

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

Digest of the Buddha's Concise Meditation Manual and visual aids

17dec25a



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

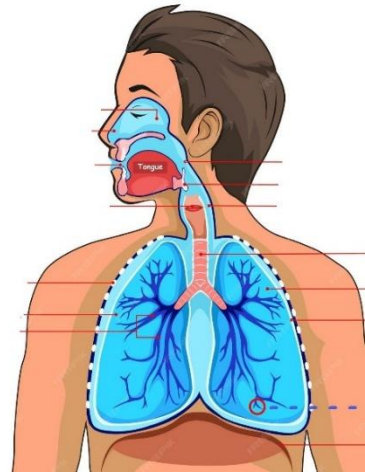
that fulfill SEVEN things
that fulfill TWO things.

Digest of the Buddha's Concise Meditation Manual and visual aids

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...

Digest of the Buddha's Concise Meditation Manual and visual aids

are intimately involved
with the mastery

of the SEVEN
enlightenment factors.

Digest of the Buddha's Concise Meditation Manual and visual aids

Although these SEVEN things
are classically enumerated as:

Digest of the Buddha's Concise Meditation Manual and visual aids

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...

Digest of the Buddha's Concise Meditation Manual and visual aids

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**.

Digest of the Buddha's Concise Meditation Manual and visual aids

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.**"

^

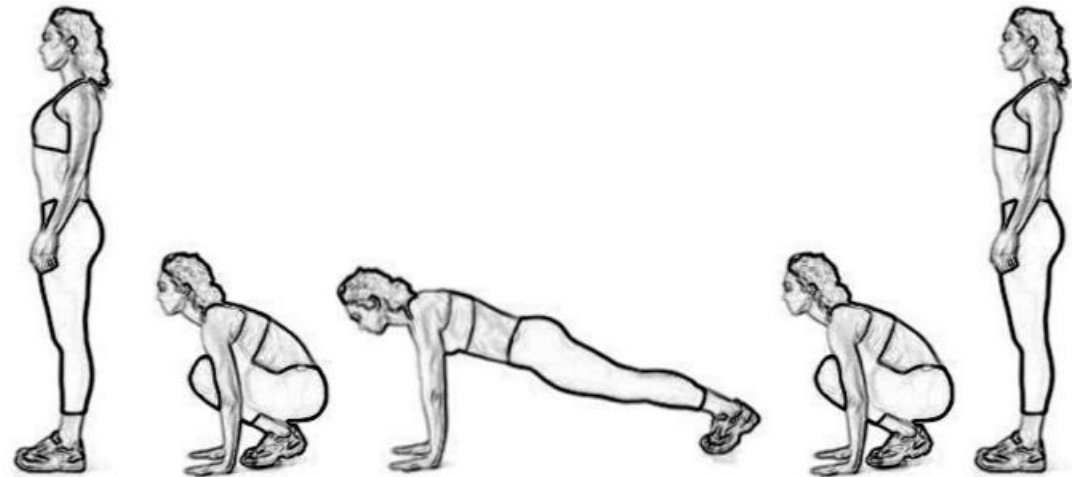


You have taken your first step
into a much larger world...

Digest of the Buddha's Concise Meditation Manual and visual aids
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

