

Digest of the Buddha's Concise Meditation Manual and visual aids
Dzokchen Semde Lama: Jigme Gyatso's

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Digest of the Buddha's Concise Meditation Manual and visual aids
excerpts from the Mindfulness with Breathing Discourse (Anapanasati Sutta)
found in the collection of Connected Discourses attributed to the Buddha 54:13 V328-333 (or Sam-yut-ta Ni-ka-ya in Pali)
adapted and (amplified) by Dzogchen Semde Lama: Jigme Gyatso

There is ONE thing
that fulfills FOUR things

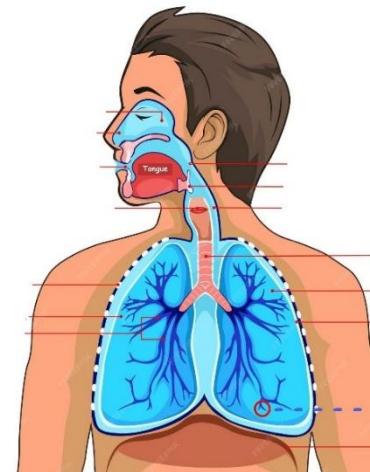
that fulfill SEVEN things
that fulfill TWO things.

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Mastery of **BREATH**'s:

- inhalation fueled *Awareness* and
- exhalation powered ***relaxation***

is the **ONE** thing that could quickly lead to the mastery of the **FOUR** bases of mindfulness.



Awareness and release of the:

- circumstantial,
- physical,
- interpersonal, and
- mental

are the **FOUR** things...

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are intimately involved
with the mastery

of the SEVEN
enlightenment factors.

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Although these **SEVEN** things
are classically enumerated as:

1. mindfulness,
2. investigation...
3. energy,
4. joy,
5. tranquility,
6. coalescence, and
7. equanimity...

they are more
pragmatically understood

in the following
manner.

As our inhalation
[6] coalesces in our lungs

we could find ourselves
[3] energetically
sitting up straight...

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and [4] joyfully yet subtly grin
as we: [1] **Notice**

in a

- vulnerable,
- passive,
- visceral,
- random, and
- fleeting

manner...

that is authentic
[2] investigation.

With each exhalation
we spontaneously [5] **rest.**

This **Noticing** and **resting**
occur as an automatic response
to [7] WHATEVER:

- circumstantial,
- physical,
- interpersonal, or
- mental

phenomena...

we spontaneously:

- perceive,
- emote,
- intend,
- reason,
- recall, or
- imagine;

be they

- external or internal,
- physical or mental,
- pleasurable or painful,
- interesting or boring,
- glorious or grotesque.

These SEVEN things
could quickly lead to the mastery
of the TWO things

that are a buddha's:

- inhalation fueled true Knowledge and
- exhalation powered **liberation.”**

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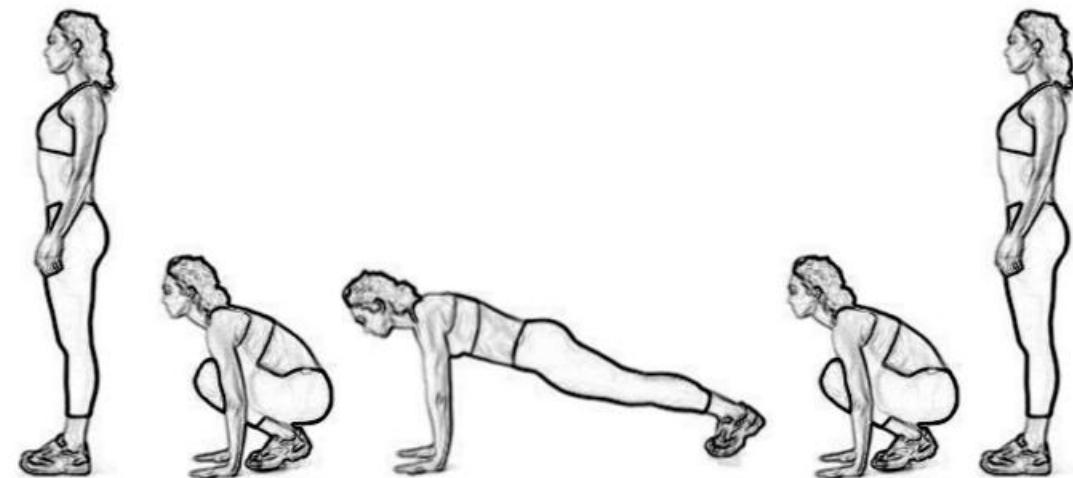


You have taken your first step
into a much larger world...

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Spiritual Squat Thrusts

Gu-ru, Founder, Blessed One,
Ta-tha-ga-ta, and Ar-hat,
Great Victor, Shak-ya-mu-ni Lord:

to you we bow,
go for refuge,
and offer gifts,
oh please bless us!



