

Buddha's
Easy
Tantra

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I Contemplation of **Change**

II Meditation of **Clarity**

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IV Contemplation of **Love**



Fresh & Simple

Lama Khyenno

Teacher come
to this CROWN!

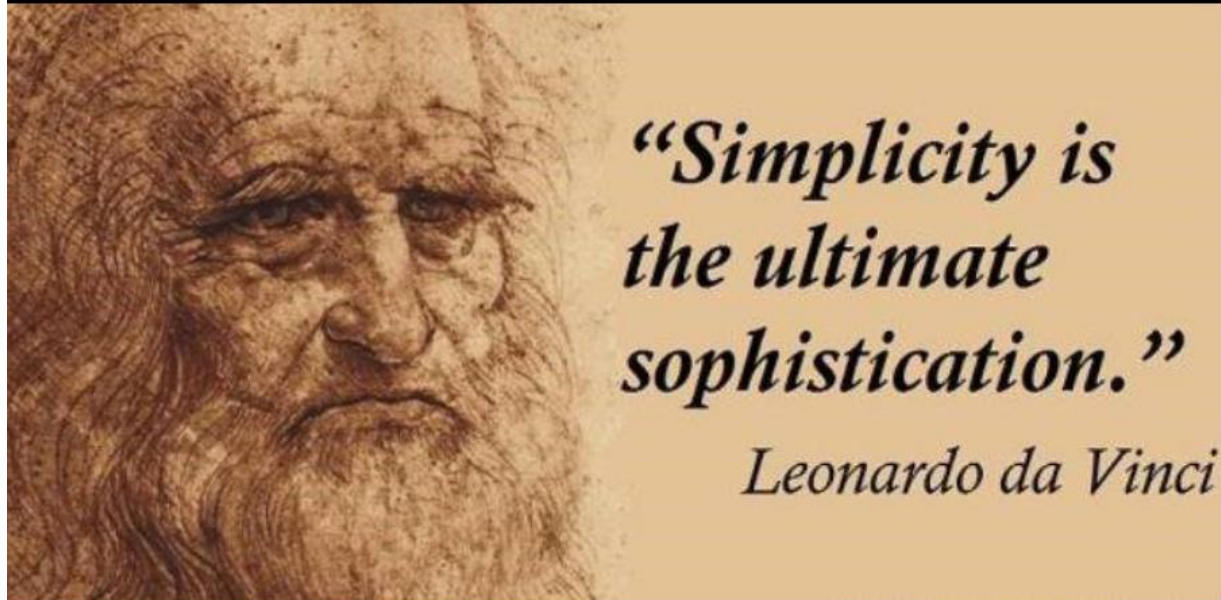


Passively
Contemplate
Change

Impermanence, Interdependence, and Emptiness...

The FIRST fold
of the Buddha's
Eight-fold path
of Enlightenment

Impermanence, Interdependence, and Emptiness...



Four Bases of Mindfulness

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

Circumstantial impermanence (a)

All circumstances or LOTs
and their stressors,
appearing yet void,



could be as **impermanent**
and interdependent...

Circumstantial impermanence (b)

...as if they could blissfully melt
into rainbow light



that could delightfully absorb
into THIS body or FORM!

inhalation **Into Form...**

exhalation **all Lots melt.**



Physical impermanence (a)

All bodies or FORMs
and their stressors,
sensual yet void,



could be as **impermanent**
and interdependent...

Physical impermanence (b)

...as if they could blissfully melt
into rainbow light



that could delightfully absorb
into THIS interpersonal
communication or SPEECH!

inhalation **Into Speech...**

exhalation **all Forms melt.**



Interpersonal impermanence (a)

All interpersonal communication
or SPEECH and their stressors,
resounding yet void,

could be as **impermanent**
and interdependent...



Interpersonal impermanence (b)

...as if they could blissfully melt
into rainbow light



that could delightfully absorb
into THIS mind!

inhalation Into Mind...

exhalation all Speech melts.

So-ha Om Mu-ni
Mu-ni Ma-ha Mu-ni

Mental impermanence (a)

All MINDs

and their stressors,

lucid yet void,

Om

could be as **impermanent**

and interdependent...

Mental impermanence (b)

...as if they could blissfully melt
into rainbow light

Om

that could delightfully absorb
into a vast Empty Void...

Mental impermanence (c)

...like the illusion
of the infinite azure sky



on a bright and beautiful
cloudless morn...

