

Easy Meditation

Dzogchen Lama: Jigme Gyatso, Rime Terton, Rinpoche

Easy Meditation

22apr24a



Easy Meditation

Excerpt from

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

1feb24a



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Easy Meditation

Mindfulness & Meditation: *Sati Passaddhi, Zen, Proto-zen, Ch'an, Dhyana, Mahamudra (or Great Seal), Mahasandhi (or Great Coalescence), Ati yoga (or Utmost Union), Dzogchen (or Great Completion Stage Tantra) & Trekcho (or Slice-through)*

IV. Practice



Easy Meditation

Starting with Both Metaphoric Training Wheels

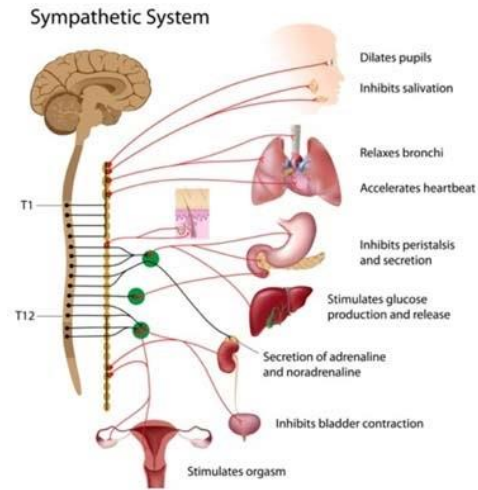


Easy Meditation

Sa-ti Pas-sad-dhi's Mindfulness & Meditation the 7th and 8th Folds

Perceive:

- vulnerably,
- passively,
- viscerally, and
- randomly



Inhalation

Perceiving this very turbulent play of mind...

Exhalation

relaxing into mind's non-graspable nature!

1 collections of 1 set of 16+1 rounds

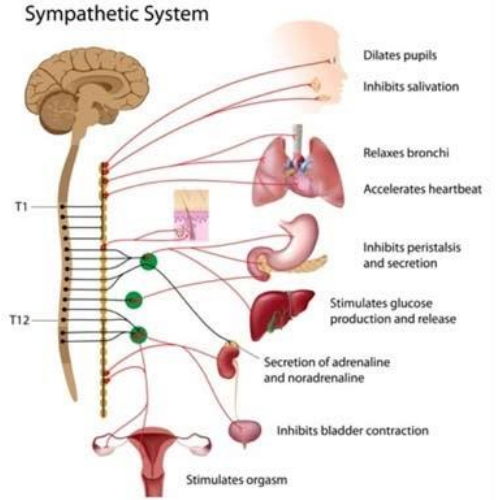
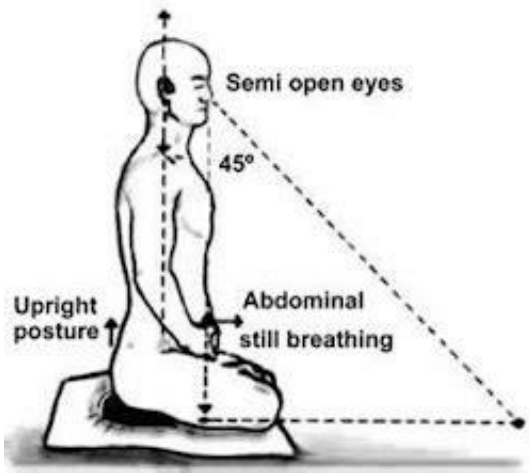
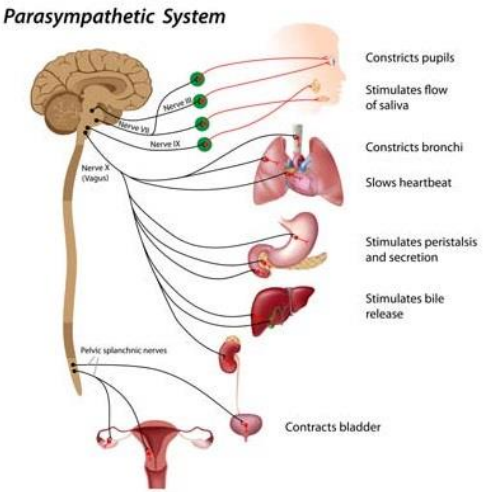
Easy Meditation

