sattva” – composed by Garab Dorje

# Wednesday

evening..... pg. 73

21<sup>st</sup> verse..... pg. 74

22<sup>nd</sup> verse..... pg. 77

23<sup>rd</sup> verse..... pg. 79

24<sup>th</sup> verse..... pg. 81



The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

composed by Garab Dorje (*or Prahe Vajra*) edited by Chögyal Namkhai Norbu

*translated by Adriano Clemente and adapted as well as amplified by Lama Jigme Gyatso*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*21<sup>st</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by **Prahe Vajra** (or Garab Dorje)  
*The Folly of the Gradual Path*

**Thé** (*gradual*) path of purity  
that leads higher and higher  
**dóes NOT** correspond  
to the Nature behind **áction**.

Lama Jigme Gyatso's NOTES:

*The so-called Gradual Path is in conflict with fact  
that all healthy, vertebrate lifeforms already have  
the neurological equipment to master mindfulness, meditation, and empathy.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Were there really a path to tread,  
just like the bounds of the sky,  
one would never arrive.     \_Λ\_

Lama Jigme Gyatso's NOTES:

*Upon the so-called gradual path  
there is no end in sight  
as with the illusion of the infinite azure sky  
on a bright and beautiful cloudless day.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of the Utterly Pure Ultimate Dimension*

*X. On the Way of Applying the Function of Energy*

*XI. On How it is Perfectly Complete*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*22<sup>nd</sup> of 55 verses*

**The Total Space of Vajra Sattva** (or *Dor-je Sem-pa Nam-kha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*What if meditation were less a path and more a destination?*

**The authentic condition being thus,  
by being shown as it is,  
it is attained.**

*Lama Jigme Gyatso's NOTES:*

*Already born with: sympathetic and parasympathetic nervous systems  
one needs only to be shown that passive noticing correlates with inhalation  
that relaxing release correlates with exhalation,*

*and that their fruit is LOVE: spontaneous and contrived  
to relax into the mastery that is our birthright.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Ás it is the very essence,  
its manifestation arises from it:  
(*oh how*) marvéulous!     \_^\_

Lama Jigme Gyatso's NOTES:

*Despite the complexity and contrivances  
of the three pound super computer between our ears  
we can step out of our own way  
and into the enlightenment that is our birthright.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*23<sup>rd</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by **Prahe Vajra** (or Garab Dorje)  
*Ati-yoga: NOT only for the Elite BUT for ALL*

Time past and time present  
are the authentic condition  
that is *complete* in its **ó**wn place.

Lama Jigme Gyatso's NOTES:

*Neither memories nor perceptions  
are inferior nor superior to each other  
they both serve as objects  
of awareness and release.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Líkewise, its path is the same,  
this is its very náture.    \_^\_

Lama Jigme Gyatso's NOTES:

*Whether it is: sights, sounds, sensations, flavors, scents,  
emotions, intentions, cognitions, recollections, or imaginings  
are perceived and released  
the process is the same.*



“The Total Space of Vajra Sattva” – composed by Garab Dorje

*24<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*NON-duality Renders Contrivance and Analysis Obsolete*

The universal path  
that is the same ás that  
ís like the moon  
and the basis of its refléction.

Lama Jigme Gyatso's NOTES:

*Just as one full moon  
is reflected in a hundred thousand puddles  
likewise there is NO need for elitism  
enlightenment is available for ALL.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

As it is  
the absolute equality of ALL,  
it is NOT realized  
with a limited view.



Lama Jigme Gyatso's NOTES:

*Just as one's peripheral vision is compromised  
when gazing at the milky way through a narrow pipe,  
likewise our fearful and rigid preconceptions  
undermine the perception of our enlightened potential.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

# Thursday

morning..... pg. 83

25<sup>th</sup> verse..... pg. 85

26<sup>th</sup> verse..... pg. 88

27<sup>th</sup> verse..... pg. 92

28<sup>th</sup> verse..... pg. 94



The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

composed by Garab Dorje (*or Prahe Vajra*) edited by Chögyal Namkhai Norbu

*translated by Adriano Clemente and adapted as well as amplified by Lama Jigme Gyatso*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of the Utterly Pure Ultimate Dimension*

*X. On the Way of Applying the Function of Energy*

*XI. On How it is Perfectly Complete*

*XII. On How it is Free from Attachment*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*25<sup>th</sup> of 55 verses*

**The Total Space of Vajra Sattva** (or *Dor-je Sem-pa Nam-kha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*Let us Shed our Fearful and Controlling Tendencies as a Butterfly does its Chrysalis*

**Présent bliss and later bliss  
are what is directly experienced  
and what ensues fróm it.**

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Since they imply  
the defect of an aspect,  
one should NOT rely ón them.



