Seven-lines, Leap-over, and Slice-through

by Terton Lama: Jigme Gyatso; Rime Manipa Rinpoche

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I. Opening Recitation

Progressive

A. Ngöndro's Four Thoughts

of stress, interdependence, impermanence, and seizing our precious opportunity

Dr**é**ad and desire exacerbate all stress,
independence is but an ill**ú**sion,
th**é**re is nothing permanent to grasp;
so let's make the most of our precio**ú**s lives!

Th**í**s free and well favored human form
is difficult to **ó**btain.
N**ó**w that you have the chance
to realize the full human pot**é**ntial,

íf you do NOT make good use
of this opportun**í**ty,
h**ó**w could you possibly expect
to have such a chance **á**gain?

Th**í**s existence of ours is as transient
as aut**ú**mn clouds.
W**á**tching the birth and death of beings
is like *observing* the movement **ó**f dance.

Seven-lines, Leap-over, and Slice-through

Á lifetime is like
a flash of lightning in th**é** sky,
r**ú**shing by like a torrent
down a steep m**ó**untain.

Wh**é**n his time has come,
even a king has t**ó** die,
ánd neither his friends
nor his wealth can foll**ó**w him.

S**ó** for us (wherever we stay,
wherever w**é** go)
K**á**r-ma follows us
like a sh**á**dow.

B**é**cause of *hating*, craving, confusion,
(*competing, and cl**í**nging*)
h**é**ll beings, hungry ghosts,
animals, *humans*, **á**nd gods,

f**ó**olishly cycle,
like the turning of a pott**é**r’s wheel.

B. Ngöndro’s Refuge & Bodhichitta

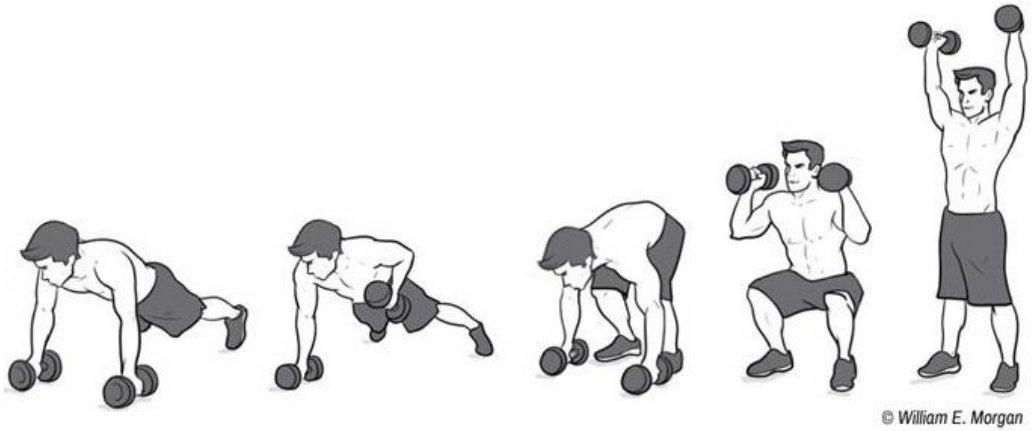
Seven-lines, Leap-over, and Slice-through

Éternally I rely upon the Buddha's:
example, teachings, and st**ú**dents;
ás well as practice Seven, Leap, and Slice
for the benefit **ó**f all.

