

Dzogchen Semde Ngöndro

Dzogchen Semde Ngöndro

by Lama: Jigme Gyatso

inspired by the teachings of:

Garab Dorje, Dza Patrul Rinpoche, and Dudjom Lingpa Rinpoche

10mar26a



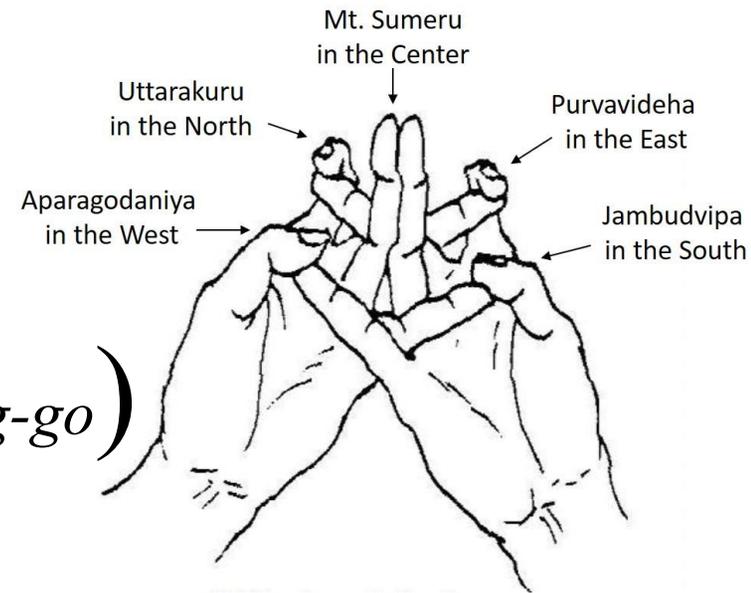
Dzogchen Semde Ngöndro
Contents

Offerings	pg.
Tummo (<i>Thikle</i>) and Trekchö _d	pg.
Mantra (<i>Tokal</i>)	pg.
Lama Khyenno (<i>Thikle</i>) and Trekchö _d	pg.
Four Thoughts (<i>Tokal</i>).....	pg.
Clear-light (<i>Tokal</i>).....	pg.
Lama Naljor (<i>Thikle</i>) and Trekchö _d	pg.
Bows	pg.

Dzogchen Semde Ngöndro
Dzogchen Semde Ngöndro's – **Tummo** (*Thikle*) and Trekchö_d

Dzogchen Semde Ngöndro's **Tummo**

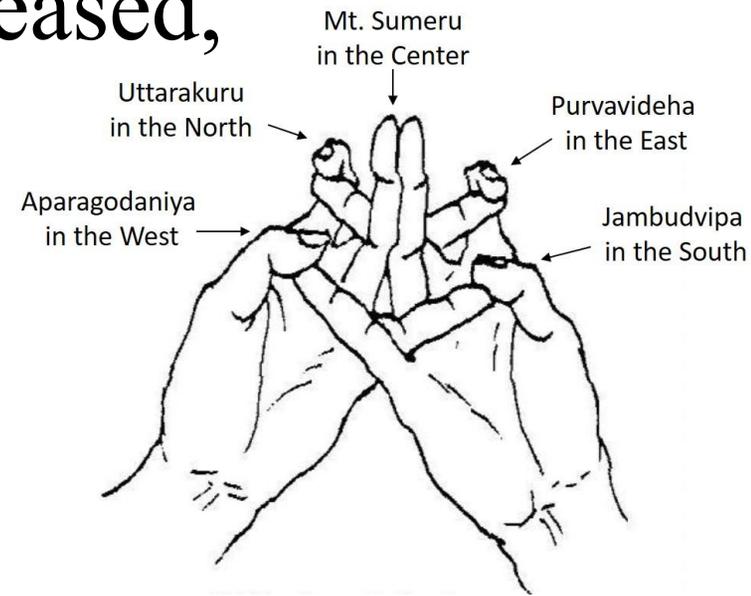
(*Thikle – Bliss and Letting-go*)



Dzogchen Semde Ngöndro
Dzogchen Semde Ngöndro's – Offerings

Máy ALL the needs and delights
I perceive, recall, imagine and crave now
be purified, transformed, increased,

óffered, and given to
ALL the beings
of Nir-va-na and Sam-sá-ra!



Dzogchen Semde Ngöndro

Slice-through (*the Tyranny of Duality's Obscuring Emotions of Dread & Desire*)

