

Easy Meditation

*Dzogchen Lama: Jigme Gyatso, Rime Terton, Rinpoche*

# Easy Meditation

*23apr24a*



Easy Meditation

*Excerpt from*

# The Total Space of Vajra Sattva

*composed by Prahe Vajra (Garab Dorje)*

*Translated into Italian by Chögyal Namkhai Norbu,*

*translated into English by Adriano Clemente*

*adapted and amplified by Lama Jigme Gyatso*

*1feb24a*



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## Easy Meditation

***Mindfulness & Meditation:*** *Sati Passaddhi, Zen, Proto-zen, Ch'an, Dhyana, Mahamudra (or Great Seal), Mahasandhi (or Great Coalescence), Ati yoga (or Utmost Union), Dzogchen (or Great Completion Stage Tantra) & Trekcho (or Slice-through)*

### *IV. Practice*



Easy Meditation

*Starting with Both Metaphoric Training Wheels*

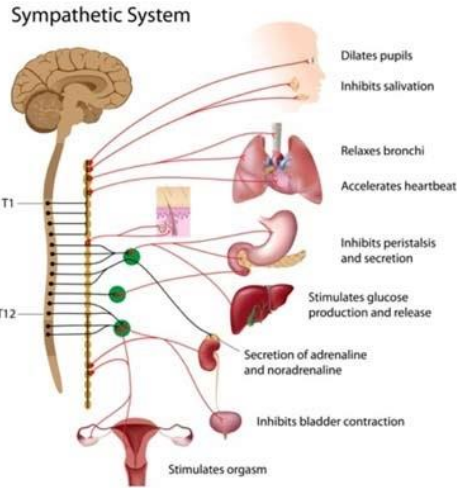


Easy Meditation

Sa-ti Pas-sad-dhi's Mindfulness & Meditation the 7<sup>th</sup> and 8<sup>th</sup> Folds

**Perceive:**

- vulnerably,
- passively,
- viscerally, and
- randomly



Inhalation

*Perceiving this very turbulent play of mind...*

**Exhalation**

**relaxing into mind's non-graspable nature!**

*1 collection of 1 set of 16+1 rounds*

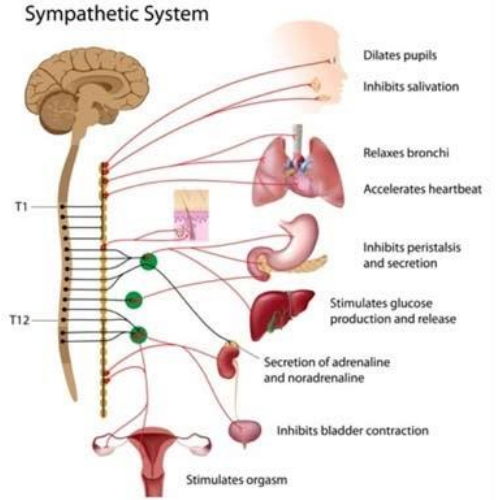
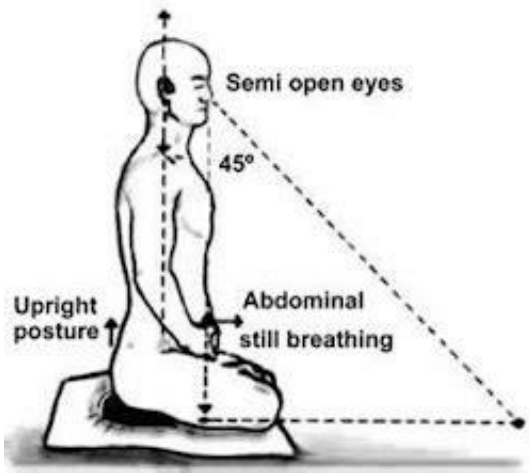
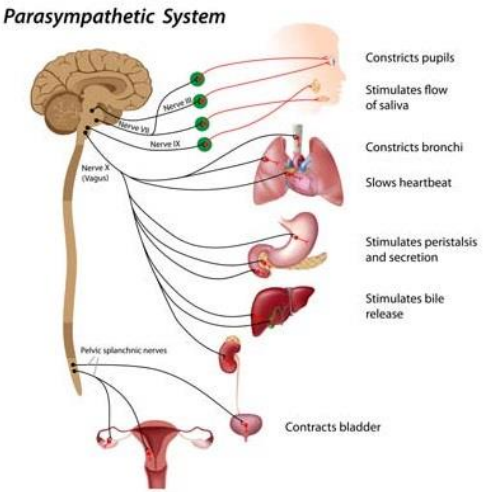
Easy Meditation

