

Easy Enlightenment COURSE

22oct26a

Meditate Like a Jedi

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Why Your Brain was Built to Meditate

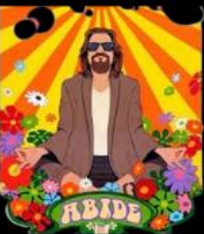
Four Noble Truths

What is the difference between Proto Buddhism and Institutional Buddhism?



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



Astrophysicist

Neil deGrasse Tyson



1st STRESS

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

2nd CAUSE

or the desires and dreads of our survival response

Fuck it?

Feed on it?

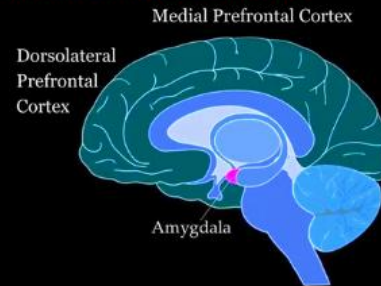
Fight it?



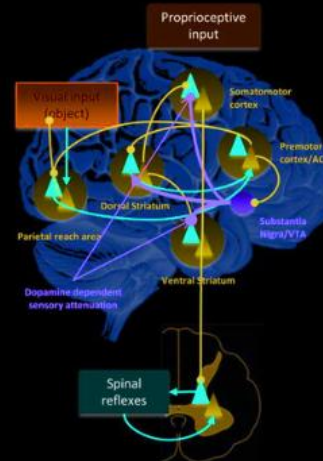
Flee from it?

Faint before it?

Fawn over it?

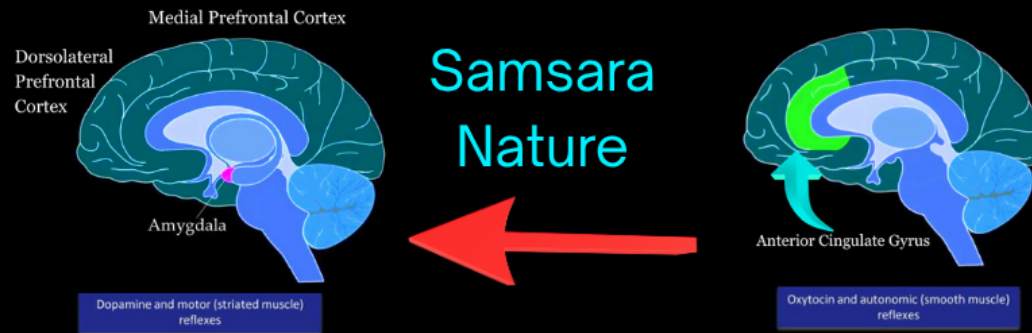


Dopamine and motor (striated muscle) reflexes



3rd LIBERATION

from the Tyranny of Survival's Instincts



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**

end



**The Meditation
that Unlocks
Inner Freedom**

Eight-fold Path of Enlightenment

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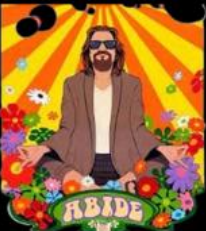
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What is Enlightenment?

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

The Dynamos of the Path

Wise VIEW supporting release

- 1 - Right View of Impermanence, NO-self, and Emptiness
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Compassionate ACTION

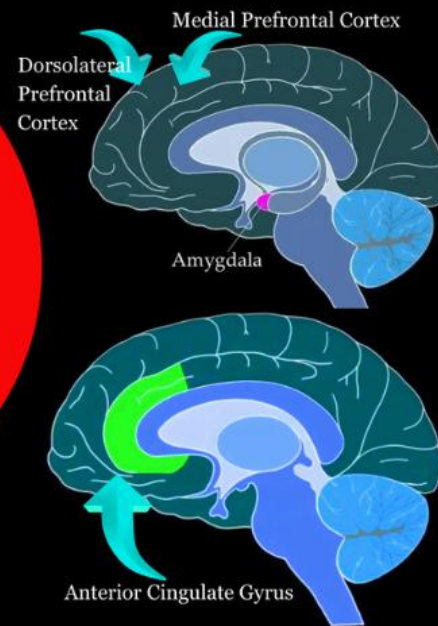
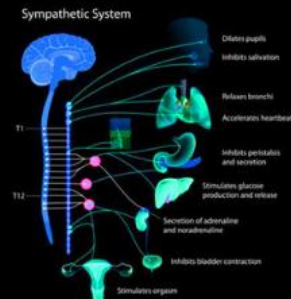
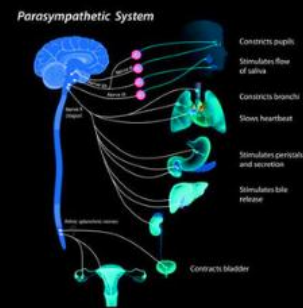
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(that slice through duality's obscuring emotions of dread and desire) **5 & 7**



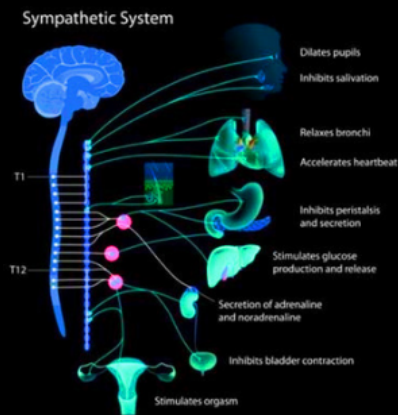
Passive
Peripheral
Awareness



MINDFULNESS

- 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,
- Convenient to Arduous, and
- Glorious to Grotesque

Mindfulness

Watch

inhalation

Meditation

rest

exhalation

Meditation

Mindfulness *Watch* inhalation

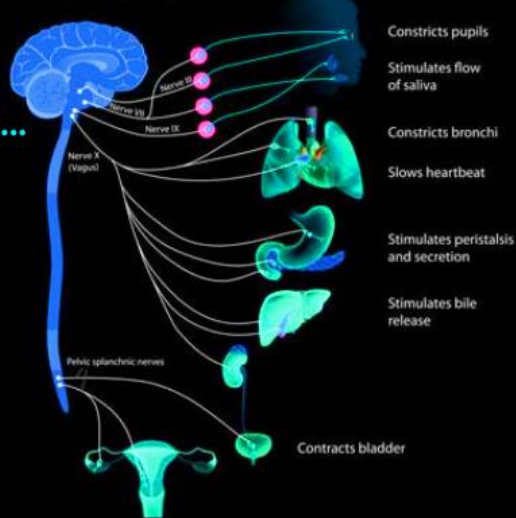
Meditation *rest* exhalation

Fleetingly:

- LESS stressful,
- LESS permanent,
- LESS defining (*NOT-self*) &...
- as NON-graspable
as a vast, EMPTY void.



Parasympathetic System



The 1st 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

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

Meditation

Mindfulness *Watch* inhalation

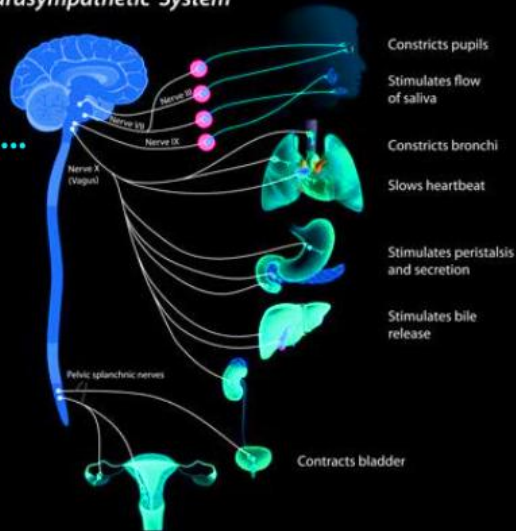
Meditation *rest* exhalation

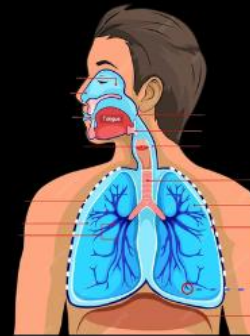
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Parasympathetic System



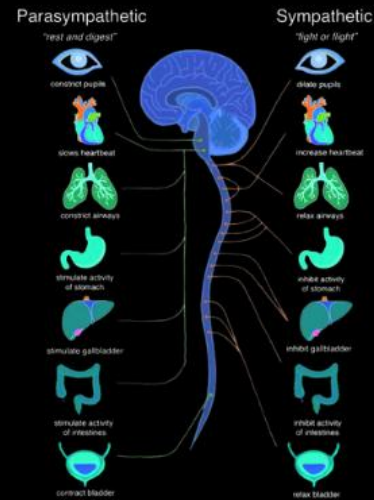


The Highest Love



is the spontaneous and uncontrived byproduct of simply:

- sitting, and
- breathing, and
- watching and
- resting.