Trekchö_d

Awareness and Letting-go
Mindfulness and Meditation

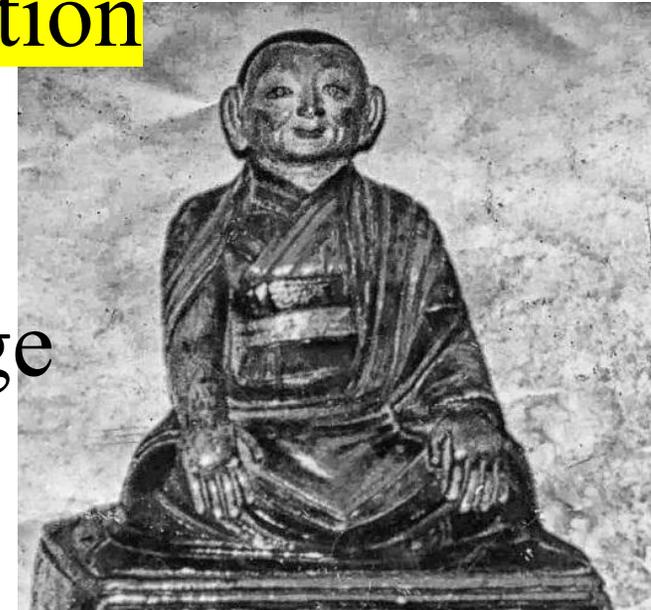
Ati-yoga

Mahasandhi

Great Completion stage

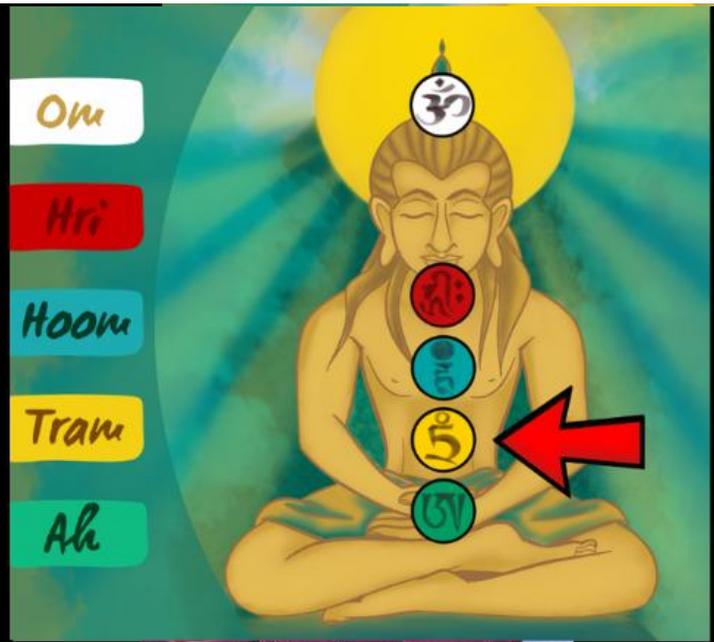
Dzogchen

Sutra Mahamudra



Let's Meditate like a Jedi

inhalation *Noticing*
exhalation **relaxing**



Download FREE
practice materials
LinkTr.ee/LamaJigmeG



Sturgeon's Law

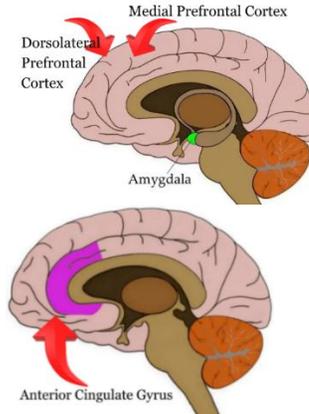
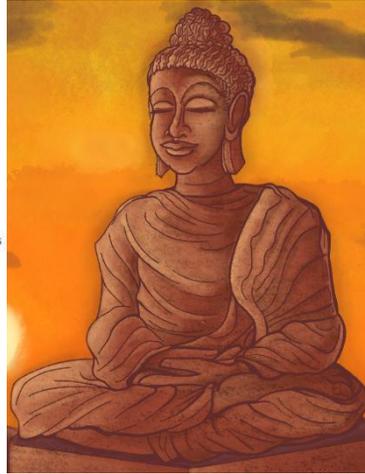
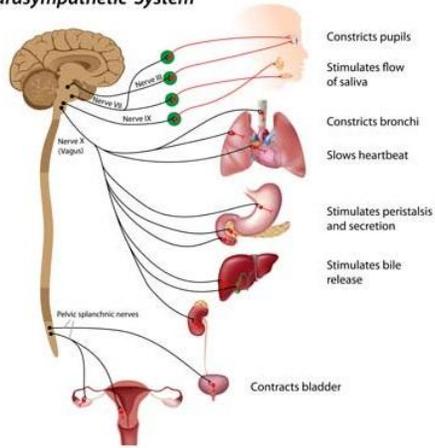
Ninety-percent of everything Sucks

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

Dzogchen Semde Ngöndro
Sutra mahamudra, Ati-yoga, or Mahasandhi in Sanskrit,
Trekchö in Tibetan and

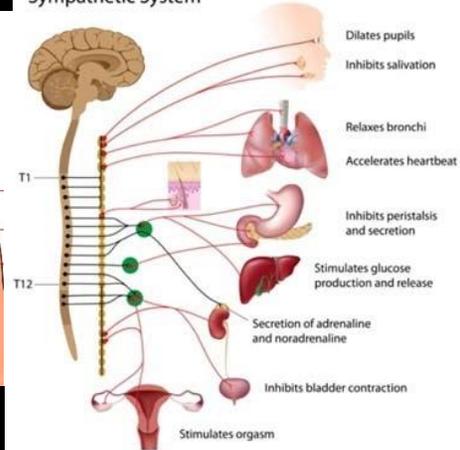
Awareness and Letting-go, Great completion-stage, or Slicing through Obscuring Emotions of Hope and Fear in English

Parasympathetic System



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

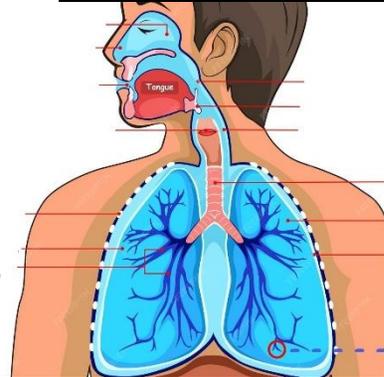
Sympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation

**Noticing
relaxing**

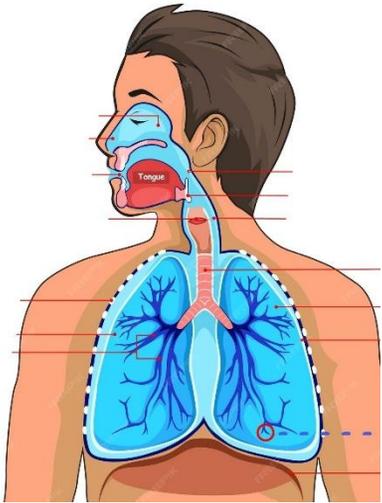


Fleetingly LESS stressful, LESS permanent, and LESS defining

Dzogchen Semde Ngöndro

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 rest

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

Dzogchen Semde Ngöndro

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

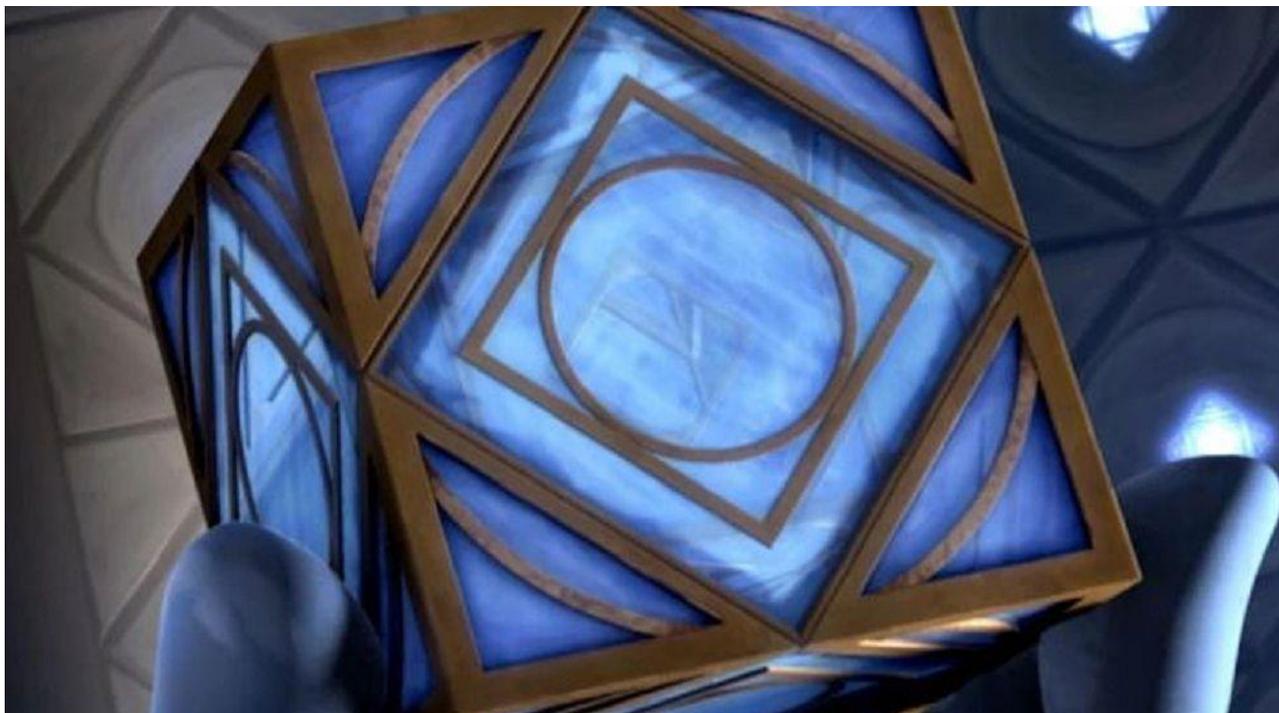
Dzogchen Semde Ngöndro
Dzogchen Semde Ngöndro's – **Mantra** (*Tokal*) and Trekchö_a

Dzogchen
Semde
Ngöndro's
Mantra

(*Tokal's [passive contemplation] Leap-over Jealousy*)

Dzogchen Semde Ngöndro

Let us Practice the **Holocron**-like exercises of **Love and Letting-go**
the SECOND through FIFTH folds of the Buddha's Eight-fold Path



Dzogchen Semde Ngöndro

Ráther than indulge our controlling tendencies with the follies of ACTIVE: visualization, emotion, magick, & béliéf;

wé could just recite these kind words in harmony with our breathing and allow our subconscious to do the heavy lífting!