*Removing the First of Two Metaphoric Training Wheels*



Easy Meditation

*Dhyana's Mindfulness & Meditation the 7<sup>th</sup> and 8<sup>th</sup> Folds*

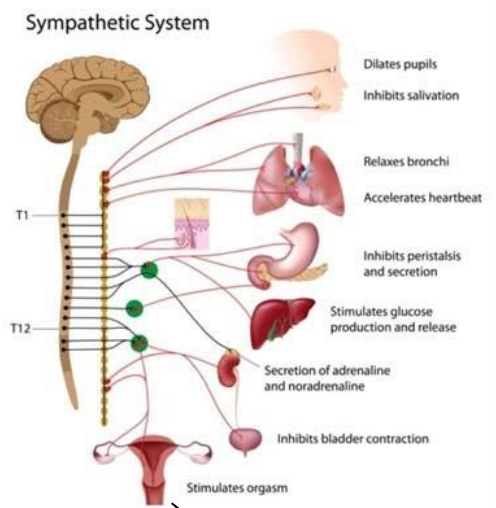
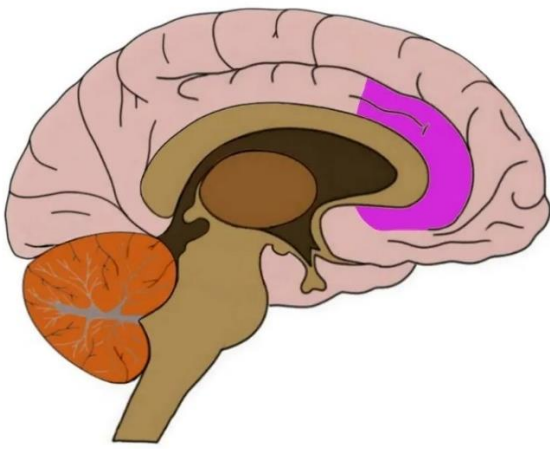
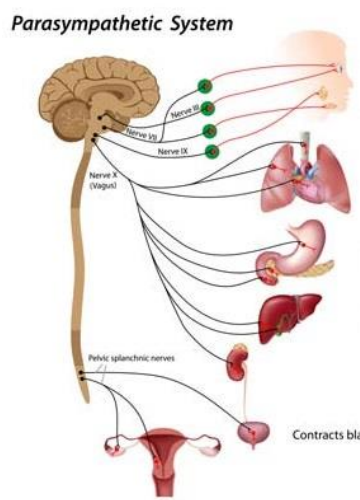


*Mindfulness perceive inhalation*     *Sitting tall*  
*Meditation **release** exhalation*     **relaxing**

*1 collections of 1 set of 16+1 rounds*

Easy Meditation

# Sutra Mahamudra's Great Seal of Mindfulness & Meditation



*Mindfulness perceive inhalation*

*Meditation **release** exhalation*

## Notice this **relaxing!**

(*Sam-sa-ra*)