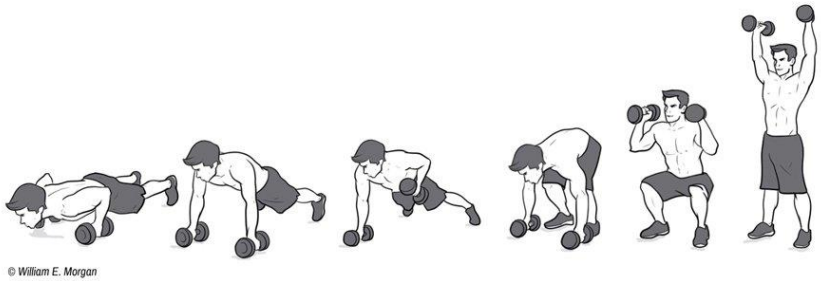
3 *repetitions*

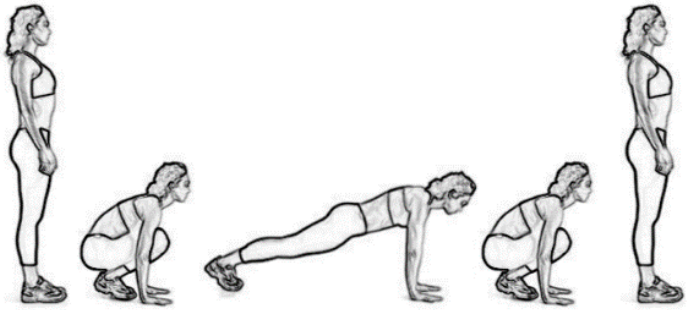
Seven-lines, Leap-over, and Slice-through

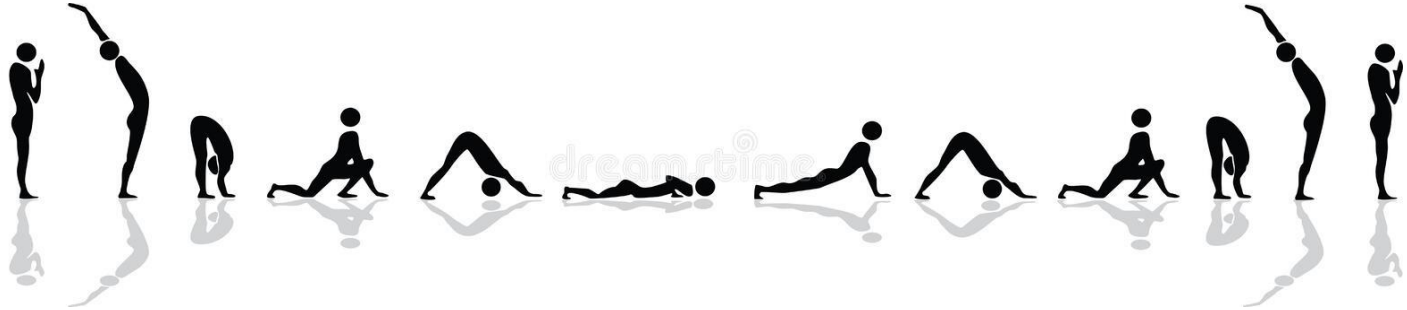
Enlightened Fitness



Seven-lines, Leap-over, and Slice-through







Seven Line Prayer of Pema Jungney

Seven-lines, Leap-over, and Slice-through

Maha-yoga: Lovingly Leapfrogging over Competitiveness

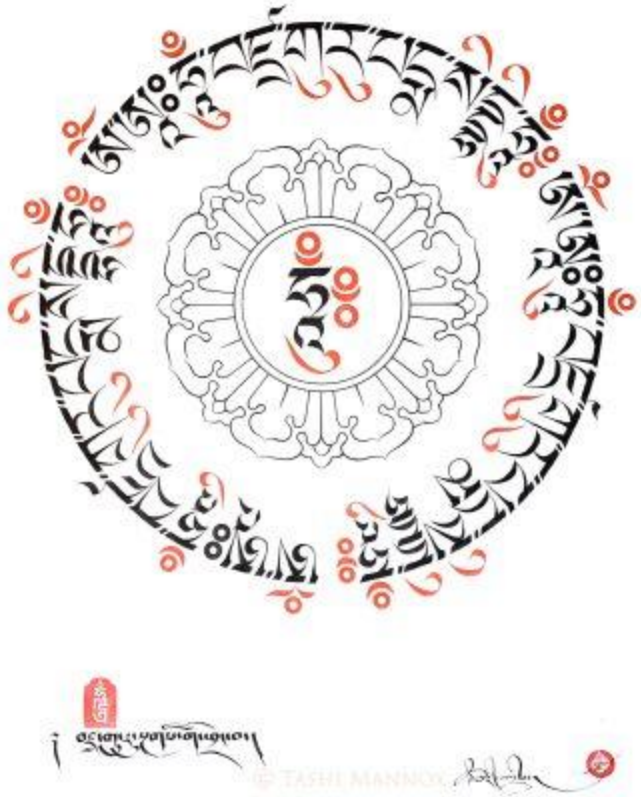
Seven-lines, Leap-over, and Slice-through

