

Chanting (tantric) to help us Meditate like a Jedi

# Tantric Chanting to help us Meditate like a Jedi

*by Lama: Jigme Gyatso*

*inspired by the teachings of:*

*Garab Dorje, Dza Patrul Rinpoche, and Dudjom Lingpa Rinpoche*

*11dec25b*



Chanting (tantric) to help us Meditate like a Jedi  
As the tip of our left index finger supports the great knuckle of our right index finger  
Let us Practice Bliss and Letting-go  
in such a manner that it feels as if the Force itself  
is giving us a kiss upon the top of our head

Lá-ma come  
to Péy (*snap*) crown!

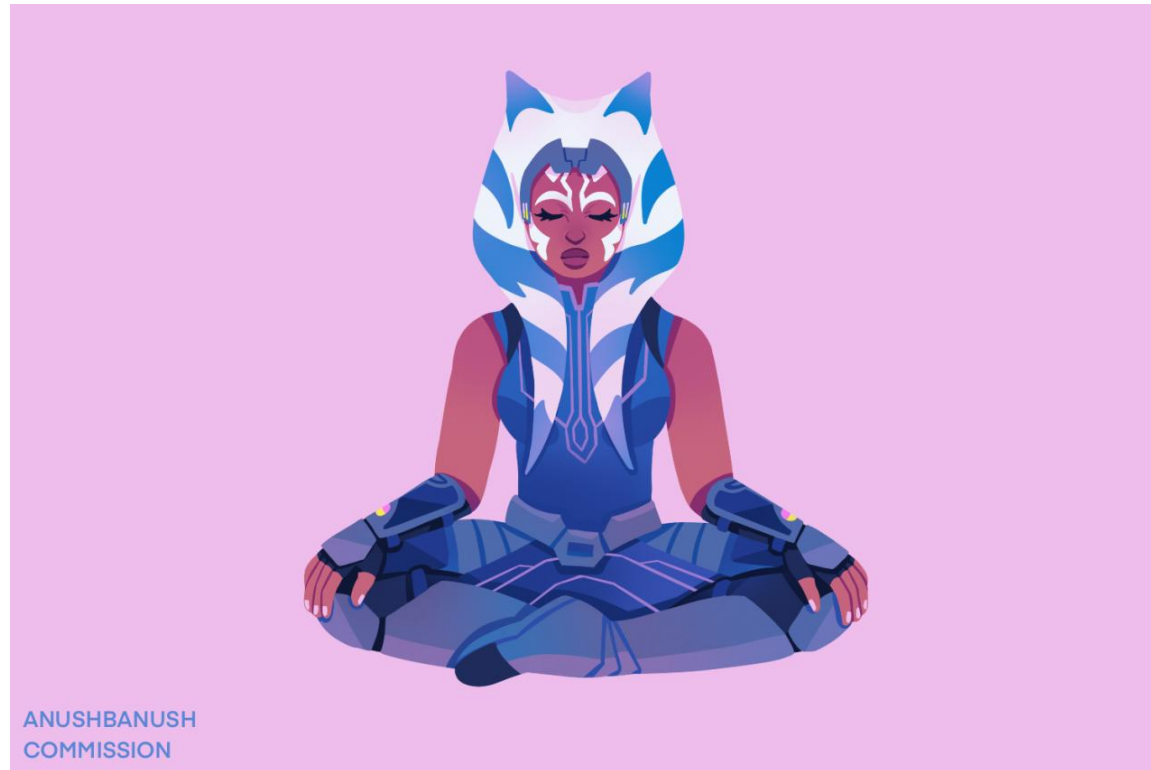


Chanting (tantric) to help us Meditate like a Jedi  
**Top-of-the-head Oriented Energy-work also known as**  
**Bindu mahamudra or Anu-yoga in Sanskrit,**  
**Thig-le or Lama Khyenno in Tibetan and**  
**Bliss and Letting-go, Completion-stage or Calling the Lama from Afar in English**



Lá-ma come  
to Péy (*snap*) crown!

Chanting (tantric) to help us Meditate like a Jedi  
Let's Practice the **FIRST** set of the **Awareness and Letting-go** that is **Meditating Like a Jedi**  
*the Seventh and Eighth folds of the Buddha's eight-fold path*



Chanting (tantric) to help us Meditate like a Jedi  
*This session's First set of Mindfulness and Meditation:  
the Seventh and Eighth folds of the Buddha's eight-fold path*

# Slice-through the Obscurations to our Buddha Nature

Chanting (tantric) to help us Meditate like a Jedi

# 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

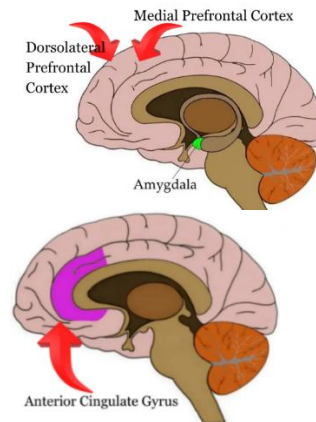
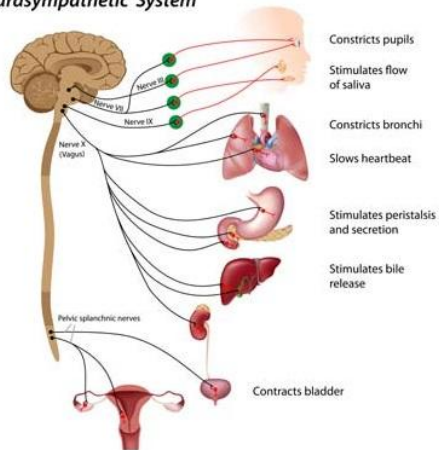
Competitive

# Chanting (tantric) to help us Meditate like a Jedi

Sutra mahamudra, Ati-yoga, or Mahasandhi in Sanskrit,  
Trekchö in Tibetan and

Awareness and Letting-go, Great completion-stage, or Slicing through Obscuring Emotions of Hope and Fear in English