Dzogchen Semde Ngöndro

Lét us therefore side-step the rigidity,
that confuses metaphors
for statements literal;

ánd instead relax into the flexibility
that savors the chants
explaining metaphors as simíles!



Dzogchen Semde Ngöndro

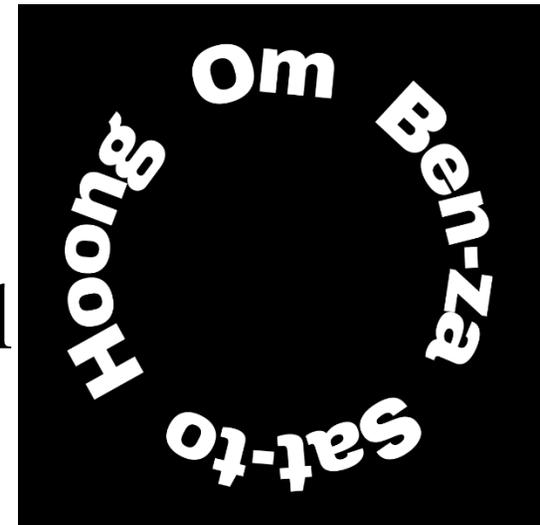
*We'll Begin by Chanting an Explanation
of this Six Syllable Mantra*



Dzogchen Semde Ngöndro

(**Óm**) symbolizes invocation,
(**Ben-za**) symbolizes
diamond-like strength

(**Sát-to**) symbolizes a mind well
trained in mindfulness
and meditation



Dzogchen Semde Ngöndro

(Hóong)

symbolizes the wish
that ALL beings master
this path!



Dzogchen Semde Ngöndro
Tantra mahamudra or Maha-yoga in Sanskrit,
Togal in Tibetan and

Awareness and Letting-go, Creation-stage, Leaping-over Jealousy's Obstructions to Omniscience, or **Bringing the Mental into the Path of Love** in English

Máy all minds of all beings now be **as**
Joyfully enlightened, or Bo-dhi,
as the mínd of

á real or imagined Buddha
symbolized by a Bi-ja, one syllable
seed mantra **Hoong**, or Thik-lé drop!

Hoong

Dzogchen Semde Ngöndro

Let us divide

the silent and mental recitation

of this six-syllable-synopses

between our inhalation and our exhalation



Hoong

Bi-ja JOY
for ALL minds

Dzogchen Semde Ngöndro

Hoong

Bi-ja JOY for ALL minds!
Óm Ben-za Sat-to Hoong

Dzogchen Semde Ngöndro
Tantra mahamudra or Maha-yoga in Sanskrit,
Togal in Tibetan and

Awareness and Letting-go, Creation-stage, Leaping-over Jealousy's Obstructions to Omniscience, or **Bringing the Interpersonal into the Path of Love** in English

Máy all relationships,
communication, or speech of all
beings now be **as** Peacefully loving **ás** a

réal or imagined Buddha's speech or
communication symbolized by this
horizontal, six syllable Mán-tra!



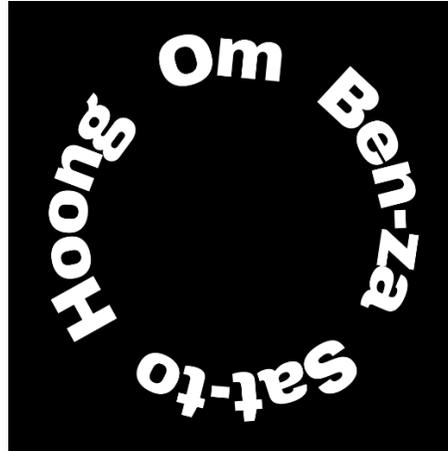
Dzogchen Semde Ngöndro

Let us divide

the silent and mental recitation

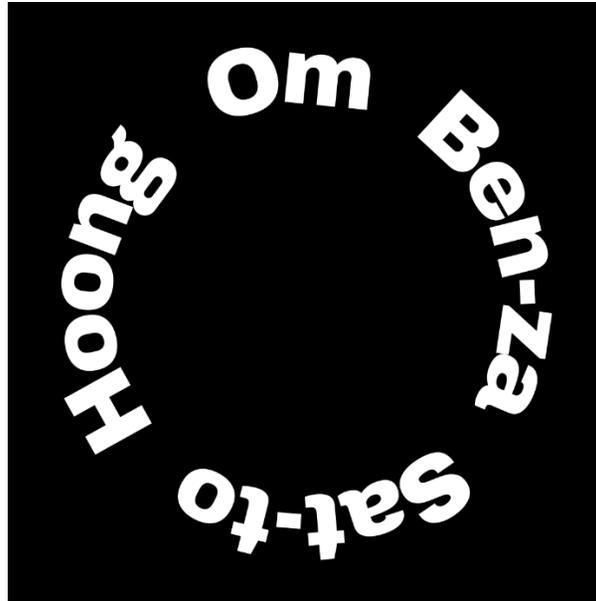
of this six-syllable-synopses

between our inhalation and our exhalation



Man-tra PEACE
for ALL speech

Dzogchen Semde Ngöndro



Man-tra PEACE for ALL speech!

Óm Ben-za Sat-to Hoong

Dzogchen Semde Ngöndro
Tantra mahamudra or Maha-yoga in Sanskrit,
Togal in Tibetan and

Awareness and Letting-go, Creation-stage, Leaping-over Jealousy's Obstructions to Omniscience, or **Bringing the Physical into the Path of Love** in English

Máy all bodies or forms of all beings
now enjoy the **beautiful** health
as depicted in Buddhist statuáry

óf the blissful body of a **De-vi** or
Yi-dam: an enlightened archetype
such **as** **Dor-je Sem-pa Yáb Yum!**



Dzogchen Semde Ngöndro

*Let us divide
the silent and mental recitation
of this six-syllable-synopses
between our inhalation and our exhalation*



*Yi-dam HEALTH
for ALL forms*

Dzogchen Semde Ngöndro



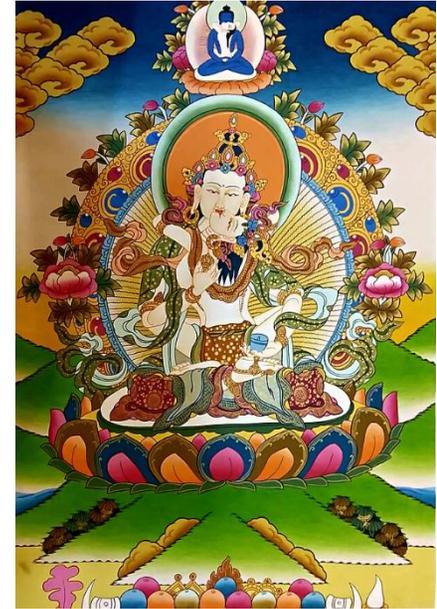
Yi-dam HEALTH for ALL forms!
Óm Ben-za Sat-to Hoong

