

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



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1<sup>st</sup> of 5 texts: ***The Cuckoo's Song of Awareness*** by Garab Dorje (Prahe Vajra)

*Rig-pa'i khu byug*

*FIRST of three passages — 1<sup>st</sup> of 5 treatise: **The Cuckoo's Song of Awareness** by Garab Dorje - View*

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



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



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*SECOND of three passages – 1<sup>st</sup> 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.



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*THIRD of three verses — 1<sup>st</sup> of 5 texts: The Cuckoo's Song of Awareness by Garab Dorje - Action*

**As everything  
is already accomplished,**



bý giving up  
the affliction of stríving

óne finds oneself  
naturally abiding  
in the effortléss state.





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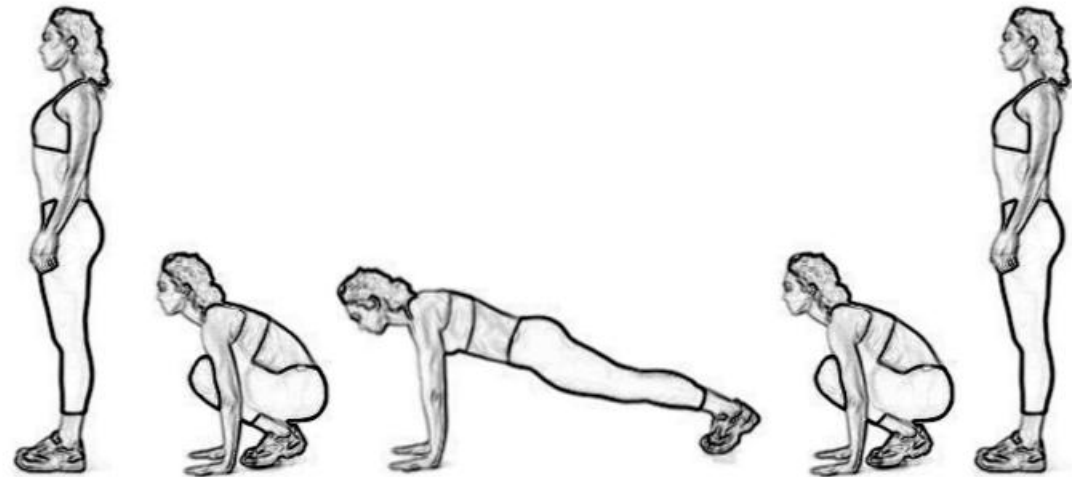


You have taken your first step  
into a much larger world...

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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!





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# Visual Aids

## Sturgeon's Law

Ninety-percent of everything Sucks

Content

### 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**

Cowardly

Compassionate

Cranky

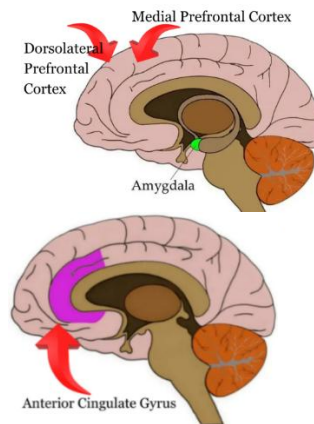
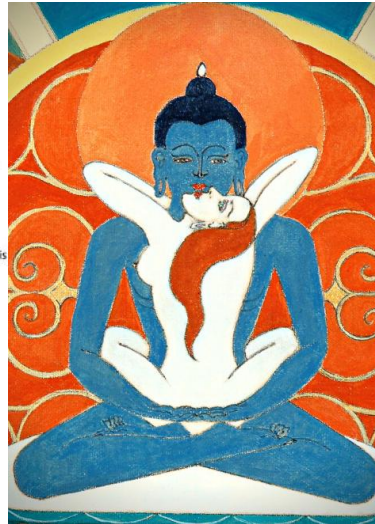
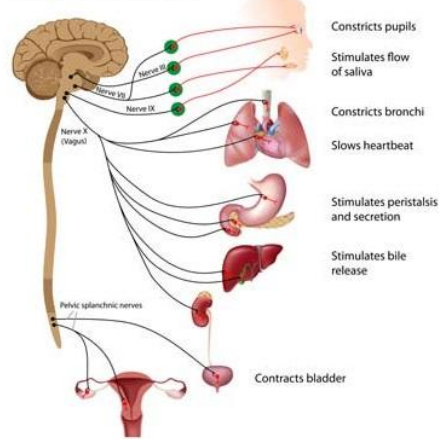
Cooperative