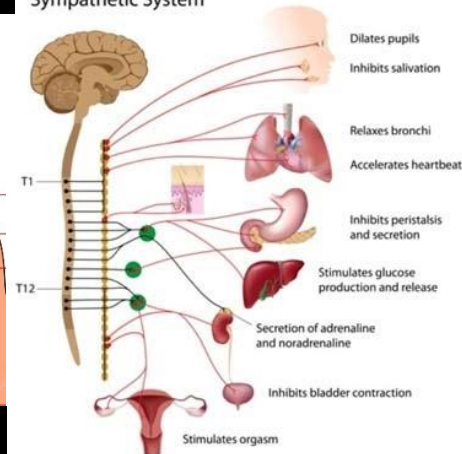
Parasympathetic System



## Notice

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

Sympathetic System

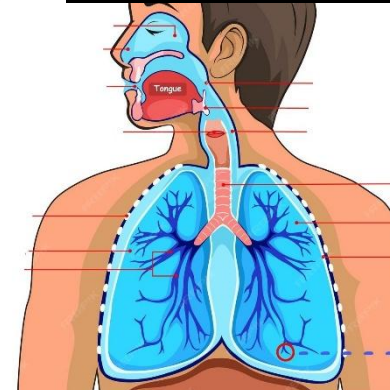


*Mindfulness noticing inhalation*

*Meditation **relaxing** exhalation*

*Watch  
rest*

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

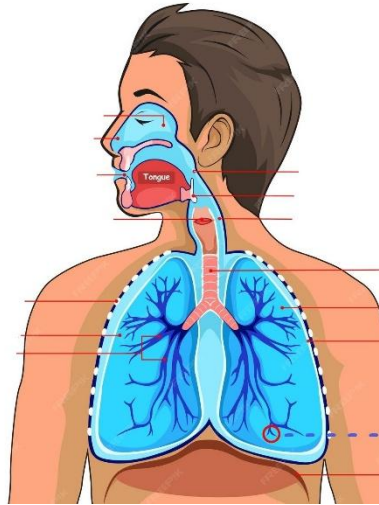




Chanting (tantric) to help us Meditate like a Jedi

*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



Chanting (tantric) to help us Meditate like a Jedi  
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*)

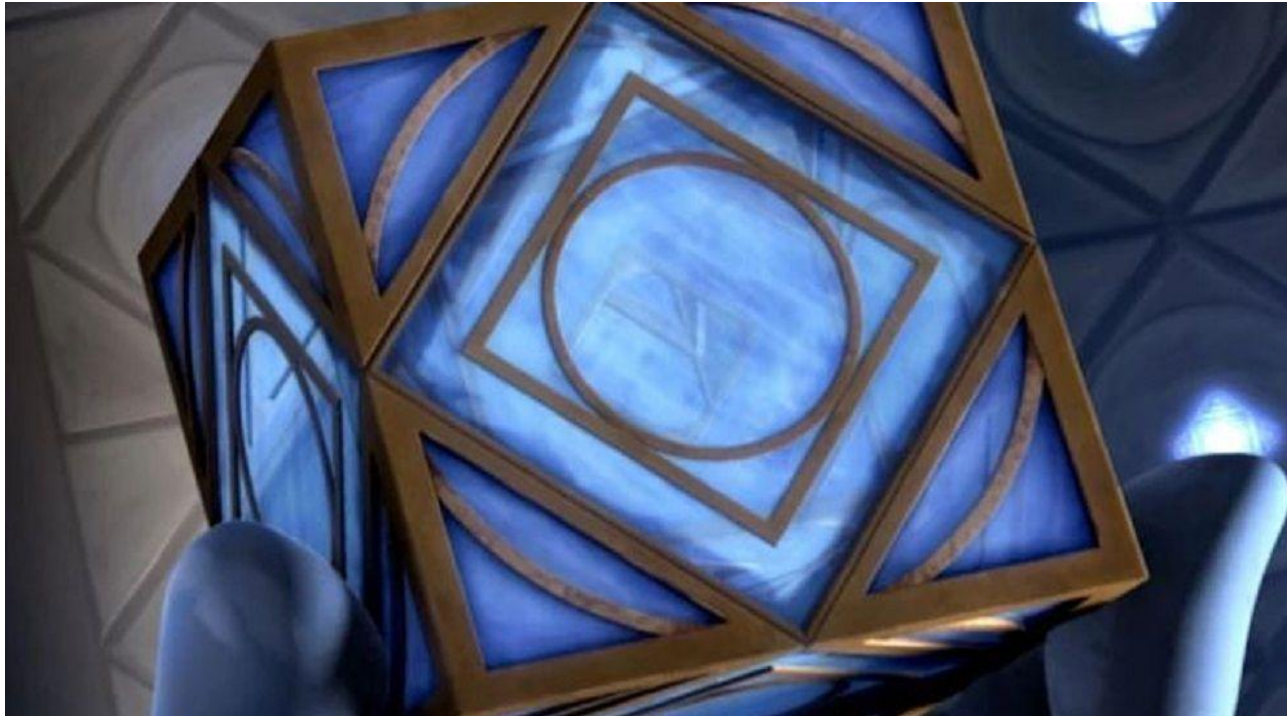
Compassionate ACTION

- 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

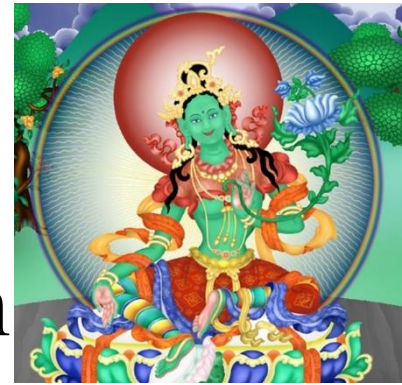
- 7 - Right Mindfulness (*during inhalation that is **vulnerable**, passive, visceral, random & fleeting*) 1, 2, & 6
- 8 - Right **Meditation** (*during **exhalation** that physically relaxes & mentally releases the duality of aversion & avarice*) 5 & 7

Chanting (tantric) to help us Meditate like a Jedi  
Let us Practice the **Holocron of Impermanence and Interdependence**  
*the FIRST fold of the Buddha's Eight-fold Path*



Chanting (tantric) to help us Meditate like a Jedi

Ráther than indulge our controlling tendencies with the follies of ACTIVE: visualization, emotion, magick, & béliief;



wé could just recite these **wise** words in harmony with our breathing and allow our subconscious to do the heavy lífting!

Chanting (tantric) to help us Meditate like a Jedi

Lét us therefore side-step the rigidity,  
that confuses metaphors  
for statements litéral;

ánd instead relax into the flexibility  
that savors the chants  
explaining metaphors as simíles!