Dzogchen Semde Ngöndro
Tantra mahamudra or Maha-yoga in Sanskrit,
Togal in Tibetan and

Awareness and Letting-go, Creation-stage, Leaping-over Jealousy's Obstructions to Omniscience, or **Bringing the Circumstantial into the Path of Love** in English

Máy all circumstances or lots
of all beings now have the safety,
great fortune **ór** BOON

ás a Buddha's real or imagined
paradise, pure land, or **Vá-ti!**



Dzogchen Semde Ngöndro
*Let us divide
the silent and mental recitation
of this six-syllable-synopses
between our inhalation and our exhalation*



*Va-ti BOONE
for ALL lots!*

Dzogchen Semde Ngöndro



Va-ti BOONE for ALL lots!
Óm Ben-za Sat-to Hoong

Dzogchen Semde Ngöndro

Dzogchen Semde Ngöndro's – **Lama Khyenno** (*Thikle*) and Trekchö

**Dzogchen
Semde
Ngöndro's
Lama Khyenno**

(Thikle – energy-work of Bliss and Letting-go)

Dzogchen Semde Ngöndro

As the tip of our left **index** finger supports the great knuckle of our right index finger, palms up, in our lap
Let us the Practice the THIRD enlightenment factor's **Energy-work** also known as **Bliss and Letting-go**
in such a manner that it feels as if the Force itself
is giving us a kiss upon the top of our head

Lá-ma come
to Péy (*snap*) crown!



Dzogchen Semde Ngöndro
Top-of-the-head Oriented Energy-work also known as
Bindu mahamudra or Anu-yoga in Sanskrit,
Thig-le or Lama Khyenno in Tibetan and
Bliss and Letting-go, Completion-stage or Calling the Lama from Afar in English



Lá-ma COME
to Péy (*snap*) crown!

Dzogchen Semde Ngöndro

Slice-through (*the Tyranny of Duality's Obscuring Emotions of Dread & Desire*)

Trekchö_d

Awareness and Letting-go
Mindfulness and Meditation

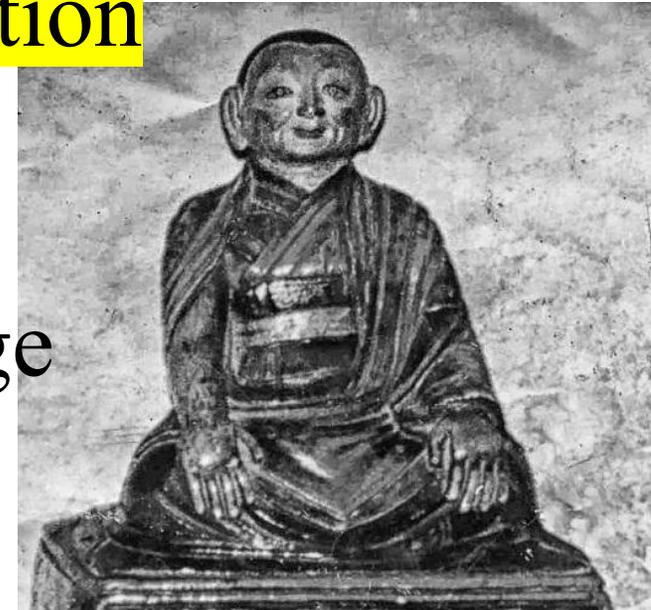
Ati-yoga

Mahasandhi

Great Completion stage

Dzogchen

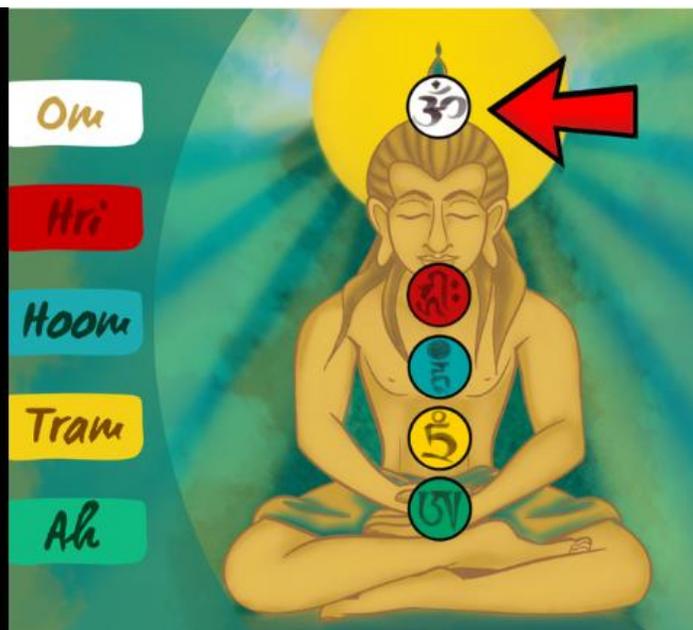
Sutra Mahamudra



Let's Meditate like a Jedi

inhalation *Noticing*

exhalation **relaxing**



Download FREE
practice materials

LinkTr.ee/LamaJigmeG



Sturgeon's Law

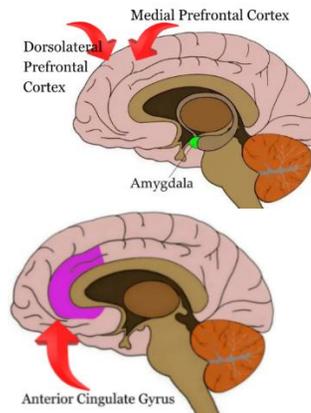
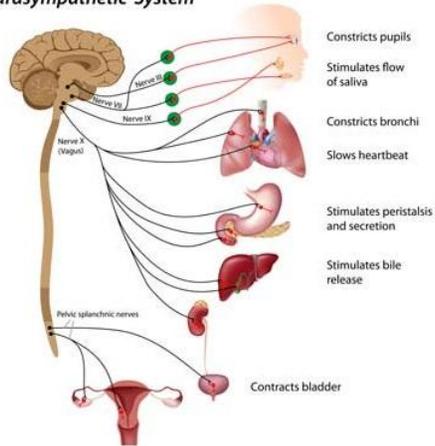
Ninety-percent of everything Sucks

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

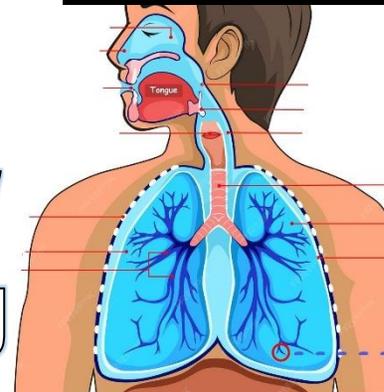
Dzogchen Semde Ngöndro
Sutra mahamudra, Ati-yoga, or Mahasandhi in Sanskrit,
Trekchö in Tibetan and

