

Tantric Chanting 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

25nov25c



Tantric Chanting to Help us Meditate like a Jedi
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!

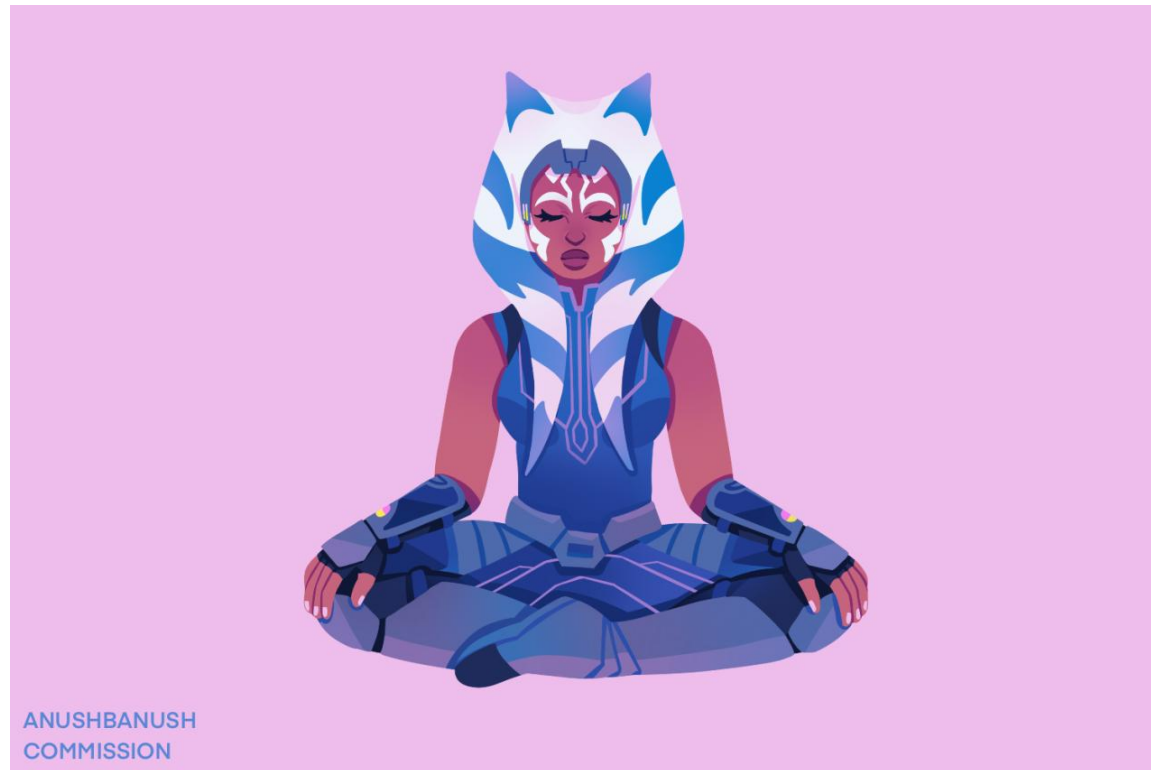


Tantric Chanting to Help us Meditate like a Jedi
Top-of-the-head Oriented Energy-work also known as
Bindu mahamudra or Anu-yoga in Sanskrit,
Thig-le or Lama Khyenno in Tibetan and
Bliss and Letting-go, Completion-stage or Calling the Lama from Afar in English



Lá-ma come
to Péy (*snap*) crown!

Tantric Chanting to Help us Meditate like a Jedi
Let's Practice the First Awareness and Letting-go that is Meditating Like a Jedi
the Seventh and Eighth folds of the Buddha's eight-fold path



Tantric Chanting 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

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

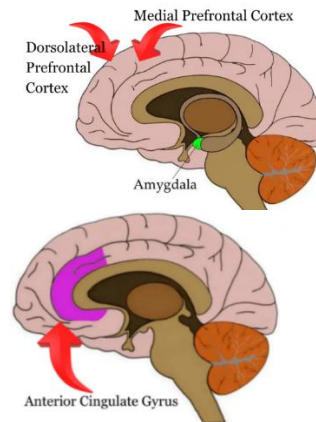
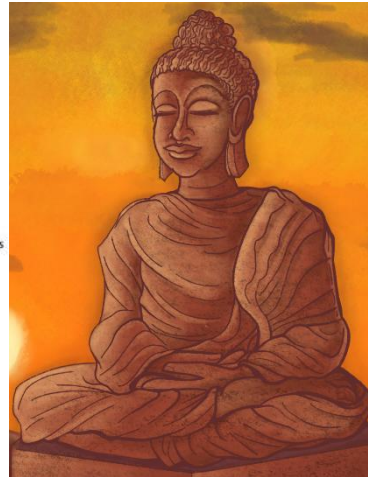
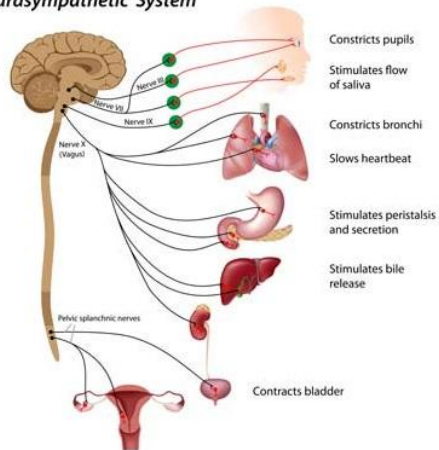
Competitive

