

Buddha's Easy Tantra

Buddha's Easy Tantra

*Terton Lama: Jigme Gyatso, Rime Manipa Rinpoche
ljan23a*



Buddha's Easy Tantra

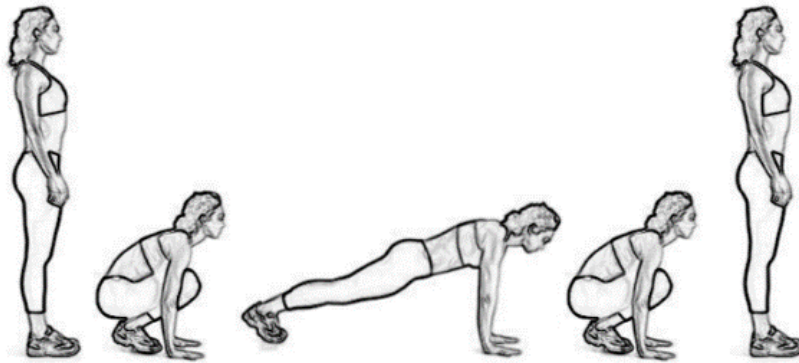
Right Aspiration's and Zeal's Second and Sixth Folds of Enlightened Fitness

Bodhichitta and Refuge

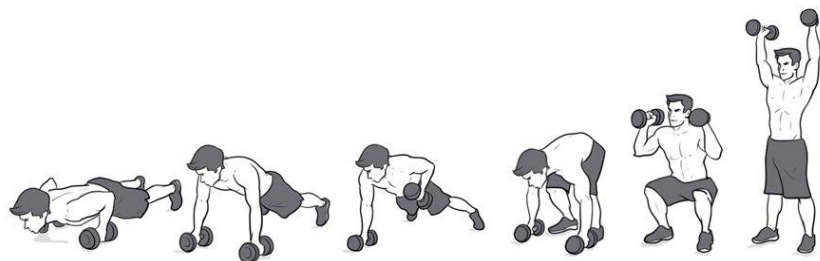
Enlightenment's Motivation and Means



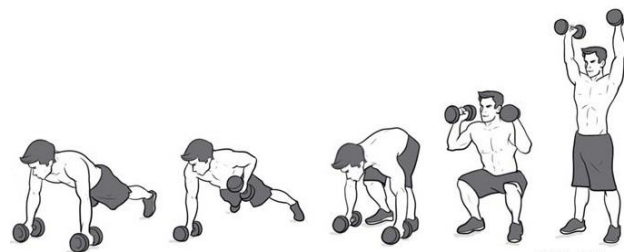
Máy I liberate all beings
by mastering the Eight-fóld path,
throúgh relying on the Buddha's
example, instructions, and stúdents. *3 repetitions*



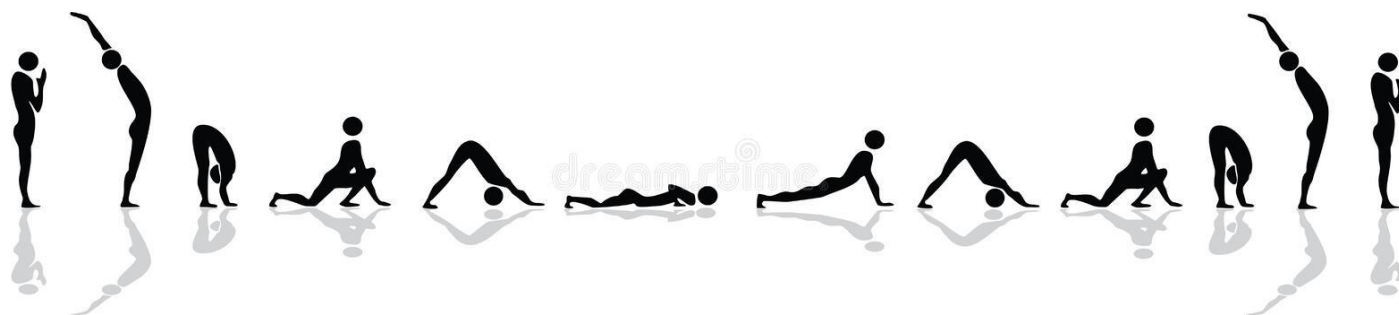
Buddha's Easy Tantra



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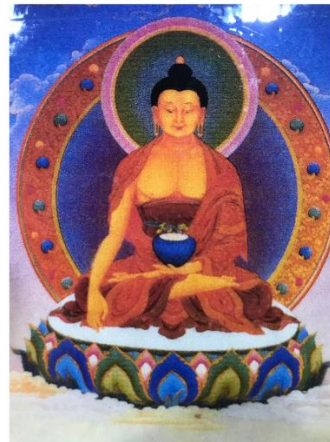


