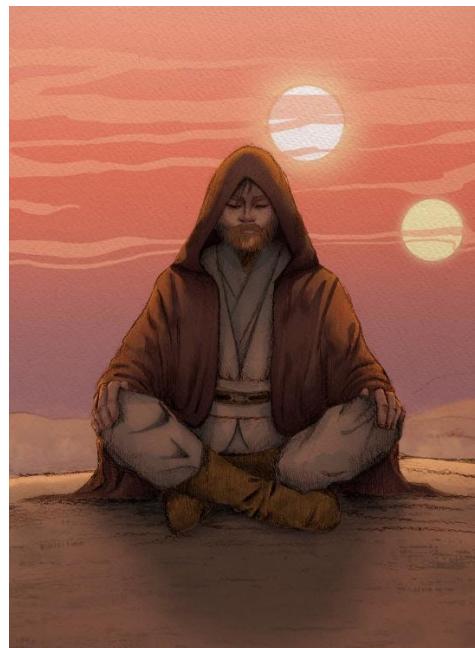


The Cuckoo's Song of Awareness and visual aids
Garab Dorje's (*Prahe Vajra's*)

“The Cuckoo’s Song of Awareness” and visual aids

7dec25b



The Cuckoo's Song of Awareness and visual aids

*1st of 5 texts: The Cuckoo's Song of Awareness by Garab Dorje (Prahe Vajra)
Rig-pa'i khu byug*

FIRST of three passages – 1st of 5 treatise: The Cuckoo's Song of Awareness by Garab Dorje - View

**Thé true nature
of infinite diversity
is NÓN-dual,**



The Cuckoo's Song of Awareness and visual aids

*fór (the wisdom of) each phenomena
is free of (the need of)
conceptual elaborátion.*

Λ



The Cuckoo's Song of Awareness and visual aids

SECOND of three passages – 1st of 5 treatise: The Cuckoo's Song of Awareness by Garab Dorje - Meditation

**Thé so-called state
of “just as it is”
is *inexpressible*,**

**fór ALL manifested forms
are ultimately
self-perfected.**

Λ



The Cuckoo's Song of Awareness and visual aids

THIRD of three verses – 1st of 5 texts: The Cuckoo's Song of Awareness by Garab Dorje - Action

As everything
is already accomplished,



The Cuckoo's Song of Awareness and visual aids

by giving up
the affliction of striving

One finds oneself
naturally abiding
in the effortless state.

Λ Λ



The Cuckoo's Song of Awareness and visual aids

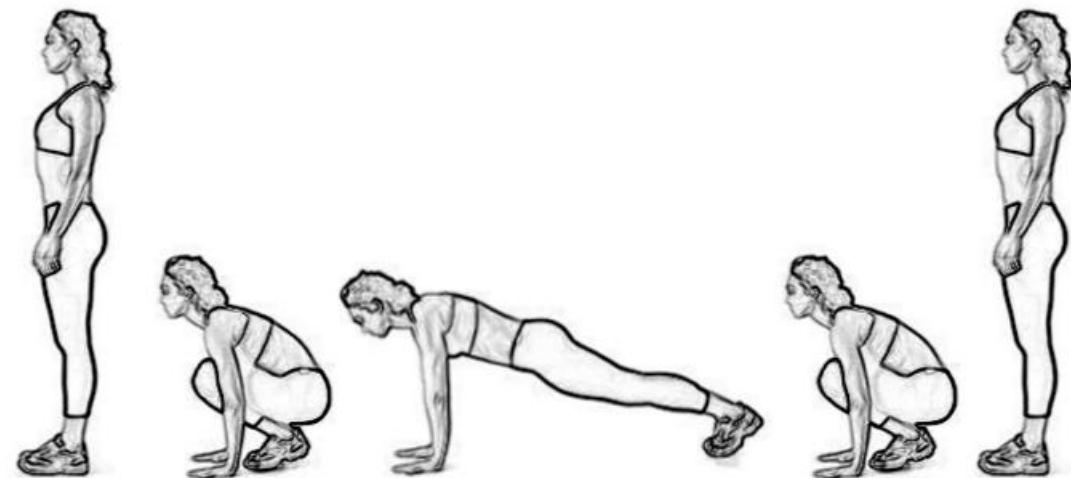


You have taken your first step
into a much larger world...

