

Easy Meditation

2jun26a

Meditate Like a Jedi

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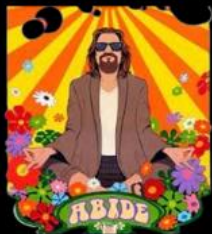
Proto Buddhism

Why do many mythologies Explore a fall from grace?



Sturgeon's Law

Ninty-percent of everything Sucks!



Yin's Spiritual Matriarchy

Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

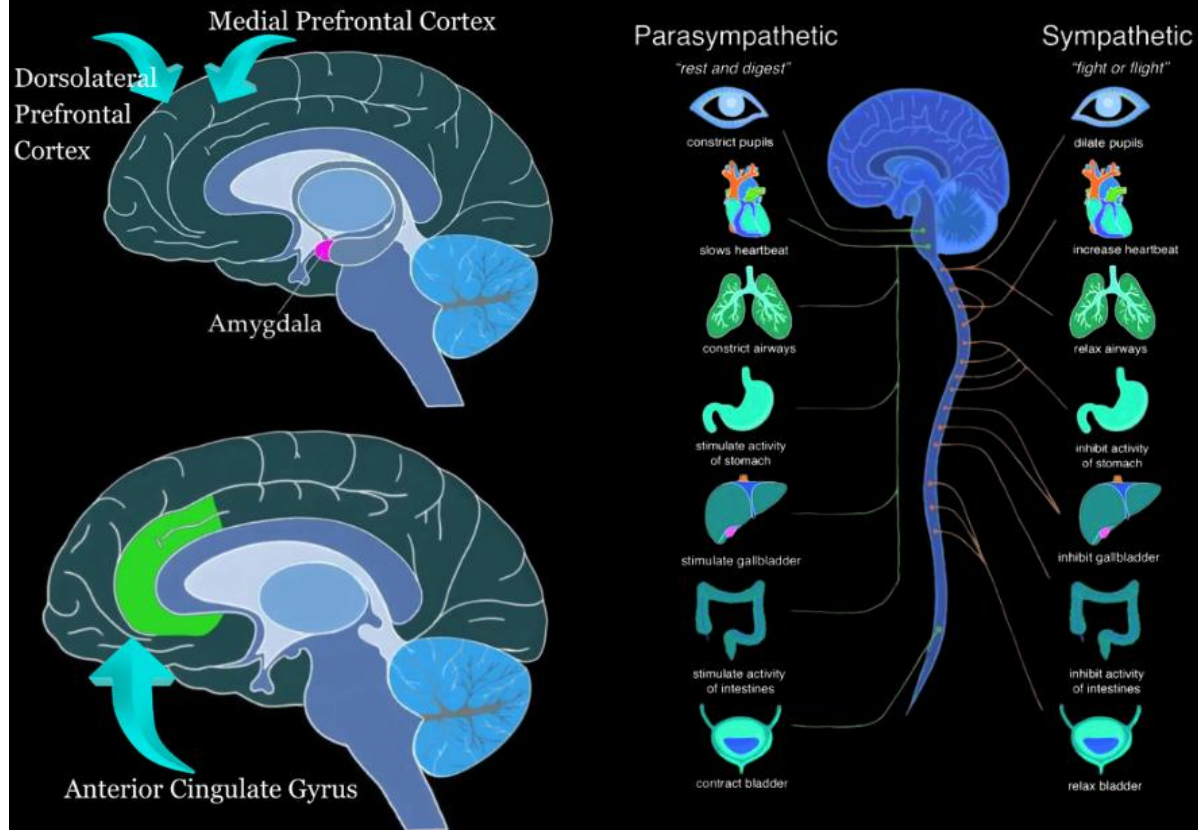
Yang's Religious Patriarchy

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



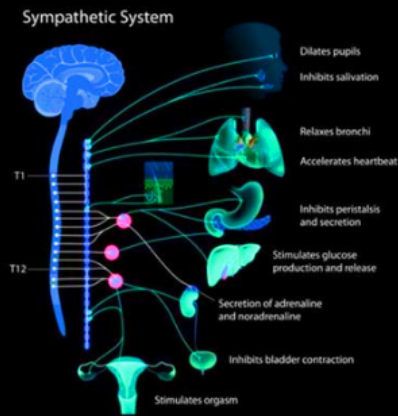
The Price of Rigidity & Control



Mindful, Vulnerable & Random

- Vulnerably,
- Pasively,
- Viscerally,
- Randomly, and
- Fleetingly

NOTICE



All Mind's Antics of:

- Perception,
- Emotion,
- Intention,
- Cognition,
- Recollection, and
- Imagination

All Manner of Phenomena:

- External to Internal,
- Physical to Mental,
- Pleasurable to Painful,
- Interesting to Boring, and
- Glorious to Grotesque

Mindfulness

Watch

inhalation

Meditation

Rest

exhalation

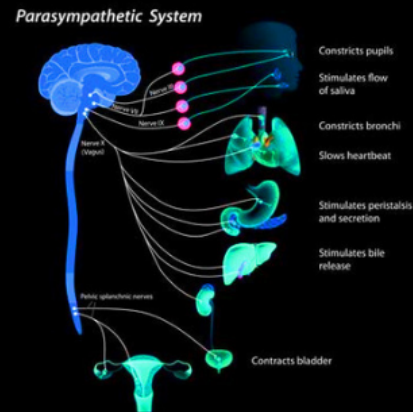
Meditation, NO-self, & Emptiness

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

Fleetingly: **LESS** stressful,
LESS permanent, **LESS** defining and...
as **NON**-graspable as a vast, **EMPTY** void...

like the illusion
of the infinite, azure sky
on a bright and beautiful
cloudless morn
which although could look
tantalizing to the eye
could feel **NON**-graspable
to the hand.



4th PATH

the Eight-fold Path of Enlightenment

Wise VIEW supporting release

1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over pride's obstructions to omniscience)

Compassionate ACTION

2 - Right Mentally Kind Intention
(the essence of the Bodhisattva Vows
that leaps over jealously's obstructions to omniscience)

3 - Right Interpersonally Kind Communication

4 - Right Physically Kind Conduct
(non-violent essence of the Pratimoksha Vows)

5 - Right Circumstantially Kind Commerce
(cruelty & competition transformed into compassion & cooperation)

Liberating MEDITATION (as described by the seven enlightenment factors)

6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) **4 & 3**

7 - Right Mindfulness 1, 2, & 6

8 - Right Meditation
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

Mindfulness &
Meditation of
Clarity & Letting-go

~~Active
Focus~~

Passive
Peripheral
Awareness



Union of Awareness and Letting-go

inhalation **Watch**

exhalation **Rest**

Download FREE
practice materials
LinkTr.ee/LamaJigmeG



Mindfulness &
Meditation of
Bliss & Letting-go



Active
Focus

Passive
Peripheral
Awareness



The Union of Bliss and Letting-go

inhalation **Feel**

exhalation **Rest**

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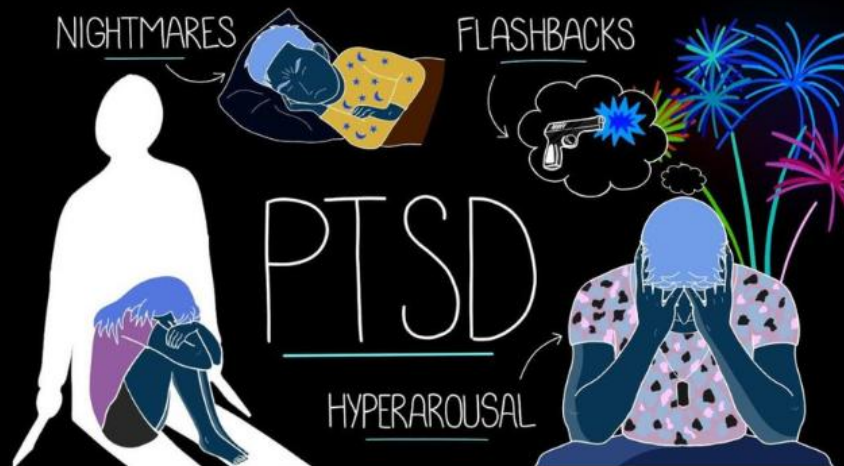
end