Lama Jigme Gyatso's NOTES:

*Although the practice of mindfulness and meditation  
can be pleasurable,  
and they induce even more pleasure in the future,*

*BOTH bliss and pain are just sensations  
and in there non-duality  
render bliss seeking an absurdity.*

*Instead we notice and release  
that our choices, utterances, and deeds  
might better flow from centered spontaneity  
that we might effortlessly do great good for all beings.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of the Utterly Pure Ultimate Dimension*

*X. On the Way of Applying the Function of Energy*

*XI. On How it is Perfectly Complete*

*XII. On How it is Free from Attachment*

*XIII. On the Essence of Primordial Greatness*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*26<sup>th</sup> of 55 verses*

**The Total Space of Vajra Sattva** (or *Dor-je Sem-pa Nam-kha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*Emptiness is the Universal Common Denominator Unifying and Healing All*

The three times are one,  
without distinction.  
Without past or future,  
it exists from the beginning.

*Lama Jigme Gyatso's NOTES:*

*PAST time, PRESENT time, and FUTURE time  
are all just time.  
In the ease of NON-duality, time is just time.*



“The Total Space of Vajra Sattva” – composed by Garab Dorje

**Sínce ALL,**  
**pervaded by the Dhar-ma-ká-ya**  
*(thát is the mastery of awareness and release),*  
**is thé same,**

“The Total Space of Vajra Sattva” – composed by Garab Dorje

It abides in nature's  
total greatness.



Lama Jigme Gyatso's NOTES:

*The greatest sights, sounds, sensations, flavors, scents,  
emotions, intentions, cognitions, recollections, and imaginings  
are the ones we perceive  
through the ease of NON-duality.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of the Utterly Pure Ultimate Dimension*

*X. On the Way of Applying the Function of Energy*

*XI. On How it is Perfectly Complete*

*XII. On How it is Free from Attachment*

*XIII. On the Essence of Primordial Greatness*

*XIV. On how it is Always Free from Aspirations*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*27<sup>th</sup> of 55 verses*

**The Total Space of Vajra Sattva** (or *Dor-je Sem-pa Nam-kha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*ALL Phenomena's Interdependence and NON-graspability are Revealed by Inhalation and Exhalation, Respectively*

Fínding oneself  
in the three realms of exístence,  
ÁLL is just  
a name and a magical illúсион.

*Lama Jigme Gyatso's NOTES:*

*As we physically relax and mentally release during our exhalation  
whatever desire realms, form realms, or formless realms we perceived during our previous inhalation  
could feel as NON-graspable as if they were nothing but fancy labels  
adhered to magical illusions.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Éven the great status  
of a Chak-ra-var-tin (*universál king*),  
béing a magical illusion,  
is an abode to purify.     \_Λ\_

Lama Jigme Gyatso's NOTES:

*As we relax into our exhalation  
whatever we perceived during our previous inhalation  
(be it scarcity and impotence or even the power and wealth of a universal monarch)  
are as NON-graspable as a treasure found in last night's dream.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*28<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by **Prahe Vajra** (or Garab Dorje)  
*The Peril of Pseudo-intellectual Analysis*

Fór those whose attitude  
depends on time  
it does NOT manifest ín time.

Lama Jigme Gyatso's NOTES:

*There are practitioners of Freudian psychiatry  
who insist that only rational emotions are to be respected.  
Similarly there are would-be contemplatives  
who insist that only this moment is important.*

*All memories, perceptions, and fantasies are relevant  
and inform our centered spontaneity  
after being processed through awareness and release.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

If one practices with an aspiration,  
without being free,

the saying  
on the characteristic of emptiness  
applies.



*Lama Jigme Gyatso's NOTES:*

*When our only goal is the practice  
EVERYTHING else takes care of itself,  
in the most wonderful way.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

# Thursday

evening..... pg. 96

29<sup>th</sup> verse..... pg. 98

30<sup>th</sup> verse..... pg. 100

31<sup>st</sup> verse..... pg. 103

32<sup>nd</sup> verse.....pg. 107



The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

composed by Garab Dorje (*or Prahe Vajra*) edited by Chögyal Namkhai Norbu

*translated by Adriano Clemente and adapted as well as amplified by Lama Jigme Gyatso*



“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of the Utterly Pure Ultimate Dimension*

*X. On the Way of Applying the Function of Energy*

*XI. On How it is Perfectly Complete*

*XII. On How it is Free from Attachment*

*XIII. On the Essence of Primordial Greatness*

*XIV. On how it is Always Free from Aspirations*

*XV. On the Revelation of the Teaching*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*29<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*The Path of the Yogi*

It is one,  
totally beyond an aspect.  
The yogi dwells in the pathways  
of birds in the sky.