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Buddha's Easy Tantra
Right View's First Folds

Four Thoughts that Turn the Mind



Buddha's Easy Tantra
Leapfrogging over our clinging tendencies

Lét's seize this opportuntiy₁ to consider how:
stress' independence₂ is but an **illúsion**
ánd is **empty** of any permanence₃ to grasp,
for shoving and reaching worsén stress₄!

3 repetitions

- 1 precious human life
- 2 karma
- 3 death
- 4 suffering

Buddha's Easy Tantra
This Precious Opportunity

Observant inhalation:

***Relaxing** exhalation:*

*How this chance ...
quite **precious**?*

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

Buddha's Easy Tantra
Interdependence

Observant inhalation:

***Relaxing** exhalation:*

*How could this be ...
dependent?*

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

Buddha's Easy Tantra
Impermanence

Observant inhalation:

Relaxing exhalation:

*How could this...
never last?*

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

Buddha's Easy Tantra
Stress

Observant inhalation:

Relaxing exhalation:

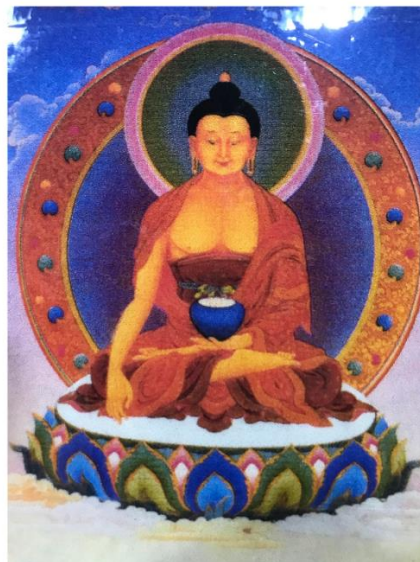
*How resist...
increase stress?*

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

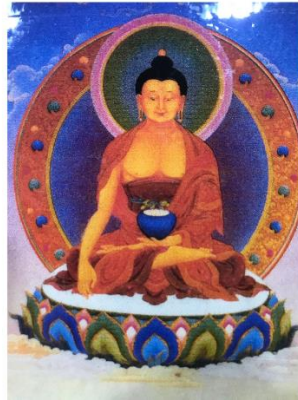
Buddha's Easy Tantra

Lama Khyenno – Calling the Teacher from Afar

also known as Dzokchen Tikle, Bindu-mahamudra, Completion-stage, or Anu-yoga



Buddha's Easy Tantra



Óh Teacher-like awareness
please come to thís crown
thát I may train in

Awareness and Letting-gó **Pey!** *snap*

3 repetitions

Buddha's Easy Tantra

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

Buddha's Easy Tantra

Observant inhalation:

Watching this...

***Release** exhalation:*

re-la-xing!

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.*

Buddha's Easy Tantra

Notice form... relaxing
That action... relaxing
That action... relaxing

Notice mind... relaxing
That actor... relaxing
That actee... relaxing

Notice me...relaxing
This actee... relaxing
This actor... relaxing

_____ and _____... how NOT two?
this and that... how NOT two?

Observant inhalation:

Notice this...

(This...)

Releasing exhalation:

relaxing!