Mental impermanence (d)

...which although looks
tantalizing to the eye



feels NON-graspable
to the hand!

inhalation **Into Void...**

exhalation **all Minds melt.**

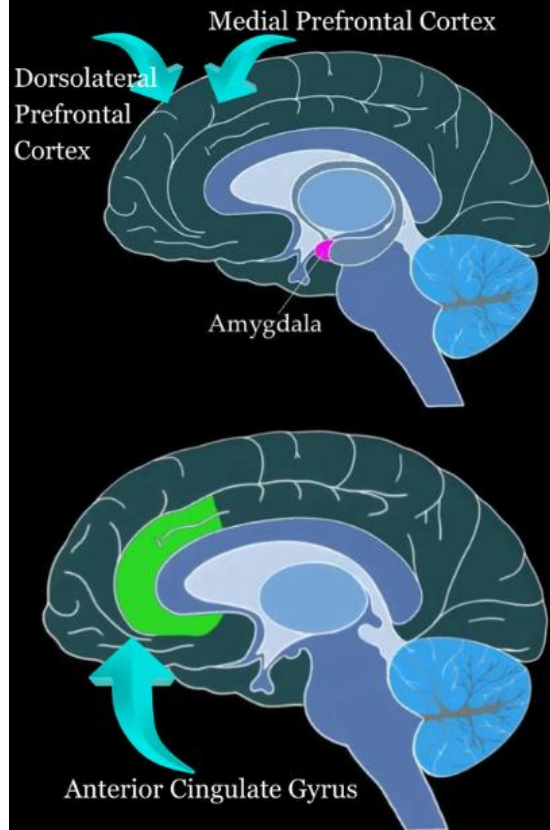
Om

Mindfulness &
Meditation of
Clarity & Letting-go

Mindfulness & Meditation...

The SEVENTH & EIGHTH folds
of the Buddha's
Eight-fold path
of Enlightenment

Why Bother?



Parasympathetic

"rest and digest"



constrict pupils



slows heartbeat



constrict airways



stimulate activity of stomach



stimulate gallbladder



stimulate activity of intestines



contract bladder

Sympathetic

"fight or flight"



dilate pupils



increase heartbeat



relax airways



inhibit activity of stomach



inhibit gallbladder



inhibit activity of intestines

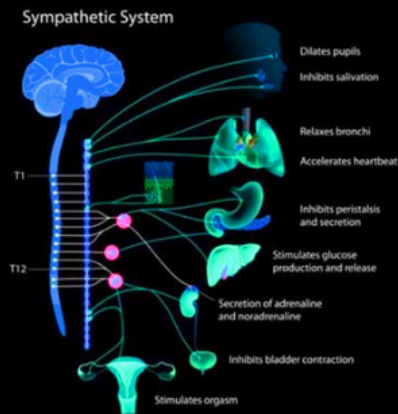


relax bladder

Mindful, Vulnerable & Random

- 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, and
- Glorious to Grotesque

Mindfulness

Watch

inhalation

Meditation

Rest

exhalation

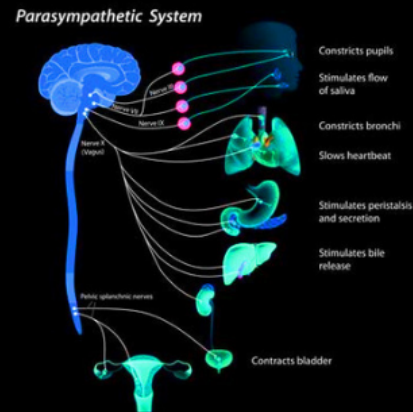
Meditation, NO-self, & Emptiness

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

**Fleetingly: LESS stressful,
LESS permanent, LESS defining 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.**



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**

Effortless Effort...

The SIXTH fold
of the Buddha's
Eight-fold path
of Enlightenment

~~Active
Focus~~

Passive
Peripheral
Awareness



Union of Awareness and Letting-go

inhalation **Watch**

exhalation **Rest**

Download FREE
practice materials
LinkTr.ee/LamaJigmeG



Mindfulness &
Meditation of
Bliss & Letting-go

Lama Naljor

Teacher blend
with this MIND!



The Union of Bliss and Letting-go

inhalation **Feel**

exhalation **Rest**

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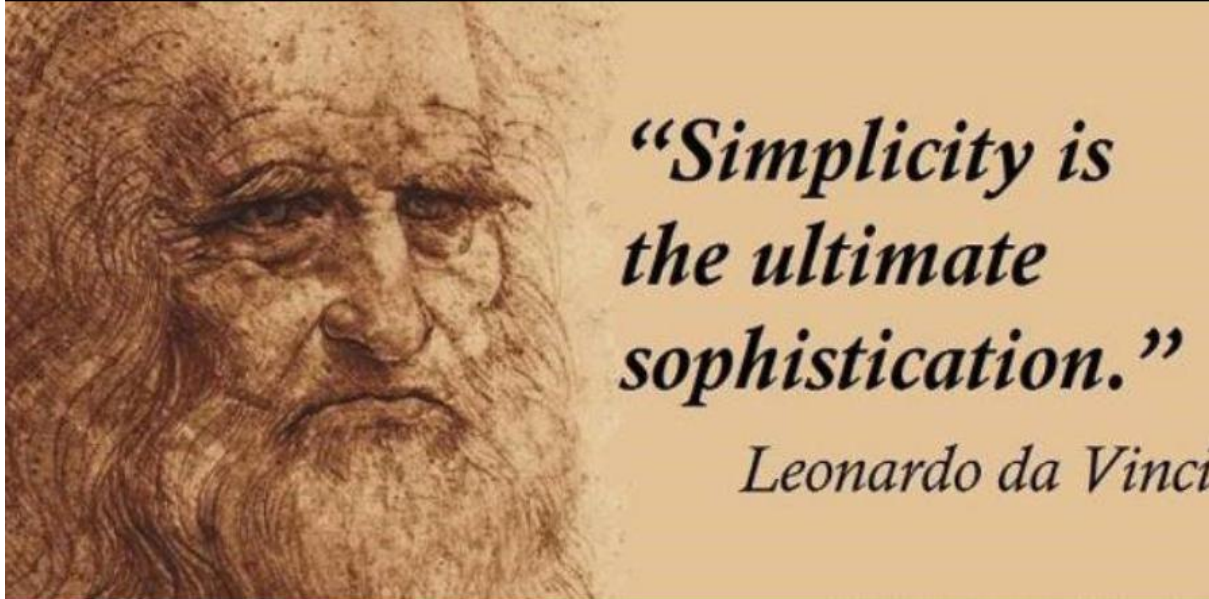