Lama Jigme Gyatso's NOTES:

*The freedom accessed through the ease of NON-duality  
defies description  
as does love's path  
of centered spontaneity.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Ín the essence  
that never occurred  
and never origináted

whére are ALL phenomena  
supposed to éxist?     \_^\_

*Lama Jigme Gyatso's NOTES:*

*Birthlessness and emptiness  
cloy the mind when taken literally  
but comfort completely as metaphors.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*30<sup>th</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*The Folly of Names and Labels*

Óuter and inner are both:  
the outer is the íinner.

Thé profound  
is NOT an object of understanding,  
NOT even a part óf it.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Lama Jigme Gyatso's NOTES:

*All the dualities that are perceived as we inhale  
are reconciled in the figurative NON-graspability  
that is accessed as we physically relax and mentally release.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Éxistence is only a name,  
the power of mistaken exístence;  
thús one remains separate  
from the equality of *meditátion*.



Lama Jigme Gyatso's NOTES:

*All our perceptions  
are seen though the lens of our preconceptions  
and thus distorted.*

*Fortunately this confusion is transcended  
through awareness and release.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*31<sup>st</sup> of 55 verses*

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)  
*The Folly of Vows*

Ín it the outer and inner Sa-ma-yas  
(or commitments to rely upon our teacher’s  
example, instructions, and students)

“The Total Space of Vajra Sattva” – composed by Garab Dorje

**á**bide in the nature of the aggregates

*(of form, feeling, appraisal, impulse, and awáreness)*

**á**nd sense bases

*(of seeing, hearing, feeling, tasting, smelling,*

*emoting, intending, cognizing, recalling, and imagíning).*



“The Total Space of Vajra Sattva” – composed by Garab Dorje

Since in the three times  
no one is ever separate from it,  
there is NO need  
to ever use the word “*Sa-má-ya.*”

Lama Jigme Gyatso's NOTES:

*Because our commitments, aggregates, and minds  
are one in their empty nature  
even the utterance of the word “vow” is redundant.*

*Simply cultivate love's centered spontaneity  
through the easy practice of awareness and release  
and everything else could take care of itself.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Total Wisdom*

XVI. *On Absolute Equality*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*32<sup>nd</sup> of 55 verses*

**The Total Space of Vajra Sattva** (or *Dor-je Sem-pa Nam-kha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)

*Inner or outer, Physical or mental, Pleasurable or painful, Interesting or boring, Glorious or grotesque, Every Object of Perception is Key to Unlocking Wisdom*

Ímmoveable,  
it is the symbol of the Body.  
Unshakable, it is wísdom.

*Lama Jigme Gyatso's NOTES:*

*NON-graspability is the symbol  
of the mastery of awareness and letting-go.  
NON-graspability is as stable and reliable  
as our every exhalation.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

**NÓT** taking hold of anything,  
it has **NÓ** self.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

**NÓT** rejecting anything,  
it has the equality  
that transcénds words.



Lama Jigme Gyatso's NOTES:

*NON-graspability lets go of everything  
including the illusion of a self.*

*NON-graspability applies to everything  
and is therefore the great equalizer.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

# Friday

morning..... pg. 110

33<sup>rd</sup> verse..... pg. 111

34<sup>th</sup> verse..... pg. 114

35<sup>th</sup> verse..... pg. 116

36<sup>th</sup> verse..... pg. 118



The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

composed by Garab Dorje (*or Prahe Vajra*) edited by Chögyal Namkhai Norbu

*translated by Adriano Clemente and adapted as well as amplified by Lama Jigme Gyatso*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*33<sup>rd</sup> of 55 verses*

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by Prahe Vajra (or Garab Dorje)  
*The Folly of Duality*

**Nó**twithstanding  
what, whose, **á**nd where  
**Á**LL that one uses and enjoys  
arises from **ó**neself.

*Lama Jigme Gyatso's NOTES:*

*Is it we who manifest our world  
with all its blessings and curses?  
If so, do we do this literally or figuratively?*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Hére, of “*Males and Females*”  
the king of equality  
has never spóken.      \_^\_

Lama Jigme Gyatso's NOTES:

*The distinctions we cling to  
with white-knuckle intensity  
are of no consequence  
to those who see with eyes of wisdom*

*Are we our own jailers  
who build our prison cells  
from our controlling tendencies  
and their trivial distinctions?*



“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Total Wisdom*

*XVI. On Absolute Equality*

*XVII. On How it Transcends Attachment to the Bliss of the Great Siddhi*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*34<sup>th</sup> of 55 verses*

**The Spaciousness of Vajra Sattva** (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*The Folly of Mantra meditation, Completion stage, Anu-yoga, Bindu mahamudra, and Thikle*

Hére there is NO mention  
of something to accómplish  
bý means  
of resolute, forceful cónduct;

*Lama Jigme Gyatso's NOTES:*

*Abandoning our rigidity and controlling tendencies  
like so much night soil  
The Mahasandhi Yogi lives  
spontaneous, carefree, and at ease.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

bút it is deemed  
that, possessing the **A** and the **Pa**,  
the bliss of magical illusion aríses.

