

The Buddha's Forgotten Yogas of Love and Letting-go – 1st Lesson Text

The Buddha's Forgotten Yogas of Love & Letting-go

1st Lesson Text

Smart Phone Edition

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Lesson

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2 nd	Eleven Benefits of Love
3 rd	Anapanasati Sutta
4 th	Class Etiquette
5 th	What was the Buddha?
6 th	Why do we Meditate?
7 th	What is the “Unborn”?
8 th	Why “THE buddha”?

Lesson

9 th	The Fall of Emperor Palpatine
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11 th	If we are short of temper what...
12 th	When Religion Opposes...
13 th	Fear in the Time of Covid 19
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16 th	Making Wise Decisions

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II. Love Meditations

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A. Classic Loving-kindness Meditation

(or Metta Bhavana if you prefer Pali)

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1. Circumstantial Love

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IN-breath: ***Safety for ...***

OUT-breath: ***one quarter!*** *one set of four breaths*

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **little** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

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IN-breath:

Safety for ...

OUT-breath:

two quarters!

one set of four breaths

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **ring** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

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IN-breath:

Safety for ...

OUT-breath:

three quarters!

one set of four breaths

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **middle** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

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IN-breath:

Safety for ...

OUT-breath:

all quarters!

one set of four breaths

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **index** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

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2. Physical Love

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IN-breath:

Great health for...

OUT-breath:

one quarter!

one set of four breaths

*touch tip of left thumb to left little finger's **middle** set of creases
count the four breaths upon the right **little** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

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IN-breath:

Great health for...

OUT-breath:

two quarters!

one set of four breaths

*touch tip of left thumb to left little finger's **middle** set of creases*

*count the four breaths upon the right **ring** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

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IN-breath:

Great health for...

OUT-breath:

three quarters!

one set of four breaths

*touch tip of left thumb to left little finger's **middle** set of creases*

*count the four breaths upon the right **middle** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

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3. Interpersonal Love

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IN-breath: *Great peace for...*

OUT-breath: *one quarter!* *one set of four breaths*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the four breaths upon the right **little** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

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IN-breath:

Great peace for...

OUT-breath:

two quarters! *one set of four breaths*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the four breaths upon the right **ring** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

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IN-breath: *Great peace for...*

OUT-breath: *three quarters!* *one set of four breaths*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the four breaths upon the right **middle** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

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IN-breath: ***Great peace for...***

OUT-breath: ***all quarters!*** *one set of four breaths*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the four breaths upon the right **index** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

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4. Mental Love

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IN-breath: ***Great joy for ...***

OUT-breath: ***one quarter!*** *one set of four breaths*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the four breaths upon the right **little** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

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IN-breath:

Great joy for ...

OUT-breath:

three quarters!

one set of four breaths

*touch tip of left thumb to left little finger's **higher** set of creases*

*count the four breaths upon the right **middle** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

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IN-breath: *Great joy for ...*

OUT-breath: *all quarters!* *one set of four breaths*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the four breaths upon the right **index** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

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B. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and
RELAXING into its Release

{ *Sati Passaddhi in Pali, Mahamudra or Mahasandhi in Sanskrit, and
Trekchö_d in Tibetan Dzogchen* }



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Watching the Play of Mind

Observant inhalation: *Notice this ...* {This...

Relaxing exhalation: *relaxing!* yes!} *one set of sixteen breaths*

*slide left thumb over tip of left little finger until it comes to rest upon the **higher knuckle**
count the four breaths upon the right: little, ring, middle, and index finger's:
lower, middle, and higher sets of creases, as well as their tips.*

VII. Appendix

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A. Youngling Training

1. Parable of the Movie Concessions

It was 1971 and I was in first, or second grade.
A class mate's mother had taken many of us
to see "Willy Wonka and the Chocolate Factory"
for his birthday.

My family did not often go to movies
so this was very exciting for me.

Timid, and uncertain, and polite,
I did what I was told,
and gratefully accepted what I was offered.

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I was offered hot buttered popcorn
and what seemed like a huge vessel
of Dr. Pepper,
a soda I had heretofore never tasted.

So there I sat,
in the darkened theater,
with my class mates
and several hundred strangers;

eating my popcorn,
and sipping my Dr. Pepper,
and all the while enjoying the movie,
which I still remember, to this day.

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Upon first consideration
one could understandably assume
that the movie could distract me...

from my snacking and sipping
and thus undermine
my enjoyment of them.

But I experienced the opposite
to be true:
that the movie enhanced my enjoyment
of the popcorn and the soda...

and the popcorn and the soda
enhanced my enjoyment
of the movie.

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And this could be very much
like our practice of meditation...

where during our inhalation
we silently, and mentally recite,
“*Notice this...*”

and during our exhalation
we silently, and mentally recite,
“*relaxing!*”...

while actually physically relaxing
as best we can.

For just as I was able to observe the movie
while snacking and sipping
we can notice our mind
while noticing and relaxing.

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We could notice sensations,
and flavors, and scents,
and sounds, and sights...

as well as our emotions,
and intentions, and reasonings,
and recollections, and imaginings.