Removing the First of Two Metaphoric Training Wheels



Easy Meditation

Dhyana's Mindfulness & Meditation the 7th and 8th Folds

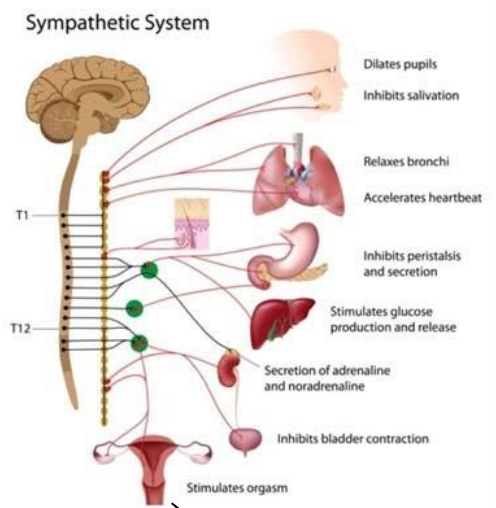
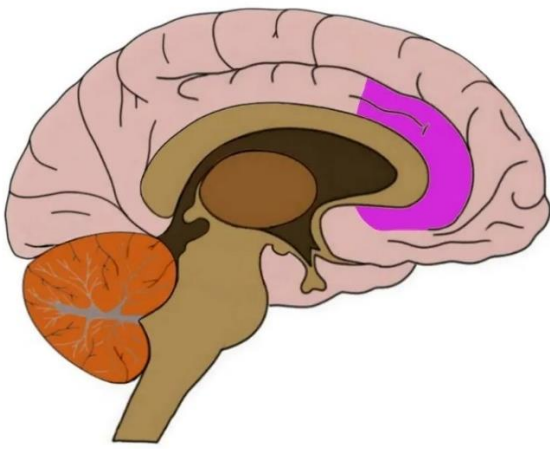
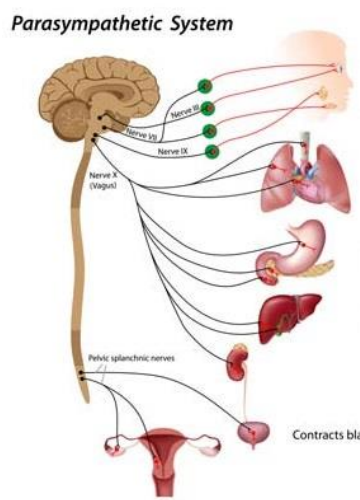


Mindfulness perceive inhalation *Sitting tall*
*Meditation **release** exhalation* **relaxing**