Bi-ja like wise for all minds!

Hoóng! In Or-gyan's land upon it's north-west rim
on lotus, pistil-cup, **á**nd stem,
w**ó**ndrous, supreme mastery you found
and as the Lotus-born you are r**é**nowned.

Bi-ja like wise for all minds!
Á ring of many Da-ki-nis encircles you,
and in your footsteps practicing we foll**ó**w you.
T**ó** grant your blessings, come,
we pray: **Gu-ru Pe-ma Sid-dhí Hoong**!

Seven-lines, Leap-over, and Slice-through



Man-tra like love for all speech!

Hoóng! In Or-gyan's land upon it's north-west rim
on lotus, pistil-cup, **á**nd stem,
w**ó**ndrous, supreme mastery you found
and as the Lotus-born you are r**é**nowned.

Man-tra like love for all speech!
Á ring of many Da-ki-nis encircles you,
and in your footsteps practicing we foll**ó**w you.
T**ó** grant your blessings, come,
we pray: **Gu-ru Pe-ma Sid-dhí Hoong**!

Seven-lines, Leap-over, and Slice-through

Yi-dam like health for ALL forms!

Hoóng! In Or-gyan's land upon it's north-west rim
on lotus, pistil-cup, **á**nd stem,
w**ó**ndrous, supreme mastery you found
and as the Lotus-born you are r**é**nowned.

Yi-dam like health for ALL forms!
Á ring of many Da-ki-nis encircles you,
and in your footsteps practicing we foll**ó**w you.
T**ó** grant your blessings, come,
we pray: **Gu-ru Pe-ma Sid-dhí Hoong**!

Seven-lines, Leap-over, and Slice-through

Va-ti like boon for ALL lots!

Hoóng! In Or-gyan's land upon it's north-west rim
on lotus, pistil-cup, **á**nd stem,
w**ó**ndrous, supreme mastery you found
and as the Lotus-born you are r**é**nowned.

Va-ti like boon for all lots!
Á ring of many Da-ki-nis encircles you,
and in your footsteps practicing we foll**ó**w you.
T**ó** grant your blessings, come,
we pray: **Gu-ru Pe-ma Sid-dhí Hoong**!

Maha-yoga:
Insightfully Leapfrogging over Clinging

M**á**y I let go of ALL circumstances, bodies, communication, **á**nd minds
ás if they were as NON-graspable as
a vast, emptý void,

Seven-lines, Leap-over, and Slice-through

lí**i**ke the illusion of the infinite azure sky on a bright and beautiful cloudl**é**ss morn whí**i**ch although tantalizing to the eye could be NON-graspable to th**é** hand.

Seven-lines, Leap-over, and Slice-through

*How lots seen yet **void** like Va-ti?*

Hoóng! In Or-gyan's land upon it's north-west rim
on lotus, pistil-cup, **á**nd stem,
w**ó**ndrous, supreme mastery you found
and as the Lotus-born you are r**é**nowned.

*How lots seen yet **void** like Va-ti?*
Á ring of many Da-ki-nis encircles you,
and in your footsteps practicing we foll**ó**w you.
T**ó** grant your blessings, come,
we pray: **Gu-ru Pe-ma Sid-dhí Hoong**!