Tantric Chanting 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

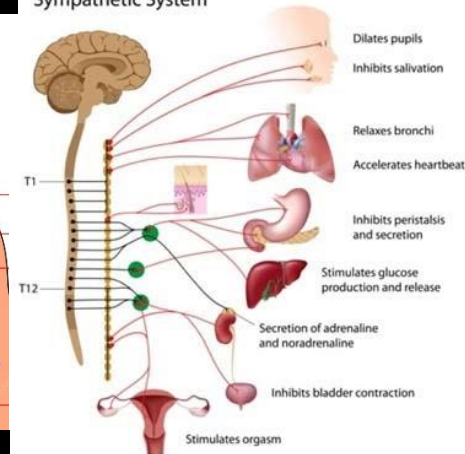
Parasympathetic System



Notice

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

Sympathetic System



Mindfulness noticing inhalation

*Meditation **relaxing** exhalation*

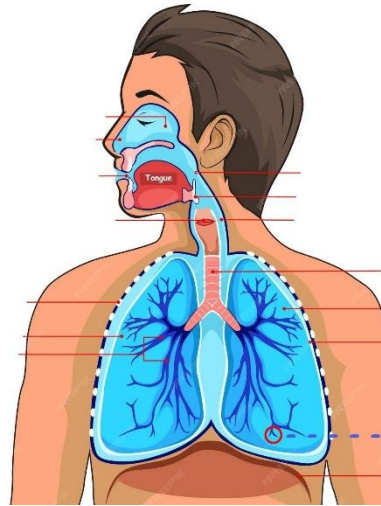
*Watch
rest*

Fleetingly LESS stressful, LESS permanent, and LESS defining

Tantric Chanting 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

Tantric Chanting 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*)

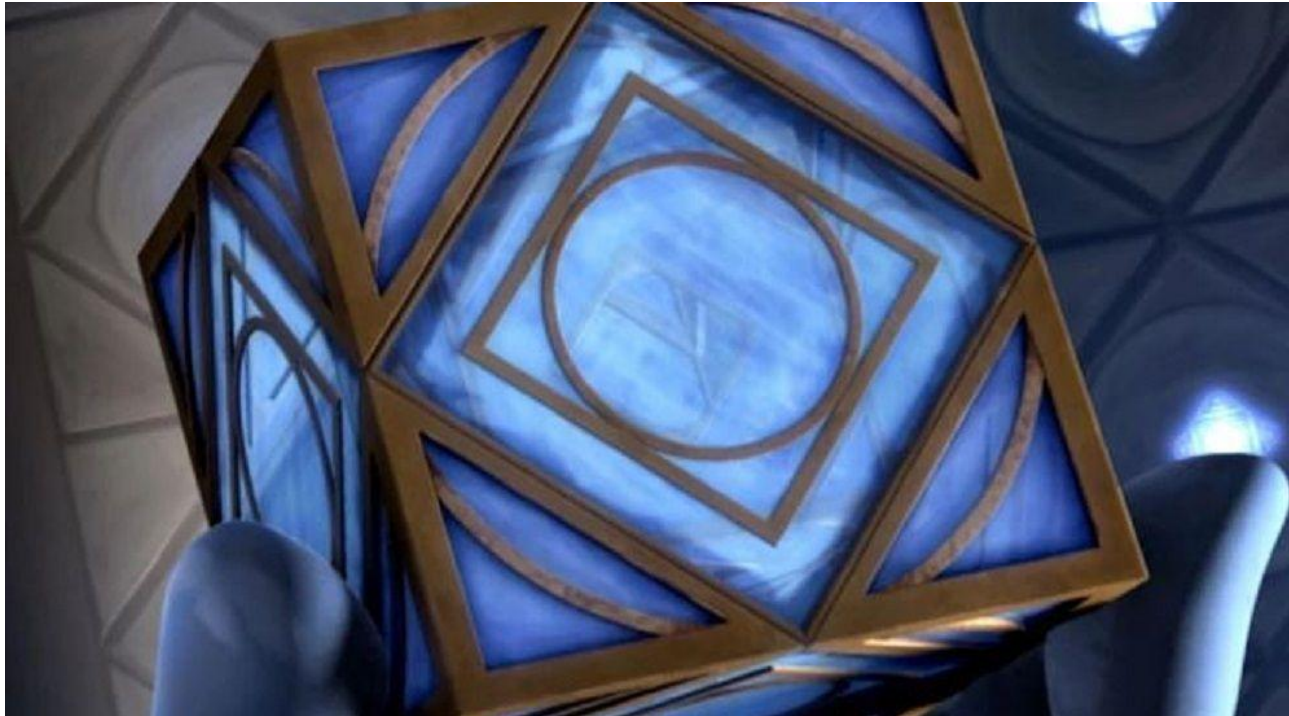
Compassionate ACTION

- 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

Tantric Chanting 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



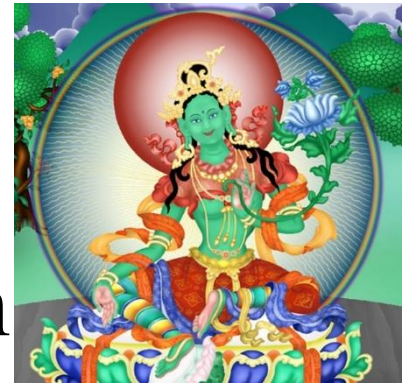
Tantric Chanting to Help us Meditate like a Jedi

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

Leaping-over Pride

Tantric Chanting 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!

Tantric Chanting 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!



Tantric Chanting 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

Áll circumstances or LOTs,
appearing yet **void**, could be as
impermanent and interdepéndent

ás if they could blissfully **melt** into rainbow
light that could delightfully
absorb into THIS body ór form!