PTSD and Strolling Meditation

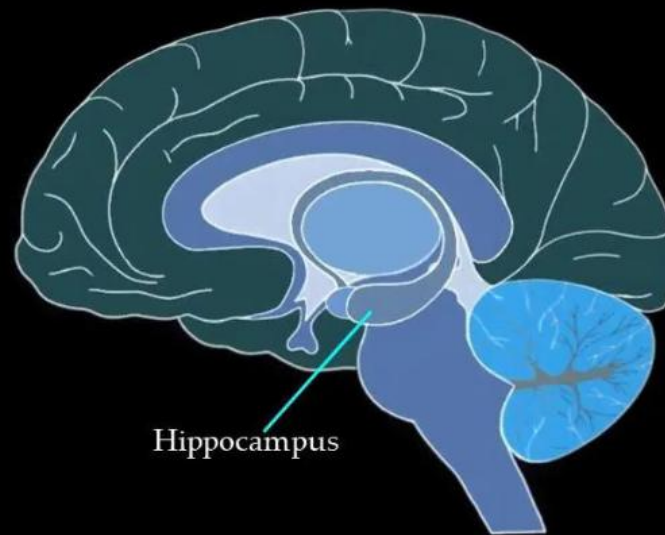
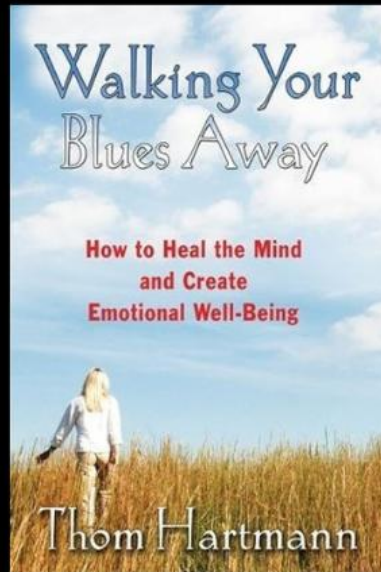
Introduction

Survivors of:

- War,
- Domestic abuse, and
- child abuse

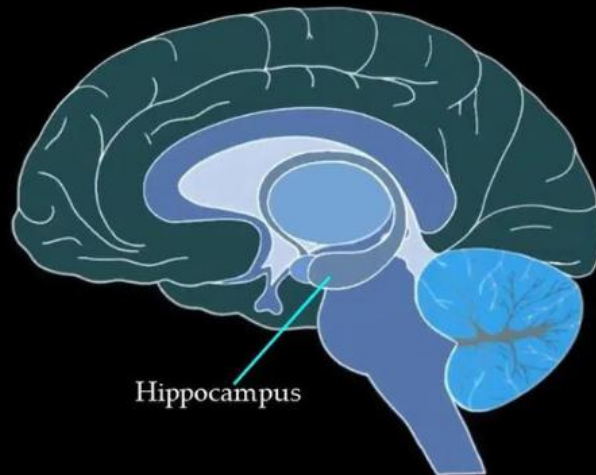


“Walking your Blues Away”



Hippocampus

Simile of the Doorman



Soothing the Hippocampus

ENTER: the magick
of Relaxed, Strolling Meditation



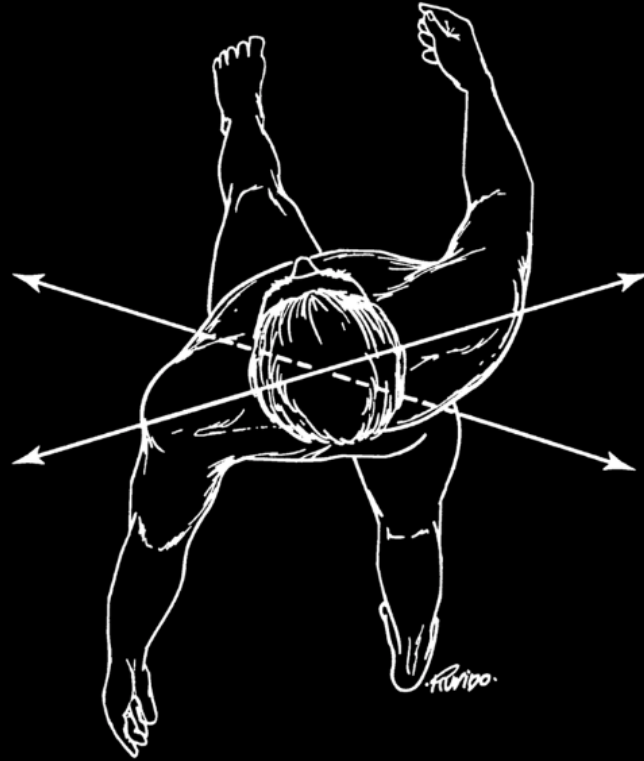
Where to Stroll?



Feel Unsafe



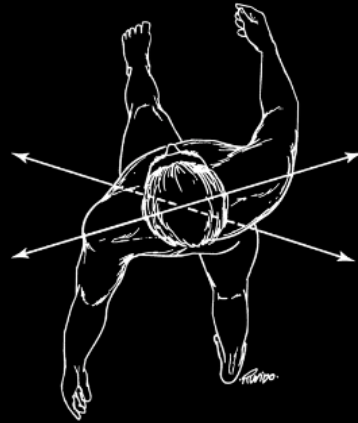
How to Stroll?



Turbo Charge your Stroll

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation



Mindfulness **Feel** inhalation

Meditation **Rest** exhalation

~~Active
Focus~~

Passive
Peripheral
Awareness



Mindfulness &
Meditation of
Clarity & Letting-go

Union of Awareness and Letting-go

inhalation **Watch**

exhalation **Rest**

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practice materials
[LinkTr.ee/LamaJigmeG](https://linktr.ee/LamaJigmeG)