Chanting (tantric) to help us Meditate like a Jedi

*The View of Reality that supports Letting-go: the First fold of the Buddha's eight-fold path*

# Leaping-over Pride

## Chanting (tantric) to help us Meditate like a Jedi

Tantra mahamudra or Maha-yoga in Sanskrit,  
Togal in Tibetan and

Awareness and Letting-go, Creation-stage, Leaping-over Pride's Obstructions to Omniscience, or **Bringing the Circumstantial into the Wisdom of Letting-go** in English

# All circumstances or LOTs, and their fears;





Chanting (tantric) to help us Meditate like a Jedi

ás appearing yet **NON-graspable**  
as a Búddha's

réal or imagined:

- paradise,
- pure-land, or
- Va-ti óf light;





Chanting (tantric) to help us Meditate like a Jedi

could be as **impermanent**  
and interdepéndent

ás if they could blissfully  
**melt** into **rainbów** light



Chanting (tantric) to help us Meditate like a Jedi

thát could delightfully absorb  
into THIS body ór form!



Chanting (tantric) to help us Meditate like a Jedi

*Let us divide  
the silent and mental recitation  
of this six-syllable-synopses  
between our inhalation and our exhalation*



*LOTs' fears **melt**  
into form*

Chanting (tantric) to help us Meditate like a Jedi

Tantra mahamudra or Maha-yoga in Sanskrit,

Togal in Tibetan and

Awareness & Letting-go, Creation-stage, Leaping-over Pride's Obstructions to Omniscience, or **Bringing the Physical into the Path of the Wisdom of Letting-go** in English

Áll bodies or FORMs  
and théir fears,





Chanting (tantric) to help us Meditate like a Jedi

ás sensual yet as **NON-graspable**  
as a De-vi or Yí-dam's

réal or imagined  
body óf light;



Chanting (tantric) to help us Meditate like a Jedi

could be as **impermanent**  
and interdepéndent

ás if they could blissfully  
**melt** into **rainbów** light



Chanting (tantric) to help us Meditate like a Jedi

thát could delightfully absorb into  
THIS communication ór speech!





Chanting (tantric) to help us Meditate like a Jedi

*Let us divide  
the silent and mental recitation  
of this six-syllable-synopses  
between our inhalation and our exhalation*



*FORMs' fears **melt**  
into speech*

Chanting (tantric) to help us Meditate like a Jedi

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Áll interpersonal SPEECH  
and its fears,

So-ha Om Tare  
Ture Tu-ta-re

Chanting (tantric) to help us Meditate like a Jedi

ás resounding yet **NON-graspable**  
as a real or imáigned

hóizontal mantra rosary  
óf light,

So-ha Om Tare  
Tu-re Tu-ta-re

Chanting (tantric) to help us Meditate like a Jedi

could be as **impermanent**  
and interdépendent

ás if it could blissfully  
**melt** into rainbow light

So-ha Om Tare  
Ture Tu-ta-re

Chanting (tantric) to help us Meditate like a Jedi

thát could delightfully  
absorb into THÍS mind!

So-ha Om Tere  
Ture Tu-ta-re

Chanting (tantric) to help us Meditate like a Jedi

*Let us divide*

*the silent and mental recitation*

*of this six-syllable-synopses*

*between our inhalation and our exhalation*

So-ha Om Tare  
Ture Tu-ta-re

*SPEECH fears melt*  
*into mind*

Chanting (tantric) to help us Meditate like a Jedi

Tantra mahamudra or Maha-yoga in Sanskrit,

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Áll lucid: perceiving, emoting,  
intending, thínking,

récalling, and imagining  
MINDs and théir fears,

Tam



Chanting (tantric) to help us Meditate like a Jedi

ás lucid yet **NON-graspable**  
as real or imágined

óne-syllable, seed or  
Bi-ja mantra óf light,

Tam

Chanting (tantric) to help us Meditate like a Jedi

could be as **impermanent**  
and interdepéndent

ás if they could blissfully  
**melt** into rain**bow** light

Tam

Chanting (tantric) to help us Meditate like a Jedi

thát could delightfully  
absorb into a vast, empty void...

Tam

Chanting (tantric) to help us Meditate like a Jedi

líke the illusion  
of the infinite azúre sky

ón a bright  
and beautiful  
cloudléss morn



Chanting (tantric) to help us Meditate like a Jedi

which although could look  
tantalizing to the eye

could feel  
**non-graspable**  
to the hand!



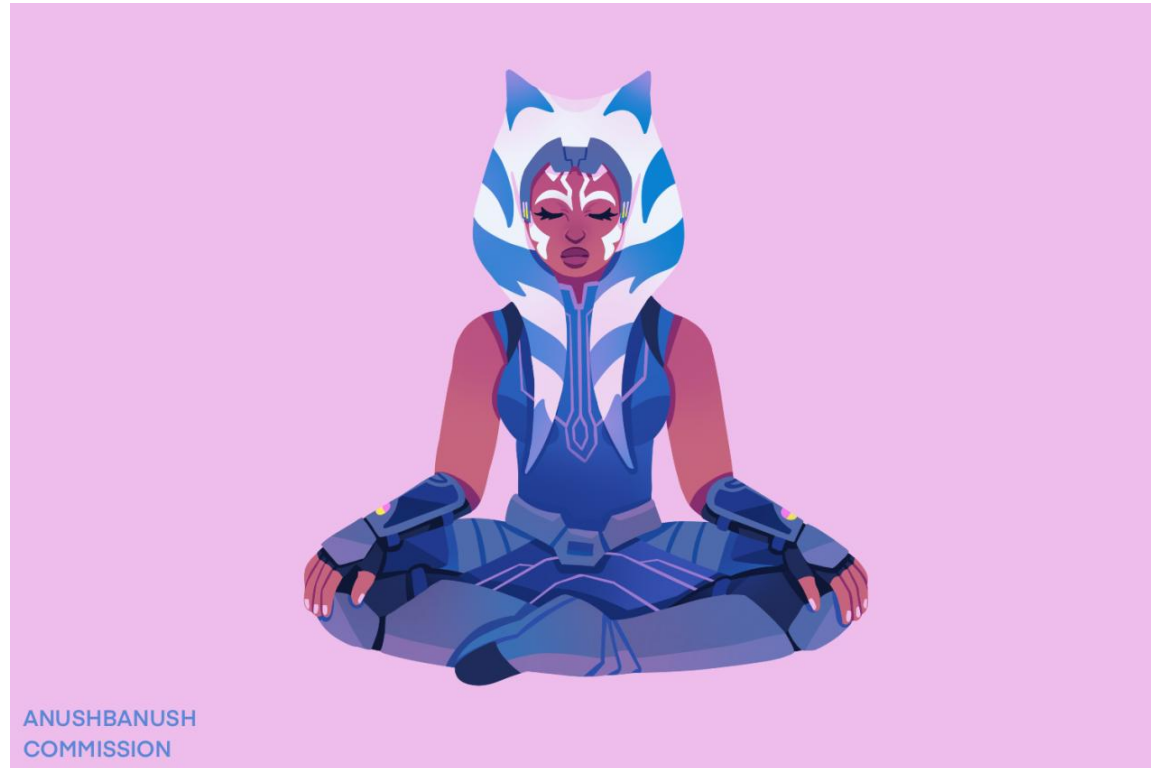
Chanting (tantric) to help us Meditate like a Jedi