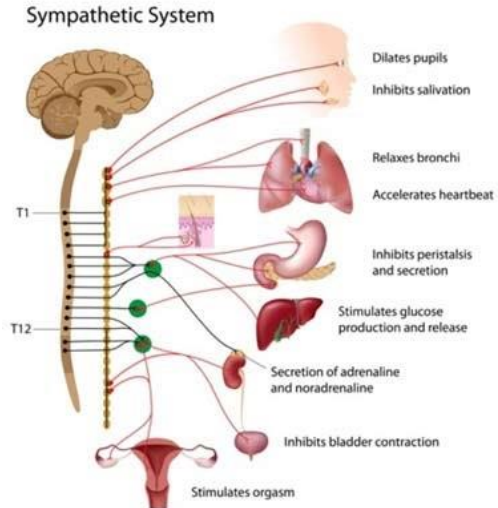
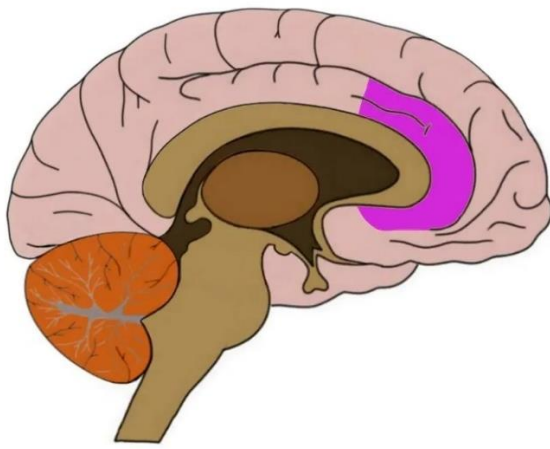
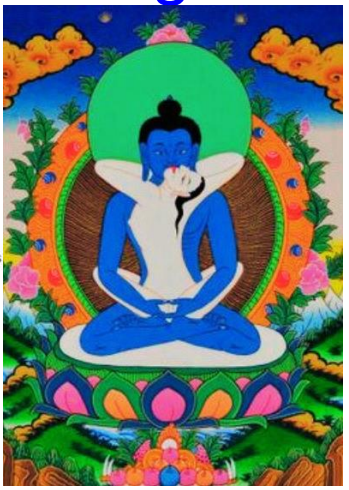
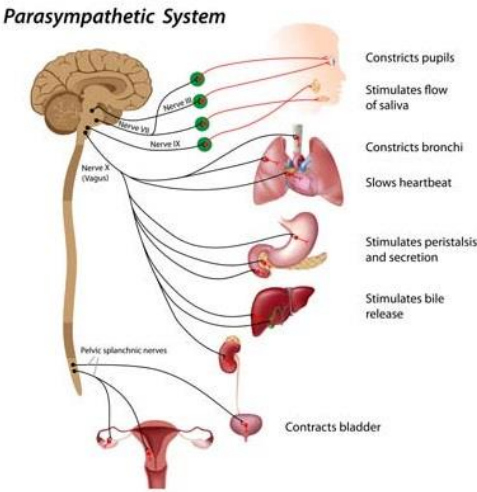
(**Nir-va-na**)