Mindfulness &
Meditation of
Bliss & Letting-go



Active
Focus

Passive
Peripheral
Awareness

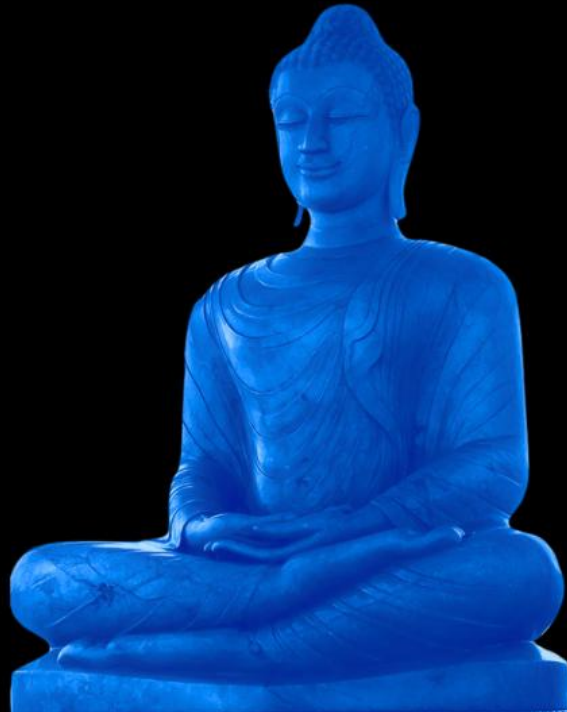


The Union of Bliss and Letting-go

inhalation **Feel**

exhalation **Rest**

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practice materials
LinkTr.ee/LamaJigmeG



end

Four
Noble
Truths

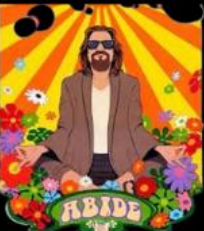
A Tale of Two Cousins

The Buddha (*Gautama or Shakyamuni*)
and his Foolish Cousin (*Devadatta*)



Sturgeon's Law

Ninty-percent of everything Sucks!



Proto-Buddhism:

Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

Institutional Buddhism:

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



1st STRESS

- I The Mental
- II The Interpersonal
- III The Physical
- IV The Circumstantial

2nd CAUSE (or exacerbation)

Fuck it?

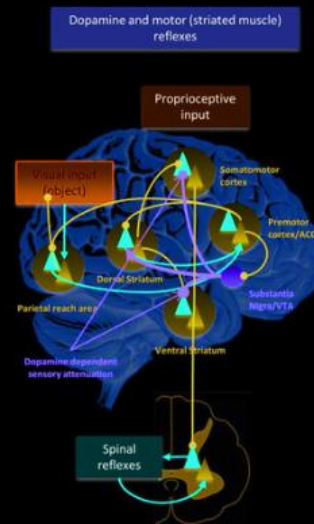
Feed on it?

Fight it?

Flee from it?

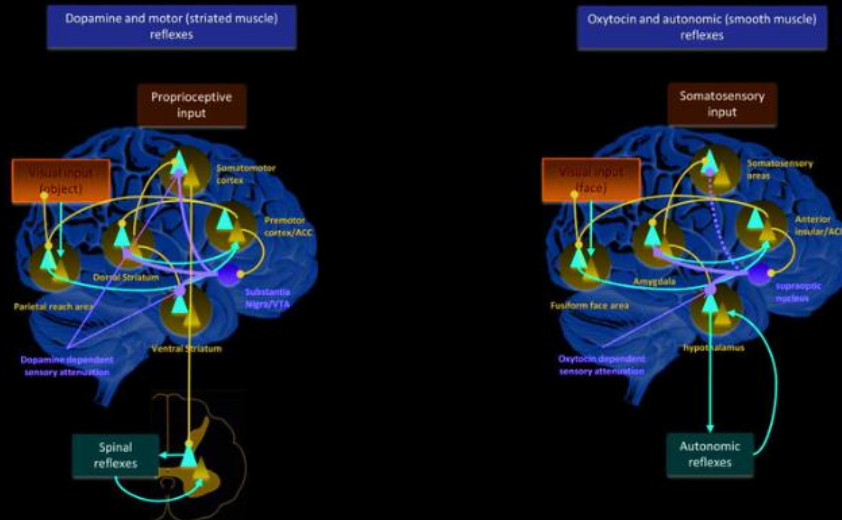
Faint before it?

Fawn over it?



3rd LIBERATION

(from Dopamine's TYRANNY)



Competition vs. Cooperation
Cruelty vs. Compassion
Craving vs. Contentment

4th PATH

the Eight-fold Path of Enlightenment

Wise VIEW supporting release

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Liberating MEDITATION (as described by the seven enlightenment factors)

6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) **4 & 3**

7 - Right Mindfulness 1, 2, & 6

8 - Right Meditation
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

Mindfulness &
Meditation of
Clarity & Letting-go



Active
Focus

Passive
Peripheral
Awareness



Union of Awareness and Letting-go

inhalation **Watch**

exhalation **Rest**

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Mindfulness &
Meditation of
Bliss & Letting-go



Active
Focus

Passive
Peripheral
Awareness

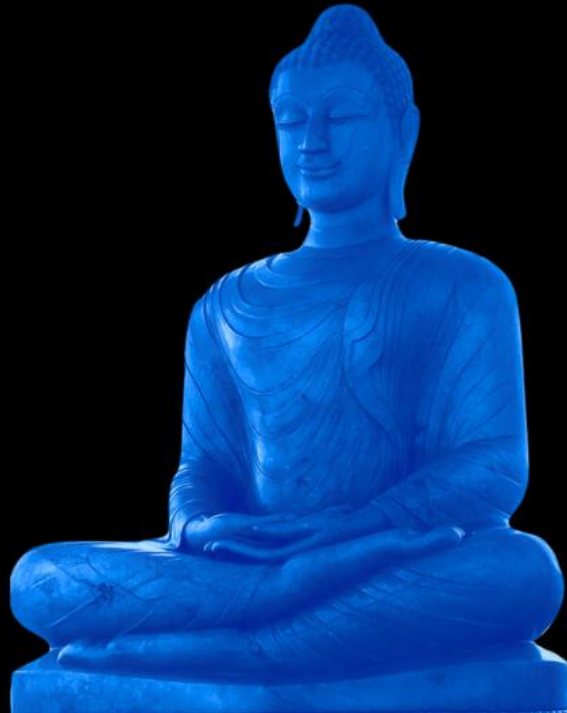


The Union of Bliss and Letting-go

inhalation **Feel**

exhalation **Rest**

Download FREE
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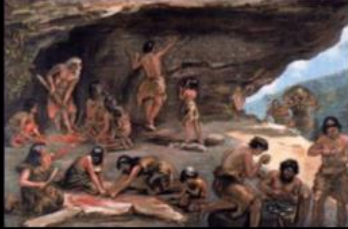


end

Buddha's
Eight-fold path of
Enlightenment

A Tale of Two Cousins

The Buddha (*Gautama or Shakyamuni*)
and his Foolish Cousin (*Devadatta*)



Sturgeon's Law

Ninty-percent of everything Sucks!



Proto-Buddhism:

Flexible,
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Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

Institutional Buddhism:

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



What is Enlightenment?