*Let us divide  
the silent and mental recitation  
of this six-syllable-synopses  
between our inhalation and our exhalation*

# Tam

*MINDs' fears **melt**  
into void*

Chanting (tantric) to help us Meditate like a Jedi  
Let's Practice the **SECOND** Set of the **Awareness and Letting-go** that is **Meditating Like a Jedi**  
*the Seventh and Eighth folds of the Buddha's eight-fold path*





Chanting (tantric) to help us Meditate like a Jedi  
*This Session's Second Set of Mindfulness and Meditation:  
the Seventh and Eighth folds of the Buddha's eight-fold path*

# Slice-through the Obscurations to our Buddha Nature

Chanting (tantric) to help us Meditate like a Jedi

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Ninety-percent of everything Sucks

Content

## **Yin's Spiritual Matriarchy**

**Flexible,  
Loving,  
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**Egalitarian,  
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Kind**

## **Yang's Religious Patriarchy**

**Rigid,  
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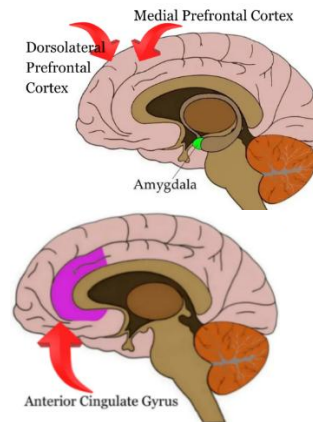
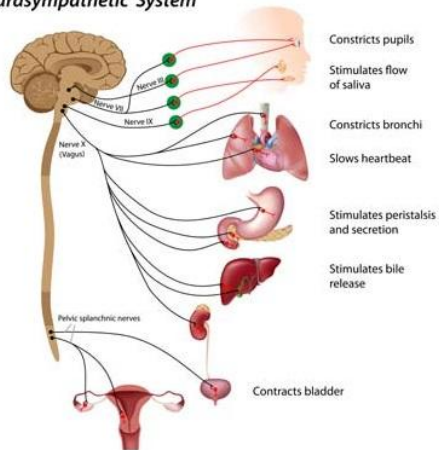
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Parasympathetic System



## Notice

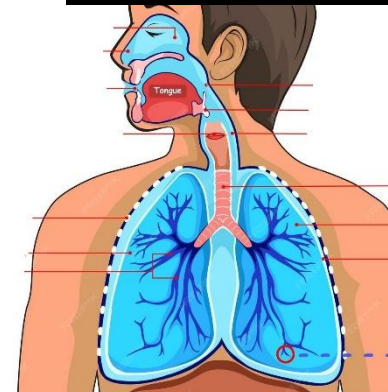
**-Vulnerably,  
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-Viscerally,  
-Randomly, and  
-Fleetingly**

*Mindfulness noticing inhalation*

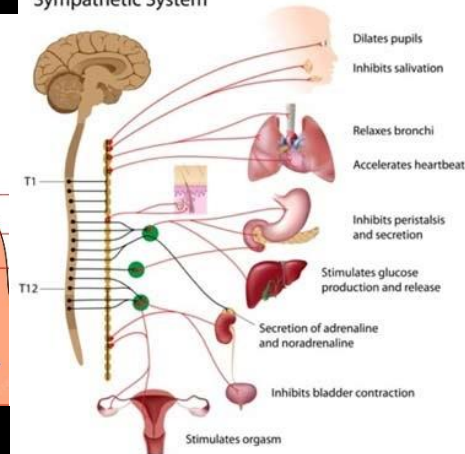
*Meditation **relaxing** exhalation*

*Watch  
rest*

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



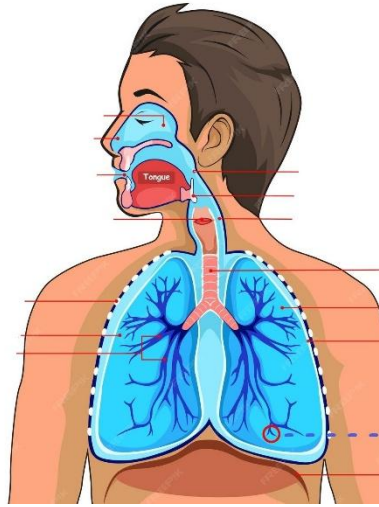
Sympathetic System



Chanting (tantric) to help us Meditate like a Jedi

*Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems*

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



**All Manner of Phenomena:  
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*This*  
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What if Enlightenment was simply  
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Wise VIEW supporting release

- 1 - Right View of Impermanence and Emptiness
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Compassionate ACTION

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Liberating MEDITATION as described by the seven enlightenment factors

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in such a Manner that it could Feel like the Force itself  
is Giving us a Hug

Lá-ma blend  
with thís mind!