*(**ease!**)*

3rd set of 256 rounds

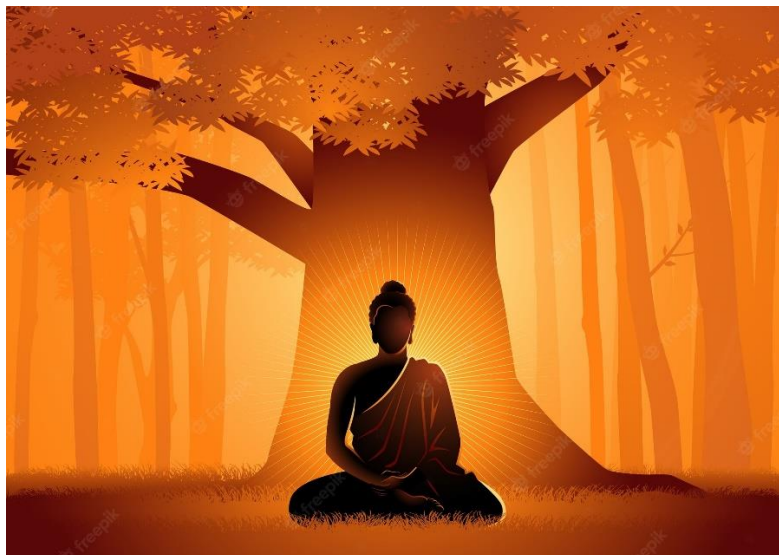
Buddha's Easy Tantra

II. First Mantra Meditation

also known as: Maha-yoga, Tantra-mahamudra, Mantra-meditation, Creation stage, and Dzogchen's Tokal (or Leap-over)



Buddha's Easy Tantra
Right Aspiration's Second fold of
Mantra's Meditations of Love & Letting-go
Lovingly Leapfrogging over the Tyranny of our Competitive Tendencies
also known as Dzogchen's Tokal, Tantra-mahamudra, Creation-stage, or Maha-yoga



Buddha's Easy Tantra



Máy I lavish ALL, circumstances, bodies,
communication, ánd minds
wíth good fortune, health, love, and wisdom
that I may master **love & lettíng-go!**

Buddha's Easy Tantra

The Mantra's Meaning



Buddha's Easy Tantra

With **Om** we invoke the example of the
Mu-ni wise one,
Mu-ni wise one,

Má-ha greatly wise one
Mu-ni-ye of the Shak-yas
Sö-ha wishing enlightenment for ALL!

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Mantra Mala Yoga



Buddha's Easy Tantra

As we chant the mantra it could feel as if gold rays were emitting from a thumb-nail sized, horizontal, twelve syllable mantra rosary at our heart

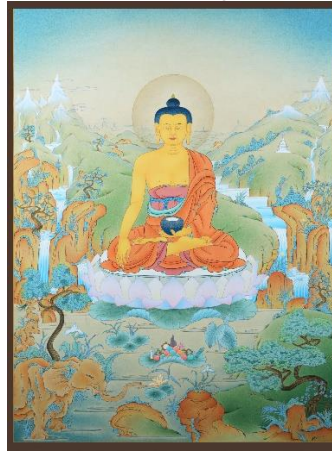


Buddha's Easy Tantra

lávishing ALL circumstances, bodies,
communication, ánd minds
wíth good fortune, health, love, and wisdom:
centered and spontanéous.



Buddha's Easy Tantra



Observant inhalation:

*Va-ti like **boon**...*

***Relaxing** exhalation*

*: **for** all lots!*

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

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

Buddha's Easy Tantra

Observant inhalation:

*Va-ti like boon...
for all lots...*

Relaxingly whisper:

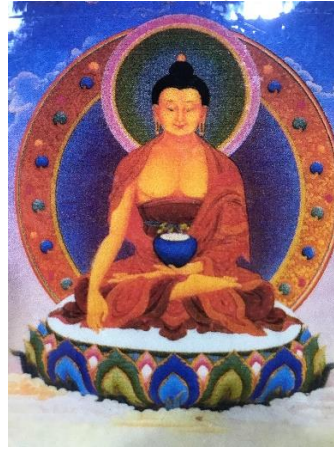
Om Mu-ni Mu-ni Ma-ha Mu-ni-ye So-ha!
Om Mu-ni Mu-ni Ma-ha Mu-ni-ye So-ha!
Om Mu-ni Mu-ni Ma-ha Mu-ni-ye So-ha!
Om Mu-ni Mu-ni Ma-ha Mu-ni-ye So-ha!

Four mantras per breath, for four breaths.

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

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

Buddha's Easy Tantra



Observant inhalation:

Yi-dam like health...

***Relaxing** exhalation:*

for all forms!

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

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

Buddha's Easy Tantra

Observant inhalation: *Yi-dam like health
for all forms...*

Relaxingly whisper:

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

Four mantras per breath, for four breaths.

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

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

Buddha's Easy Tantra



Observant inhalation: *Man-tra like love...*

Relaxing exhalation: *for all speech!*

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

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

Buddha's Easy Tantra

Observant inhalation:

*Mantra like love...
for all speech...*

Relaxingly whisper:

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

Four mantras per breath, for four breaths.

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

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

Hoong

Observant inhalation: *Bi-ja like wise*
Relaxing exhalation: *for all minds!*

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

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

Buddha's Easy Tantra

Observant inhalation:

*Bi-ja like wise
for all minds...*

Relaxingly whisper:

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

Four mantras per breath for four breaths.