—^—

Lama Jigme Gyatso's NOTES:

*As foreshadowed earlier in this text  
we have returned to the potency of vowels and consonants  
the syllables that may very well lure us into contrivance  
with the promise of bliss.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*35<sup>th</sup> of 55 verses*

**The Spaciousness of Vajra Sattva** (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*The Folly of Mantra meditation, Completion stage, Anu-yoga, Bindu mahamudra, and Thikle*

Since nature cannot be defined  
in one single way,  
it appears according  
to how one looks at it.

Lama Jigme Gyatso's NOTES:

*In the swirling maelstrom of  
the circumstantial, the physical, the interpersonal, and the mental  
our perspective, comprehension, and sensory acuity are ever changing;  
rendering the rigid grasp upon our assessments utter folly.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Éven the bliss from the effort  
and wish for its manifestation  
is a great hindrance and défaut.



Lama Jigme Gyatso's NOTES:

*The quest  
for the blue bird of happiness  
often ends with guano  
dropped upon the seeker's head.*

*Like a cat hiding under the couch  
who is coaxed out by the sound of a can opener  
and the promise of tuna.*

*rather than chase happiness  
let us simply make the path our goal.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*36<sup>th</sup> of 55 verses*

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by Prahe Vajra (or Garab Dorje)  
*The Folly of Generation stage, Creation stage, Maha yoga, Tantra mahamudra, and Tokal,*

Ín ALL the secondary methods  
for Bo-dhi (*enlighténment*)

óne meditates on (*the*) attributes  
(*of a tantric archetype*)  
*like* the moon’s reflection on wáter.

Lama Jigme Gyatso’s NOTES:

“The Total Space of Vajra Sattva” – composed by Garab Dorje

**BÚT** even if something untainted  
and unattached **résults**,

**súch** meditation  
is like the sphere of experience  
of an ordinary **pérson**.



*Lama Jigme Gyatso's NOTES:*

*The Mahasandhi Yogi: Prahe Vajra's radical teaching  
is that Ati yoga's awareness and release  
is superior to Maha yoga's ritual, visualization, and mantra;  
and yet most who claim to be his followers still practice it.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

# Friday

evening..... pg. 120

37<sup>th</sup> verse..... pg. 121

38<sup>th</sup> verse..... pg. 123

39<sup>th</sup> verse..... pg. 125

40<sup>th</sup> verse..... pg. 128



The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

composed by Garab Dorje (*or Prahe Vajra*) edited by Chögyal Namkhai Norbu

*translated by Adriano Clemente and adapted as well as amplified by Lama Jigme Gyatso*



“The Total Space of Vajra Sattva” – composed by Garab Dorje

*37<sup>th</sup> of 55 verses*

**The Spaciousness of Vajra Sattva** (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*The Folly of Mantra meditation, Completion stage, Anu-yoga, Bindu mahamudra, and Thikle*

Álthough by identifying with the body  
of the Great Wrathful One (*árchetype*)  
wíth its body,  
wrathful grimaces *as well as* attríbutes

“The Total Space of Vajra Sattva” – composed by Garab Dorje

(*with even*) the *syllable* concretely actualized,  
the authentic condition  
of the quiescent state is **NÓT** seen.        ^  

Lama Jigme Gyatso's NOTES:

*Again the Dzogchen Naljorpa: Garab Dorje  
reminds us (this time)  
that both (Tokal) Maha yoga and (Thigle) Anu yoga  
are an unproductive distraction*

*from the power and ease  
of (Trekchö) Ati yoga  
with it's mindfulness and meditation*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*38<sup>th</sup> of 55 verses*

**The Spaciousness of Vajra Sattva** (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*The Folly of Destructive Approaches PART I*

**Júst as the top of a palm tree  
is cropped  
and just as a seed is burnt by fíre,**

“The Total Space of Vajra Sattva” – composed by Garab Dorje

(*likewise*) the dominion  
of *powerful* emotions  
(*may be*) prevented (*as some*) **háve** taught.

Lama Jigme Gyatso's NOTES:

*By relaxing and releasing  
in harmony with our exhalation  
whatever turbulent emotions  
that were perceived during our previous inhalation*

*are now decapitated  
like a vampire in a penny dreadful.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*39<sup>th</sup> of 55 verses*

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by Prahe Vajra (or Garab Dorje)  
*The Folly of Destructive Approaches PART 2*

**ÁLL** the hundreds and thousands  
of méthods,  
áccording to what one practices,  
bear their specific *fruit*.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

**BÚT** since (*enlightenment*) is beyond  
conceptual characteristics,  
it does **NOT** manifest  
from these **ábodes**.