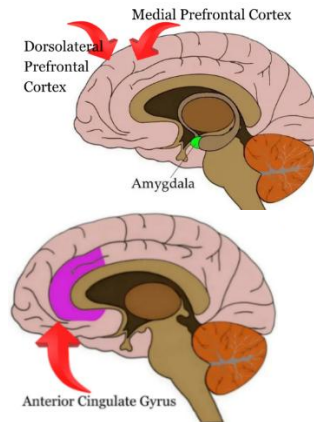
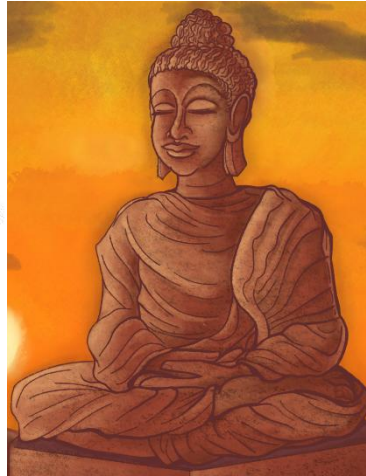
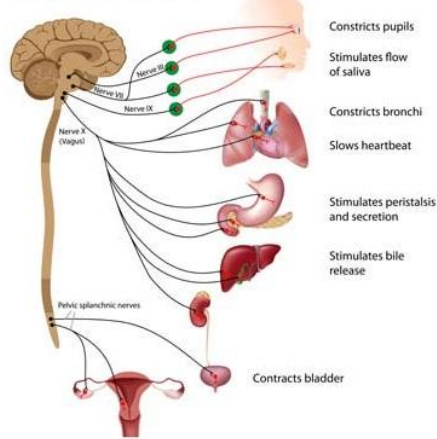
Ninety-percent of everything Sucks

Content	Yin's Spiritual Matriarchy Flexible, Loving, Rational, Laid-back,	Yang's Religious Patriarchy Rigid, Fearful, Superstitious, Controlling,	Cowardly
Compassionate	Egalitarian, Lucid, Cooperative, & Kind	Elitist, Cryptic, Competitive, & Cruel	Cranky
Cooperative			Competitive

Digest of the Buddha's Concise Meditation Manual and visual aids

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

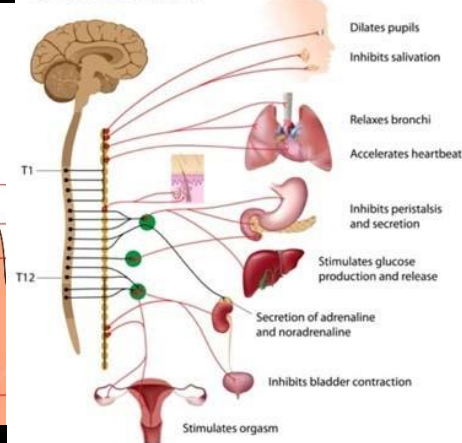
Parasympathetic System



Notice

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

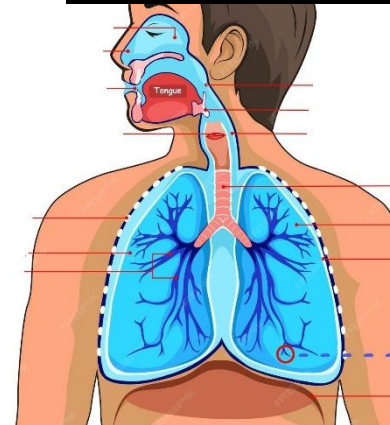
Sympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation

*Watch
rest*

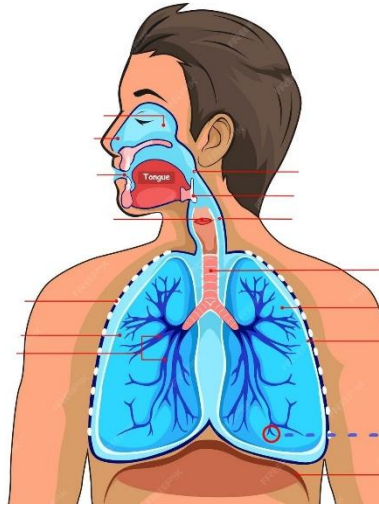


Fleetingly LESS stressful, LESS permanent, and LESS defining

Digest of the Buddha's Concise Meditation Manual and visual aids

Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

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



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

Mindfulness noticing inhalation

*Meditation **relaxing** exhalation*

This
ease

As NON-graspable as a Vast, Empty Void
like the Illusion of the Infinite, Azure Sky

Digest of the Buddha's Concise Meditation Manual and visual aids

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

Digest of the Buddha's Concise Meditation Manual and visual aids