Competitive

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

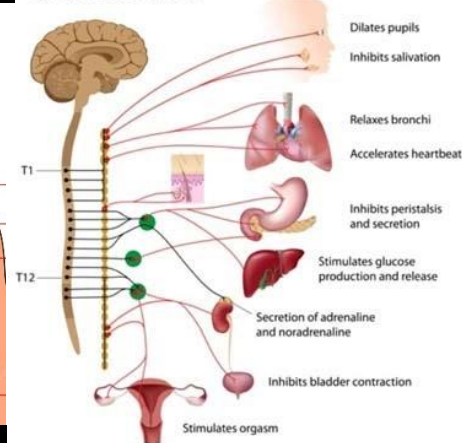
Parasympathetic System



## Notice

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

Sympathetic System



*Mindfulness noticing inhalation*

*Meditation relaxing exhalation*

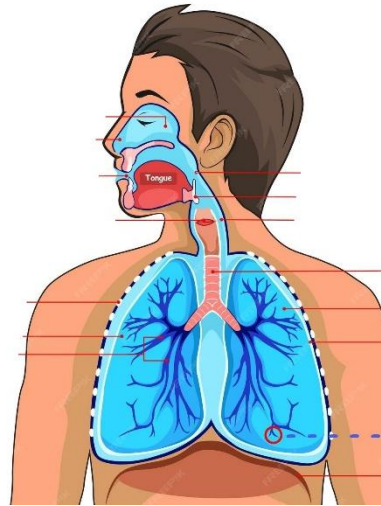
Watch  
rest

**Fleetingly LESS stressful, LESS permanent, and LESS defining**

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*Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems*

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



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

*Mindfulness noticing inhalation*

*Meditation **relaxing** exhalation*

*This*  
**ease**

**As NON-graspable as** a Vast, Empty Void  
like the Illusion of the Infinite, Azure Sky

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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

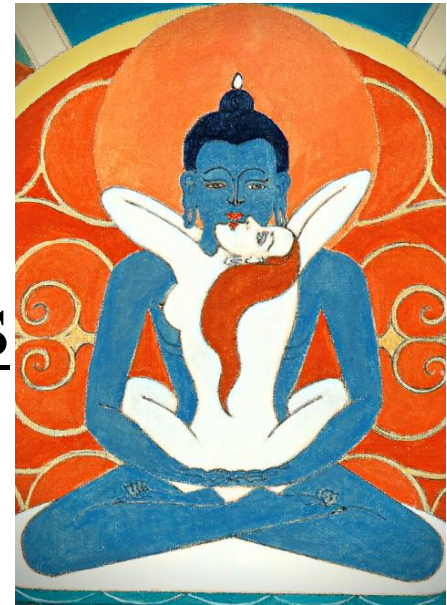
Liberating MEDITATION as described by the seven enlightenment factors

- 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

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

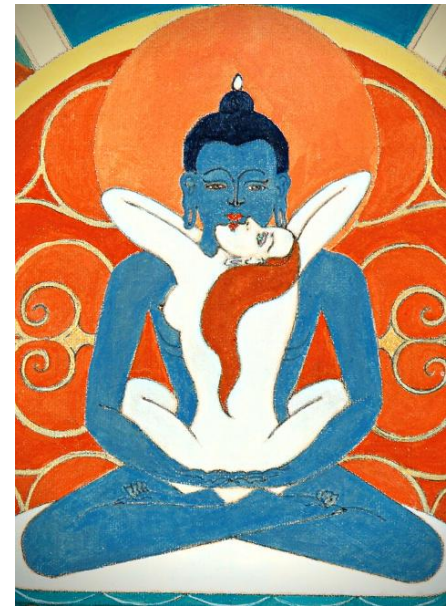
reminds us that the key to mindfulness  
is to simply watch the antics of mind  
as we inhale.



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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**.



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Buddha's Dharani

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

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