Sturgeon's Law

Ninety-percent of everything Sucks

Content

Yin's Spiritual Matriarchy

Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

Compassionate

Yang's Religious Patriarchy

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel

Cowardly

Cranky

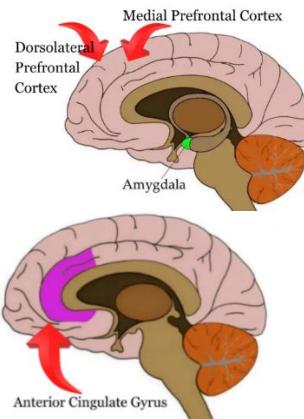
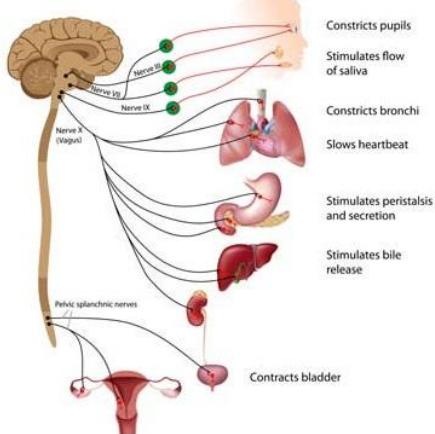
Competitive

Cooperative

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

Parasympathetic System



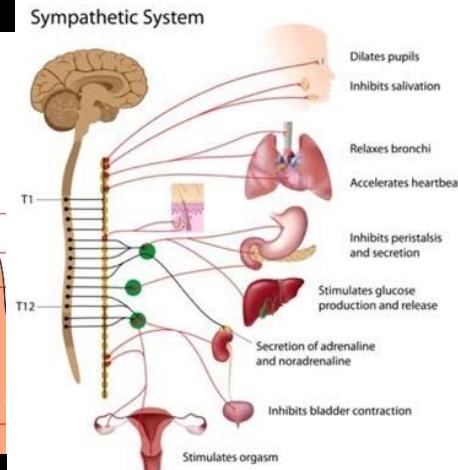
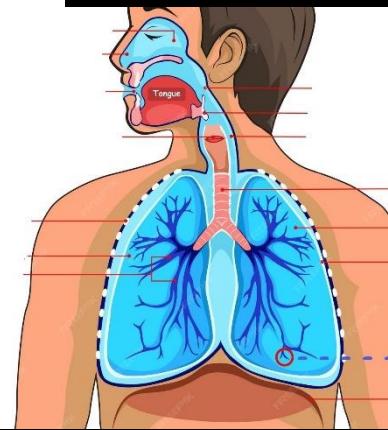
Notice

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

Mindfulness noticing inhalation

Meditation relaxing exhalation

Watch
rest



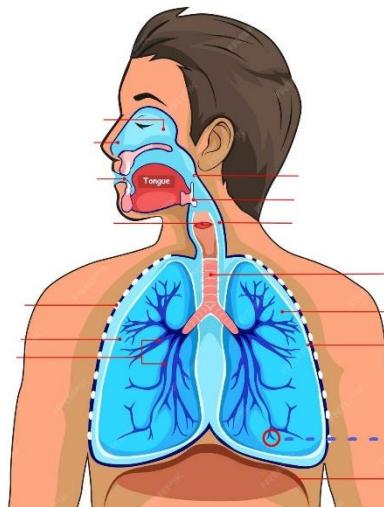
Fleetingly LESS stressful, LESS permanent, and LESS defining

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Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

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

Mindfulness noticing inhalation



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

Meditation relaxing exhalation

This ease

As NON-graspable as

**a Vast, Empty Void
like the Illusion of the Infinite, Azure Sky**

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What if Enlightenment was simply
the spontaneous, habitual, easy, and effective practice
of (Gautama or Shakyamuni) Buddha's Eight fold path?

Wise VIEW supporting release

- 1 - Right View of Impermanence and Emptiness
- 2 - Right Mentally Kind Intention (*essence of the Bodhisattva Vows*)

Compassionate ACTION

- 3 - Right Interpersonally Kind Communication
- 4 - Right Physically Kind Conduct (*non-violent essence of the Pratimoksha Vows*)
- 5 - Right Circumstantially Kind Commerce (*competition & cruelty transformed into compassion & cooperation*)
- 6 - Right Effortless Effort (*that is Joyful Love's Centered Spontaneity*) 4 & 3

Liberating MEDITATION as described by the seven enlightenment factors

- 7 - Right **Mindfulness** (*during inhalation that is vulnerable, passive, visceral, random & fleeting*) 1, 2, & 6
- 8 - Right **Meditation** (*during exhalation that physically relaxes & mentally releases the duality of aversion & avarice*) 5 & 7