1 collections of 1 set of 16+1 rounds

Easy Meditation

Sutra Mahamudra's Great Seal of Mindfulness & Meditation



Mindfulness perceive inhalation

Meditation **release** exhalation

Notice this **relaxing!**

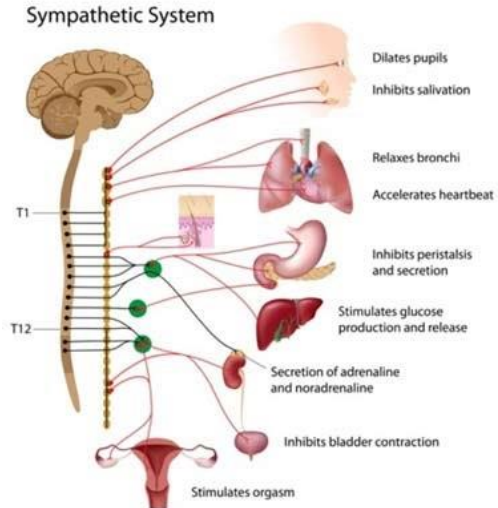
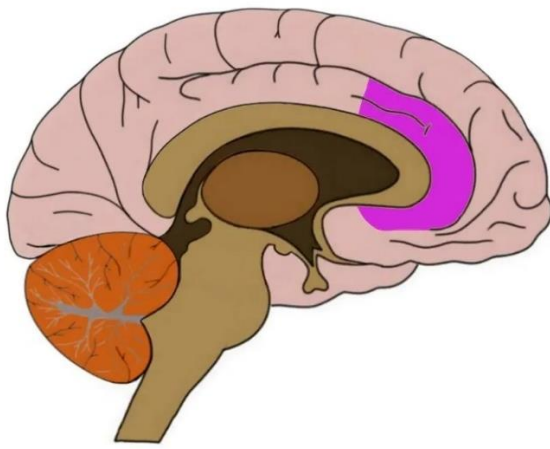
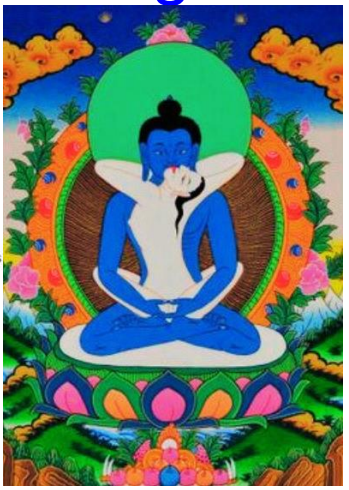
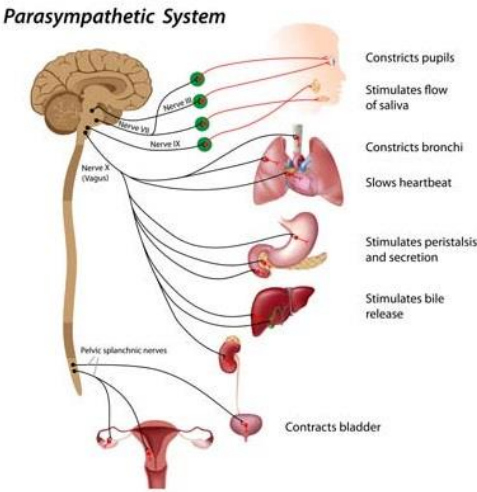
(*Sam-sa-ra*)

(**Nir-va-na**)

1 collections of 1 set of 16+1 rounds

Easy Meditation

Dzogchen's Great Completion Stage Tantra



Mindfulness perceive inhalation

*Meditation **release** exhalation*

This
ease!

1 collections of 1 set of 16+1 rounds

be sure to



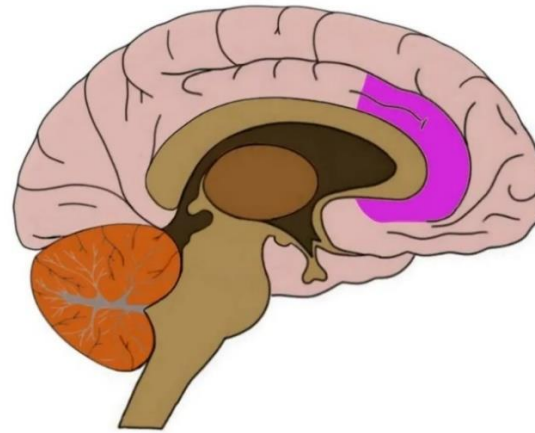
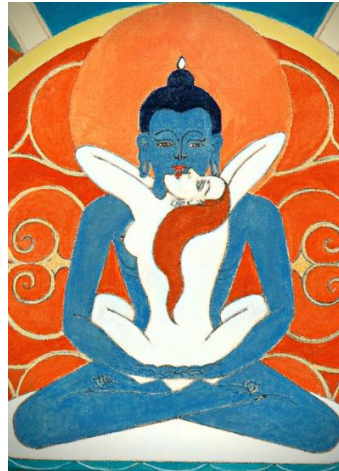
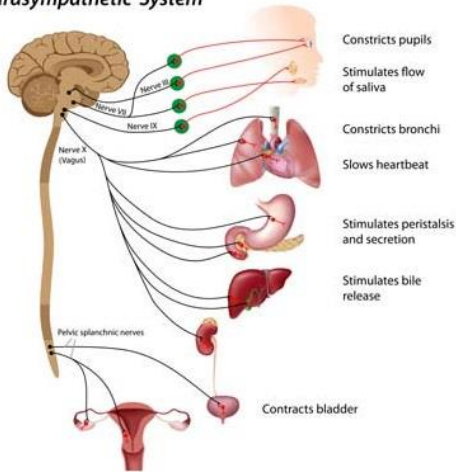
and ring that notification