Tantric Chanting 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*



*All LOTs melt
into form*

Tantric Chanting 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,
sensual yet **void**, could be as
impermanent and interdepéndent

ás if they could blissfully **melt** into
rainbow light that could delightfully
absorb into **THIS** communication ór speech!



Tantric Chanting 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*



*All FORMs melt
into speech*

Tantric Chanting 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 Interpersonal into the Wisdom of Letting-go** in English

Áll interpersonal communication or
SPEECH, resounding yet **void**, could be
as **impermanent** and interdepéndent

ás if it could blissfully **melt** into
rainbow light that could delightfully
absorb into THÍS mind!

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

Tantric Chanting 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

*All SPEECH melts
into mind*

Tantric Chanting 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 Mental into the path of the Wisdom of Letting-go** in English

Áll lucid: perceiving, emoting,
intending, thinking, recalling,
and imaginíng MINDs,

lucid yet **void**, could be as
impermanent and interdepéndent

Tam

Tantric Chanting to Help us Meditate like a Jedi

ás if they could blissfully **melt** into
rainbow light that could delightfully
absorb into a vast, **empty** void...

Tam

Tantric Chanting to Help us Meditate like a Jedi

líke the illusion of the infinite
azure sky on a bright and beautiful
cloudléss morn

whích although
could look tantalizing
to the eye could feel
non-graspable to thé hand!



Tantric Chanting to Help us Meditate like a Jedi

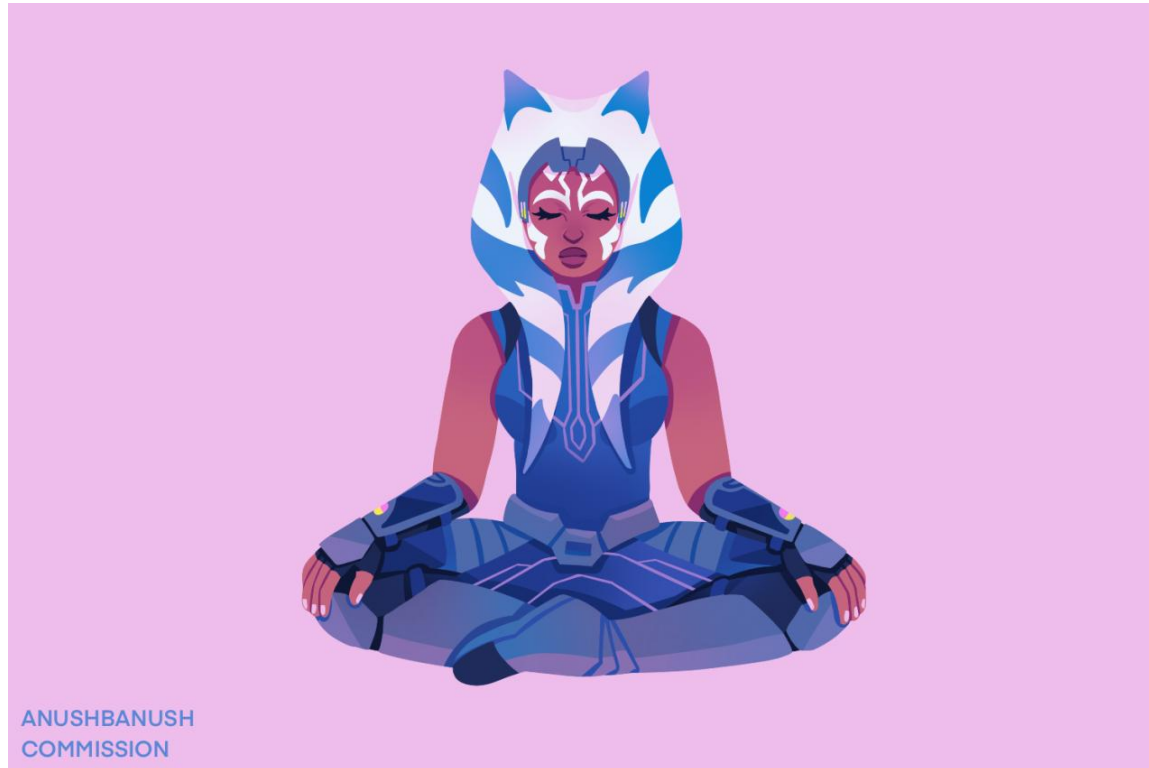
*Let us divide
the silent and mental recitation
of this six-syllable-synopses
between our inhalation and our exhalation*

Tam

*All MINDs melt
into void*

Tantric Chanting to Help us Meditate like a Jedi

Let's Practice the Second Set of Awareness and Letting-go that is Meditating Like a Jedi
the Seventh and Eighth folds of the Buddha's eight-fold path



Tantric Chanting 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

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

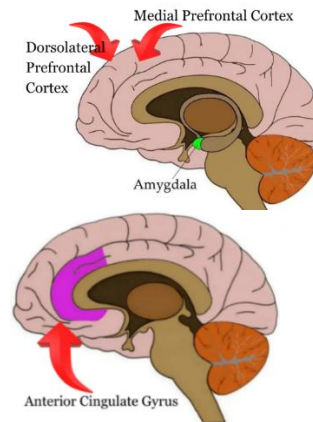
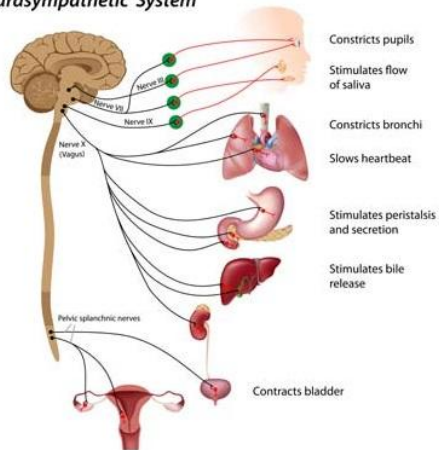
Competitive