The 2nd 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 jealousy'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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- 8 - Right **Meditation**
(that slices through duality's obscuring emotions of dread and desire) 5 & 7

The 3rd 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)

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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 4th 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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- 3 - Right Interpersonally Kind Communication
- 4 - Right **Physically Kind Conduct**
(*NON-violent essence of the Pratimoksha Vows*)
- 5 - Right Circumstantially Kind Commerce
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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**

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)

- 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**

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
(the essence of the Bodhisattva Vows
that leaps over *jealousy*'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)

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- 8 - Right Meditation
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end



**The
Meditation Secret
that Empowers
your Energy Work**

Bengali Crease Counting

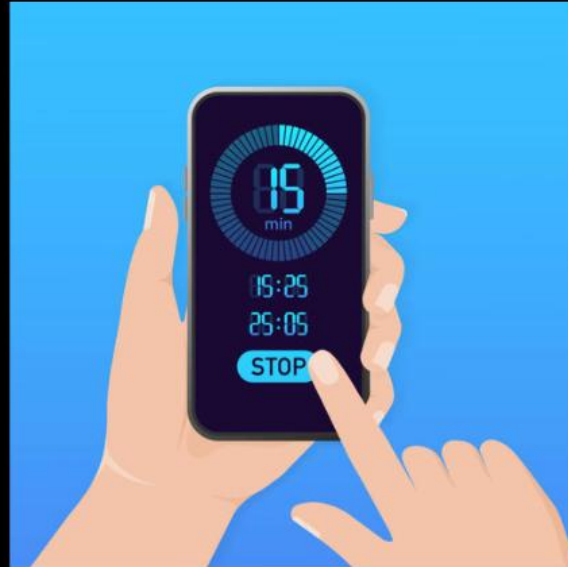
New, Exciting, and Scary...



In days of yore...



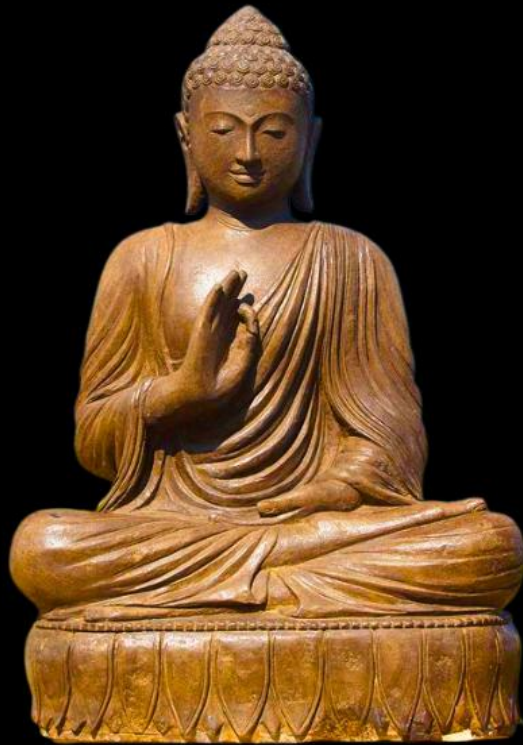
Technological Terror



Cranky Fascists



We'll always have our Hands

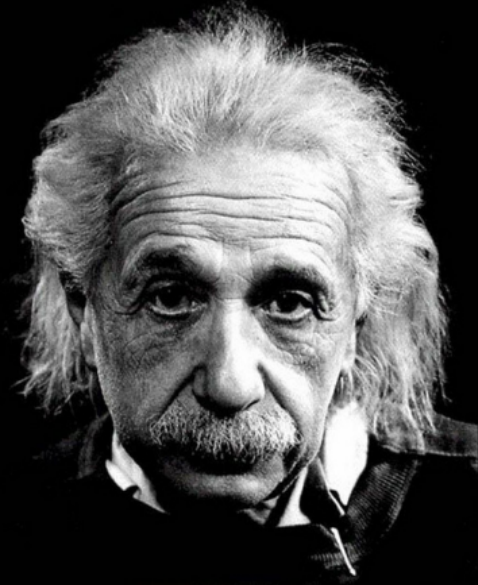


Effortless
Energy
Work

**“Luminous beings
are we.
NOT this
crude matter.”**

-Yoda





**Any intelligent fool
can make things bigger
and more complex...
it takes a touch of genius
and a lot of courage
to move
in the opposite direction**

Neo Taoist

Two Plus Twelve Meridian System

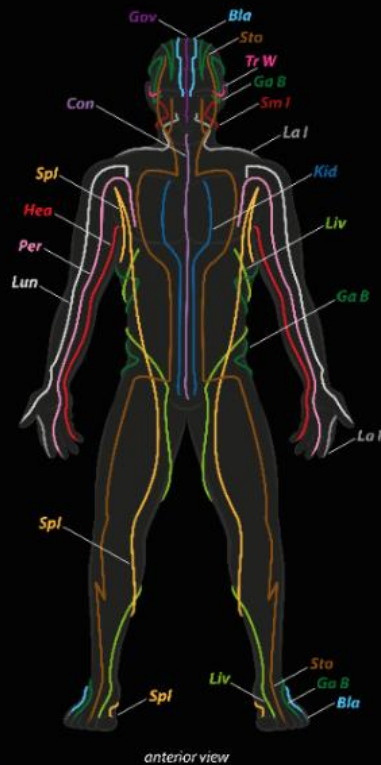
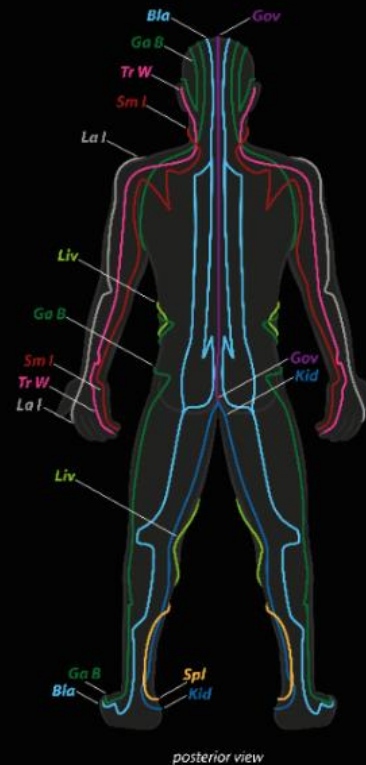
The Body Meridians

Two Centerline Meridians:

Conception Vessel
Governing Vessel

Twelve Principal Meridians:

Stomach Meridian
Spleen Meridian
Small Intestine Meridian
Heart Meridian
Bladder Meridian
Kidney Meridian
Pericardium Meridian
Triple Warmer Meridian
Gall Bladder Meridian
Liver Meridian
Lung Meridian
Large Intestine Meridian



Popular Hindu

Seven Chakra System



Buddhist Tantric

Five Chakra System



Grounding MEDITATION

Utilitarian Set of Mental Exercises

inhalation

Tasting THIS

exhalation

relaxing



Bliss MEDITATION

Utilitarian Set of Mental Exercises

inhalation

Feeling THIS

exhalation

relaxing



Peace MEDITATION

Utilitarian Set of Mental Exercises

inhalation

Watching THIS

exhalation

relaxing



Reps, Sets, and Collections

Right hand - 16 **repetitions** (*inhalations*)- a little more than 1 minute

Left hand - 16 **sets** (of 16 repetitions each) - about 20 minutes

Left index tip supports Right index lower knuckle,
1st **Collection** of 256 inhalations - about 20 minutes

Left index tip supports Right index Middle knuckle,
2nd **Collection** of 256 inhalations - about 40 minutes

Left index tips supports Right index Higher knuckle,
3rd **Collection** of 256 inhalations - about 60 minutes

Left middle tip supports Right middle lower knuckle,
4th **Collection** of 256 inhalations - about 80 minutes

Left middle tip supports Right middle Middle knuckle,
5th **Collection** of 256 inhalations - about 100 minutes

Left middle tips supports Right middle Higher knuckle,
6th **Collection** of 256 inhalations - about 120 minutes

end



Teacher

What to Look for in a Meditation Teacher

Meditation
Teachers:
SELECTING &
TRAINING

Selecting a Lama

Be Sure to IGNORE their:

beauty,
charm,
popularity, and
wealth

ALL that Matters
is their ability to:

PACIFY our
anxiety and aggression

and INCREASE our
peace and love

Training to be a Lama

Buddha versus Lama

7 days
versus
20,000 hours

10,000 hours
STUDYING
“Easy Enlightenment”
and
“Vast Space of Vajrasattva”

10,000 hours
practicing authentic
Mindfulness and Meditation

Goal?
MASTERY of:
teachings and
self

One Day Retreat

5am	Study
6am	Mindfulness & Meditation
<i>7am</i>	<i>Rest</i>
<i>8am</i>	<i>Choirs</i>
9am	Study
10am	Mindfulness & Meditation
<i>11am</i>	<i>Rest</i>
<i>12pm</i>	<i>Socializing</i>
1pm	Study
2pm	Mindfulness & Meditation
<i>3pm</i>	<i>Rest</i>
<i>4pm</i>	<i>Socializing</i>
5pm	Study
6pm	Mindfulness & Meditation

Time Table

8 hours a day (*monastic commitment*) - 7 years

2 hours before work and 2 hours after work - 14 years

Journal

By your side

- studying,
- meditating,
- throughout the day.