The Cuckoo's Song of Awareness and visual aids
Spiritual Squat Thrusts

Gu-ru, Founder, Blessed One,
Ta-tha-ga-ta, and Ar-hat,
Great Victor, Shak-ya-mu-ni Lord:

to you we bow,
go for refuge,
and offer gifts,
oh please bless us!



The Cuckoo's Song of Awareness and visual aids

Visual Aids

Sturgeon's Law

Ninety-percent of everything Sucks

Content

Yin's Spiritual Matriarchy

**Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind**

Compassionate

Yang's Religious Patriarchy

**Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel**

Cowardly

Cranky

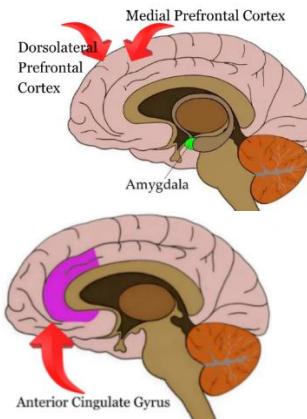
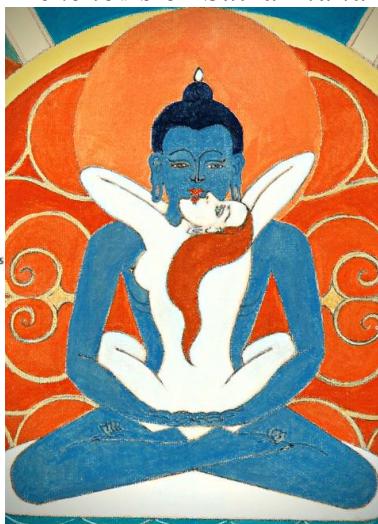
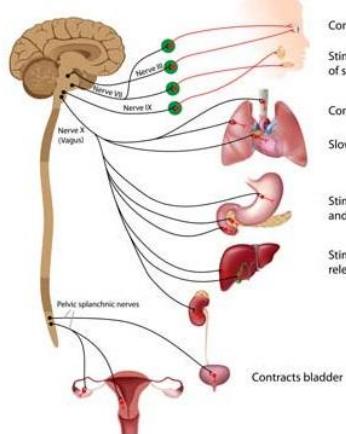
Cooperative

Competitive

The Cuckoo's Song of Awareness and visual aids

Ati-yoga's (Trekchöd's or Sutra-mahamudra's) Mindfulness and Meditation

Parasympathetic System



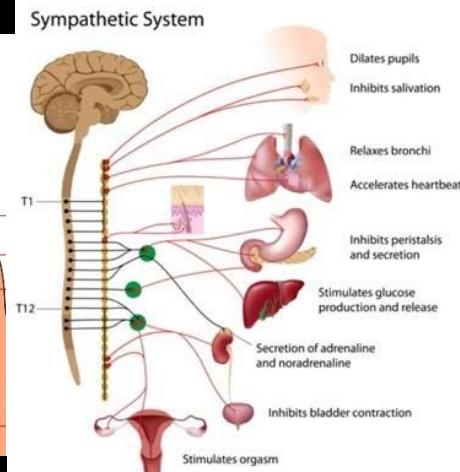
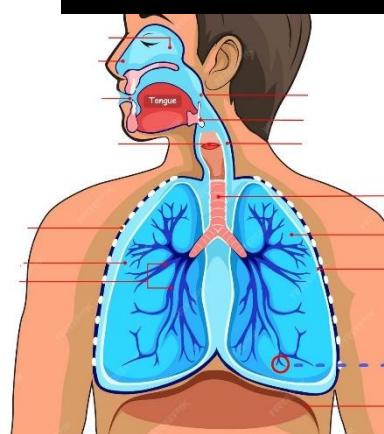
Notice