And we could notice
all those things
passively and non-conceptually.

And as we physically relax
into each exhalation,
*for that is what our bodies
have evolved to do,*

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all that we noticed as we breathed in
could feel a little less graspable
and a little easier to mentally release
as we relax into our out breath.

And just as the snacking
and the sipping
did not undermine

my enjoyment
of the movie
but rather enhanced it...

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likewise our silent and mental
recitations of “*Notice this...*” and “*relaxing!*”
in harmony with our breathing...

does not undermine our ability
to watch the play of mind
or relax into its non-graspable nature
but rather facilitates it.

More than two millennia ago
a Jewish carpenter
is said to have explained

that man was not made
for the Sabbath,
but Sabbath for man.

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Likewise, I tell you
that we do not sit in meditation
that we might more efficiently
recite “*Notice this...*” and “*relaxing!*”

but rather
that we silently and mentally recite
“*Notice this...*” and “*relaxing!*”
that we might more efficiently meditate

so that our passive and non-conceptual
observation of the play of mind

and our physical, and visceral,
and mental relaxation
into its non-graspable nature....

might be more easy,
and effective, and transformative.

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Recall Darth Bane's rule of two,
wherein there must be a master
to have power,
and a student to crave it.

This is a form of elitism
and manipulation.

And over the millennia
many so-called spiritual teachers
have used cryptic meditation
instructions, and techniques...

to reinforce a rule-of-two-like
elitism and coercion.

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Some deliberately chose
obfuscation and coercion
because they embraced elitism
and power, and prestige...

others chose the same obfuscation and coercion
because they lacked the mental acuity
to know better.

But I am here to tell you
that something does NOT
have to be difficult
to be effective.

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I'm telling you the opposite.
I'm telling you that
something must be easy
and intuitive....

if it is to be sustainable,
no less profound.

But do not take
my word for it;
put it to the test.

Play with these techniques
every morning and every evening
that you,
like Rey Skywalker...

might meditate
like a Jedi.

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D. Addendum

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Week	Rumination	Supplementation	Meditation
		Youngling Training	
First	Homework	Parable of the Movie Concession	Compassionately Soothing Loss, Wisely Releasing Loss, Spontaneous Awareness Med.
Second	Eleven Benefits of Loving Kindness	Parable of the Movie Patron	Lovingly Wishing Gain, Wisely Releasing Gain, Spontaneous Awareness Meditation
Third	Anapanasati Sutta	ROMANTIC Panacea	Wisely Releasing Circumstance Spontaneous Awareness Meditation
Fourth	Class Etiquette	Panic Attack	Compassionately Soothing Pain, Wisely Releasing Pain, Spontaneous Awareness Med.
Fifth	What Was the Buddha?	Lethargy	Lovingly Wishing Bliss, Wisely Releasing Bliss, Spontaneous Awareness Meditation
Sixth	Why do we Meditate?	PHYSICAL Panacea	Meditations for PHYSICAL mindfulness and release
Seventh	In Buddhism what is the “Unborn”?	Two Paths	Compassionately Soothing Scorn, Wisely Releasing Scorn, Mahamudra
Eighth	Why use the article “THE buddha”?	Essence of the Four Vows	Lovingly Wishing Praise, Wisely Releasing Praise, and Spontaneous Awareness Med.
		Padawan Training	
Ninth	The Fall of Emperor Palpatine	Good Night and Wake-up Channels	INTER-personal Mindfulness, Release, and Spontaneous Awareness Meditation
Tenth	Metaphorically Playing Victim	Walking Meditation	Compassionately Soothing Shame, Wisely Releasing Shame, & Trekchöd
Eleventh	If we are short of temper, what is NOT our friend?	Gazing Meditation	Lovingly Wishing Fame, Wisely it and Spontaneous Awareness Meditation
Twelfth	When Religion Opposes Science	Four Levels	Mindfulness of Mind, Release, and Spontaneous Awareness Meditation
		Jedi Knight Training	
Thirteenth	Fear in the Time of Covid 19	PATH of Mastery	Concise Love, Letting-go, and Spontaneous Awareness Meditation
Fourteenth	Master Windu's Glare	MEANS of Mastery	Classic Metta Meditation and Spontaneous Awareness Meditation
Fifteenth	Count Dooku's Taunts	NOT a Sprint BUT a Stroll	Sedating Metta Meditation and Spontaneous Awareness Meditation
Sixteenth	Making Wise Decisions	Final Q and A	Mindfulness WITH Breathing Meditation and Spontaneous Awareness Meditation

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**Their nudity reminds us
of mindfulness' vulnerability,
their bodies comprised of light
remind us of non-graspability,**

**their beauty reminds us
of love's energy,
the stability with which he sits
reminds us of centeredness, and**

**the abandon with which she sports
reminds us of spontaneity.**

MEDITATE ^{LIKE} _A JEDI



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May love and insight
drive our veganism.

The love that yearns to minimize
our participation
in the exploitation of others;

and the insight that seeks
sustainability,
both ecological and medical.

MEDITATE ^{LIKE} A JEDI