Awareness and Letting-go, Great completion-stage, or Slicing through Obscuring Emotions of Hope and Fear in English

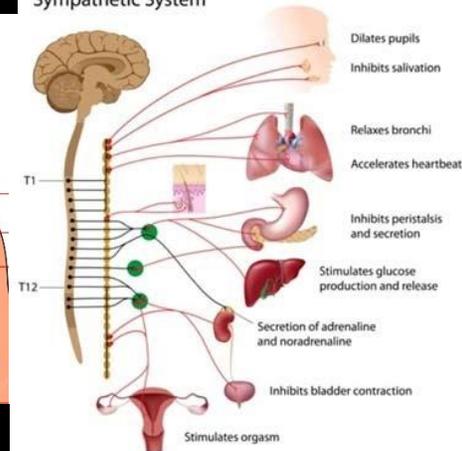
Parasympathetic System



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



Sympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation

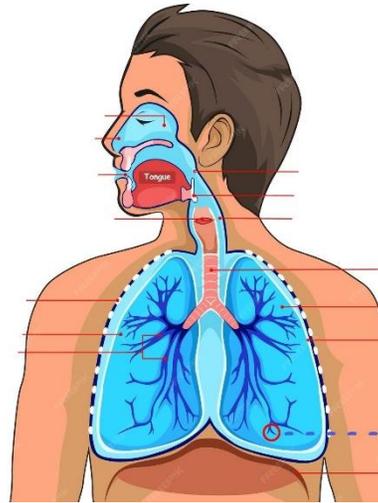
Noticing
relaxing

Fleetingly LESS stressful, LESS permanent, and LESS defining

Dzogchen Semde Ngöndro

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

This

Meditation relaxing exhalation

ease

As NON-graspable as

a Vast, Empty Void

like the Illusion of the Infinite, Azure Sky

Dzogchen Semde Ngöndro
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

Dzogchen Semde Ngöndro

Dzogchen Semde's – **Four Thoughts** that Turn the Mind to the Teachings

Máy we make the most
of our **precious** human lives
though lovingly using **interdepéndice**...

bý **relaxing** into the **impermanent**
and empty nature
of ALL beings and **sufferings** we *nó*tice.

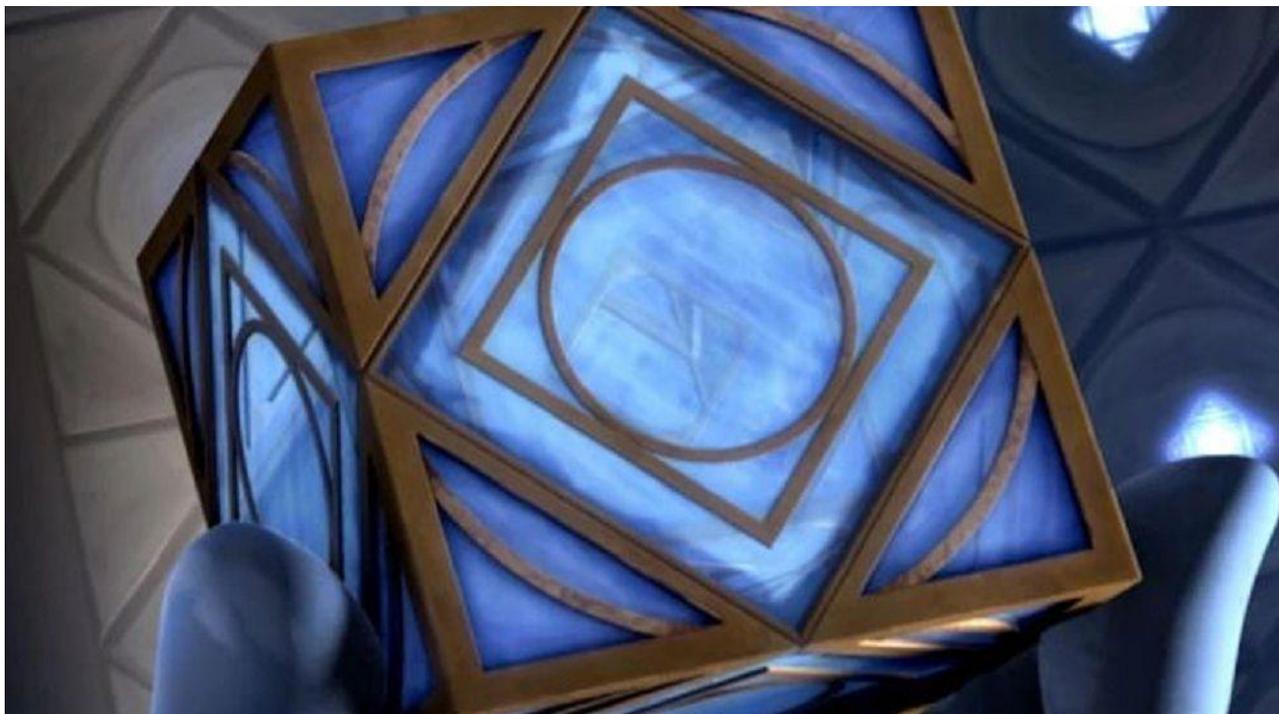
Dzogchen Semde Ngöndro
Dzogchen Semde Ngöndro's – **Clear light** (*Tokal*) and Trekchö_a

Dzogchen
Semde
Ngöndro's
Clear light

(*Tokal's [passive contemplation] Leap-over Pride*)

Dzogchen Semde Ngöndro

Let us Practice **Holocron**-like exercises of **Impermanence**, **Interdependence**, and **Emptiness**,
the FIRST fold of the Buddha's Eight-fold Path



Dzogchen Semde Ngöndro

Ráther than indulge our controlling tendencies with the follies of ACTIVE: visualization, emotion, magick, & béliéf;

wé could just recite these **wise** words in harmony with our breathing and allow our subconscious to do the heavy lífting!



Dzogchen Semde Ngöndro

Lét us therefore side-step the rigidity,
that confuses metaphors
for statements literal;

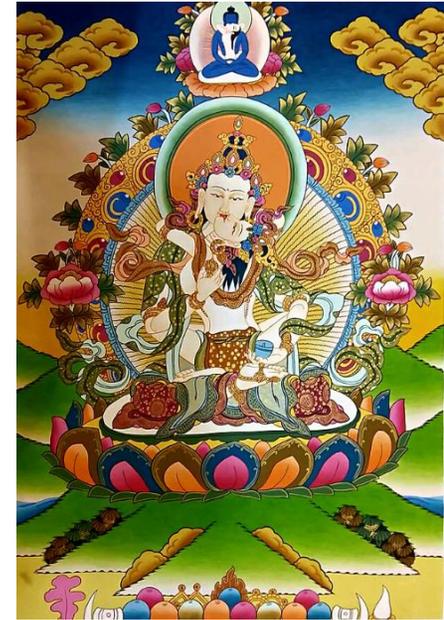
ánd instead relax into the flexibility
that savors the chants
explaining metaphors as simíles!