*Lama Jigme Gyatso's NOTES:*

*As Paul the apostle wrote  
“although everything is permitted  
not everything is beneficial”*

*Similarly, although many spiritual practices can create some kind of result  
they are NOT equal to the result  
of Great Completion Stage's awareness and release.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Total Wisdom*

*XVI. On Absolute Equality*

*XVII. On How it Transcends Attachment to the Bliss of the Great Siddhi*

*XVIII. On How it is Free from Effort*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*40<sup>th</sup> of 55 verses*

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by **Prahe Vajra** (or Garab Dorje)  
*Enjoying Life without Clinging to Life*

**Góod** fortune has the **Yogi**  
who abides in this  
*indescribable* state.



“The Total Space of Vajra Sattva” – composed by Garab Dorje

*Fór* by NOT discriminating  
between self and óthers,  
thé magical illusion  
of self-perfection manífest.



Lama Jigme Gyatso's NOTES:

*During each relaxing exhalation  
we sample the single taste of emptiness  
shared by all who we notice during our previous inhalation  
including our sense of self.*

*This is the easy path  
of instant enlightenment.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

# Saturday

morning..... pg. 130

41<sup>st</sup> verse..... pg. 132

42<sup>nd</sup> verse.....pg. 134

43<sup>rd</sup> verse..... pg. 136

44<sup>th</sup> verse..... pg. 139



The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

composed by Garab Dorje (*or Prahe Vajra*) edited by Chögyal Namkhai Norbu

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“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Total Wisdom*

*XVI. On Absolute Equality*

*XVII. On How it Transcends Attachment to the Bliss of the Great Siddhi*

*XVIII. On How it is Free from Effort*

*XIX. On the Ever Immutable (changeless) Dhar-ma-ta*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*41<sup>st</sup> of 55 verses*

**The Spaciousness of Vajra Sattva** (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*Savoring Liberation in the Here and Now*

Ás nothing is excluded,  
it is perfectly cómplete.  
Ít is unchanging  
and remáins straight.

*Lama Jigme Gyatso's NOTES:*

*The Dhar-ma-ka-ya's mastery of awareness and letting-go  
is always utterly vulnerable to ALL things, beings, and phenomena....*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

**Bóundless like space,  
it is NOT a phenomena  
that depends on something else.**

Lama Jigme Gyatso's NOTES:

*Let us review the “natural state” of enlightenment:  
EVERY inhalation grants us access to the sympathetic nervous system  
which is wired for PERCEPTION: vulnerable, passive, visceral, and random.  
EVERY exhalation grant us access to the parasympathetic nervous system  
which is already wired to physically RELAX and mentally release.*

*The mechanisms of enlightenment are factory installed,  
ALL we have to do is step out of our own way.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*42<sup>nd</sup> of 55 verses*

**The Spaciousness of Vajra Sattva** (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*The True Source of Bliss*

The spontaneously existing total bliss  
arises from one's recognition  
through the very power  
of incomparable wisdom:

“The Total Space of Vajra Sattva” – composed by Garab Dorje

réality does NOT originate  
from anything else.

Lama Jigme Gyatso's NOTES:

*The bliss  
that our dopamine oriented reward system  
is wired to crave*

*is accessed  
through the wisdom of letting go  
simply by relaxing  
in harmony with each exhalation.*

*Be thou NOT deceived:  
something can be very easy  
and yet be extremely powerful.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*43<sup>rd</sup> of 55 verses*

**The Spaciousness of Vajra Sattva** (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*The Folly of Pseudo-intellectual Explanations*

Ít is easy and difficult,  
and it is difficult  
because it is éasy.

Ít does NOT manifest directly  
but is ALL perváding.



“The Total Space of Vajra Sattva” – composed by Garab Dorje



**NÓT** even Vaj-ra Sat-tva  
can point it out with a name,  
saying “*This ís It!*”

Lama Jigme Gyatso's NOTES:

*Einstein quipped: “Any educated idiot can make things more, complicated, more difficult, and more violent.  
It takes a lot of courage and a little bit of genius to do the opposite.  
The lies of patriarchy strive to convince us otherwise.*

*For, as matriarchy reminds us,  
although we cannot think our way to enlightenment we could feel our way there.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Total Wisdom*

*XVI. On Absolute Equality*

*XVII. On How it Transcends Attachment to the Bliss of the Great Siddhi*

*XVIII. On How it is Free from Effort*

*XIX. On the Ever Immutable (changeless) Dhar-ma-ta*

*XX. On How it is Not Produce by Causes and Conditions*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*44<sup>th</sup> of 55 verses*

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by **Prahe Vajra** (or Garab Dorje)  
*Life's Amazing Play of Energy*

This amazing,  
marvelous energy manifestation  
is beyond action  
and equal to space.