Tantric Chanting 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

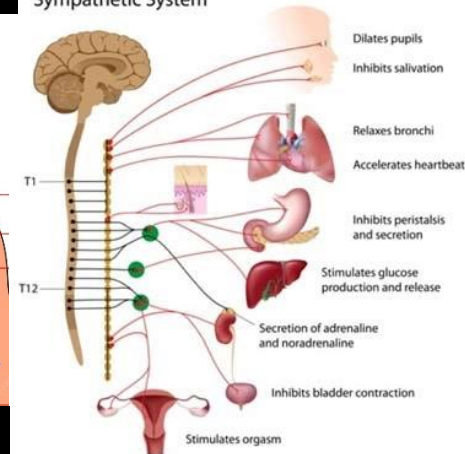
Parasympathetic System



Notice

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

Sympathetic System

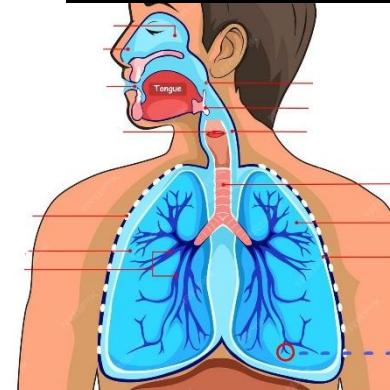


Mindfulness noticing inhalation

*Meditation **relaxing** exhalation*

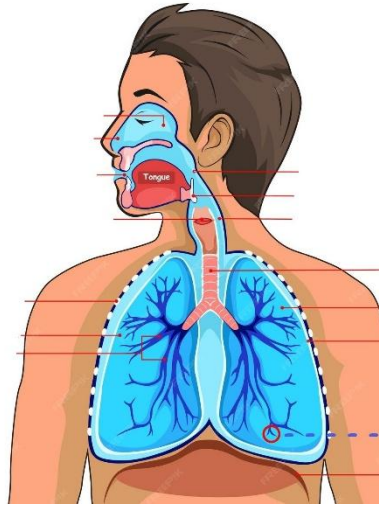
*Watch
rest*

Fleetingly LESS stressful, LESS permanent, and LESS defining



Tantric Chanting 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

Tantric Chanting 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

Tantric Chanting to Help us Meditate like a Jedi
Let us Practice Bliss and Letting-go
in such a Manner
that it could Feel like the Force itself
is Giving us a Hug

Lá-ma blend
with thís mind!

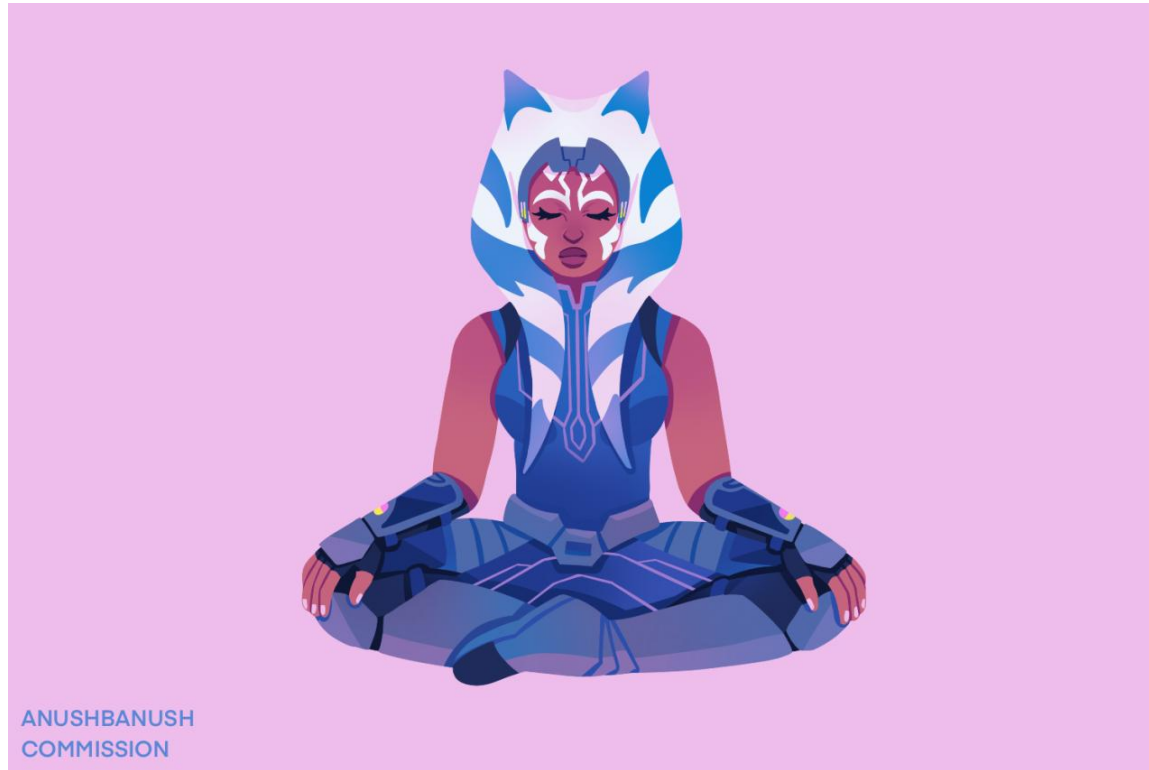


Tantric Chanting to Help us Meditate like a Jedi
**Chest Oriented Energy-work also known as
Bindu mahamudra or Anu-yoga in Sanskrit,
Thig-le or Lama Naljor in Tibetan and
Bliss and Letting-go, Completion-stage or Guru Yoga in English**



Lá-ma blend
with thís mind!