Passively
Contemplate
Love & Letting-go

The Union of Love and Letting-go...

Let us bring
our personal
needs and desires
into manifesting's path
of universal love

Union of Love and Letting-go



*“Simplicity is
the ultimate
sophistication.”*

Leonardo da Vinci

Four Bases of Mindfulness

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

Mental Kindness...

The SECOND fold
of the Buddha's
Eight-fold path
of Enlightenment

Mental kindness

May each being's experience
of the mental now be
lavished with great wisdom

Hoong

like the MIND of an archetypical
Buddha symbolized
by a “seed” syllable!

inhalation **Great Wisdom**
for all minds

intonation **Om Mu-ni Mu-ni Ma-ha**
Mu-ni-ye So-ha

Hoong

Interpersonal Kindness...

The THIRD fold
of the Buddha's
Eight-fold path
of Enlightenment

Interpersonal kindness

May each being's experience
of the interpersonal now be
lavished with great love

like the SPEECH of an
archetypical Buddha
symbolized by a Man-tra!



inhalation

Profound **Love**
for all Speech

intonation

Om Mu-ni Mu-ni Ma-ha
Mu-ni-ye So-ha

So-ha Om Mu-ni
Mu-ni-ye Ma-ha

Physical Kindness...

The FOURTH fold
of the Buddha's
Eight-fold path
of Enlightenment

Physical kindness

May each being's experience
of the physical now be
lavished with great health

like the FORM of an
archetypical Buddha
symbolized by a Yi-dam!



inhalation

Profound **Health**
for all Forms

intonation

Om Mu-ni Mu-ni Ma-ha
Mu-ni-ye So-ha



Circumstantial Kindness...

The FIFTH fold
of the Buddha's
Eight-fold path
of Enlightenment

Circumstantial kindness

May each being's experience
of the circumstantial now be
lavished with good fortune



like the LOT of an archetypical
Buddha symbolized by a
paradise, pure land or Va-ti!

Good Fortune...
for all Lots

inhalation

Om Mu-ni Mu-ni Ma-ha
Mu-ni-ye So-ha

intonation



Bodhichitta,
Refuge, and
Buddha Bowing

Bodhichitta

In our compassion
may we long to free all beings
from the toxic tyranny of:

dread, desire, and delusion,
metaphorically known
as the three *mental* poisons.

Refuge - a

In our pragmatism
may our liberation of all others

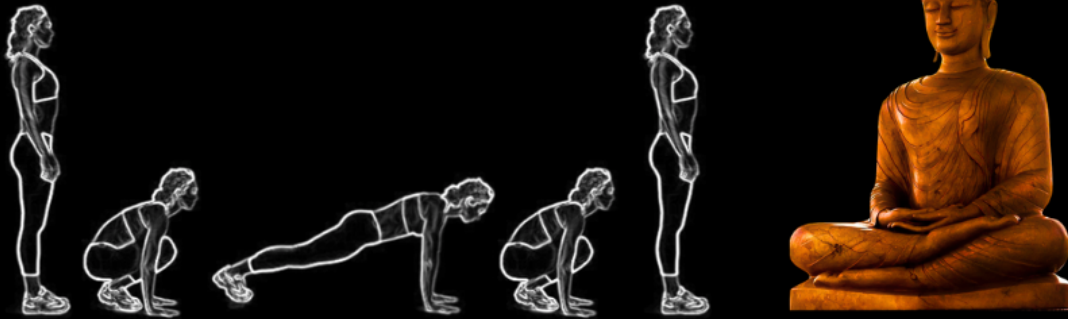
be fueled by the
Three *wish-fulfilling* Jewels of...

Refuge - b

- following the buddha's example,
- applying his instructions, and
- cooperating with his students.

Spiritual Squat-thrusts

May we
free all
through the
Three Jewels.





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