Jot down your questions.

Submit them during livestream.

Monastic Ranking

100 - 10,000 hours	-	apprentice lama	Maroon Skirt	White Shirt & Shawl
10,001 - 20,000 hours	-	journeyman lama	Maroon Skirt	Maroon Shirt & Shawl
20,000 + hours	-	master lama	Maroon Skirt	Ochre Shirt & Shawl

Supplimentary Training

Energy-work
Composition
Public Speaking

Monastic Support

EVENTUALLY Buddha Joy Meditation School will support
CURENTLY all lamas are self supporting

Some train while:

part-time

retired,

disabled, or

homeless/ monastery/ Dhammapada.

Energy Work

- 100 hours of study and practice
- 2 folding chairs
- you're the healer of last resort
only after doctors fail
- absolutely NO fees or mandatory donations

Method

Patient sits in folding chair.

Lama sits on floor holding patient's right foot (watch/rest)

Lama sits on chair holding patient's right hand (watch/rest)

Lama sits on floor holding patient's left foot (feel/rest)

Lama sits on chair holding patient's left hand (feel/rest)

end



**How To Sit
in Meditation
the Right Way
(7 Keys)**

7 point Posture of Vairochanna



Mahasiddhas

FIRST point: **Legs**



Mexican Yoga Blanket



Folly of the FULL lotus



A Tale of Two Archetypes

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



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Proto-Buddhism:

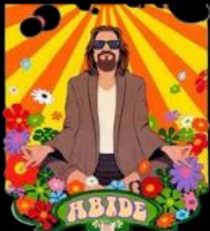
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Institutional Buddhism:

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Wisdom of the QUARTER lotus



Patience with the QUARTER lotus



SECOND point: **Hands**

Lap,
Thumbs,
Crown, and
Chest

Passaddhi Mudra Meditation Gesture

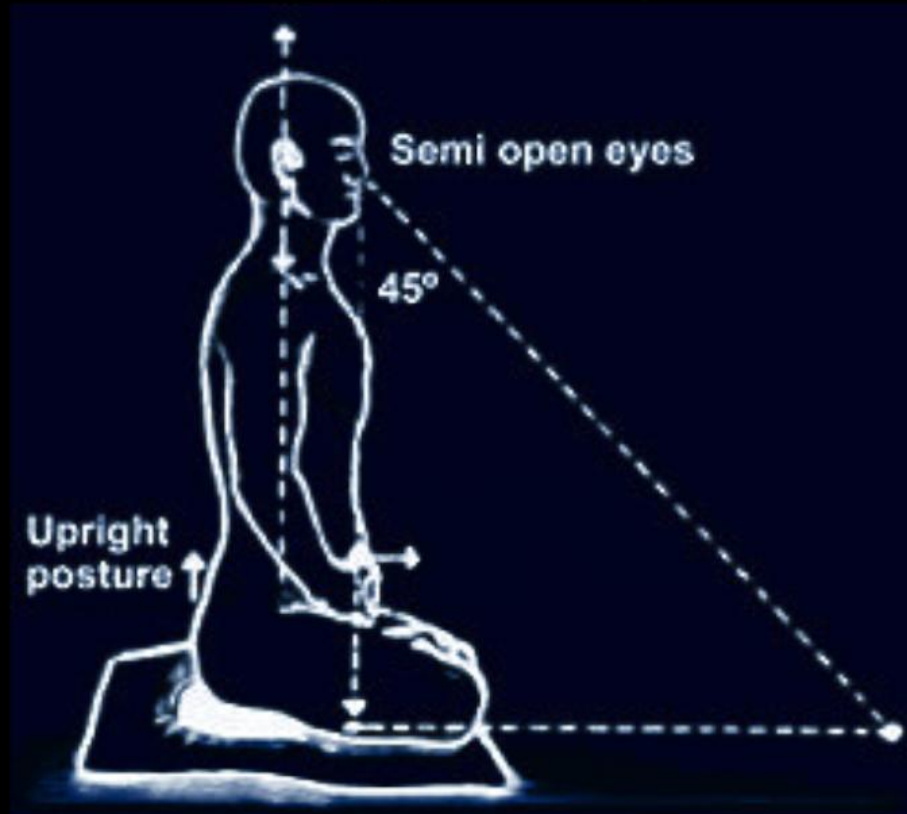
Mindfulness **Watch** inhalation

Meditation **rest** inhalation

Download FREE
practice materials
LinkTr.ee/LamaJigmeG



THIRD point: **Spine**



vertical traction and ease with breath

FOURTH point: **Shoulder-blades**



FIFTH point: **Chin**



(scapula and *zen technique*) end

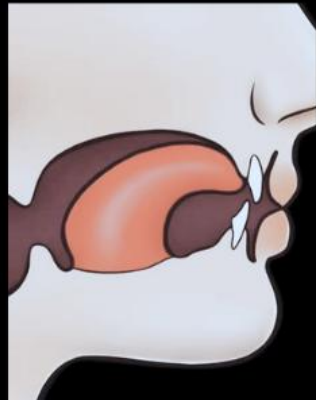
SIXTH point: **Mouth**

TONGUE - roof, incisors

JAW - open

LIPS - closed

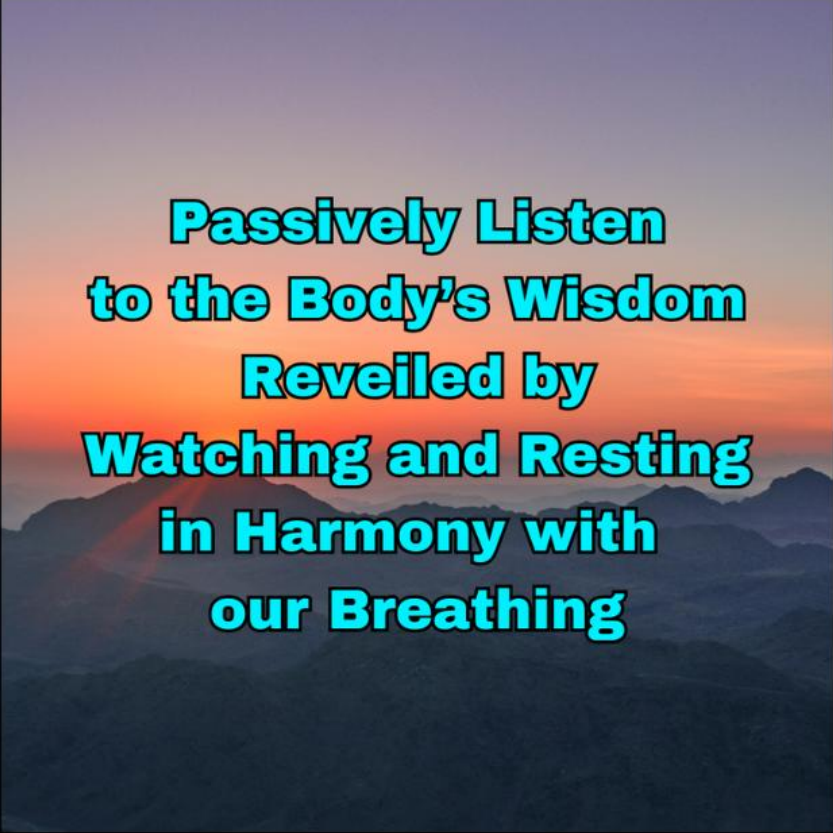
EXPRESSION - spontaneous



EYEs - Seven Point Posture



Overwhelmed?