1. Mastery of Eight-fold Path
2. Mastery's Definition
3. Mastery's Examples
4. Buddha's Promise

The Dynamios of the Path

Wise VIEW supporting release

- 1 - Right View of Impermanence, NO-self, and Emptiness
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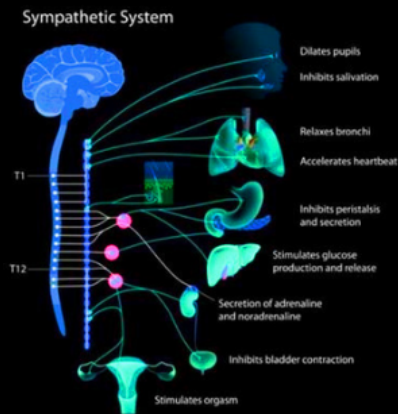
Liberating MEDITATION (as described by the seven enlightenment factors)

- 6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) **4 & 3**
- 7 - **Right Mindfulness 1, 2, & 6**
- 8 - **Right Meditation**
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

MINDFULNESS - the 7th Fold

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

NOTICE



All Mind's Antics of:

- Perception,
- Emotion,
- Intention,
- Cognition,
- Recollection, and
- Imagination

All Manner of Phenomena:

- External to Internal,
- Physical to Mental,
- Pleasurable to Painful,
- Interesting to Boring, and
- Glorious to Grotesque

Mindfulness **Watch** inhalation

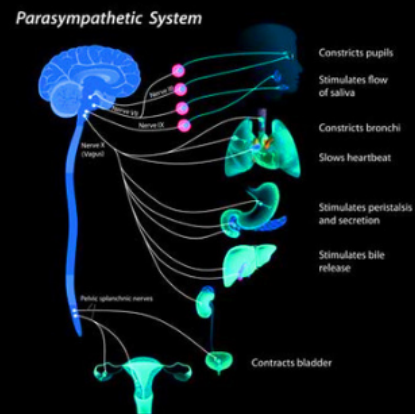
Meditation **Rest** exhalation

MEDITATION - the 8th Fold

that slices through duality's obscuring emotions of dread and desire

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation



The 1st Fold of the Path

Wise VIEW supporting release

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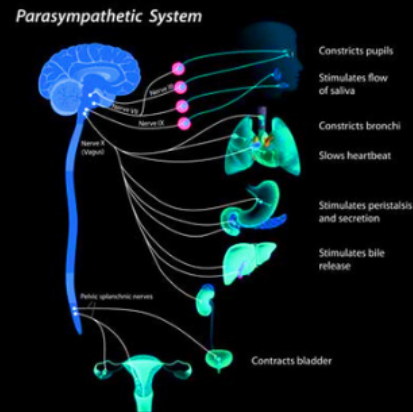
VIEW's Impermanence, NO-self, & Emptiness - the 1st Fold

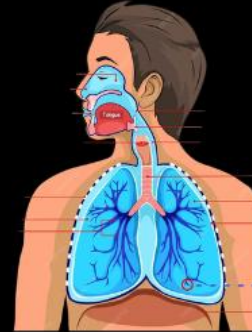
Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

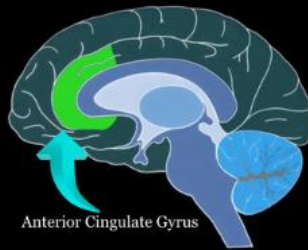
**Fleetingly: LESS stressful,
LESS permanent, LESS defining and...
as NON-graspable as a vast, EMPTY void...**

**like the illusion
of the infinite, azure sky
on a bright and beautiful
cloudless morn
which although could look
tantalizing to the eye
could feel NON-graspable
to the hand.**

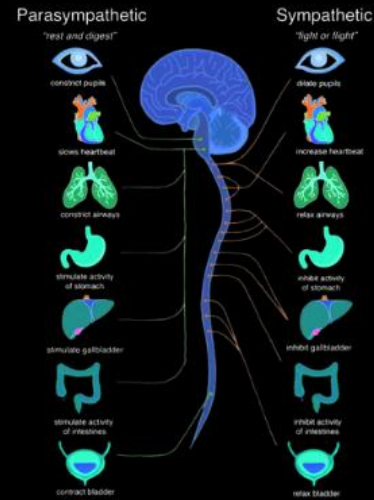




The Highest Love



**is the spontaneous
and uncontrived byproduct
of Ati-yoga or Trekcho
that is simply noticing and relaxing
in harmony with our breathing.**



The 2nd Fold of the Path

Wise VIEW supporting release

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(that leaps over *pride's* obstructions to omniscience)

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(the essence of the Bodhisattva Vows
that leaps over *jealously's* obstructions to omniscience)

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The 3rd Fold of the Path

Wise VIEW supporting release

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8 - Right Meditation

(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

The 4th Fold of the Path

Wise VIEW supporting release

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Compassionate ACTION

- 2 - Right Mentally Kind Intention
(the essence of the Bodhisattva Vows
that leaps over *jealously's* obstructions to omniscience)
- 3 - Right Interpersonally Kind Communication
- 4 - **Right Physically Kind Conduct**
(NON-violent essence of the Pratimoksha Vows)
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Liberating MEDITATION (as described by the seven enlightenment factors)

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- 8 - **Right Meditation**
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

The 5th Fold of the Path

Wise VIEW supporting release

- 1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over *pride's* obstructions to omniscience)

Compassionate ACTION

- 2 - Right Mentally Kind Intention
(the essence of the Bodhisattva Vows
that leaps over *jealously's* obstructions to omniscience)
- 3 - Right Interpersonally Kind Communication
- 4 - Right Physically Kind Conduct
(NON-violent essence of the Pratimoksha Vows)
- 5 - Right **Circumstantially Kind Commerce**
(cruelty & competition transformed into compassion & cooperation)

Liberating MEDITATION (as described by the seven enlightenment factors)

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- 7 - **Right Mindfulness 1, 2, & 6**
- 8 - **Right Meditation**
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

The 6th Fold of the Path

Wise VIEW supporting release

- 1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over *pride*'s obstructions to omniscience)

Compassionate ACTION

- 2 - Right Mentally Kind Intention
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- 4 - Right Physically Kind Conduct
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(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

Mindfulness &
Meditation of
Clarity & Letting-go



Active
Focus

Passive
Peripheral
Awareness



Union of Awareness and Letting-go

inhalation **Watch**

exhalation **Rest**

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practice materials
LinkTr.ee/LamaJigmeG



Mindfulness &
Meditation of
Bliss & Letting-go

~~Active
Focus~~

Passive
Peripheral
Awareness

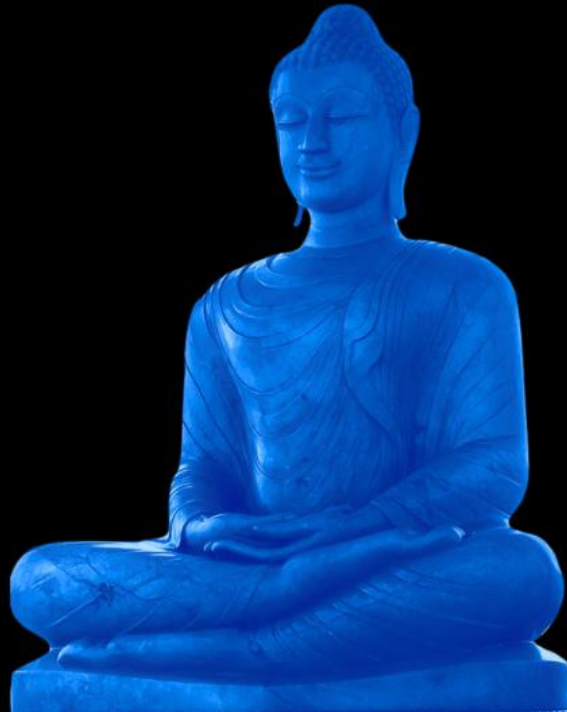


The Union of Bliss and Letting-go

inhalation **Feel**

exhalation **Rest**

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practice materials
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end

Bengali Crease Counting

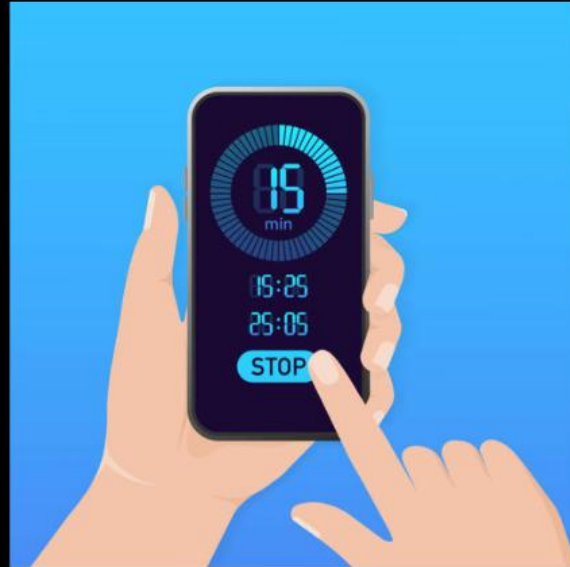
New, Exciting, and Scary...