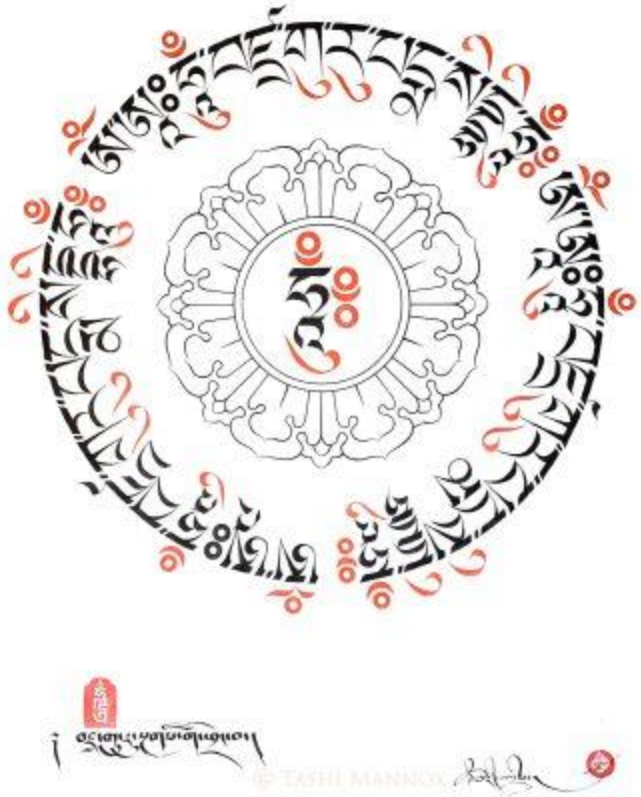
Seven-lines, Leap-over, and Slice-through

*How forms felt yet **void** like Yi-dam?*

Hoóng! In Or-gyan's land upon it's north-west rim
on lotus, pistil-cup, **á**nd stem,
w**ó**ndrous, supreme mastery you found
and as the Lotus-born you are r**é**nowned.

*How forms felt yet **void** like Yi-dam?*
Á ring of many Da-ki-nis encircles you,
and in your footsteps practicing we foll**ó**w you.
T**ó** grant your blessings, come,
we pray: **Gu-ru Pe-ma Sid-dhí Hoong**!

Seven-lines, Leap-over, and Slice-through



*How speech heard yet **void** like Man-tra?*
Hoóng! In Or-gyan's land upon it's north-west rim
on lotus, pistil-cup, **á**nd stem,
w**ó**ndrous, supreme mastery you found
and as the Lotus-born you are r**é**nowned.

*How speech heard yet **void** like Man-tra?*
Á ring of many Da-ki-nis encircles you,
and in your footsteps practicing we foll**ó**w you.
T**ó** grant your blessings, come,
we pray: **Gu-ru Pe-ma Sid-dhí Hoong**!

Seven-lines, Leap-over, and Slice-through

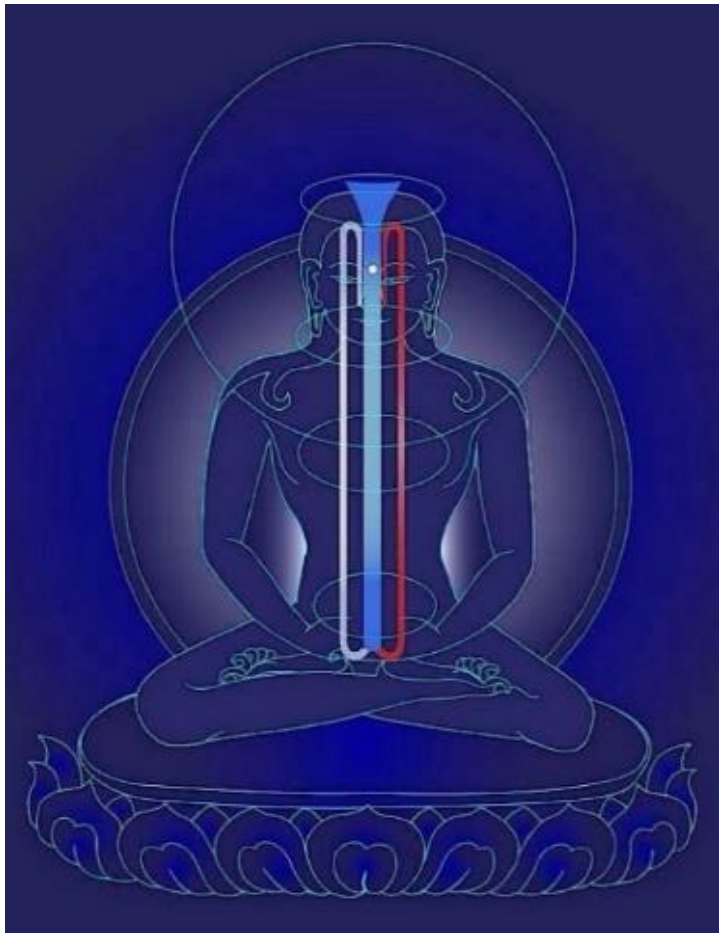
*How minds clear yet **void** like Bi-ja?*