Dzogchen Semde Ngöndro
Tantra mahamudra or Maha-yoga in Sanskrit,
Togal in Tibetan and

Awareness and Letting-go, Creation-stage, Leaping-over Pride's Obstructions to Omniscience, or **Bringing the Circumstantial into the Wisdom of Letting-go** in English

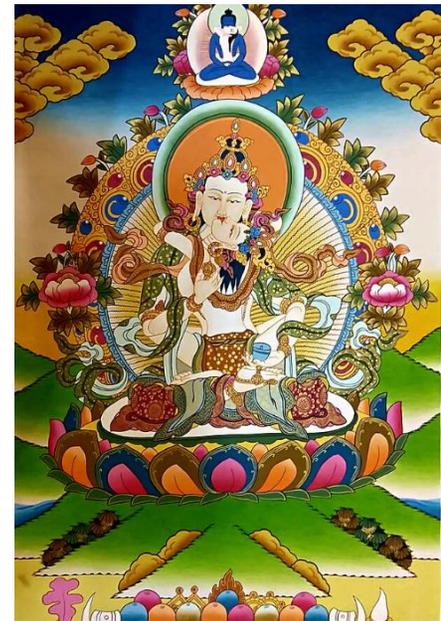
As we **relax** into our exhalation
the circumstances or LOTs we saw
during our previous inhalation
could feel
as impermanent
and interdependent



Dzogchen Semde Ngöndro

ás if they could blissfully
melt into rainbow light

thát could delightfully
absorb into
THIS body ór form!



Dzogchen Semde Ngöndro

*Let us divide
the silent and mental recitation
of this six-syllable-synopses
between our inhalation and our exhalation*



*Into forms
all LOTs melt*

Dzogchen Semde Ngöndro
Tantra mahamudra or Maha-yoga in Sanskrit,
Togal in Tibetan and

Awareness & Letting-go, Creation-stage, Leaping-over Pride's Obstructions to Omniscience, or **Bringing the Physical into the Path of the Wisdom of Letting-go** in English

As we **relax** into our exhalation the
bodies or FORMs we felt
during our previous inhalation

could feel **as** impermanent
and interdependent



Dzogchen Semde Ngöndro

ás if they could blissfully
melt into rainbow light

thát could delightfully absorb into
THIS communication ór speech!



Dzogchen Semde Ngöndro

*Let us divide
the silent and mental recitation
of this six-syllable-synopses
between our inhalation and our exhalation*



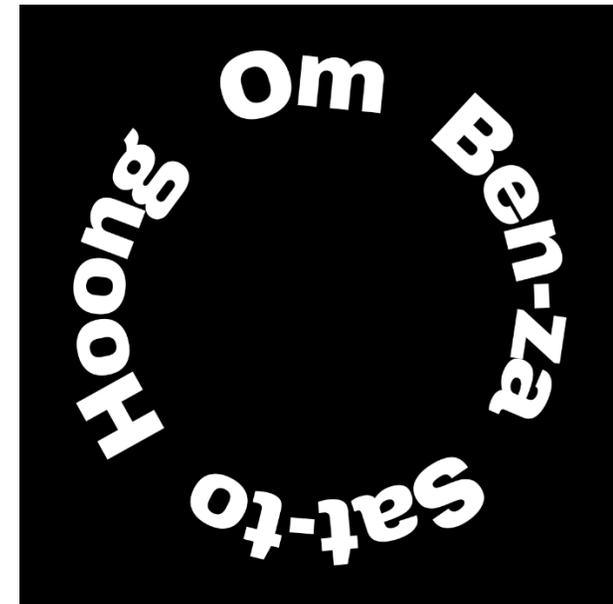
*Into speech
all FORMs melt*

Dzogchen Semde Ngöndro
Tantra mahamudra or Maha-yoga in Sanskrit,
Togal in Tibetan and

Awareness & Letting-go, Creation-stage, Leaping-over Pride's Obstructions to Omniscience, or **Bringing the Interpersonal into the Wisdom of Letting-go** in English

As we **relax** into our exhalation
the experience

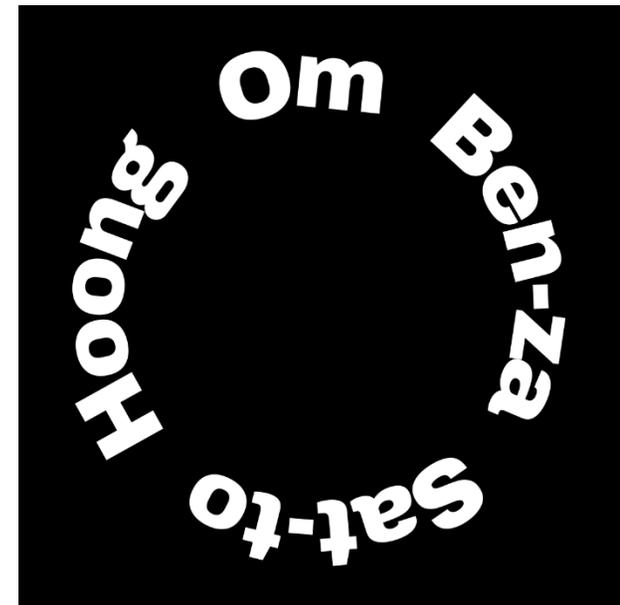
of the interpersonal, SPEECH,
or communication, we heard
during our previous inhalation



Dzogchen Semde Ngöndro

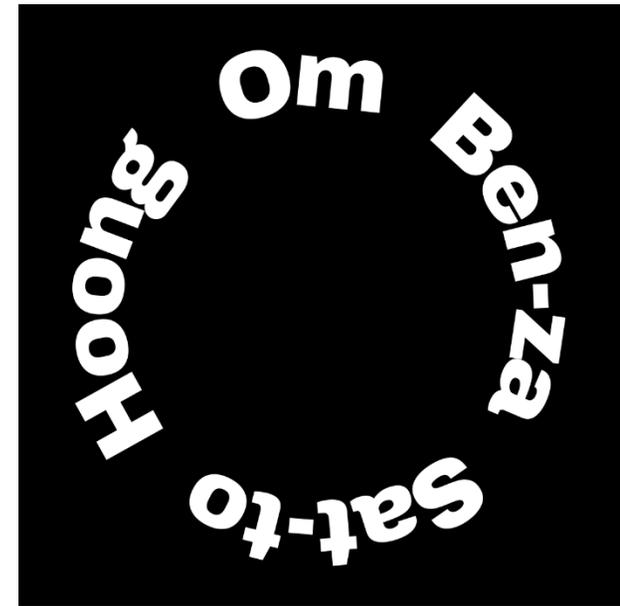
could feel **as** **impermanent**
and interdependent

ás if it could blissfully
melt into rainbow light



Dzogchen Semde Ngöndro

that could delightfully
absorb into **THIS** mind!



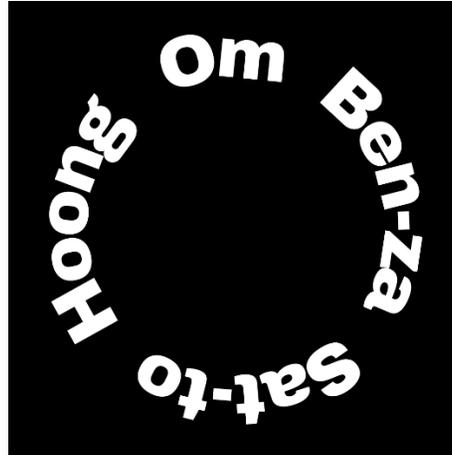
Dzogchen Semde Ngöndro

Let us divide

the silent and mental recitation

of this six-syllable-synopses

between our inhalation and our exhalation



Into mind

all SPEECH melts

Dzogchen Semde Ngöndro
Tantra mahamudra or Maha-yoga in Sanskrit,
Togal in Tibetan and

Awareness & Letting-go, Creation-stage, Leaping-over Pride's Obstructions to Omniscience, or **Bringing the Mental into the path of the Wisdom of Letting-go** in English

Ás we relax into our exhalation these
minds could feel **as** impermanent
and interdependent

ás if they could blissfully
melt into rainbow light

Hoong

Dzogchen Semde Ngöndro

that could delightfully
absorb into a vast, empty void...