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

end of lesson



**The
Hidden Language
behind
Meditation Symbols**

Tantric Symbolism Explained

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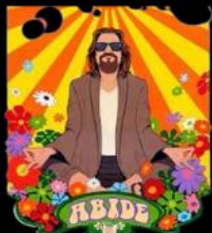
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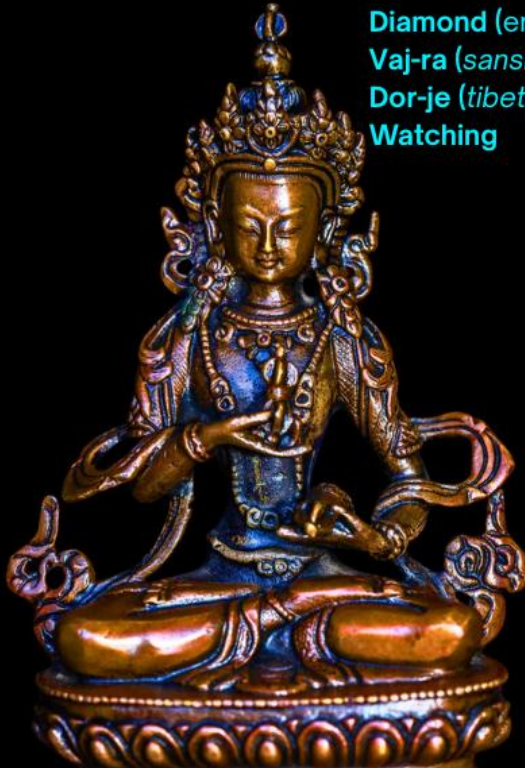
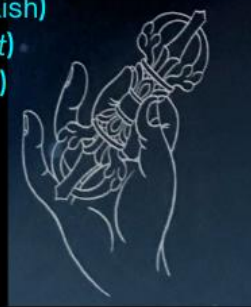


Diamond Mind

Diamond-like Strength of a Mind Well Tained in Authentic Mindfulness and Meditation

Vaj-ra Sat-tva (*sanskrit*) Dor-je Sempa (*tibetan*)

Diamond (english)
Vaj-ra (*sanskrit*)
Dor-je (*tibetan*)
Watching

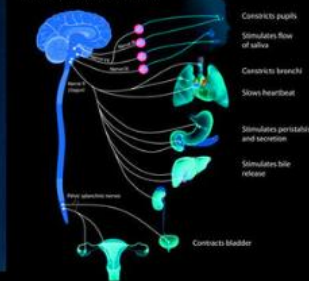


Sympathetic System



Bell (english)
Ghan-ta (*sanskrit*)
Dril-bu (*tibetan*)
Resting

Parasympathetic System



ALL-good Ones

The ALL-good Mother and Father Sporting in Tantric Union

Sa-man-ta-bha-dra Kar-ma Mudra (*sanskrit*) Kun-tu-zang-po Yab Yum (*tibetan*)



One who is the Color
of a Cumulous Cloud
representing **Spontaneity**

One who is the Color
of the Infinite Azure Sky
representing **Centeredness**

Old Teacher

Lao Tzo

One who has mastered:
Simplicity,
Patience, and
Compassion



Conclusion



The Mastery
of Authentic
Mindfulness and
Meditation



Generates the
Centered
Spontaneity



That Make Us
Fortunate,
Care-free and
at Ease

end



The Neuroscience that Makes Meditation Easy

Neuroscience of Meditation

The Neuroscience of Meditation

- Wrong way and
- Right way

Wrong Way
to
Meditate

A Tale of Two Archetypes

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



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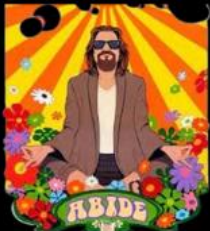
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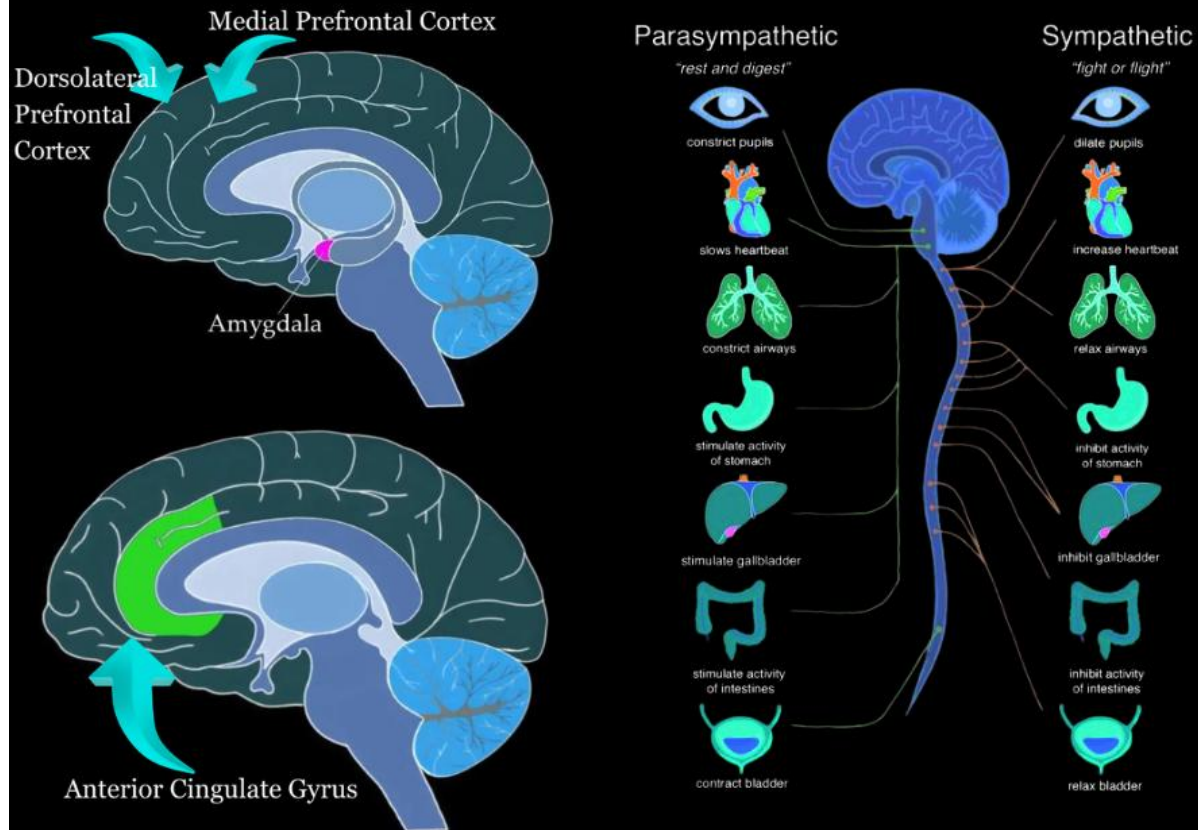
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The Price of Rigidity & Control



Right Way to Meditate

A Tale of Two Archetypes

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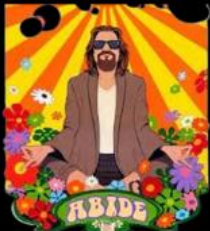
Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

Institutional Buddhism:

Rigid,
Fearful,
Superstitious,
Controlling,

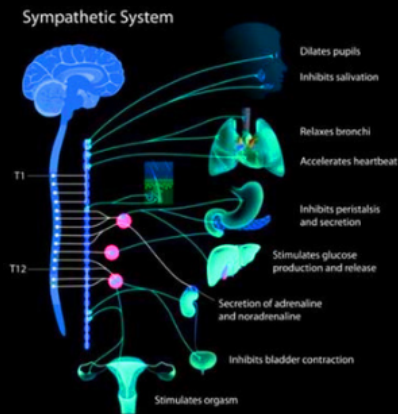
Elitist,
Cryptic,
Competitive, &
Cruel



MINDFULNESS

- 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,
- Convenient to Arduous, and
- Glorious to Grotesque

Mindfulness

Watch

inhalation

Meditation

rest

exhalation

Meditation

Mindfulness *Watch* inhalation

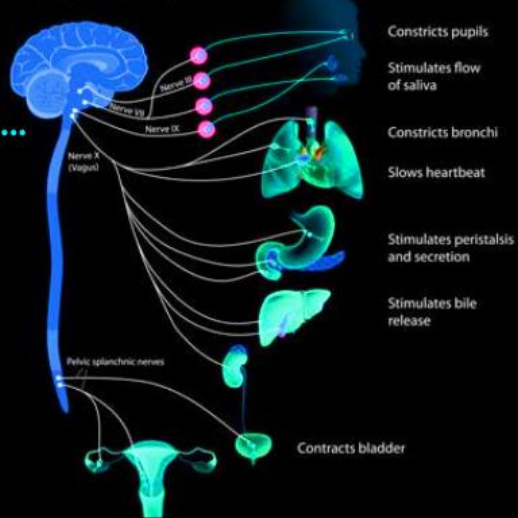
Meditation *rest* exhalation

Fleetingly:

- LESS stressful,
- LESS permanent,
- LESS defining (*NOT-self*) &...
- as NON-graspable
as a vast, EMPTY void.



Parasympathetic System



end

A green, wrinkled Yoda is shown in a meditative pose, sitting cross-legged with his hands resting on his knees. He is wearing his characteristic brown robes. The background is a dark, underwater-like environment with some light rays filtering through. Overlaid on the bottom left of the image is a yellow circular logo containing a black silhouette of a person in a meditative pose.

Stuck?