Tantric Chanting to Help us Meditate like a Jedi
Let's Practice the Third Set of Awareness and Letting-go that is Meditating Like a Jedi
the Seventh and Eighth folds of the Buddha's eight-fold path



Tantric Chanting 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*

Slice-through the Obscurations to our Buddha Nature

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

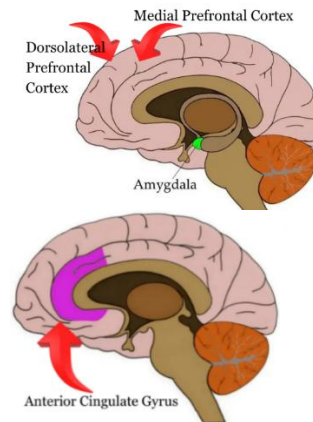
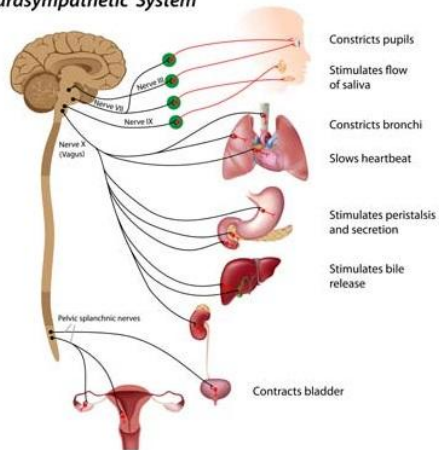
Competitive

Tantric Chanting 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

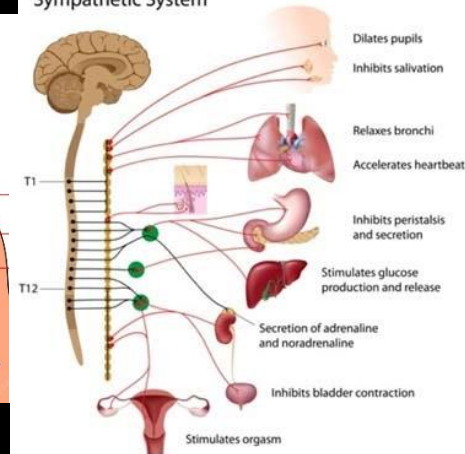
Parasympathetic System



Notice

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

Sympathetic System

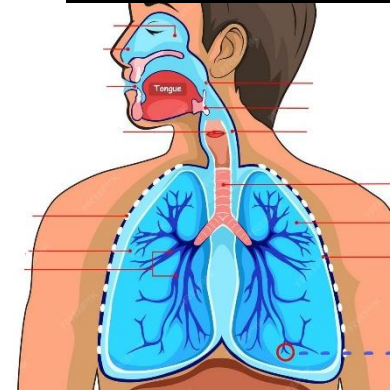


Mindfulness noticing inhalation

*Meditation **relaxing** exhalation*

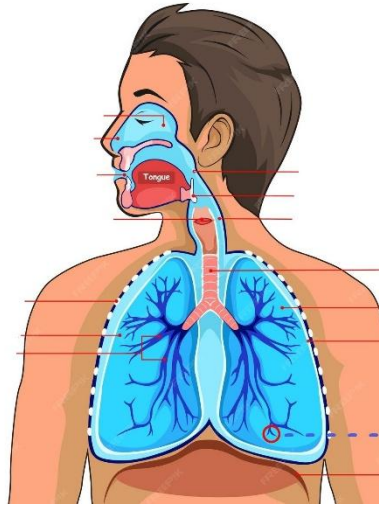
**Watch
rest**

Fleetingly LESS stressful, LESS permanent, and LESS defining



Tantric Chanting 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

Tantric Chanting 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*)