Hoong

Dzogchen Semde Ngöndro

líke the illusion
of the infinite azúre sky

ón a bright
and beautiful
cloudléss morn



Dzogchen Semde Ngöndro

which although could look
tantalizing to the eye

could feel
non-graspable
to the hand!



Dzogchen Semde Ngöndro

Let us divide

the silent and mental recitation

of this six-syllable-synopses

between our inhalation and our exhalation



Hoong

Into void

all MINDs melt

Dzogchen Semde Ngöndro

Dzogchen Semde Ngöndro's – **Lama Naljor** (*Thikle*) and Trekchö

Dzogchen

Semde

Ngöndro's

Lama Naljor

(Thikle – Energy-work of Bliss and Letting-go)

Dzogchen Semde Ngöndro

As the tip of our left **middle** finger supports the great knuckle of our right middle finger, palms up, in our lap
Let us Practice the THIRD enlightenment factor's **Energy-work** also known as **Bliss and Letting-go**
in such a **Manner** that it could Feel like the Force itself
is Giving us a Hug

Lá-ma **BLEND**
with this mind!



Dzogchen Semde Ngöndro
**Chest Oriented Energy-work also known as
Bindu mahamudra or Anu-yoga in Sanskrit,
Thig-le or Lama Nalgor in Tibetan and
Bliss and Letting-go, Completion-stage or Guru Yoga in English**



**Lá-ma blend
with thís mind!**

Dzogchen Semde Ngöndro

Slice-through (*the Tyranny of Duality's Obscuring Emotions of Dread & Desire*)

Trekchö_d

Awareness and Letting-go
Mindfulness and Meditation

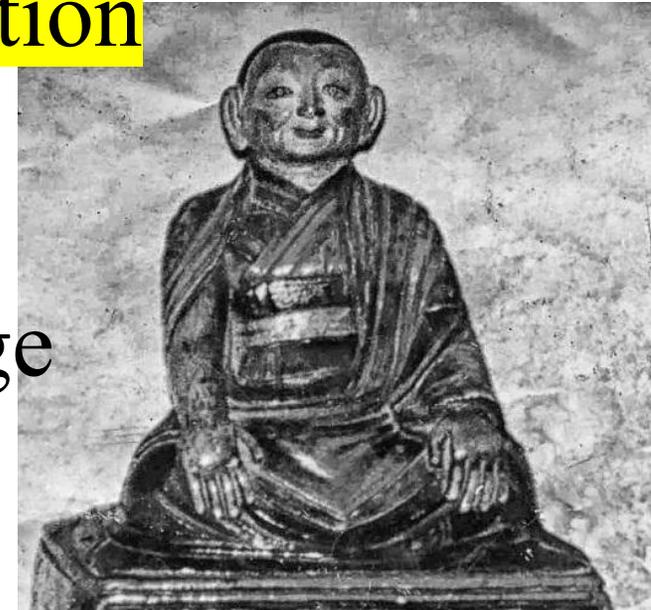
Ati-yoga

Mahasandhi

Great Completion stage

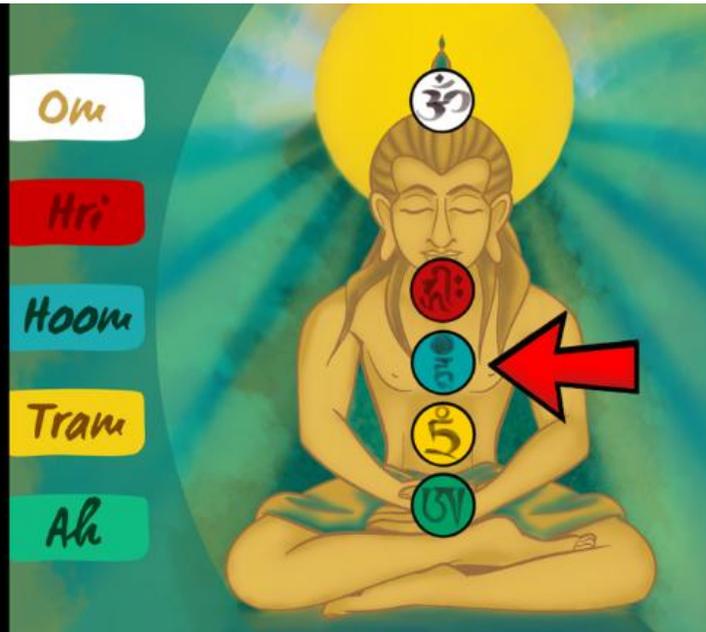
Dzogchen

Sutra Mahamudra



Let's Meditate like a Jedi

inhalation *Noticing*
exhalation **relaxing**



Download FREE
practice materials
LinkTr.ee/LamaJigmeG



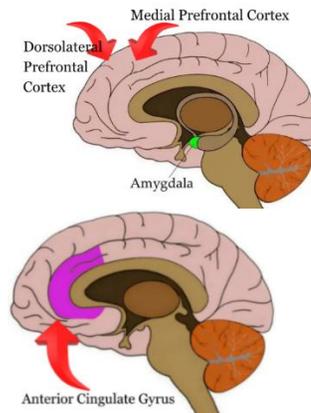
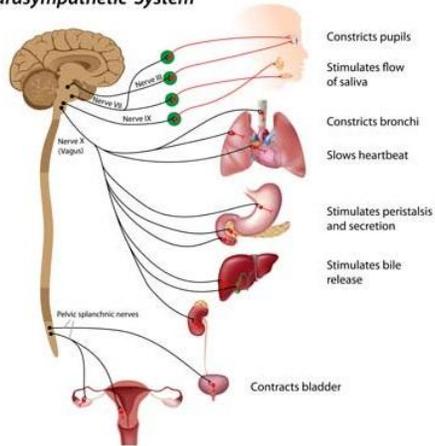
Sturgeon's Law

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

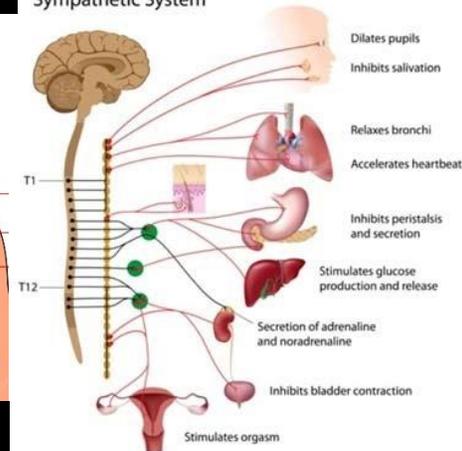
Dzogchen Semde Ngöndro
Sutra mahamudra, Ati-yoga, or Mahasandhi in Sanskrit,
Trekchöd in Tibetan and
Awareness and Letting-go, Great completion-stage, or Slicing through Obscuring Emotions in English