Lama Jigme Gyatso's NOTES:

*The infinite variables of reality  
feel like a tumultuous ocean.  
We can NOT control it  
BUT we can surf it.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Fróm the ignorance  
that does NOT conceptualize  
anýthing

ít immediately arises  
within óneself.



Lama Jigme Gyatso's NOTES:

*As Bodhi said to Johnny Utah, "Fear will make you hesitate, and hesitation will make your worst nightmares come true."  
Through mindfulness and meditation's centered spontaneity we surf reality carefree and at ease.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

# Saturday

evening..... pg. 141

45<sup>th</sup> verse..... pg. 142

46<sup>th</sup> verse..... pg. 145

47<sup>th</sup> verse..... pg. 147

48<sup>th</sup> verse..... pg. 150



The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

composed by Garab Dorje (*or Prahe Vajra*) edited by Chögyal Namkhai Norbu

*translated by Adriano Clemente and adapted as well as amplified by Lama Jigme Gyatso*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*45<sup>th</sup> of 55 verses*

**The Spaciousness of Vajra Sattva** (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*Our Stressors Drive us to the Doctors that Prescribe the Panacea of Letting-go*

This is the path  
equal for ALL  
that naturally abides  
in ALL beings.

Lama Jigme Gyatso's NOTES:

*Since EVERY healthy, vertebrate lifeform  
is wired for mindfulness, meditation, and empathy  
this great completion stage is not only for the elite,  
but rather for ALL.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

**Bút** since ordinary people  
are deluded due to defilément,  
it is like when the doctor  
has to find the médicine.

*Lama Jigme Gyatso's NOTES:*

*Due to the complexity  
of the three pound supercomputer between our ears  
we have forgotten to cooperate  
with the inner therapist that is our autonomic nervous system.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Total Wisdom*

*XVI. On Absolute Equality*

*XVII. On How it Transcends Attachment to the Bliss of the Great Siddhi*

*XVIII. On How it is Free from Effort*

*XIX. On the Ever Immutable (changeless) Dhar-ma-ta*

*XX. On How it is Not Produce by Causes and Conditions*

*XXI. On How Enlightenment is within All Beings*



“The Total Space of Vajra Sattva” – composed by Garab Dorje

*46<sup>th</sup> of 52 verses*

**The Spaciousness of Vajra Sattva** (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*Experiencing: Void-appearance, Void-sensation, Void-resonance, or Void-clarity with each Round of Breath*

Ín the domain of understanding  
is totál bliss:  
thát itself  
is (*like*) the utterly pure *land* (*or Vá-ti*).

*Lama Jigme Gyatso's NOTES:*

*As we relax and release in harmony with each exhalation  
we slice through our habitual resistance  
as if we were now dwelling the mythic paradise of a buddha.  
Perhaps that is what the late Thich Nhat Hanh meant by,  
“The pure land is now or never.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Whén lights concentrate  
from **ÁLL** sides,

thé four directions, the intermediate ones,  
and the above and below  
are **próduced**.       ^  

Lama Jigme Gyatso's NOTES:

*With each vulnerably perceptive inhalation our breath blissfully coalesces within our **lungs**  
which could cause us to feel rather connected  
with all beings, of all lands, of all directions.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*47<sup>th</sup> of 55 verses*

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by Prahe Vajra (or Garab Dorje)  
*Enjoying Life without Clinging to Life*

From the indefinite colors of the rainbow  
the features of the (*five buddha*) families  
manifestly appear,

*Lama Jigme Gyatso's NOTES:*

*During the vulnerable inhalation and relaxing exhalation of Mahasandhi's great meditation it could feel like:*

*all the mental poison of **hate** effortlessly transforms into the Mirror-like wisdom of the **Diamond** or **Vaj-ra** family,  
all the mental poison of **craving** effortlessly transforms into the Discerning wisdom of the **Lotus** or **Pad-ma** family,  
all the mental poison of **confusion** effortlessly transforms into the wisdom of the Basic Space of Phenomena of the **Buddha** family,  
all the mental poison of **jealousy** or **competitiveness** effortlessly transforms into the All-accomplishing wisdom of the **Action** or **Kar-ma** family, and  
all the mental poison of **pride** or **clinging** effortlessly transforms into the Equalizing wisdom of the **Jewel** or **Rat-na** family.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

and likewise the moving particles and  
the unmoving environment;  
but it is superior to the five elements.