In days of yore...



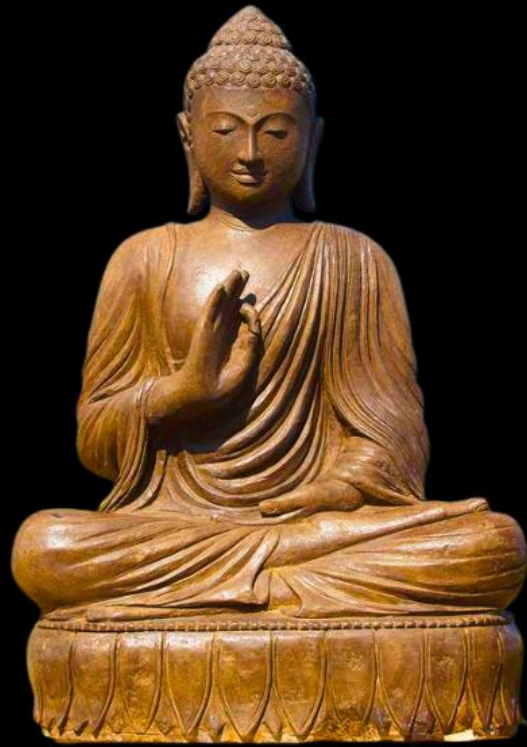
Technological Terror



Cranky Fascists



We'll always have our Hands



STAR WARS

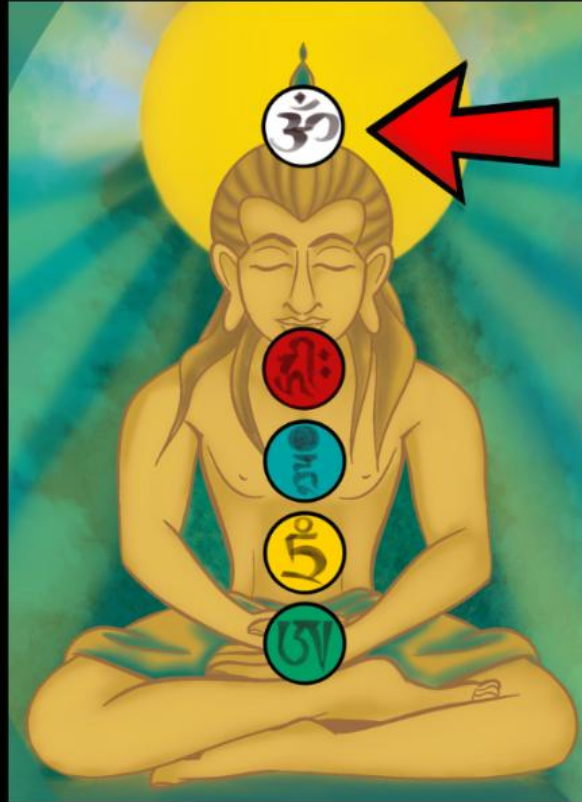
**"Luminous
beings are we.
Not this crude
matter."**

Yoda



Effortless
Energy
Work

Crown Energy



Mindfulness &
Meditation of
Clarity & Letting-go

Counting One Minute

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation



Tracking the Next 12 Sets





Active
Focus

Passive
Peripheral
Awareness



Union of Awareness and Letting-go

inhalation **Watch**

exhalation **Rest**

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practice materials
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Mindfulness &
Meditation of
Bliss & Letting-go

Gathering the Next Collection



~~Active
Focus~~

Passive
Peripheral
Awareness



The Union of Bliss and Letting-go

inhalation **Feel**

exhalation **Rest**

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practice materials
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end

Seven Enlightenment Factors

MINDFULNESS:

the 1st Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. Energy,
4. Joy,
5. Tranquility,
6. Coalescence, and
7. Equanimity

Watching Mind's Antics of:

- Perception,
- Emotion,
- Intention,
- Cognition,
- Recollection, and
- Imagination

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

INVESTIGATION:

the 2nd Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. Energy,
4. Joy,
5. Tranquility,
6. Coalescence, and
7. Equanimity

Watching:

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

All Manner of Phenomena:

- External to Internal,
- Physical to Mental,
- Pleasurable to Painful,
- Interesting to Boring, and
- Glorious to Grotesque

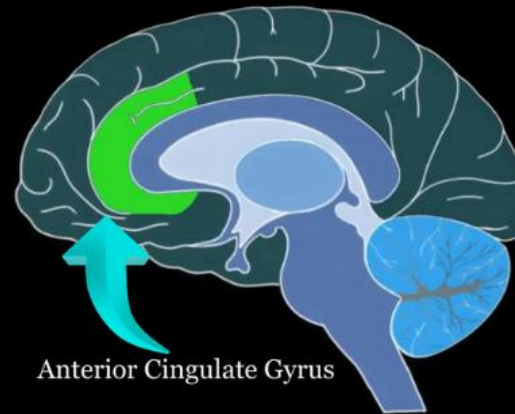
Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

JOY:

the 4th Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. Energy,
4. Joyful (*love*),
5. Tranquility,
6. Coalescence, and
7. Equanimity



Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

ENERGY:

the 3rd Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. **Energy**,
4. Joy,
5. Tranquility,
6. Coalescence, and
7. Equanimity

- Choices,
 - Utterances, and
 - Deeds
- Flowing
NOT from
- contrived calculation nor
 - wild scatteredness
- BUT rather from
Love's deeply centered spontaneity.

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

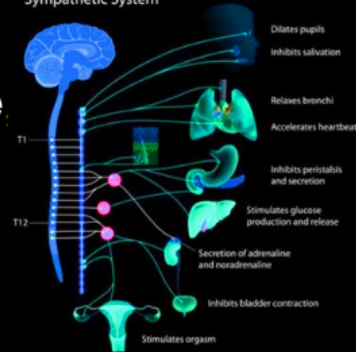
COALESCENCE:

the 6th Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. Energy,
4. Joy,
5. Tranquility,
6. Coalescence
7. Equanimity



Sympathetic System



All Mind's Antics of:

- Perception,
- Emotion,
- Intention,
- Cognition,
- Recollection, and
- Imagination

Mindfulness

Watch

inhalation

Meditation

Rest

exhalation

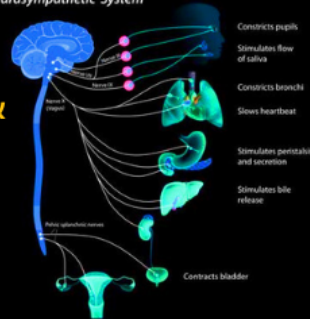
TRANQUILITY:

the 5th Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. Energy,
4. Joy,
5. **Tranquility,**
6. Coalescence, &
7. Equanimity



Parasympathetic System



Fleetingly:

- LESS stressful,
- LESS permanent,
- LESS defining and...

as NON-graspable as
a vast, EMPTY void...
like the illusion
of the infinite, azure sky
on a bright and beautiful
cloudless morn
which although could look
tantalizing to the eye
could feel NON-graspable
to the hand.