Parasympathetic System



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

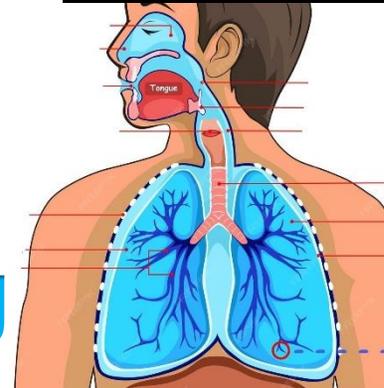
Sympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation

**Noticing
relaxing**

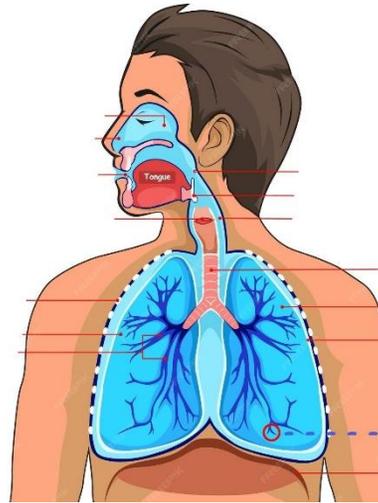


Fleetingly LESS stressful, LESS permanent, and LESS defining

Dzogchen Semde Ngöndro

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
rest*

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

Dzogchen Semde Ngöndro

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

Dzogchen Semde Ngöndro
Dzogchen Semde Ngöndro's – **Bowing** (*Chakstal*)

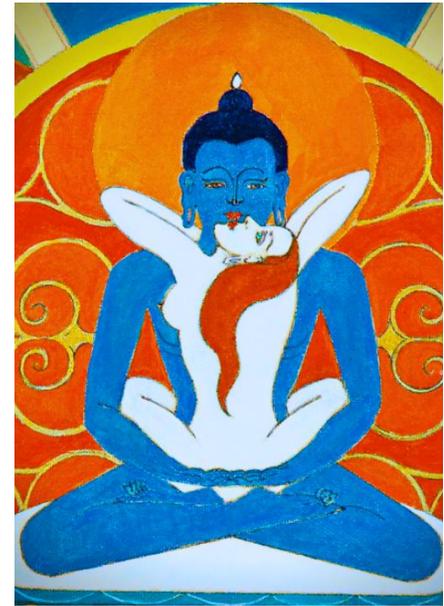
Dzogchen
Semde
Ngöndro's
Bowing

(*Chakstal's – Refreshing Tibetan style Squat Thrusts*)

Dzogchen Semde Ngöndro
Bo-dhi-chit-ta

Ín our compassion
may we long to **free** ALL beings
from the toxic tyranný of:

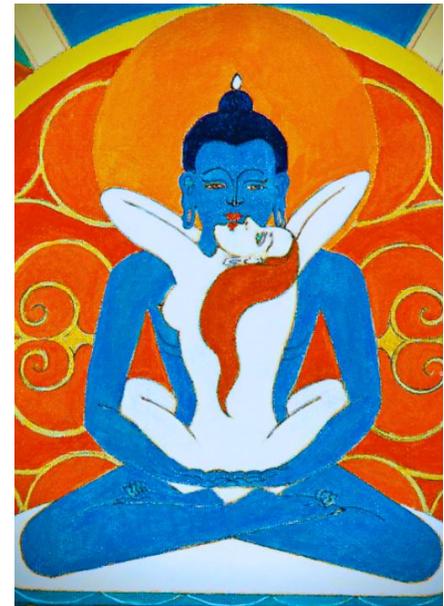
dréad, desire, and delusion
metaphorically known
as the three *mental* poísons.



Dzogchen Semde Ngöndro
Refuge

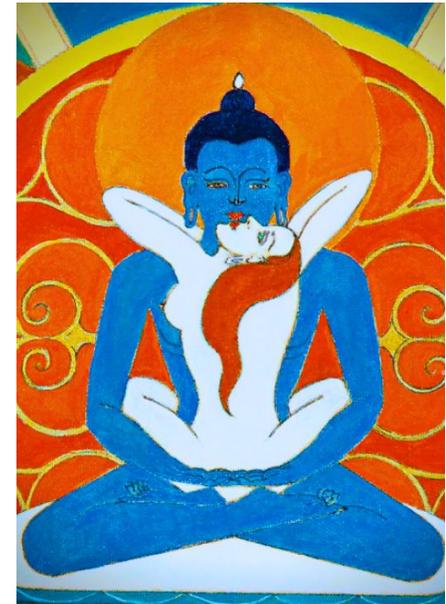
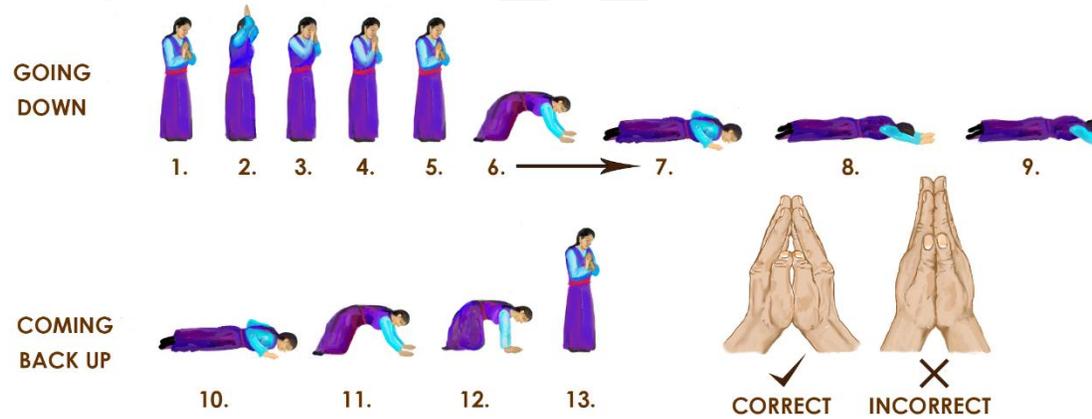
Ín our pragmatism may our liberation of all others be fueled by the three *wish-fulfilling* jéwels of:

- fóllowing the Buddha's example,
- applying his instructions, and
- cooperating with his stúdents.



Dzogchen Semde Ngöndro
Refreshing, Tibetan-inspired Squat Thrusts

(*Bo-dhi-chit-ta*) May we
free all
(*Refuge*) through the
three jewels!



Dzogchen Semde Ngöndro



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

Dzogchen Semde Ngöndro
Lama Jigme Gyatso's

Wishes for the Preservation of the Buddha's Teachings



Dzogchen Semde Ngöndro

Máy each meditation teacher truly understand the Buddha's téachings,

ánd practice, master, as well as share them generously, lovingly and wisely in the manner of centered spontaneíty.

Dzogchen Semde Ngöndro

Máy each meditation teacher
spontaneously **réceive**:

- **générous patrons,**
- **enthusiastic students, as well as**
- **devoted apprentíces,**

and thus may many Dhar-ma centers
be successfully:

- planted,
- nurtured, and
- flourish.