Hoóng! In Or-gyan's land upon it's north-west rim
on lotus, pistil-cup, **á**nd stem,
w**ó**ndrous, supreme mastery you found
and as the Lotus-born you are r**é**nowned.

*How minds clear yet **void** like Bi-ja?*
Á ring of many Da-ki-nis encircles you,
and in your footsteps practicing we foll**ó**w you.
T**ó** grant your blessings, come,
we pray: **Gu-ru Pe-ma Sid-dhí Hoong**!

Anu-yoga's
Transmutation of Pleasure into Wisdom

Seven-lines, Leap-over, and Slice-through



*How **relax** into the awareness of these <u>sensations</u>?*

Hoóng! In Or-gyan's land upon it's north-west rim
on lotus, pistil-cup, **á**nd stem,
w**ó**ndrous, supreme mastery you found
and as the Lotus-born you are r**é**nowned.

*How **relax** into the awareness of these <u>sensations</u>?*

Á ring of many Da-ki-nis encircles you,
and in your footsteps practicing we foll**ó**w you.
T**ó** grant your blessings, come,
we pray: **Gu-ru Pe-ma Sid-dhí Hoong**!

Ati-yoga's Slicing-through the Tyranny of Dread and Desire

Seven-lines, Leap-over, and Slice-through

*How **relax** into the awareness of <u>this</u>?*

Hoóng! In Or-gyan's land upon it's north-west rim
on lotus, pistil-cup, **á**nd stem,
w**ó**ndrous, supreme mastery you found
and as the Lotus-born you are r**é**nowned.

*How **relax** into the awareness of <u>this</u>?*

Á ring of many Da-ki-nis encircles you,
and in your footsteps practicing we foll**ó**w you.
T**ó** grant your blessings, come,
we pray: **Gu-ru Pe-ma Sid-dhí Hoong**!

Ás we enthusiastically inhale
while silently reciting
"*Notice this*..."

may this sympath**é**tic n**é**rvous system
support: vulnerable, passive,
visceral, and spontaneous mindf**ú**lness.

Ás we relaxingly exhale
while silently reciting
"**ease**," or "**relaxing!**"

may this parasympath**é**tic
n**é**rvous system support our physical
relaxation and mental release of resist**á**nce.

Seven-lines, Leap-over, and Slice-through

Right Mindfulness & Meditation's Seventh & Eighth Folds of

Silent Meditation's Awareness and Letting-go

***slicing-through**: the obscuring emotions of aversion and avarice*

also known as Dzokchen Trekchö, Sutra-mahamudra, Mahasandhi, Great-completion-stage, or Ati-yoga

Seven-lines, Leap-over, and Slice-through

This exercise slices through the tyranny of the obstructing emotions of hating and craving: Samsara's fundamental duality