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

EQUANIMITY:

the 7th Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. Energy,
4. Joy,
5. Tranquility,
6. Coalescence, and
7. (remedial) **Equanimity**

- **Beauty and Ugliness**
melt into just SIGHTs
- **Harmony and Discord**
melt into just SOUNDS
- **Pleasure and Pain**
melt into just FEELINGs
- **Delicious and Disgusting**
melt into just TASTEs and
- **Fragrant and Foul**
melt into just SCENTs

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

Mindfulness &
Meditation of
Clarity & Letting-go



Active
Focus

Passive
Peripheral
Awareness



Union of Awareness and Letting-go

inhalation **Watch**

exhalation **Rest**

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Mindfulness &
Meditation of
Bliss & Letting-go



Active
Focus

Passive
Peripheral
Awareness

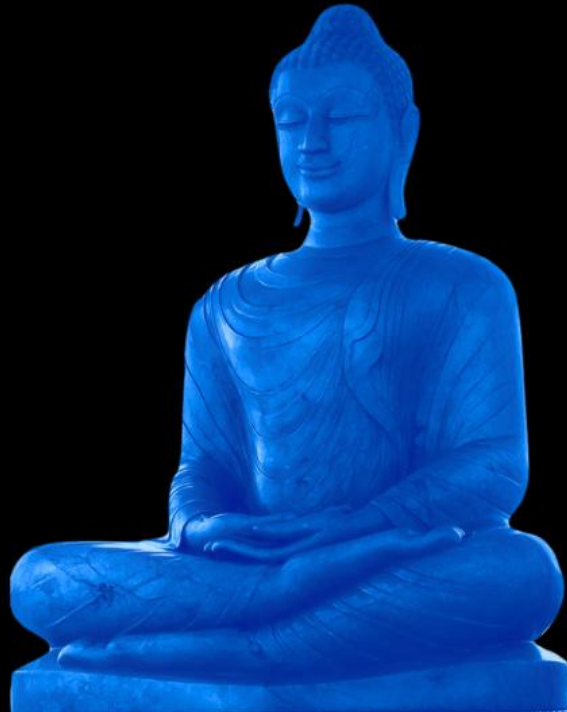


The Union of Bliss and Letting-go

inhalation **Feel**

exhalation **Rest**

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end



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

end

The Art of Sitting

7 point Posture of Vairochanna



FIRST point: Legs



Mexican Yoga Blanket



Folly of the FULL lotus



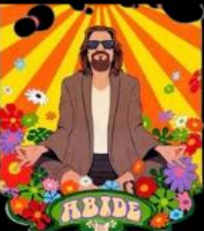
A Tale of Two Cousins

The Buddha (*Gautama or Shakyamuni*)
and his Foolish Cousin (*Devadatta*)



Sturgeon's Law

Ninty-percent of everything Sucks!



Proto-Buddhism:

Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

Institutional Buddhism:

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



Wisdom of the QUARTER lotus



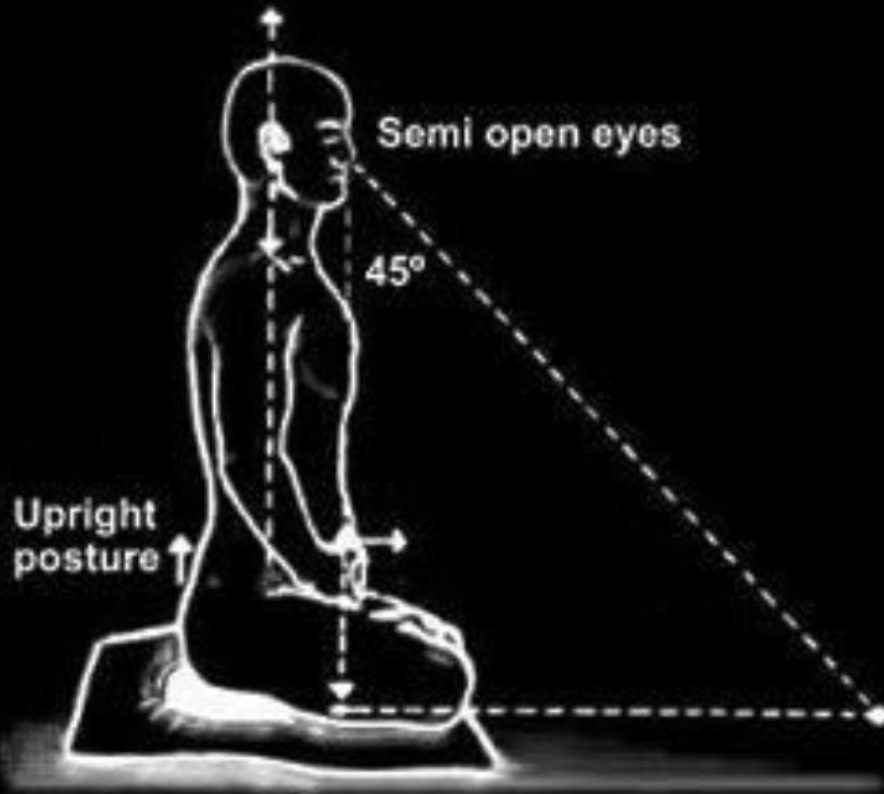
Patience with the QUARTER lotus



SECOND point: Hands



THIRD point: Spine



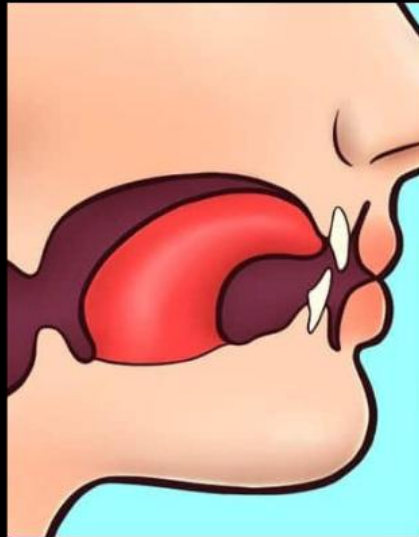
FOURTH point: Shoulder-blades



FIFTH point: Chin



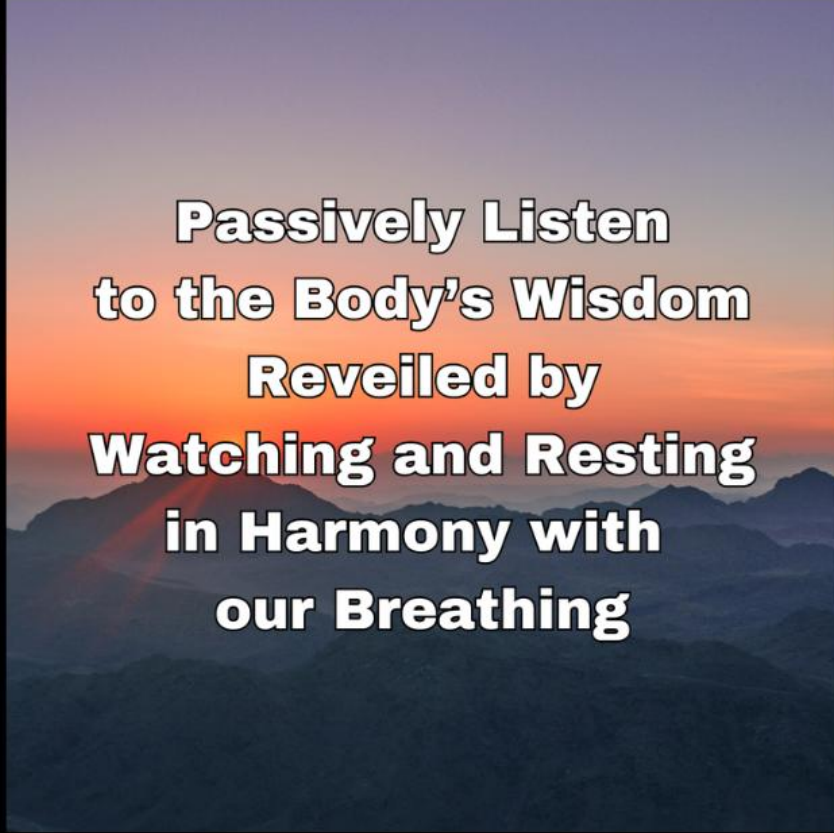
SIXTH point: Mouth



SEVENTH point: Eyes



Overwhelmed?



**Passively Listen
to the Body's Wisdom
Reveiled by
Watching and Resting
in Harmony with
our Breathing**

Mindfulness &
Meditation of
Clarity & Letting-go



Active
Focus

Passive
Peripheral
Awareness



Union of Awareness and Letting-go

inhalation **Watch**

exhalation **Rest**

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Mindfulness &
Meditation of
Bliss & Letting-go

~~Active
Focus~~

Passive
Peripheral
Awareness



The Union of Bliss and Letting-go

inhalation **Feel**

exhalation **Rest**

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end



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

end

Easy Meditation

Table of Contents

I Contemplation of **Change**

II Meditation of **Clarity**

III Meditation of **Bliss**

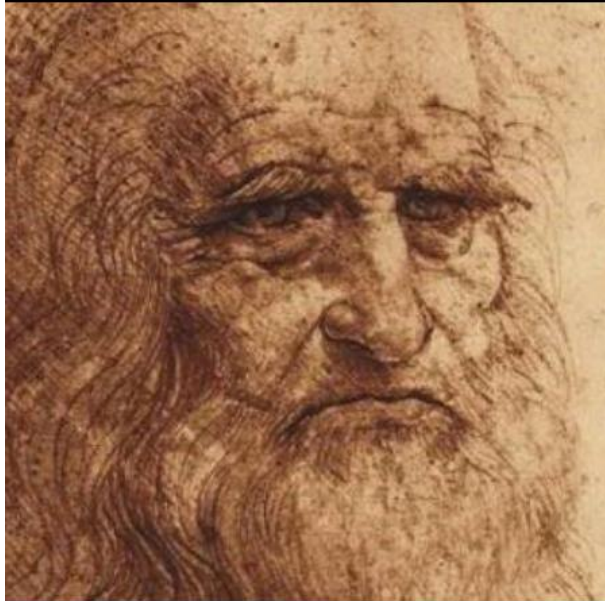
IV Contemplation of **Love**



Passively
Contemplate
Change

Impermanence...

The FIRST fold
of the Buddha's
Eight-fold path
of Enlightenment



*“Simplicity is
the ultimate
sophistication.”*

Leonardo da Vinci

Four Bases of Mindfulness

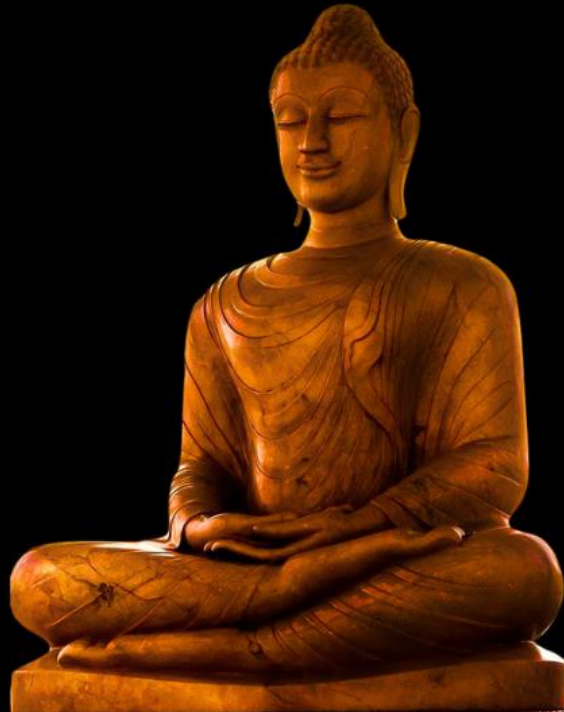
- I The Mental
- II The Interpersonal
- III The Physical
- IV The Circumstantial

Circumstantial Impermanence

inhalation **Lots**

exhalation **Change**

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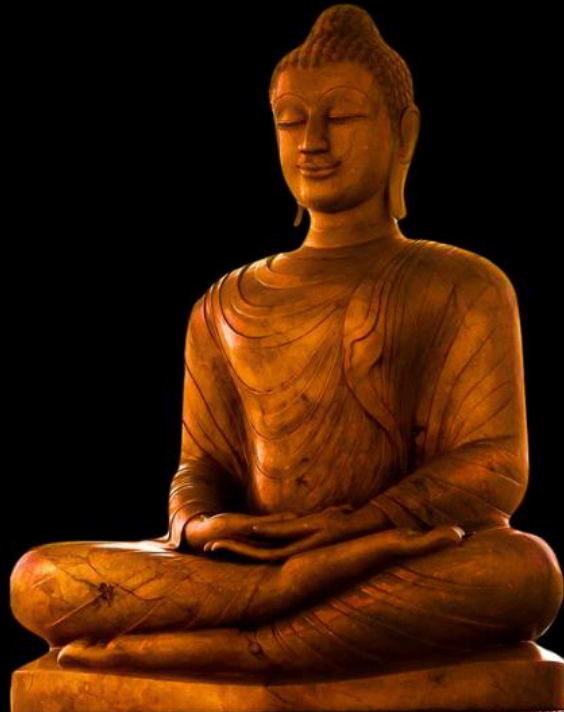


Physical Impermanence

inhalation **Forms**

exhalation **Change**

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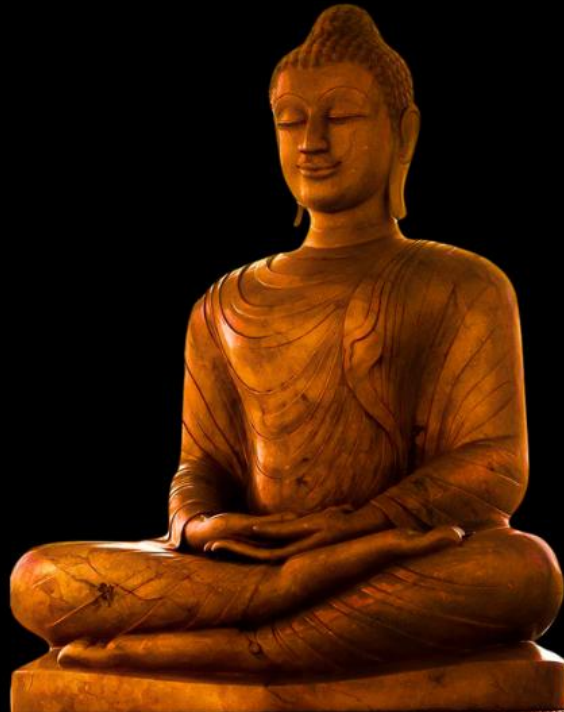