*Lama Jigme Gyatso's NOTES:*

*1 – With the bliss and release of Mindfulness' vulnerable inhalation and Meditation's relaxing exhalation it could feel as if:*

*our Water element was lavished with the empowerment of **Ak-sho-bhya**,  
our Fire element was lavished with the empowerment of **A-mi-ta-bha**,  
our Space element was lavished with the empowerment of **Vai-ro-cha-na**,  
our Wind element was lavished with the empowerment of **A-mo-gha-sid-dhi**, and  
our Earth element was lavished with the empowerment of **Rat-na-sam-bha-va**.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Samantabhadra*

XXII. *On Bestowing Accumulated Offerings*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*48<sup>th</sup> of 55 verses*

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by **Prahe Vajra** (or Garab Dorje)  
*SHUNYATA: the Antidote to Contrivance*

Ít does NOT abide  
in the designations  
of past, future, and présent:

Lama Jigme Gyatso's NOTES:

*During our vulnerable inhalation we could spontaneously observe  
the three times of past, future, and present  
and during our relaxing exhalation  
they could feel like they each taste of non-graspability.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

únderstanding that it has  
NO arising *nor* céasing,  
thát itself is the integration  
of the three times in the totál state.



Lama Jigme Gyatso's NOTES:

*During our passive inhalation we could spontaneously observe  
arising and ceasing  
and during our releasing exhalation  
they could feel like they each taste of non-graspability.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

# Sunday

morning..... pg. 152

49<sup>th</sup> verse..... pg. 153

50<sup>th</sup> verse..... pg. 157

51<sup>st</sup> verse..... pg. 160

52<sup>nd</sup> verse.....pg. 164



The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

composed by Garab Dorje (*or Prahe Vajra*) edited by Chögyal Namkhai Norbu

*translated by Adriano Clemente and adapted as well as amplified by Lama Jigme Gyatso*



“The Total Space of Vajra Sattva” – composed by Garab Dorje

*49<sup>th</sup> of 55 verses*

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by Prahe Vajra (or Garab Dorje)  
*The Folly of Ritual*

**Béing equal,  
there is nothing to arrange graduáally.**

Lama Jigme Gyatso's NOTES:

*Just as it is taught in the Dhammapada,  
“better one hour of meditation  
than a lifetime spent tending a single flame”*

*ritual and offerings are a dualistic distraction  
from that which is truly important.*

*For if the makers of offerings are non-dual  
with the recipients of offerings  
then who is to make offerings to who?*

*And if night soil is nondual with flowers  
that what is to be offered and what is not?*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

**Béing one,  
it is beyond dedicating something  
in a diréction.**

*Lama Jigme Gyatso's NOTES:*

*If all locations and all directions are NON-dual  
that what is to be offered in what direction?*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Álthough the ornaments  
of accumulated offerings  
are árrayed,

sínce they exist by nature,  
there is nothing to árray.

—^—

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Lama Jigme Gyatso's NOTES:

*Offerings made in gratitude for an entity with whom one is nondual  
or for actions that are nondual with all other actions,*

*or in an effort to pacify or increase conditions or events  
that are already nondual with all other conditions and events  
is an act of folly that undermines the wisdom of nonduality.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*50<sup>th</sup> of 55 verses*

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by Prahe Vajra (or Garab Dorje)

**Béing spontaneously present,  
it is beyond dedicating.**

Lama Jigme Gyatso's NOTES:

*If here is nondual with there  
then where is to be offered to where?*

*Let's set aside our controlling tendencies and meditate.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Púre from the beginning,  
it is néctar.

Thé twelve sense bases  
are NOT to be particularly focused on  
with special inténtion.      \_^\_

Lama Jigme Gyatso's NOTES:

*If this is nondual with that  
then what is to be offered.  
Let's set aside our agenda and meditate.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Samantabhadra*

*XXII. On Bestowing Accumulated Offerings*

*XXIII. On How the Ornaments of Offerings are Naturally Self-perfected*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*51<sup>st</sup> of 55 verses*

**The Spaciousness of Vajra Sattva** (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*Active Concentration is Trumped by Mindfulness: Vulnerable, Passive, Visceral, and Random*

The intention of the mind,  
the donor,  
arrays ALL  
through the power of perception.



“The Total Space of Vajra Sattva” – composed by Garab Dorje

Lama Jigme Gyatso's NOTES:

*Even though our intention to make offerings  
masquerades as our permanent and independent self*

*the mere act of perception  
is nondual with making offerings to our superiors  
or giving gifts to our peers.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Ín the Sid-dhi (*accomplishment*)  
that arises from having seen  
*balanced meditation* is perfécted.