Grin with lips… relaxing *Grin with cheeks… relaxing* *Gin with eyes… relaxing*

Energetic inhalation: *Notice this…* *(This…)*

Releasing** exhalation:* ***relaxing! ***(ease!)***

256 rounds

*Count sixteen rounds upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.*

*Count sixteen sets upon the RIGHT **little**, **ring, middle,** or **index** finger's lower, middle, & higher sets of creases **or** tip.*

Seven-lines, Leap-over, and Slice-through

This exercise slices through the tyranny of the obstructing emotions of hating and craving: Samsara's fundamental duality

Observant inhalation:	*This…*	*(Notice this…)*
***Releasing** exhalation:*	***ease!***	***(relaxing!)***

16 rounds

*Count sixteen rounds upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.*

*Count one set upon the RIGHT **little**, **ring, middle,** or **index** finger's lower, middle, & higher sets of creases **or** tip.*

Seven-lines, Leap-over, and Slice-through

Vipassana Dukkha stress contemplation

How this chance…
quite precious?

Vipassana Karuna compassion contemplation

How do all…
endure death?

Vipassana Anicca impermanence contemplation

How could fate…
be quite just?

Vipassana Anatta not-self contemplation

How is stress…
borne by all?

Samatha Sati mindfulness and Passaddhi meditation

Observant inhalation:

***Releasing** exhalation:*

Notice this…
re-la-xing!

1st set of 262 rounds

*Count sixteen rounds upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.*
*Count sixteen sets upon the RIGHT **little, ring, middle, index** finger's lower, middle, & higher sets of creases & tip.*

Seven-lines, Leap-over, and Slice-through

Mental contemplation

Bija wise…
for all minds!

Interpersonal contemplation

Mantra love…
for all speech!

Physical contemplation

Yidam health…
for all forms!

Circumstantial contemplation

Pure Land boon…
for all lots!

Samatha Sati mindfulness and Passaddhi meditation

Observant inhalation:

***Releasing** exhalation:*

Notice this…
re-la-xing!

1st set of 262 rounds

*Count sixteen rounds upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.*
*Count sixteen sets upon the RIGHT **little, ring, middle, index** finger's lower, middle, & higher sets of creases & tip.*

Seven-lines, Leap-over, and Slice-through

Circumstantial contemplation

How lots seen yet…
void like Pure Land?

Physical contemplation

How forms felt yet…
void like Yidam?

Interpersonal contemplation

How speech heard yet…
void like Mantra?

Mental contemplation

How minds clear yet…
void like Bija?

Samatha Sati mindfulness and Passaddhi meditation

Observant inhalation:

***Releasing** exhalation:*

Notice this…
re-la-xing!

1st set of 262 rounds

*Count sixteen rounds upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.*
*Count sixteen sets upon the RIGHT **little, ring, middle, index** finger's lower, middle, & higher sets of creases & tip.*

Seven-lines, Leap-over, and Slice-through

Circumstantial contemplation

How lots melt…
into form?

Physical contemplation

How forms melt…
into speech?

Interpersonal contemplation

How speech melts…
into mind?

Mental contemplation

How minds melt…
into void?

Samatha Sati mindfulness and Passaddhi meditation

Observant inhalation:

***Releasing** exhalation:*

Notice this…
re-la-xing!

1st set of 262 rounds

*Count sixteen rounds upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.*
*Count sixteen sets upon the RIGHT **little, ring, middle, index** finger's lower, middle, & higher sets of creases & tip.*

Seven-lines, Leap-over, and Slice-through

Vipassana Dukkha stress contemplation

How could this…
feel stressful?

Vipassana Karuna compassion contemplation

ALL beings' stress…
may I soothe!

Vipassana Anicca impermanence contemplation

How could this…
never last?

Vipassana Anatta not-self contemplation

How could this…
NOT be me?

Samatha Sati mindfulness and Passaddhi meditation

Observant inhalation:

***Releasing** exhalation:*

Notice this…
re-la-xing!