Interpersonal Impermanence

inhalation **Speech**

exhalation **Change**

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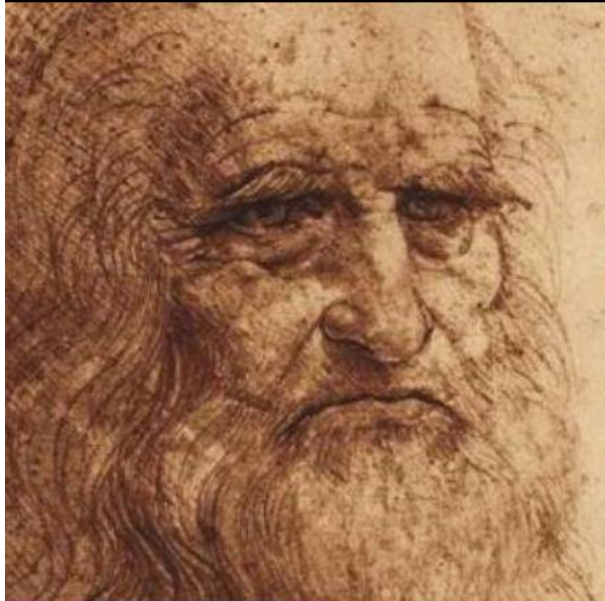
Mental Impermanence

inhalation **Minds**
exhalation **Change**

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Passively
Contemplate
the Union of
Love & Letting-go



*“Simplicity is
the ultimate
sophistication.”*

Leonardo da Vinci

Four Bases of Mindfulness

- I The Mental
- II The Interpersonal
- III The Physical
- IV The Circumstantial

Love and Letting-go...

Let us bring
our personal
needs and desires
into manifesting's path
of universal love

Mental Kindness...

The SECOND fold
of the Buddha's
Eight-fold path
of Enlightenment

Mental Loving-kindness

inhalation **Wise**

exhalation **All**

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Interpersonal Kindness...

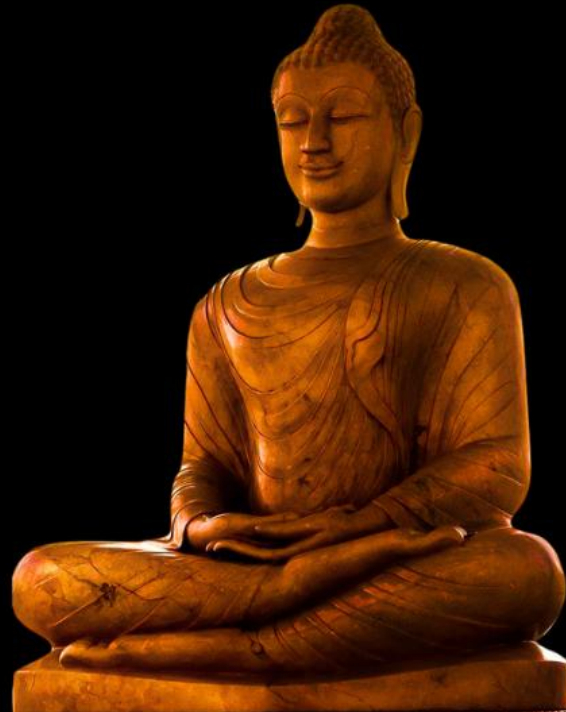
The THIRD fold
of the Buddha's
Eight-fold path
of Enlightenment

Interpersonal Loving-kindness

inhalation **Love**

exhalation **All**

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Physical Kindness...

The FOURTH fold
of the Buddha's
Eight-fold path
of Enlightenment

Physical Loving-kindness

inhalation **Health**

exhalation **All**

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Circumstantial Kindness...

The FIFTH fold
of the Buddha's
Eight-fold path
of Enlightenment

Circumstantial Loving-kindness

inhalation **Boone**

exhalation **All**

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Bodhichitta,
Refuge, and
Buddha Bowing

Bodhichitta

In our compassion
may we long to free all beings
from the toxic tyranny of:

dread, desire, and delusion,
metaphorically known
as the three *mental* poisons.

Refuge - a

In our pragmatism
may our liberation of all others

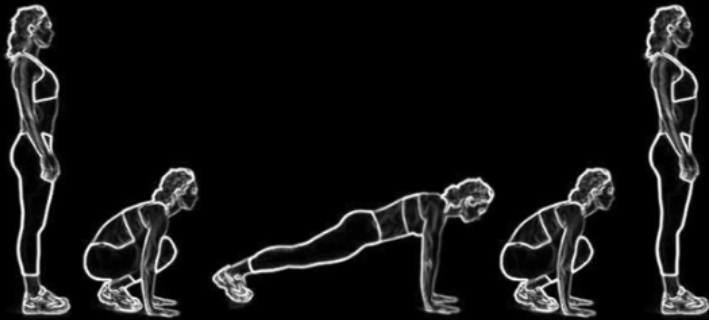
be fueled by the
Three wish-fulfilling Jewels of...

Refuge - b

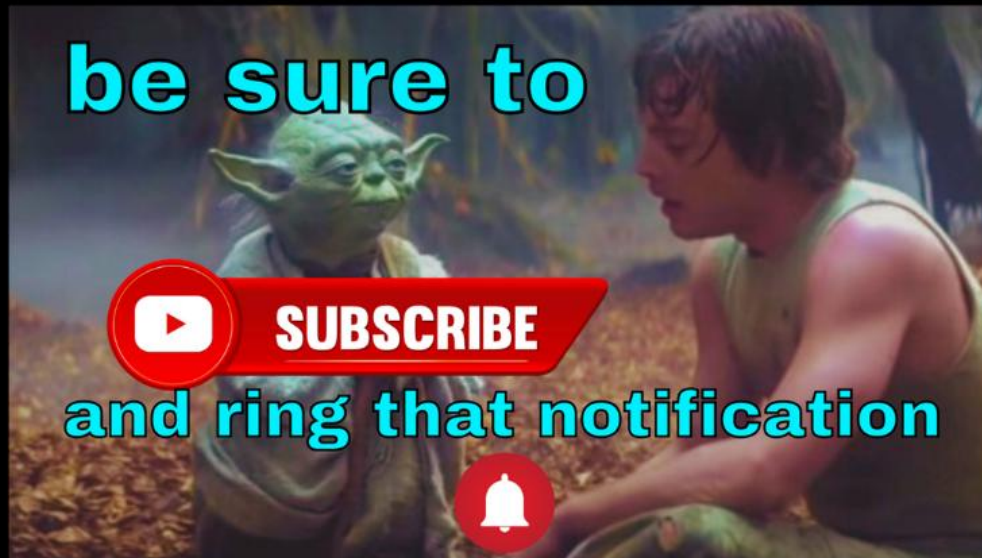
- following the buddha's example,
- applying his instructions, and
- cooperating with his students.

Spiritual Squat-thrusts

May we
free all
through the
Three Jewels.



Come, let us explore, "[If You Feel Like Breath Meditation Isn't Working, Watch This!](#)" followed by "Meditating like a Jedi"



- Three **places** to watch the breath
- The Perils of **Active Focus**
- The Benefits of **Vulnerable Awareness**