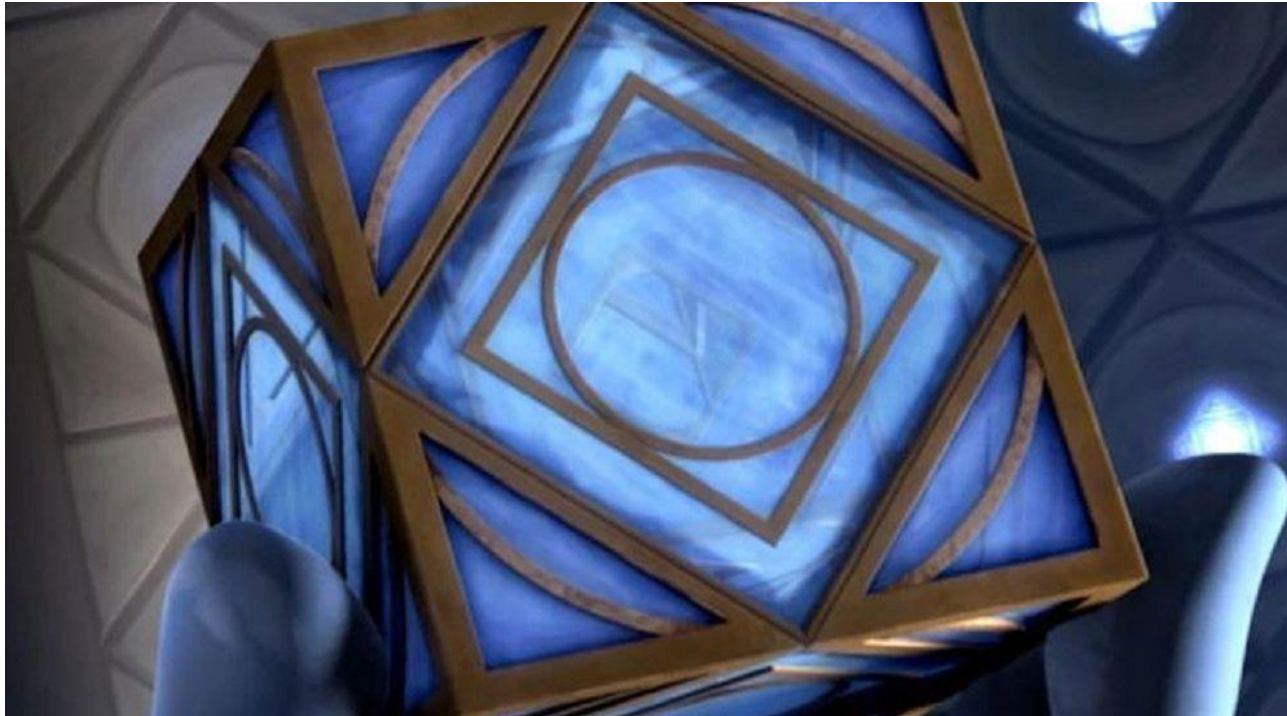
Compassionate ACTION

- 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

Tantric Chanting 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



Tantric Chanting to Help us Meditate like a Jedi
Loving-kindness' Mantra Meditations

Leaping-over Jealousy

Tantric Chanting to Help us Meditate like a Jedi

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

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

Tantric Chanting to Help us Meditate like a Jedi

*Óm homage to Ta-re
the swift and courageous,
with Tu-ta-re you drive away ÁLL fears,*

*héroïne, with Tu-re, fulfilling ALL aims
with Sö-ha,
may all be as beneficial ás you!*

Om
Ta-re
Tu-ta-re
Sö-ha
Tu-re

Tantric Chanting 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

Tantric Chanting 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

*Bi-ja WISE
for all minds*

Tam

Bi-ja WISE for all minds!

Óm Ta-re Tu-ta-re Tu-re Sö-ha

Tantric Chanting 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

Tantric Chanting 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

*Man-tra LOVE
for all speech*

Tantric Chanting to Help us Meditate like a Jedi

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

Man-tra LOVE for all speech!
Óm Ta-re Tu-ta-re Tu-re Sö-ha

Tantric Chanting 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 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!



Tantric Chanting 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*



*Yi-dam HEALTH
for all forms*

Tantric Chanting to Help us Meditate like a Jedi



Yi-dam HEALTH for all forms!
Óm Ta-re Tu-ta-re Tu-re Sö-ha

Tantric Chanting 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,
good fortune ór BOON



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

Tantric Chanting 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*



*Va-ti BOON
for all lots!*

Tantric Chanting to Help us Meditate like a Jedi



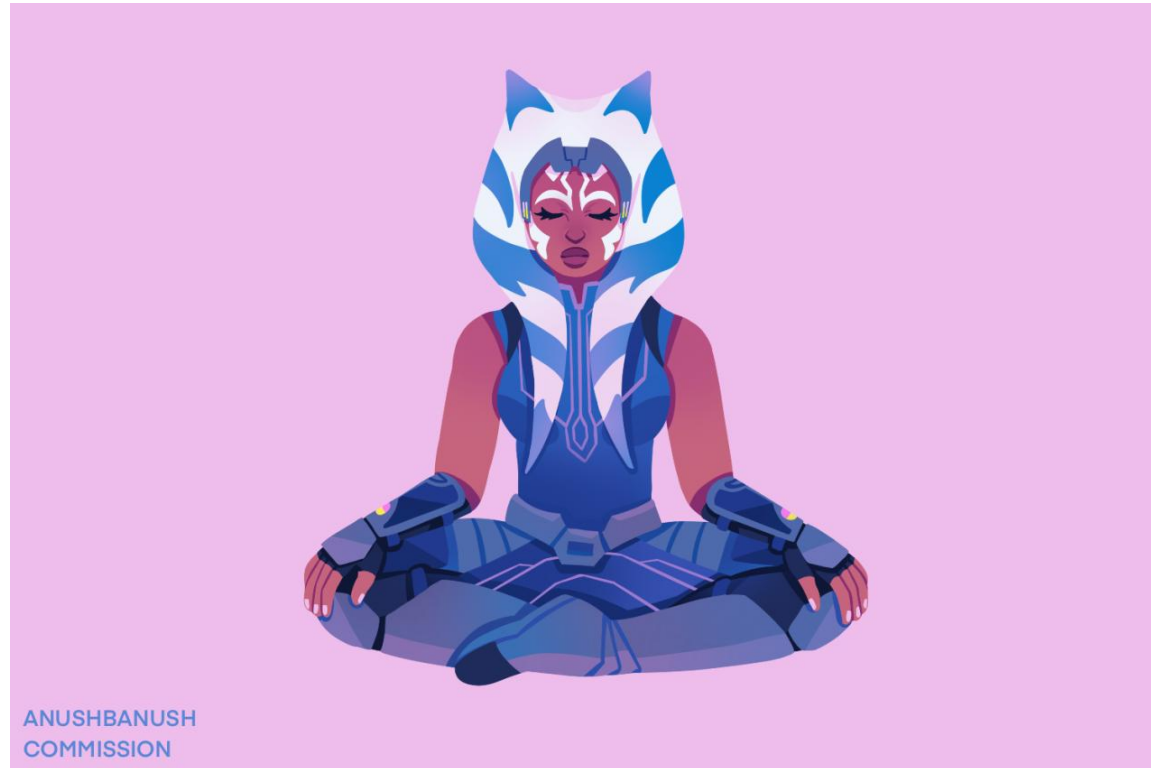
Va-ti BOON for all lots!
Óm Ta-re Tu-ta-re Tu-re Sö-ha