Lama Jigme Gyatso's NOTES:

*The natural act of PERCEPTION  
(vulnerable, passive, visceral, and random)*

*followed by MEDITATION's  
(physical relaxation and mental release)  
is the perfection of balanced mindfulness and meditation.*

*Simply getting out of one's own way  
and aligning one's intention*

*with their factory installed mechanisms  
of the sympathetic and parasympathetic nervous systems  
is the ultimate accomplishment.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Samantabhadra*

*XXII. On Bestowing Accumulated Offerings*

*XXIII. On How the Ornaments of Offerings are Naturally Self-perfected*

*XXIV. On How it is Self-perfected*


“The Total Space of Vajra Sattva” – composed by Garab Dorje

*52<sup>nd</sup> of 55 verses*

*True Bliss of Mindfulness and Meditation is the Fulfillment of all Spiritual Vows*

Keeping it for an instant  
is únion,  
éxperiencing pleasure  
is Sa-má-ya.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Pérfforming  
the dance movements of méthod  
thé union of NON-duality  
is óffered. 

*Lama Jigme Gyatso's NOTES:*

*The subtle pleasure of awareness and release  
is the ultimate: mahamudra, morality and offering.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

# Sunday

evening..... pg. 166

53<sup>rd</sup> verse..... pg. 168

54<sup>th</sup> verse..... pg. 171

55<sup>th</sup> verse..... pg. 174



The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

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“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Samantabhadra*

*XXII. On Bestowing Accumulated Offerings*

*XXIII. On How the Ornaments of Offerings are Naturally Self-perfected*

*XXIV. On How it is Self-perfected*

*XXV. On the Ocean of Activities*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*53<sup>rd</sup> of 55 verses*

**The Spaciousness of Vajra Sattva** (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*The Highest Offering, Mantra, and Windhorse*

GÍving without (*with*)holding  
is the Tor-ma (cake offering).  
Béing beyond action  
ALL activities are compléted.

*Lama Jigme Gyatso's NOTES:*

*Freed from karma by the Great Coalescence of Mahasandhi  
the centered spontaneity of our generosity  
fulfills ALL the ritual requirements of tantra.*



“The Total Space of Vajra Sattva” – composed by Garab Dorje

since NON-conceptual wisdom  
eliminates obstrúctors,  
*bá*lanced meditation without speaking  
is the mántra.     \_^\_

Lama Jigme Gyatso's NOTES:

*The NON-conceptual wisdom generated by silent Utmost Union or Ati-yoga  
eliminates all real or metaphoric entities that seek to obstruct Dharma-practice  
thus making the practice of mantra obsolete.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Samantabhadra*

*XXII. On Bestowing Accumulated Offerings*

*XXIII. On How the Ornaments of Offerings are Naturally Self-perfected*

*XXIV. On How it is Self-perfected*

*XXV. On the Ocean of Activities*

*XXVI. On the Bondage of Giving with a Self*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*54<sup>th</sup> of 55 verses*

**The Spaciousness of Vajra Sattva** (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)  
*The Folly of Greedy: Devotion, Generosity, and Merit-making-activities*

**Máking offerings to the Guru,  
generosítý,  
ánd ALL the other  
meritorioúś deeds,**

“The Total Space of Vajra Sattva” – composed by Garab Dorje

wíthout the power of detachment  
and imperturbability,  
become a great bóndage.      \_^\_

Lama Jigme Gyatso's NOTES:

*What if the greatest offering we could give our lama  
was simply the enthusiastic and skillful application  
of his instructions of Dzogchen's Great Completion Stage of Tantra?*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*The Thigle of Samantabhadra*

*XXII. On Bestowing Accumulated Offerings*

*XXIII. On How the Ornaments of Offerings are Naturally Self-perfected*

*XXIV. On How it is Self-perfected*

*XXV. On the Ocean of Activities*

*XXVI. On the Bondage of Giving with a Self*

*XXVII. On How the Contents of this Teaching are Revealed as Mere Symbolic Words*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

*55<sup>th</sup> of 55 verses*

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by Prahe Vajra (or Garab Dorje)  
*Simplicity Demands that we Step out of our own Way*

Therefore,  
that which is expressed  
in this teaching  
  
becomes obscured  
when one tries to act towards it.

Lama Jigme Gyatso's NOTES:

“The Total Space of Vajra Sattva” – composed by Garab Dorje

**Béing thus,  
if it is conceptualized  
it will never be réalized.**



Lama Jigme Gyatso's NOTES:

*Our most distant ancestors merely perceived  
in time they began to recall past perceptions  
and imagine future ones.*

*We have evolved to think symbolically,  
may we not be so rigid as to forget that.*

*Let us forsake the controlling tendencies  
that wish to over analyze everything  
tucking it, impotent, within the cubby hole  
of the bento box of pseudo intellectualism.*

*Let us simply practice:  
spontaneous, carefree and at ease*