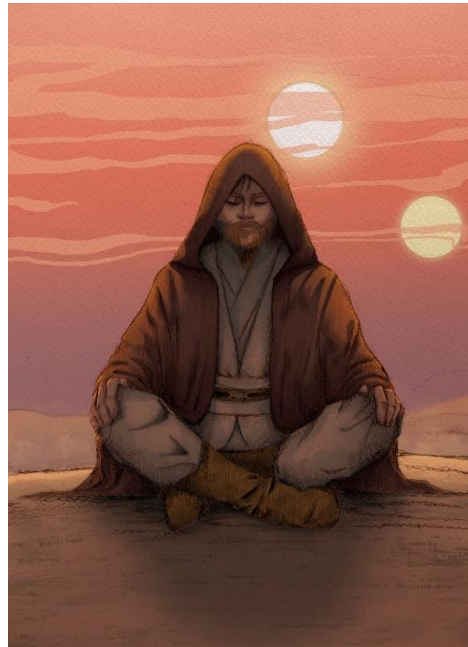


Visual aids and the Cuckoo's Song of Awareness

Garab Dorje's (*Prahe Vajra's*)

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

6dec25b



Visual aids and the Cuckoo's Song of Awareness

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

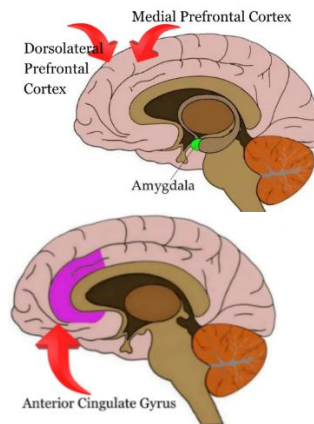
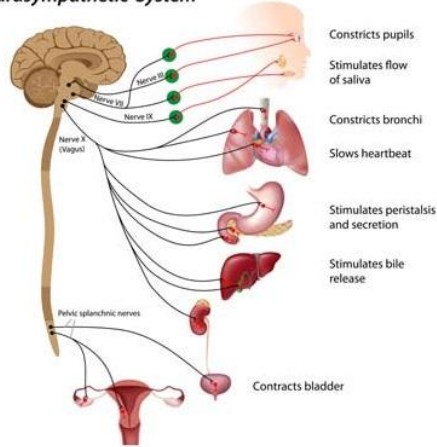
Cooperative

Competitive

Visual aids and the Cuckoo's Song of Awareness

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

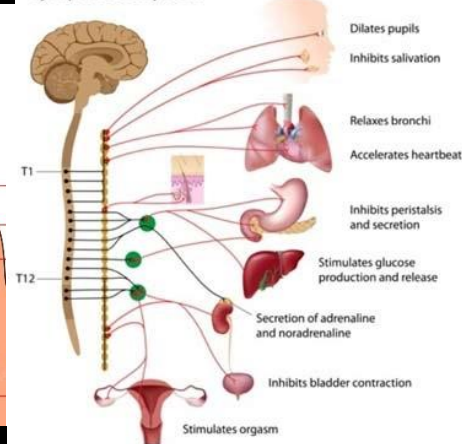
Parasympathetic System



Notice

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

Sympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation

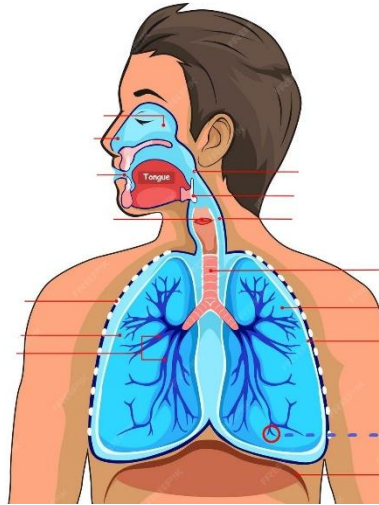
Watch
rest

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

Visual aids and the Cuckoo's Song of Awareness

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

Visual aids and the Cuckoo's Song of Awareness

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

Visual aids and the Cuckoo's Song of Awareness

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,



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



Visual aids and the Cuckoo's Song of Awareness

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**



Visual aids and the Cuckoo's Song of Awareness

THIRD of three verses — 1st 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 effortl'éss state.**



Visual aids and the Cuckoo's Song of Awareness



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

Visual aids and the Cuckoo's Song of Awareness
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!