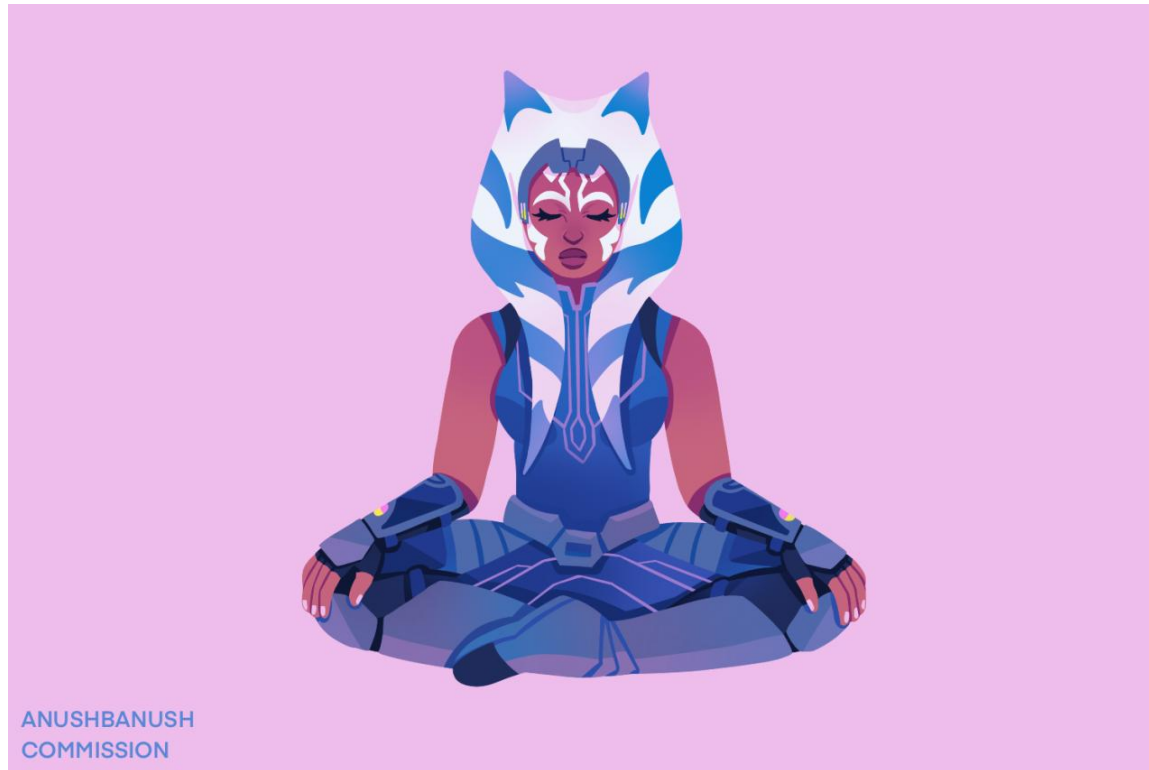
Chanting (tantric) to help us Meditate like a Jedi  
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Bliss and Letting-go, Completion-stage or Guru Yoga in English**



Lá-ma blend  
with this mind!



Chanting (tantric) to help us Meditate like a Jedi  
Let's Practice the **THIRD** Set of the **Awareness and Letting-go** that is **Meditating Like a Jedi**  
*the Seventh and Eighth folds of the Buddha's eight-fold path*



Chanting (tantric) to help us Meditate like a Jedi  
*This Session's Third Set of Mindfulness and Meditation:  
the Seventh and Eighth folds of the Buddha's eight-fold path*

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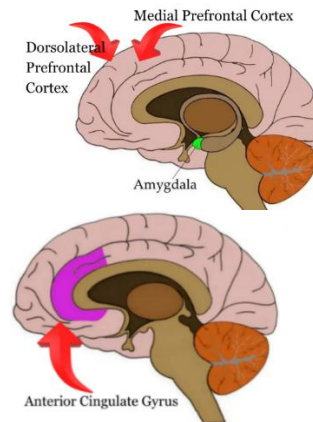
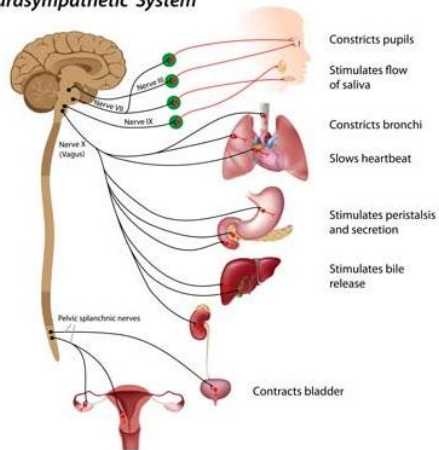
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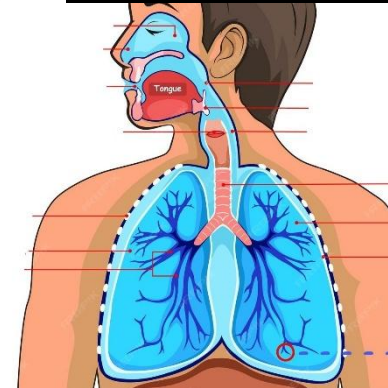
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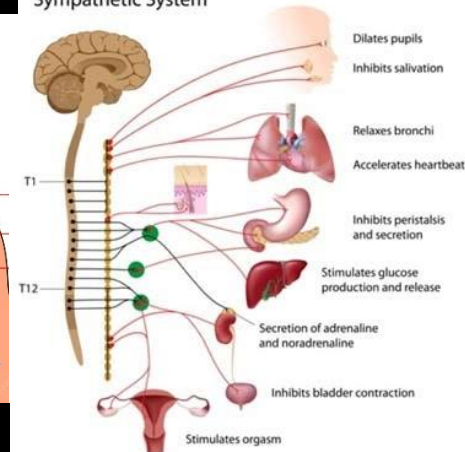


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Sympathetic System



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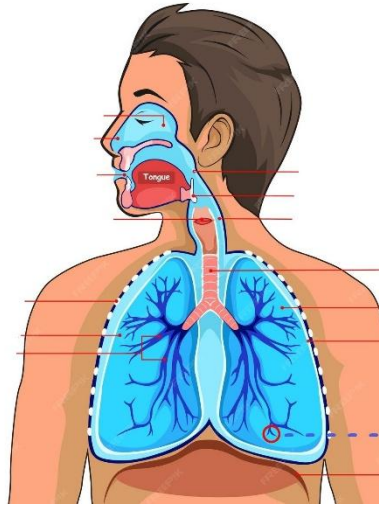
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*Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems*