**Why your Meditation
Feels Stuck**
*(the 7 Enlightenment
Factors)*

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	<i>Watch</i>	inhalation
Meditation	rest	exhalation

INVESTIGATION:

the 2nd Enlightenment Factor

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

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

Watching

All Manner of Phenomena:

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

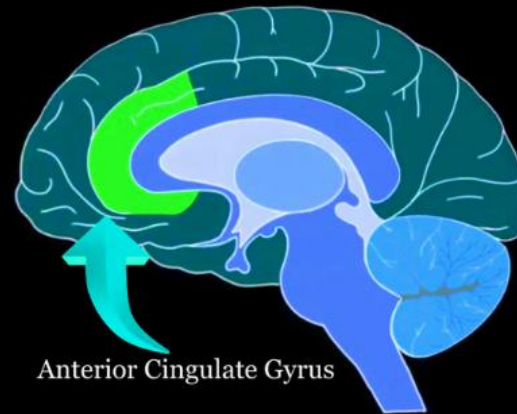
Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

JOY:

the 4th Enlightenment Factor

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



Anterior Cingulate Gyrus

Mindfulness

Watch
rest

inhalation

Meditation

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.

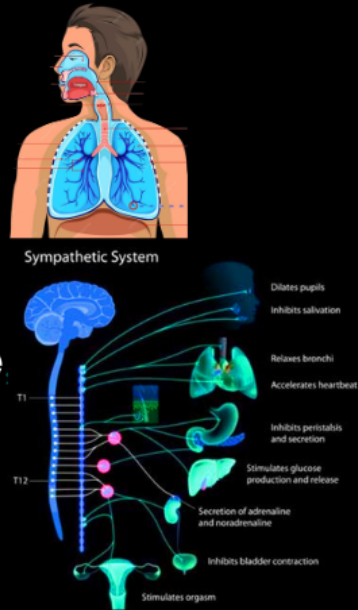
Mindfulness *Watch* inhalation

Meditation **rest** exhalation

COALESCENCE:

the 6th Enlightenment Factor

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



All Mind's Antics of:

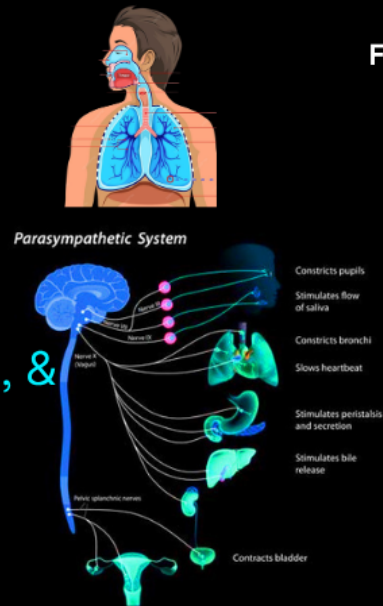
- Perception,
- Emotion,
- Intention,
- Cognition,
- Recollection, and
- Imagination

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



Fleetingly:

- LESS stressful,
 - LESS permanent,
 - LESS defining (*NOT-self*) 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**

Mindfulness *Watch* inhalation

Meditation **rest** exhalation

end



**Two Kindness
Practices
that Actually Work**

Hidden Keys to Compassion

Love's Conventional Bodhichitta

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

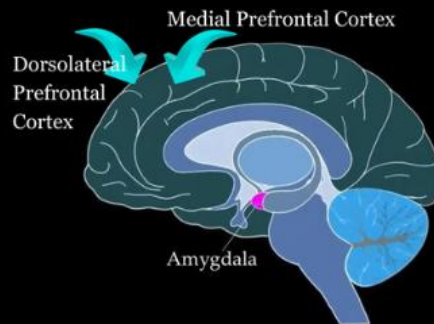
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

On Average, World Wide Every Day

- 900,000 Cows
- 1,400,000 Goats
- 1,700,000 Sheep
- 1,800,000 Pigs
- 12,000,000 Ducks
- 202,000,000 Chickens and
- Hundreds of Millions of Fish

How are we All Alike?

- Amygdala and Dopamine system of each being wants only to LIVE and not DIE



- Anterior Cingulate Gyrus and Oxytocin system of each being wants only to LOVE and be LOVED

Through the Convenience of a Cruelty-free Diet
we get to Exercise Greater Compassion:

- to the Environment,
- to NON-human Animals, and
- (*if we consume a whole-food vegan diet*)
to THIS very body which supports our...



Letting-go's Ultimate Bodhichitta

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

THEREFORE:

- Watch “Dominion” and
- Consume a Wholefood Vegan Diet.



NARRATED BY JOAQUIN PHOENIX ROONEY MARA SIA SADIE SINK KAT VON D

D O M I N I O N

Through the Convenience of Marxist-Leninist Communism
we get to Exercise Greater Compassion:

- by reducing infant mortality,
- by reducing the number of preventable deaths,
- by reducing homelessness,
- by increasing longevity,
- by increasing literacy,
- by increasing home ownership,
- by planning the economy,
- by meeting social needs, and
- by meeting environmental needs.



THEREFORE:

- **Join a local Marxist-Leninist org.** (*such as PSL*),
- Study theory
(<https://LinkTr.ee/MadelinePendleton>), and
- Practice mutual aid

end



**Stop Repressing
PTSD**

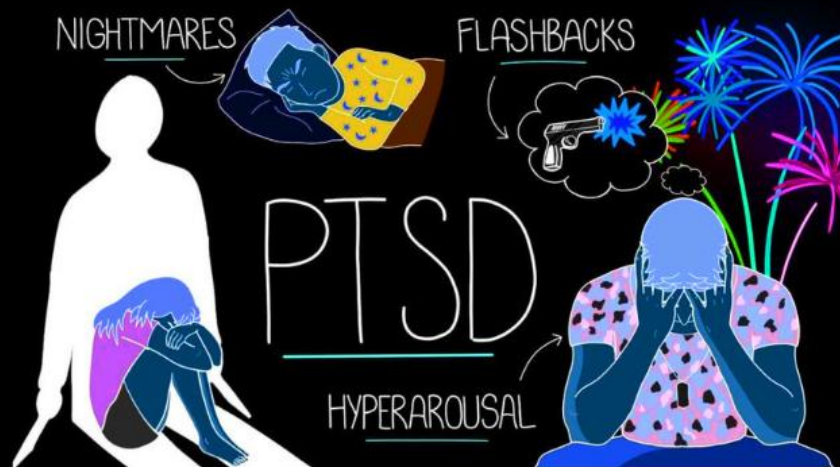
*(Try Walking
Meditation)*

Treating PTSD with Meditation

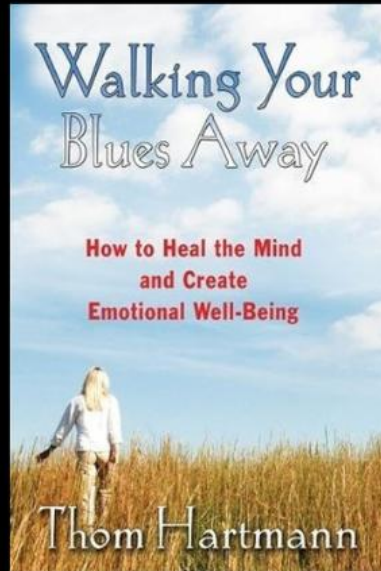
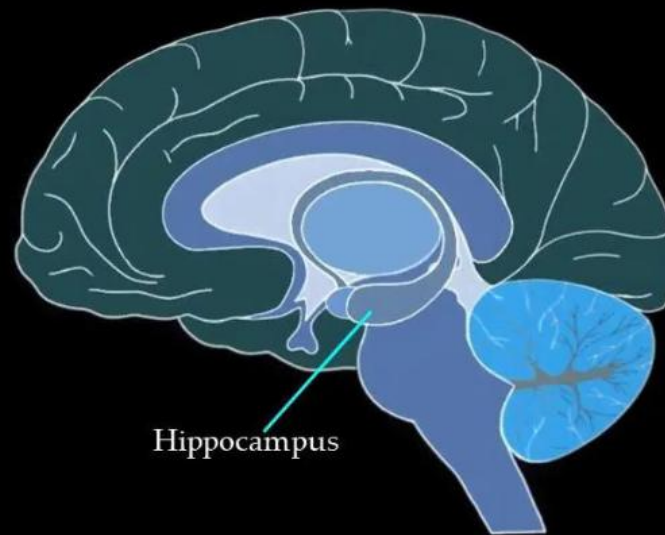
Introduction

Survivors of:

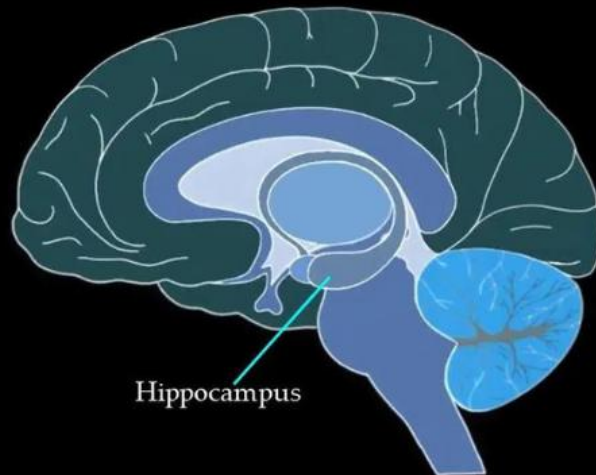
- War,
- Domestic abuse, and
- child abuse



“Walking your Blues Away”



Simile of the Doorman



Soothing the Hippocampus

ENTER: the magick
of Relaxed, Strolling Meditation



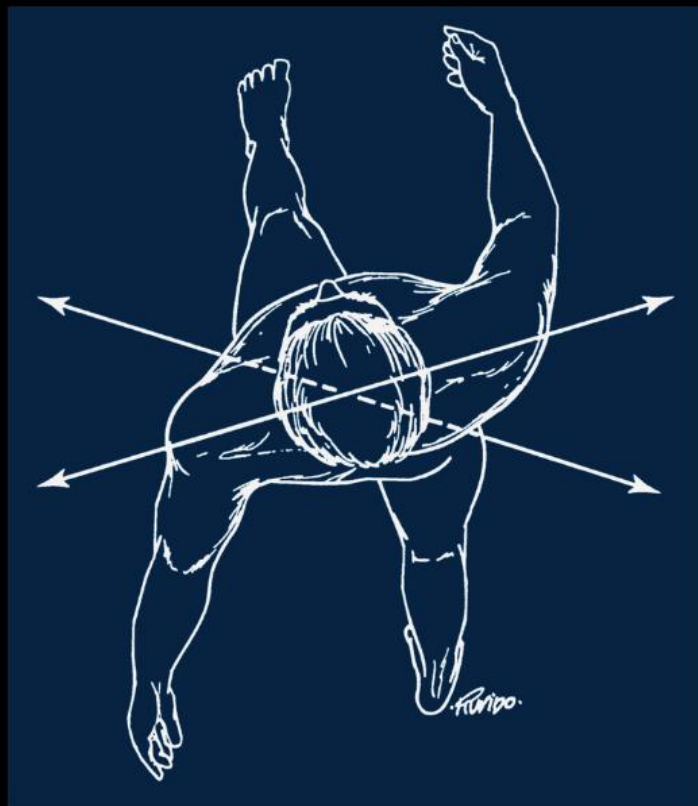
Where to Stroll?



Feel Unsafe?



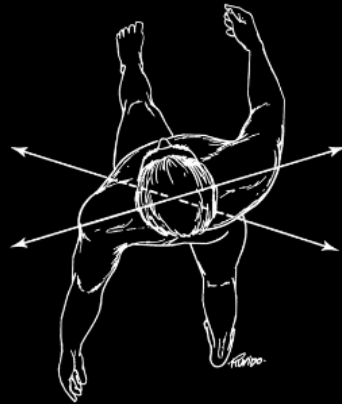
How to Stroll?



Turbo Charge your Stroll

Mindfulness *Watch* inhalation

Meditation **rest** exhalation



Mindfulness *Feel* inhalation

Meditation **rest** exhalation

end



**The Secret
that Unlocks
Nonduality Meditation**

The Ease of NON-duality

The Secret to:

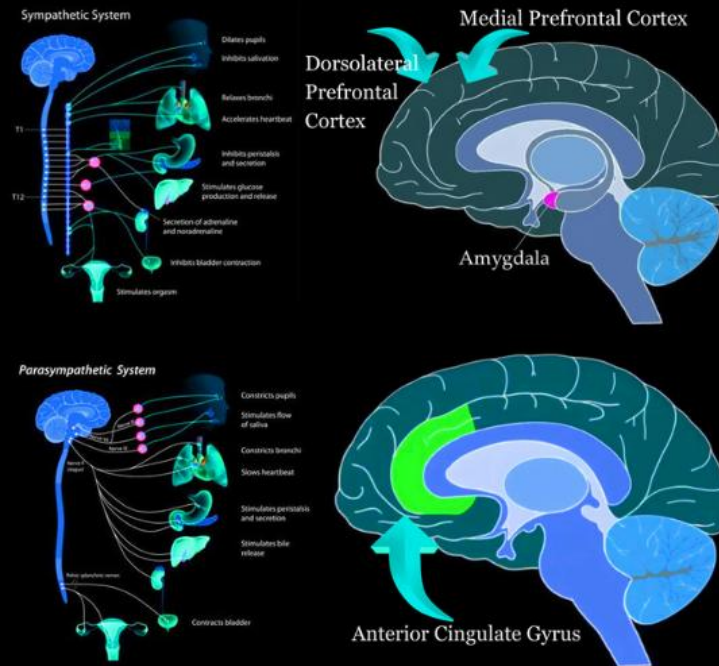
- Primal NON-duality,
- Perceptual NON-duality, and
- Ethical NON-duality