Tantric Chanting to Help us Meditate like a Jedi

Let's Practice the Fourth Set of 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



Tantric Chanting 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

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

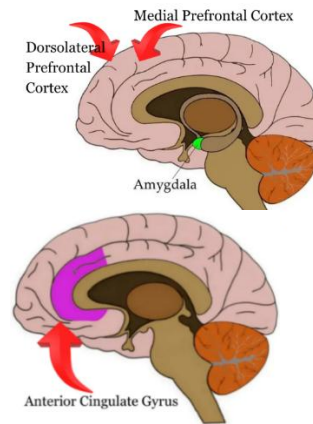
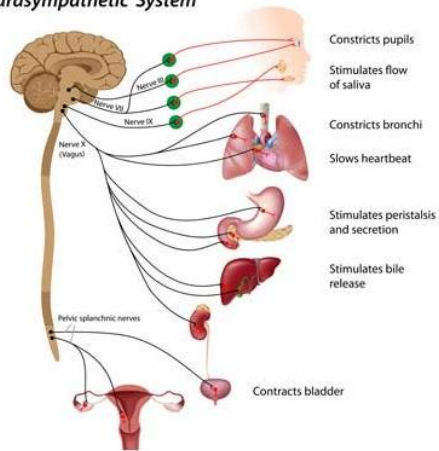
Competitive

Tantric Chanting to Help us Meditate like a Jedi

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

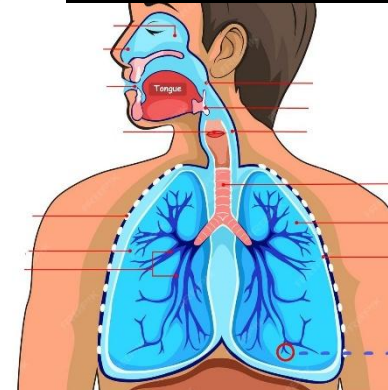
Awareness and Letting-go, Great completion-stage, or Slicing through Obscuring Emotions in English

Parasympathetic System

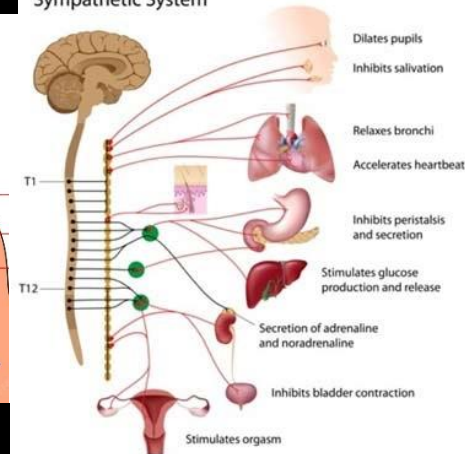


Notice

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



Sympathetic System



Mindfulness noticing inhalation

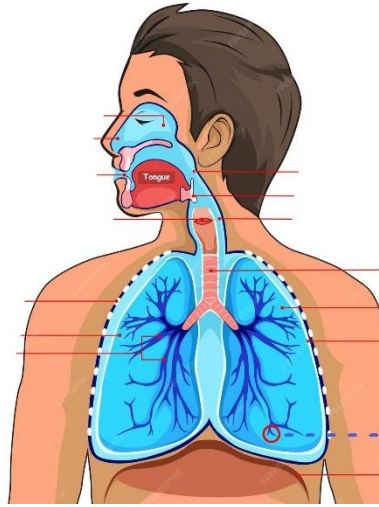
*Meditation **relaxing** exhalation*

**Watch
rest**

Fleetingly LESS stressful, LESS permanent, and LESS defining

Tantric Chanting 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

Tantric Chanting 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

Tantric Chanting to Help us Meditate like a Jedi

Bodhichitta, Refuge, and Bowing

Tantric Chanting 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:

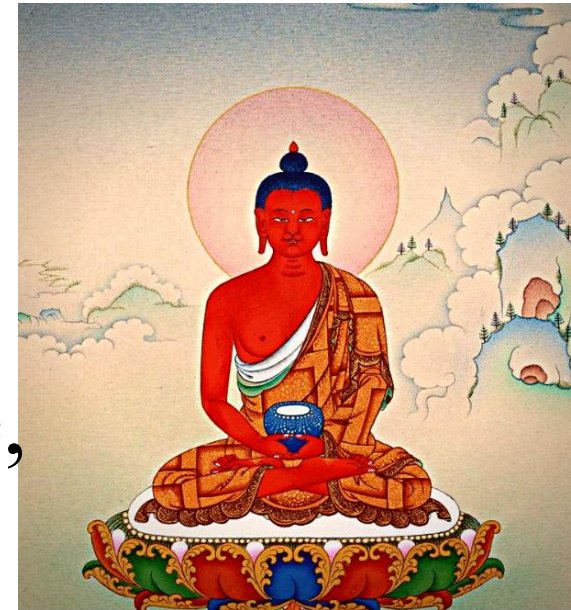
háting, craving, and clinging
metaphorically known
as the three *mental* poísons.