*1 collections of 1 set of 16+1 rounds*



Easy Meditation

*Dzogchen's Great Completion Stage Tantra*



*Mindfulness perceive inhalation*

*Meditation **release** exhalation*

*This*  
**ease!**

*1 collections of 1 set of 16+1 rounds*

**be sure to**



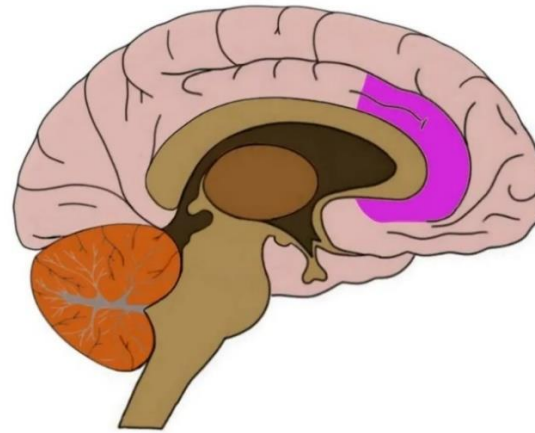
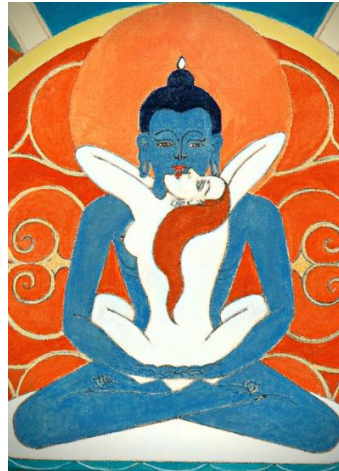
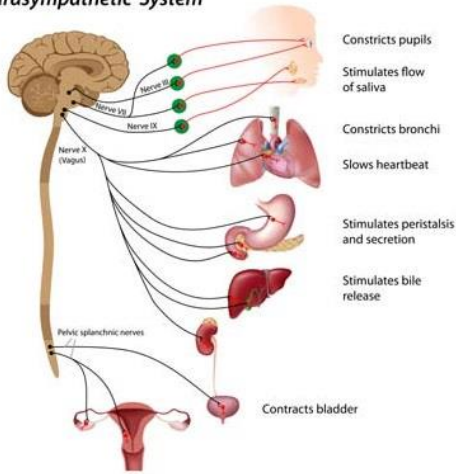
**and ring that notification**