Primal
NON-duality

CIRCUMSTANTIAL - primal NON-duality

Lack
or
Wealth

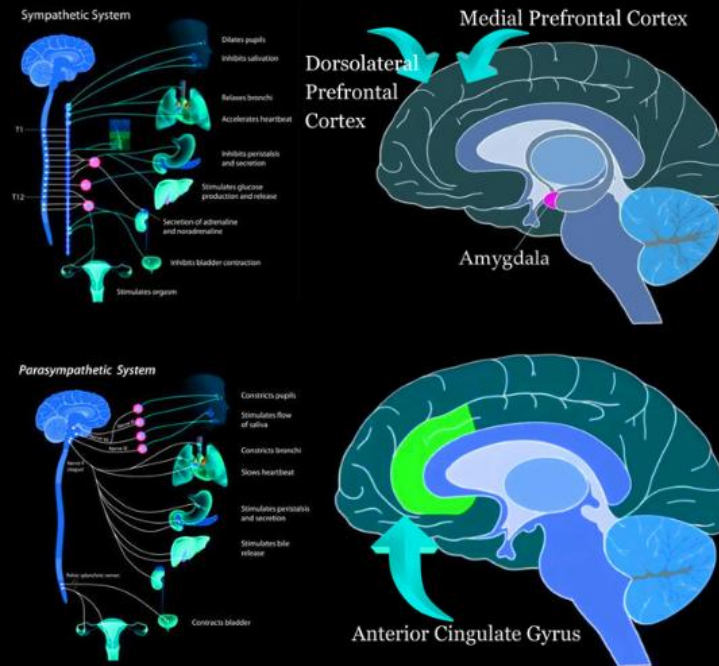
only
Lot



PHYSICAL - primal NON-duality

Pain
or
Bliss

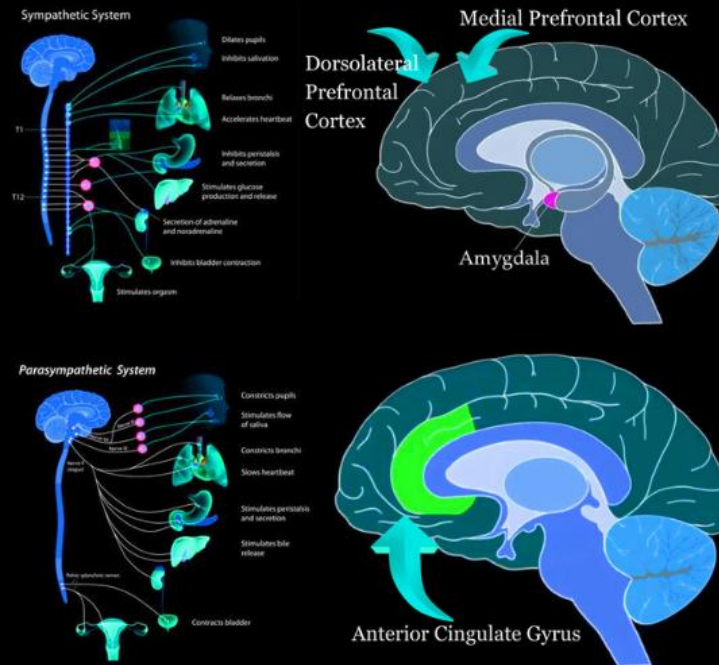
only
Form



INTERPERSONAL - primal NON-duality

Scorn
or
Praise

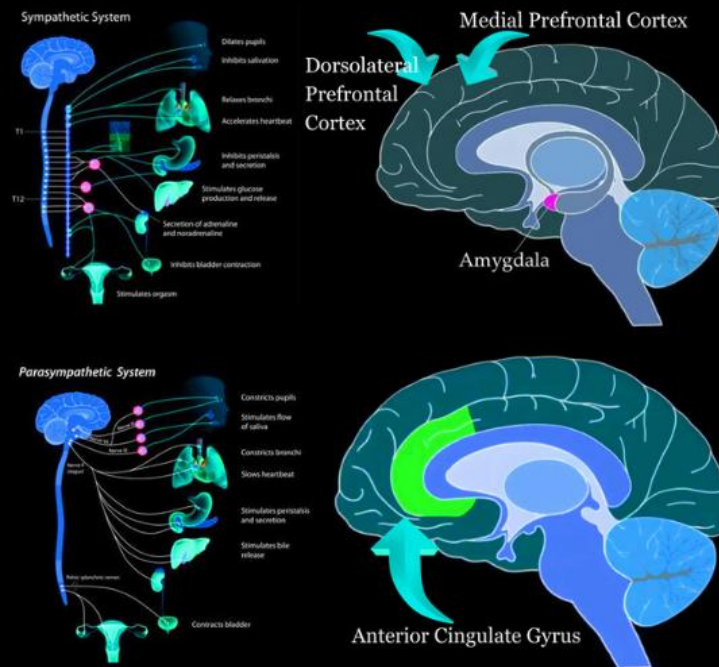
only
Speech



MENTAL - primal NON-duality

Shame
or
Fame

only
Mind

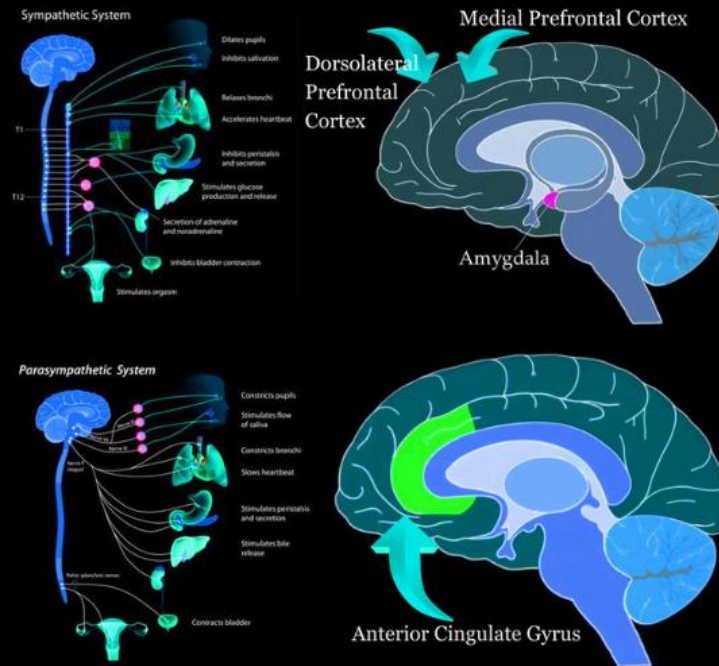


Perceptual
NON-duality

SIGHT's - perceptual NON-duality

Ugliness
or
Beauty

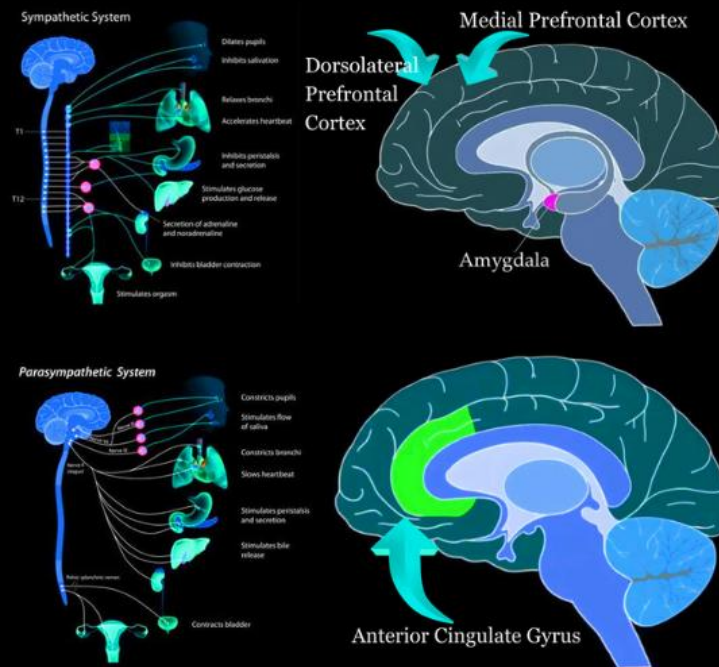
Just
Sights



SOUND's - perceptual NON-duality

Discord
or
Harmony

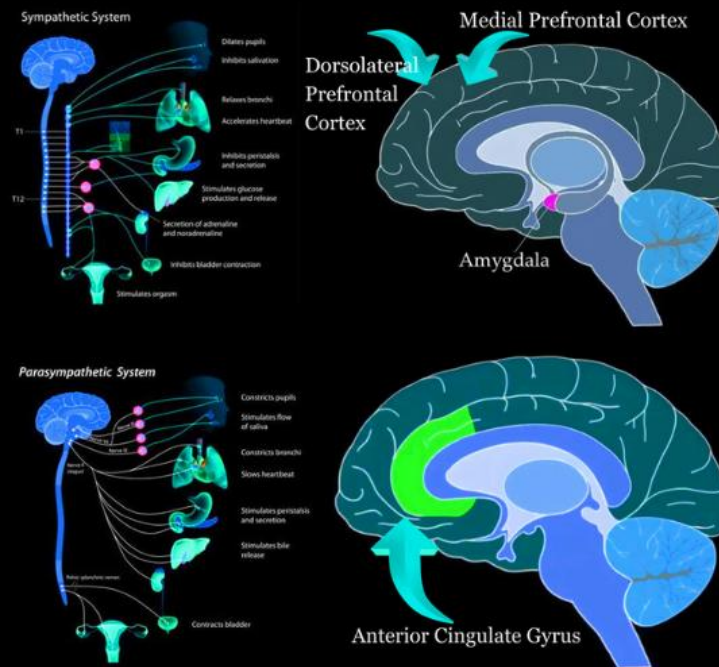
Just
Sounds



SENSATION's - perceptual NON-duality

Pain
or
Pleasure

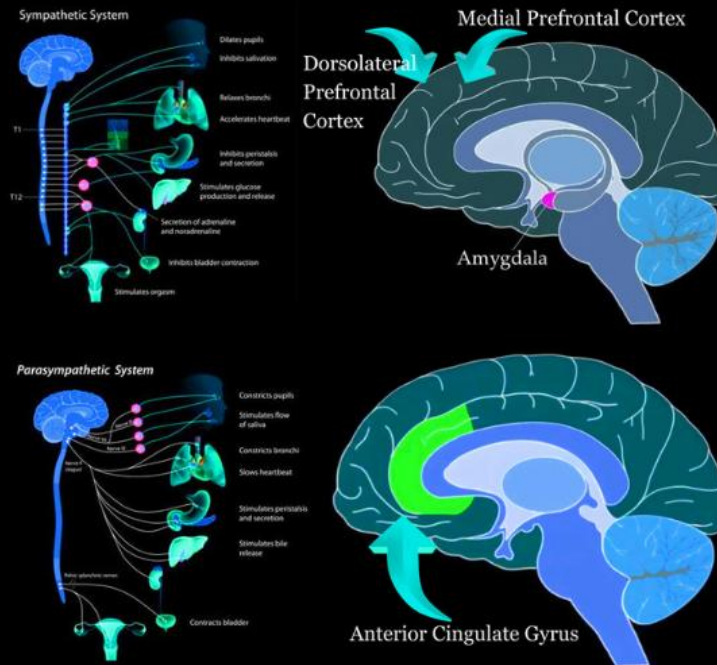
Just
Sensation



FLAVOR's - perceptual NON-duality

Disgusting
or
Delicious

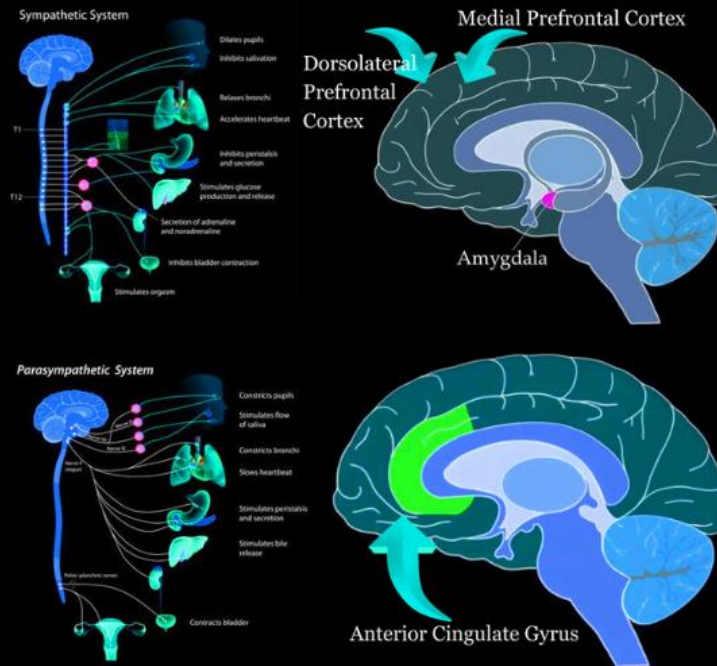
Just
Flavor



SCENT's - perceptual NON-duality

Foul
or
Frangrant

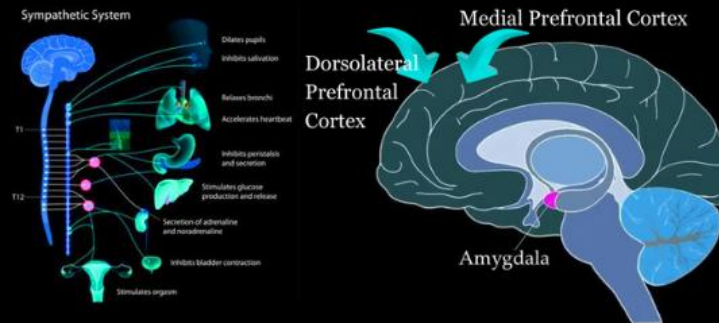
Just
Scent