Tantric Chanting 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.

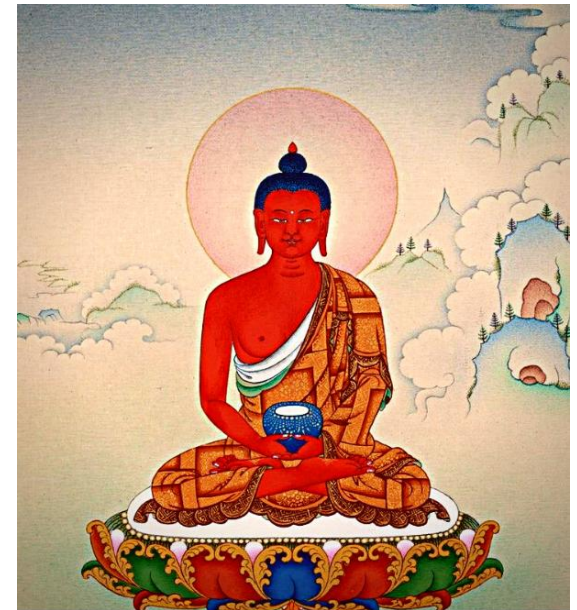
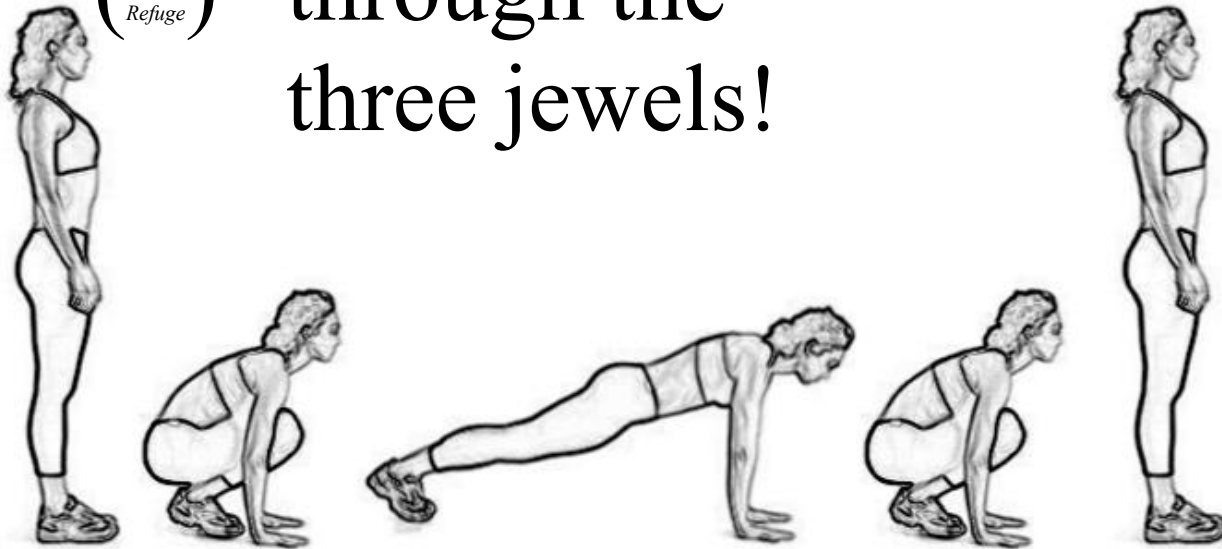


Tantric Chanting to Help us Meditate like a Jedi
Refreshingly Spooky Squat-thrusts

(*Bo-dhi-chit-ta*) May we

free all

(*Refuge*) through the
three jewels!



Tantric Chanting to Help us Meditate like a Jedi
Lama Jigme Gyatso's

Wishes for the Preservation of the Buddha's Teachings



Tantric Chanting to Help us Meditate like a Jedi

Máy 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.

Tantric Chanting to Help us Meditate like a Jedi

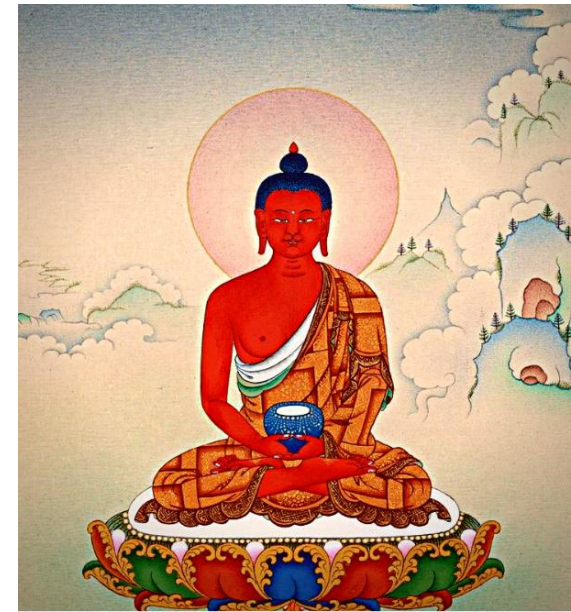
Máy each meditation teacher
spontaneously réceive:

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

Tantric Chanting to Help us Meditate like a Jedi

and thus may many Dhar-ma centers
be successfully:

- planted,
- nurtured, and
- flourish.



Tantric Chanting to Help us Meditate like a Jedi



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