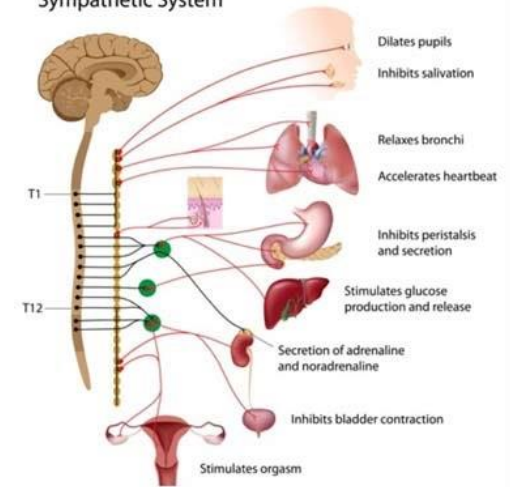
Easy Meditation

*Trekchö's Slice-through the Duality of Dread and Desire*

Parasympathetic System



Sympathetic System



*Mindfulness perceive inhalation*

*Meditation **release** exhalation*

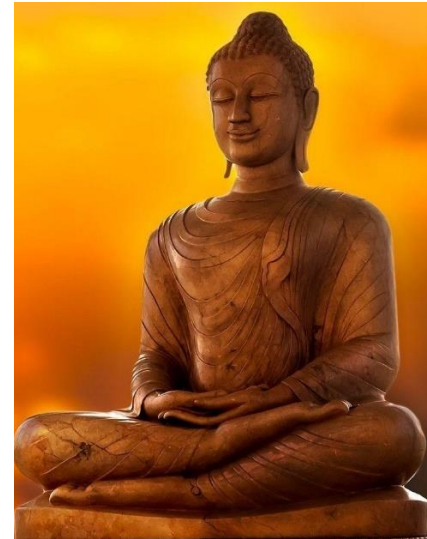
*This  
ease!*

*1<sup>st</sup> collection of 13 sets of 16+1 rounds*

## Easy Meditation

*Sit Training*

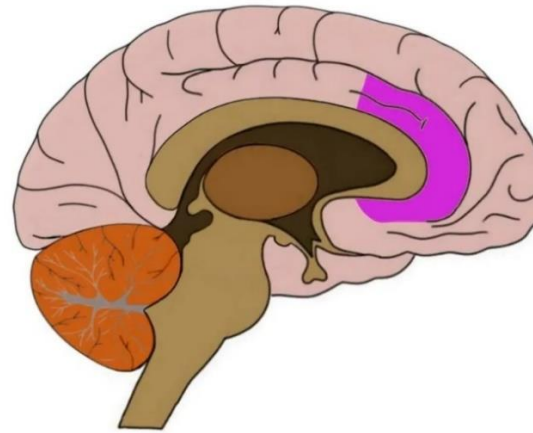
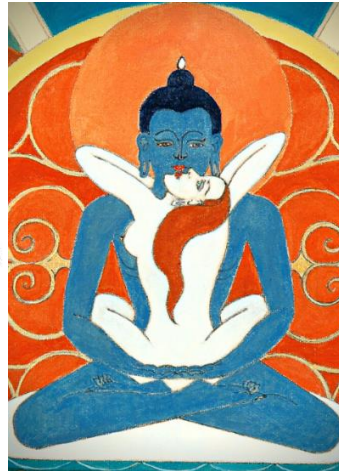
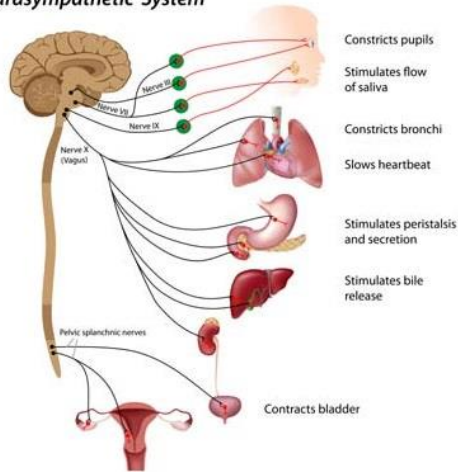
1 <sup>st</sup> week	5 minutes	2 <sup>nd</sup> week	10 minutes
3 <sup>rd</sup> week	15 minutes	4 <sup>th</sup> week	20 minutes
5 <sup>th</sup> week	25 minutes	6 <sup>th</sup> week	30 minutes
7 <sup>th</sup> week	35 minutes	8 <sup>th</sup> week	40 minutes
9 <sup>th</sup> week	45 minutes	10 <sup>th</sup> week	50 minutes
11 <sup>th</sup> week	55 minutes	12 <sup>th</sup> week	60 minutes
13 <sup>th</sup> week	65 minutes	14 <sup>th</sup> week	70 minutes
15 <sup>th</sup> week	75 minutes	16 <sup>th</sup> week	80 minutes



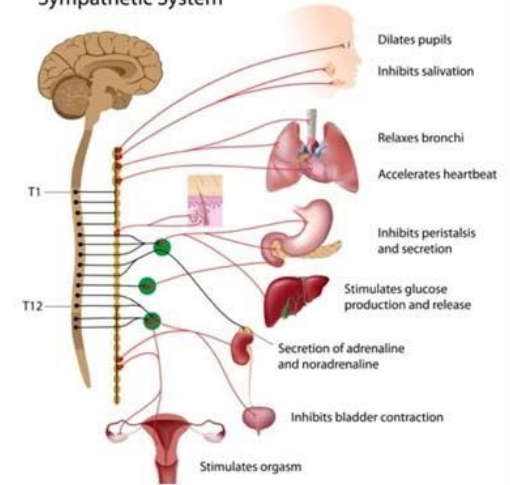
Easy Meditation

*Trekchö's Slice-through the Duality of Dread and Desire*

Parasympathetic System



Sympathetic System



*Mindfulness perceive inhalation*

*Meditation **release** exhalation*

*This  
ease!*

*2<sup>nd</sup> collection of 12 sets of 16+1 rounds*

Easy Meditation

*4Excerpt from*

# The Total Space of Vajra Sattva

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