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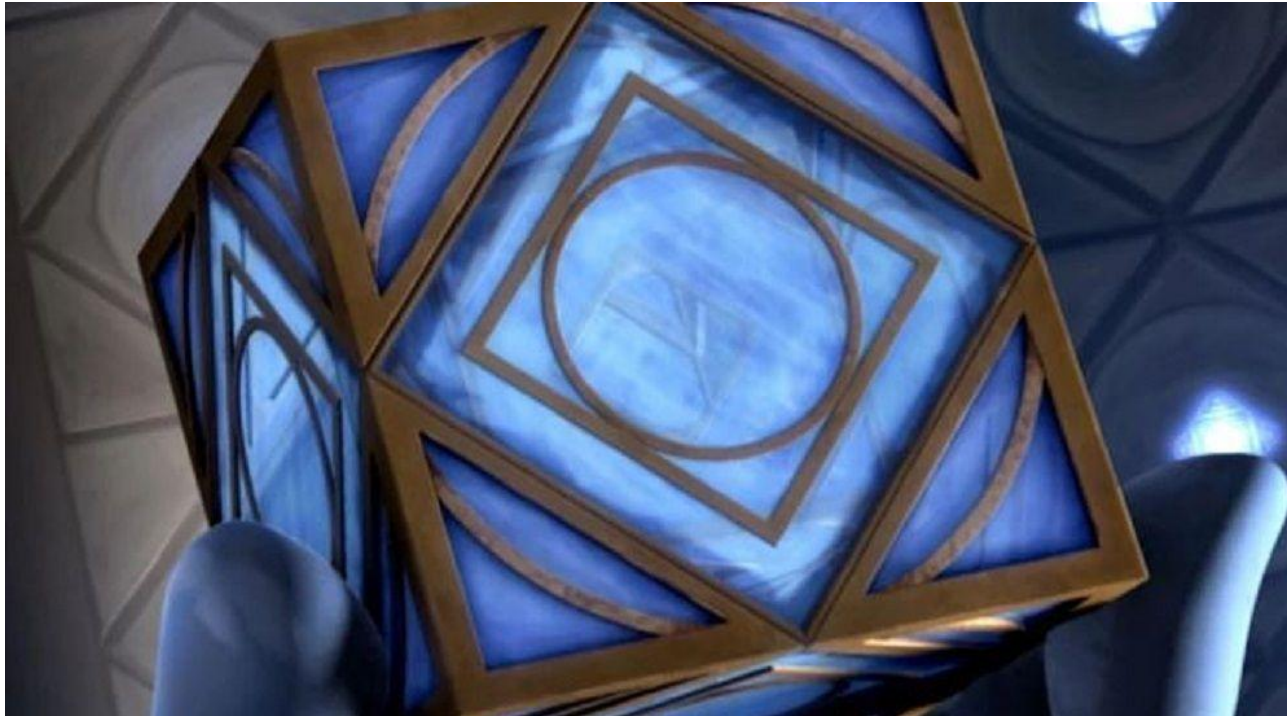
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Chanting (tantric) to help us Meditate like a Jedi  
Let us Practice the **Holocron of Love and Letting-go**  
*the SECOND through FIFTH folds of the Buddha's Eight-fold Path*



Chanting (tantric) to help us Meditate like a Jedi  
*Loving-kindness' Mantra Meditations*

# Leaping-over Jealousy



Chanting (tantric) to help us Meditate like a Jedi

*We'll begin by Chanting an Explanation  
of this Ten Syllable Mantra*

**So-ha Om Tare  
Ture Tu-ta-re**

Chanting (tantric) to help us Meditate like a Jedi

(**Óm**) I invoke the love that:

- spiritually liberates (**Tá-re**),
- ánd physically rescues (Tu-ta-re),
- as well as blesses (**Tú-re**),

Máy all beings master  
this dynamism (**Só-ha**)!

**So-ha Om Tá-re Tu-ta-re Tú-re**

Chanting (tantric) to help us Meditate like a Jedi

Tantra mahamudra or Maha-yoga in Sanskrit,

Togal in Tibetan and

Awareness and Letting-go, Creation-stage, Leaping-over Jealousy's Obstructions to Omniscience, or **Bringing the Mental into the Path of Love** in English

**Máy** all minds of all beings now be as  
**Joyfully** enlightened as the mínd of

á real or imagined Buddha  
symbolized by a Bi-ja, one syllable  
seed mantra **Tam**, or Thik-lé drop!

**Tam**

Chanting (tantric) to help us Meditate like a Jedi

*Let us divide  
the silent and mental recitation  
of this six-syllable-synopses  
between our inhalation and our exhalation*

# Tam

*For all minds  
WISDOM joy*

Chanting (tantric) to help us Meditate like a Jedi

# Tam

*For all minds WISDOM joy!*

**Óm Ta-re Tu-ta-re Tu-re Sö-ha**

Chanting (tantric) to help us Meditate like a Jedi

Tantra mahamudra or Maha-yoga in Sanskrit,

Togal in Tibetan and

Awareness and Letting-go, Creation-stage, Leaping-over Jealousy's Obstructions to Omniscience, or **Bringing the Interpersonal into the Path of Love** in English

Máy all relationships,  
communication, or speech of all  
beings now be as **Peacefully** loving ás a

réal or imagined Buddha's speech or  
communication symbolized by this  
horizontal, ten syllable Mán-tra!

Om  
Ta-re  
Tu-ta-re  
Ture  
So-ha

Chanting (tantric) to help us Meditate like a Jedi

*Let us divide  
the silent and mental recitation  
of this six-syllable-synopses  
between our inhalation and our exhalation*

So-ha Om Ta-re  
Tu-re Tu-ta-re

*For all speech  
peaceful LOVE*

Chanting (tantric) to help us Meditate like a Jedi

So-ha Om Ta-re  
Tu-re Tu-ta-re

*For all speech peaceful LOVE!*  
**Óm Ta-re Tu-ta-re Tu-re Sö-ha**



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Awareness and Letting-go, Creation-stage, Leaping-over Jealousy's Obstructions to Omniscience, or **Bringing the Physical into the Path of Love** in English

Máy all bodies or forms of all beings  
now enjoy the **beautiful** health  
depicted in Buddhist statuáry

óf the blissful body of a De-vi or  
Yi-dam: an archetype of  
enlightenment such as Green Tá-ra!