1st set of 262 rounds

*Count sixteen rounds upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.*
*Count sixteen sets upon the RIGHT **little, ring, middle, index** finger's lower, middle, & higher sets of creases & tip.*

III. Closing Recitation

G**ú**-ru Rin-po-che,
embodiment of buddhas of the thr**é**e times,
g**ú**-ru who is Great Bliss,
lord of ALL accompl**í**shments;

g**ú**-ru who is the Dynamic
and Wrathful Tamer of M**á**-ras,
d**í**speller of all hindrances,
I pray to you. Bestow your bl**é**ssings.

Pl**é**ase remove
all outer, inner, and secret obst**á**cles…

ánd grant your blessings that
our wishes
be spontaneously acc**ó**mplished.

Óm Ah Hoong Ben-za
Gu-ru Pe-ma Sid-dh**í** Hoong!

Outer wishes

M**á**y all minds be wise,
all speech be l**ó**ving,
áll forms be healthy,
and all lots be fort**ú**nate!

Inner wishes

M**á**y each being so master:
love, letting-go,
mindfulness, and medit**á**tion

ás to practice them
spontaneously, habitually,
easily and effect**í**vely!

Future wishes

M**á**y each being take auspicious rebirth,
master the Buddha's path
and then help all others do l**í**kewise.

Ethical wishes

M**á**y ALL beings' practice of KIND: communication, conduct, and commerce flow spontaneous and unc**ó**ntrived.

Seven-lines, Leap-over, and Slice-through

The Four Immeasurables

M**á**y everyone be free from stress. *thus no need to hate*
May everyone be h**á**ppy. *thus no need to crave*
M**á**y NO one be separated
from their happ**í**ness. *thus no need to cling*

M**á**y everyone have balance:
from the tyranny
of hating, craving, & cling**í**ng FREED! ☺

IV. Appendix

Seven-lines, Leap-over, and Slice-through

This exercise slices through the tyranny of the obstructing emotions of hating and craving: Samsara's fundamental duality

Observant inhalation:	*Notice this…*	*(This…)*
***Releasing** exhalation:*	***relaxing!***	***(ease!)***

256 rounds

*Count sixteen rounds upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.*

*Count sixteen sets upon the RIGHT **little, ring, middle, index** finger's lower, middle, & higher sets of creases & tip.*

Seven-lines, Leap-over, and Slice-through

This exercise slices through the tyranny of the obstructing emotions of hating and craving: Samsara's fundamental duality

Observant inhalation:	*This…*	*(Notice this…)*
***Releasing** exhalation:*	***ease!***	***(relaxing!)***

256 rounds

*Count sixteen rounds upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.*

*Count sixteen sets upon the RIGHT **little, ring, middle, index** finger's lower, middle, & higher sets of creases & tip.*

Seven-lines, Leap-over, and Slice-through

This exercise slices through the tyranny of the obstructing emotions of hating and craving: Samsara's fundamental duality

Observant inhalation:	*Notice this…*	*(This…)*
***Releasing** exhalation:*	***relaxing!***	***(ease!)***

1,024 rounds

*Count thirty-two rounds upon the LEFT **little, ring, middle, & index** fingers' palm, lower, middle, higher creases, tips, flats, 3rd knuckles, & 2nd knuckles.*

*Count thirty-two sets upon the RIGHT **little, ring, middle, index** finger's palm, lower, middle, higher creases, tips, flats, 3rd knuckles, & 2nd knuckles.*

Seven-lines, Leap-over, and Slice-through

This exercise slices through the tyranny of the obstructing emotions of hating and craving: Samsara's fundamental duality

Observant inhalation:	***This…***	*(Notice this…)*
***Releasing** exhalation:*	***ease!***	***(relaxing!)***

1,024 rounds

*Count thirty-two rounds upon the LEFT **little, ring, middle, & index** fingers' palm, lower, middle, higher creases, tips, flats, 3rd knuckles, & 2nd knuckles.*

*Count thirty-two sets upon the RIGHT **little, ring, middle, index** finger's palm, lower, middle, higher creases, tips, flats, 3rd knuckles, & 2nd knuckles.*

Seven-lines, Leap-over, and Slice-through