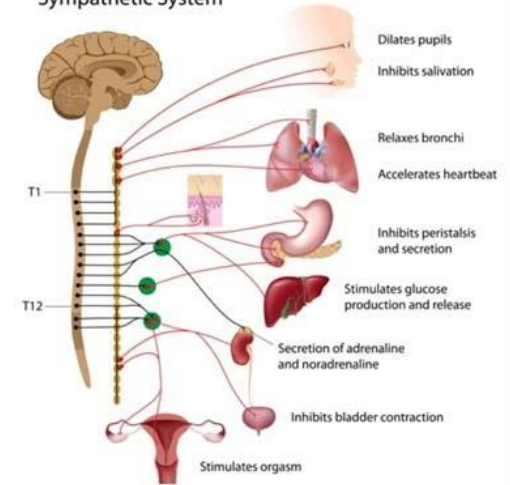
Easy Meditation

Trekchö's Slice-through the Duality of Dread and Desire

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

*This
ease!*

1st collection of 13 sets of 16+1 rounds

Easy Meditation

Sit Training

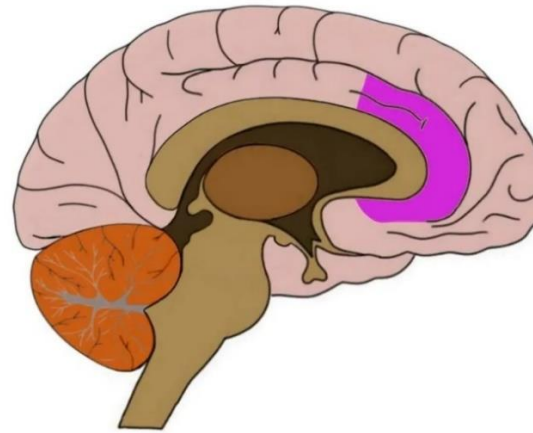
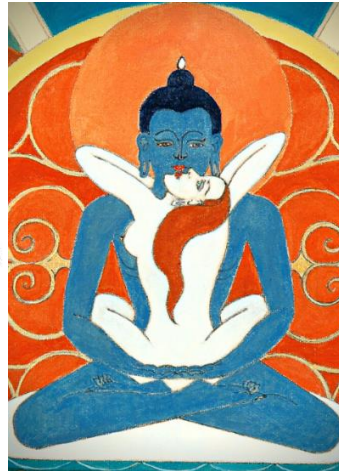
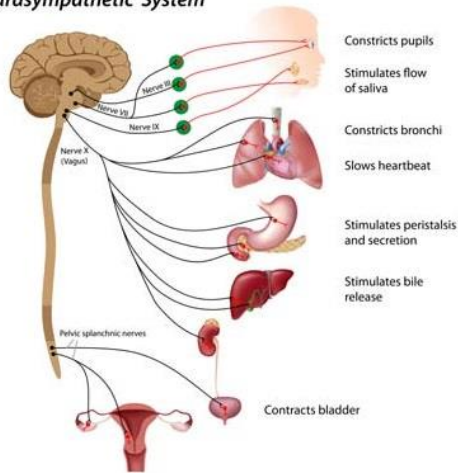
1 st week	5 minutes	2 nd week	10 minutes
3 rd week	15 minutes	4 th week	20 minutes
5 th week	25 minutes	6 th week	30 minutes
7 th week	35 minutes	8 th week	40 minutes
9 th week	45 minutes	10 th week	50 minutes
11 th week	55 minutes	12 th week	60 minutes
13 th week	65 minutes	14 th week	70 minutes
15 th week	75 minutes	16 th week	80 minutes



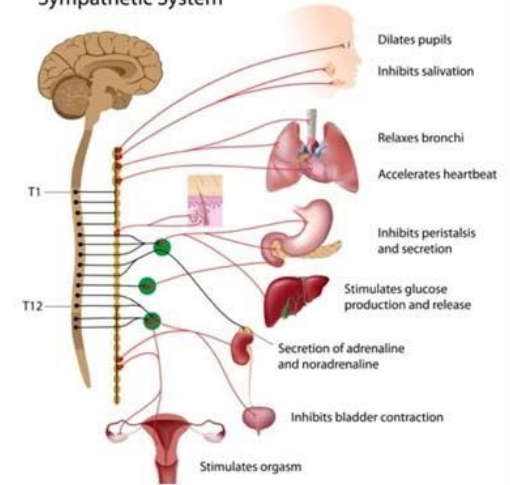
Easy Meditation

Trekchö's Slice-through the Duality of Dread and Desire

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

*This
ease!*

2nd collection of 12 sets of 16+1 rounds

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