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

Mindfulness noticing inhalation

Watch
rest

Meditation relaxing exhalation



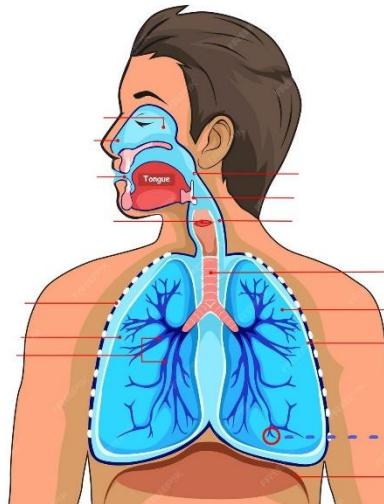
Fleetingly LESS stressful, LESS permanent, and LESS defining

The Cuckoo's Song of Awareness and visual aids

Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

Mind's Antics of Perception, Emotion, Intention, Cognition, Recollection, & Imagination

Mindfulness noticing inhalation



This

Meditation relaxing exhalation

ease

As NON-graspable as

**a Vast, Empty Void
like the Illusion of the Infinite, Azure Sky**

All Manner of Phenomena: External to Internal, Physical to Mental, Pleasurable to Painful, Interesting to Boring, Glorious to Grotesque

The Cuckoo's Song of Awareness and visual aids
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

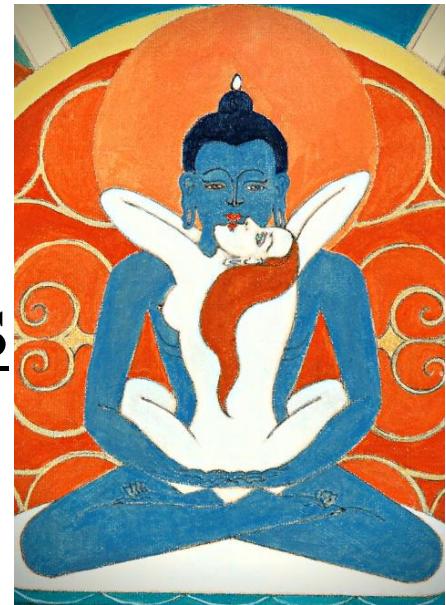
Liberating MEDITATION as described by the seven enlightenment factors

- 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

The Cuckoo's Song of Awareness and visual aids

The dynamism with which the yogi
the color of a cumulus cloud
sports in tantric union

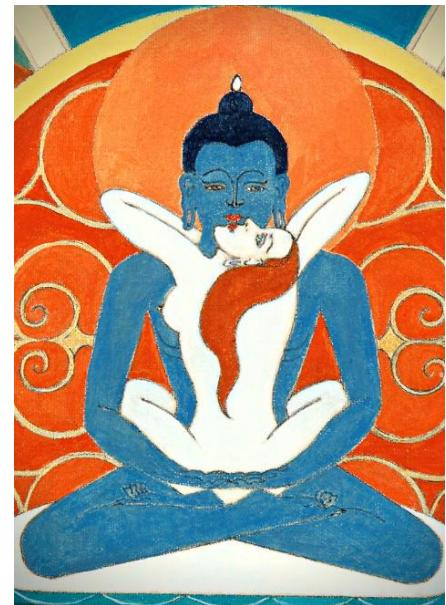
reminds us that the key to mindfulness
is to simply watch the antics of mind
as we inhale.



The Cuckoo's Song of Awareness and visual aids

The **stable** sitting of the yogi
the color of the azure sky

reminds us
that the essence of **meditation**
is to **rest** as we **exhale**.



The Cuckoo's Song of Awareness and visual aids
Buddha's Dharani

Gú-ru, Founder, Bléssed One,
Tá-tha-ga-ta, ánd Ar-hat,

Cómpletely Pérfect Buddha,
Greát Victor, Shák-ya-mu-ni Lord!