Chanting (tantric) to help us Meditate like a Jedi

*Let us divide  
the silent and mental recitation  
of this six-syllable-synopses  
between our inhalation and our exhalation*



*For all forms  
pretty HEALTH*

Chanting (tantric) to help us Meditate like a Jedi



*For all forms pretty health!*  
**Óm Ta-re Tu-ta-re Tu-re Sö-ha**

Chanting (tantric) to help us Meditate like a Jedi

Tantra mahamudra or Maha-yoga in Sanskrit,

Togal in Tibetan and

Awareness and Letting-go, Creation-stage, Leaping-over Jealousy's Obstructions to Omniscience, or **Bringing the Circumstantial into the Path of Love** in English

Máy all circumstances or lots  
of all beings now have the safety,  
great fortune ór BOON



ás a Buddha's real or imagined  
paradise, pure land, or Vá-ti!

Chanting (tantric) to help us Meditate like a Jedi

*Let us divide  
the silent and mental recitation  
of this six-syllable-synopses  
between our inhalation and our exhalation*



*For all lots  
safety LUCK!*

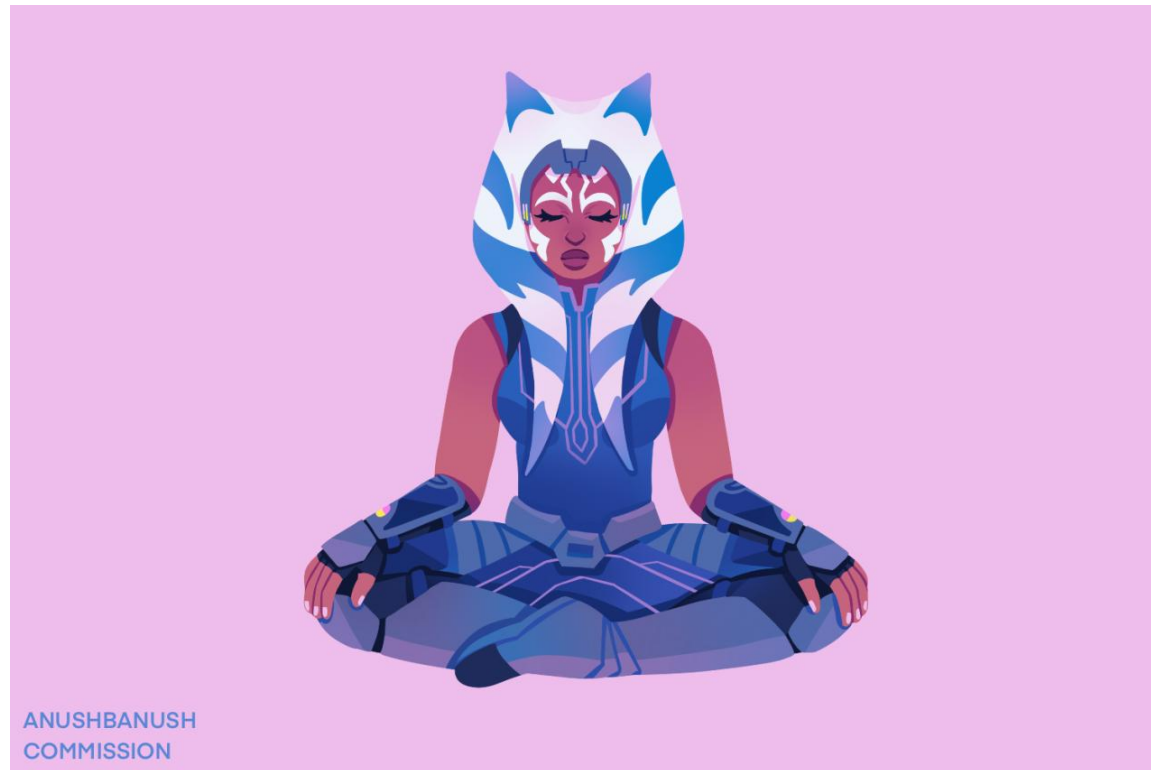


Chanting (tantric) to help us Meditate like a Jedi



*For all lots safety LUCK!*  
**Óm Ta-re Tu-ta-re Tu-re Sö-ha**

Chanting (tantric) to help us Meditate like a Jedi  
Let's Practice the **FOURTH** Set of the **Awareness and Letting-go** that is **Meditating Like a Jedi**  
*the Seventh and Eighth folds of the Buddha's eight-fold path*  
*that generate the effortless effort of the Sixth fold*



Chanting (tantric) to help us Meditate like a Jedi  
*This Session's Fourth Set of Mindfulness and Meditation:  
the Seventh and Eighth folds of the Buddha's eight-fold path*

# Slice-through the Obscurations to our Buddha Nature



Chanting (tantric) to help us Meditate like a Jedi

# Sturgeon's Law

Ninety-percent of everything Sucks

Content

## **Yin's Spiritual Matriarchy**

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

Compassionate

**Egalitarian,  
Lucid,  
Cooperative, &  
Kind**

Cooperative

## **Yang's Religious Patriarchy**

**Rigid,  
Fearful,  
Superstitious,  
Controlling,**

Cowardly

Cranky

**Elitist,  
Cryptic,  
Competitive, &  
Cruel**

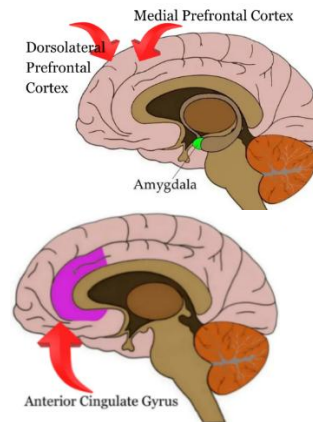
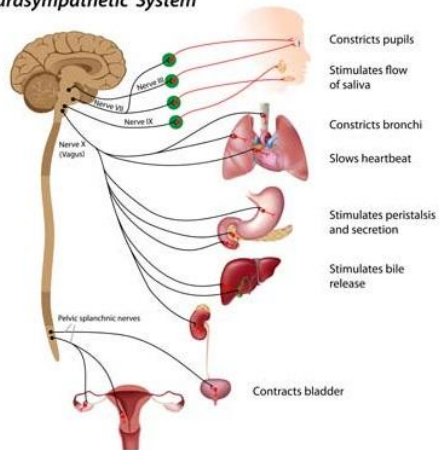
Competitive