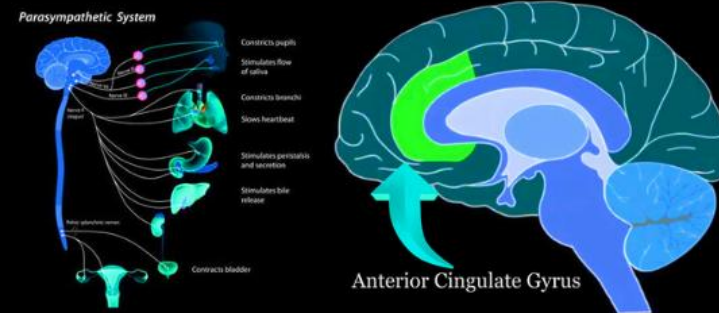
Ethical NON-duality

DREAD's - ethical NON-duality

Poison of
Dread

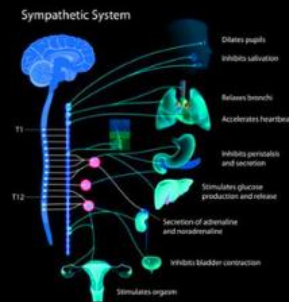
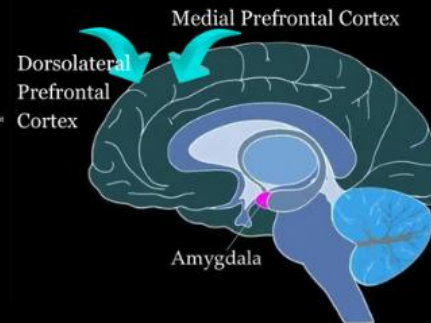


Mirror-like
Wisdom

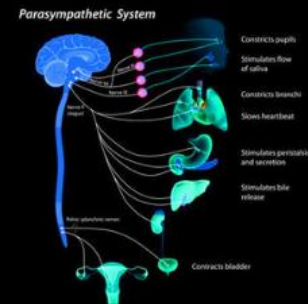
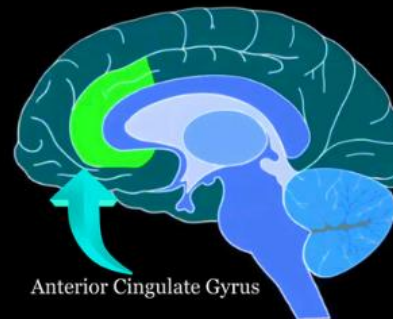


DESIRE's - ethical NON-duality

Poison of
Desire

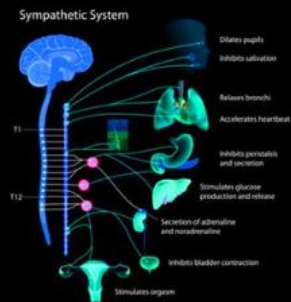
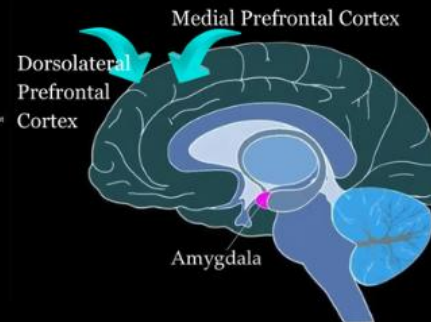


Discerning
Wisdom

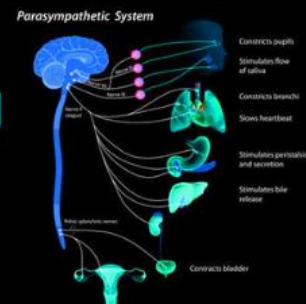
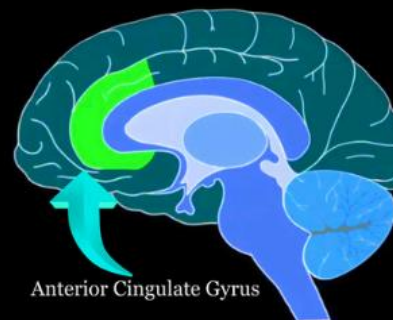


DELUSION's - ethical NON-duality

Poison of
Delusion

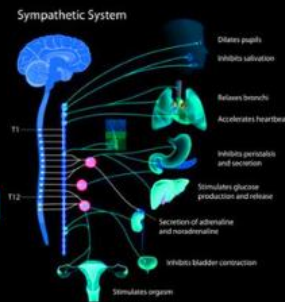
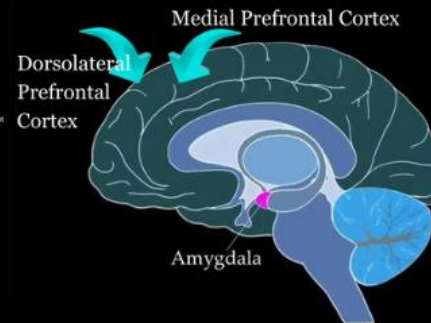


ALL-pervading
Wisdom

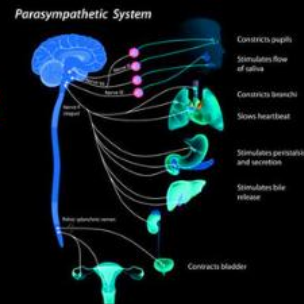
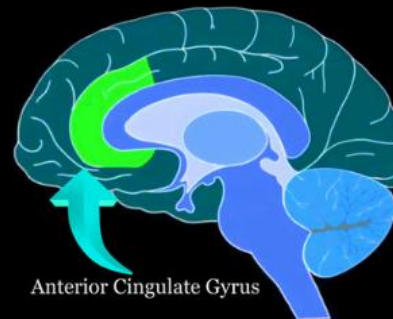


COMPETITION's - ethical NON-duality

Poison of
Competition

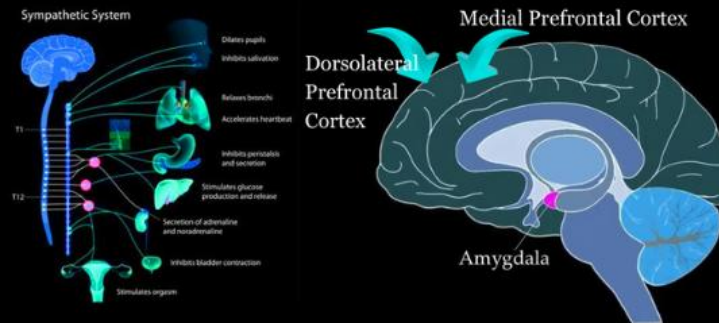


ALL-accomplishing
Wisdom

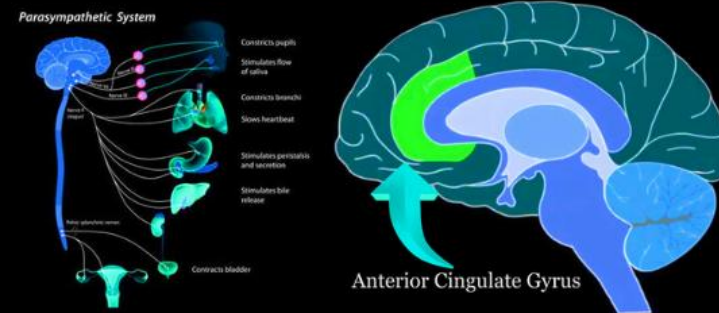


CONCEIT's - ethical NON-duality

Poison of
Conceit



Equalizing
Wisdom



end