# Chanting (tantric) to help us Meditate like a Jedi

Sutra mahamudra, Ati-yoga, or Mahasandhi in Sanskrit,  
Trekchöd in Tibetan and

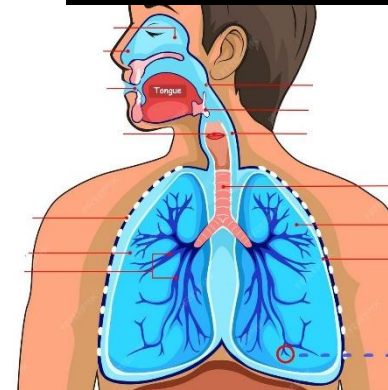
Awareness and Letting-go, Great completion-stage, or Slicing through Obscuring Emotions in English

Parasympathetic System

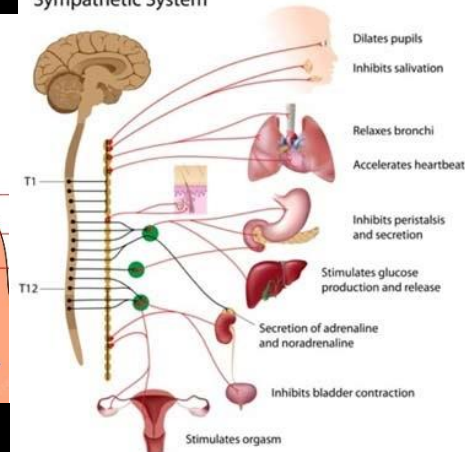


## Notice

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



Sympathetic System



*Mindfulness noticing inhalation*

*Meditation **relaxing** exhalation*

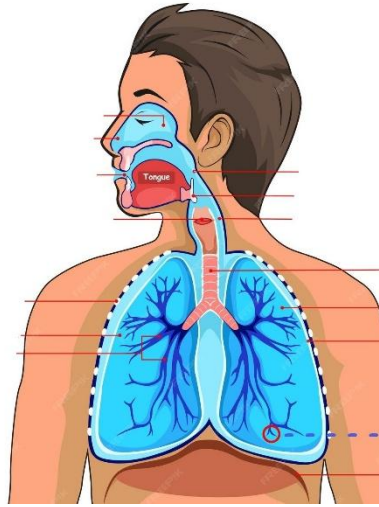
**Watch  
rest**

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

Chanting (tantric) to help us Meditate like a Jedi

*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*

**Watch  
rest**

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

Chanting (tantric) to help us Meditate like a Jedi  
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

Chanting (tantric) to help us Meditate like a Jedi

# Bodhichitta, Refuge, and Bowing

Chanting (tantric) to help us Meditate like a Jedi  
**Bo-dhi-chit-ta**

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

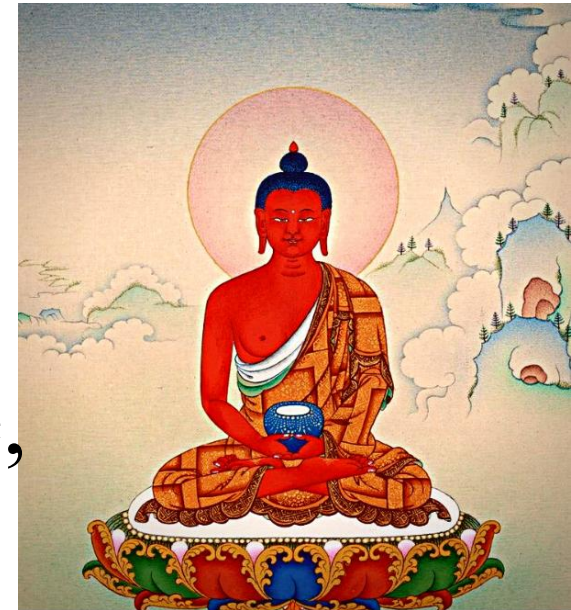
háting, craving, and clinging  
metaphorically known  
as the three *mental* poísons.



Chanting (tantric) to help us Meditate like a Jedi  
Refuge

Ín our pragmatism may our liberation  
of all others be fueled by the  
three *wish-fulfilling* jéwels of:

- fóllowing the Buddha's example,
- applying his instructions, and
- cooperating with his stúdents.





Chanting (tantric) to help us Meditate like a Jedi  
**Refreshing Deep Knee Bends**

(*Bo-dhi-chit-ta*) May we  
free all  
(*Refuge*) through the  
three jewels!





Chanting (tantric) to help us Meditate like a Jedi  
*Lama Jigme Gyatso's*

# Wishes for the Preservation of the Buddha's Teachings



Chanting (tantric) to help us Meditate like a Jedi

**Má**y each meditation teacher truly  
understand the Buddha's téachings,

ánd practice, master, as well as teach them  
generously, lovingly and wisely  
in the manner of centered spontaneíty.

Chanting (tantric) to help us Meditate like a Jedi

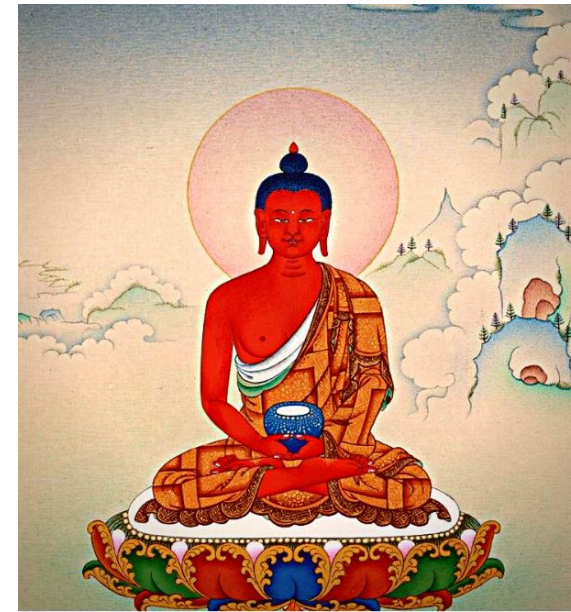
Máy each meditation teacher  
spontaneously réceive:

- générous patrons,
- enthusiastic students, as well as
- devoted apprentíces,

Chanting (tantric) to help us Meditate like a Jedi

and thus may many Dhar-ma centers  
be successfully:

- planted,
- nurtured, and
- flourish.



Chanting (tantric) to help us Meditate like a Jedi



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