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

Count four sets upon RIGHT little, ring, middle, & index finger's lower sets of creases.

IV. Second Mantra Meditation

also known as: Maha-yoga, Tantra-mahamudra, Mantra-meditation, Creation stage, and Dzogchen's Tokal (or Leap-over)



Buddha's Easy Tantra
Right View's First fold of

Mantra's Meditations of Awareness & Letting-go

Wisely Leapfrogging over the Tyranny of our Clinging Tendencies

also known as Dzogchen's Tokal, Tantra-mahamudra, Creation-stage, or Maha-yoga



Buddha's Easy Tantra
Emptiness Explained

Máy I let go of ALL minds, communication,
bodies, and circumstánces
ás if they were as NON-graspable as
a vast, empty void,

líke the illusion of the infinite azure sky
on a bright and beautiful cloudléss morn
whích although tantalizing to the eye
could be NON-graspable to thé hand.

Hoong

Observant inhalation: *How **minds** clear yet...*

Relaxing exhalation: *void like Bi-ja?*

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

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

Buddha's Easy Tantra

Observant inhalation: *How **minds** clear yet
void like Bi-ja?*

Relaxingly whisper:

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

Four mantras per breath, for four breaths.

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

*Count 4 **sets** upon RIGHT index finger's lower, middle, & higher sets of creases & tip.*



void like Man-tra?

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

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

Buddha's Easy Tantra

Observant inhalation: *How **speech** heard yet
void like Man-tra?*

Relaxingly whisper:

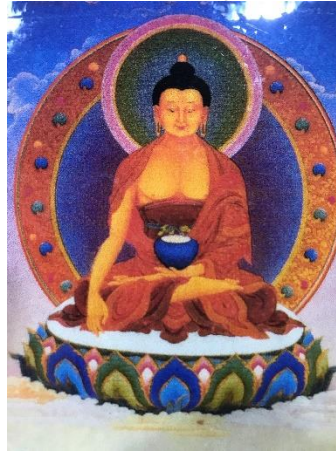
Om Mu-ni Mu-ni Ma-ha Mu-ni-ye So-ha!
 Om Mu-ni Mu-ni Ma-ha Mu-ni-ye So-ha!
 Om Mu-ni Mu-ni Ma-ha Mu-ni-ye So-ha!
 Om Mu-ni Mu-ni Ma-ha Mu-ni-ye So-ha!

Four mantras per breath, for four breaths.

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

*Count 4 **sets** upon RIGHT middle finger's lower, middle, & higher sets of creases & tip.*

Buddha's Easy Tantra



Observant inhalation:

Relaxing exhalation:

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

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

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

Buddha's Easy Tantra

Observant inhalation: *How **forms** felt yet...
void like Yi-dam?*

Relaxingly whisper:

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

Four mantras per breath, for four breaths.

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

*Count 4 **sets** upon RIGHT **ring** finger's lower, middle, & higher sets of creases & tip.*

Buddha's Easy Tantra



Observant inhalation:

Relaxing exhalation:

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

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

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

Buddha's Easy Tantra

Observant inhalation: **How** **lots** seen yet...
void like Va-ti?

Relaxingly *whisper:*

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

Four mantras per breath, for four breaths.

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

*Count 4 **sets** upon RIGHT little finger's lower, middle, & higher sets of creases & tip.*

Buddha's Easy Tantra

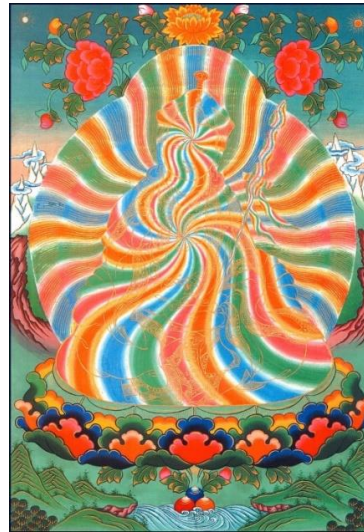
Right View's First fold of

Chanting's Figurative Contemplations

Bringing the Four Bases of Mindfulness into the Path of Wisdom

Leaping over the illusions of permanence and independence that feed clinging

*With these Tokal leap over exercises we train in Interdependence and Impermanence that we might release the desire aspect of Samsara
also known as Dzokchen Tokal, Tantra-mahamudra, Creation-stage, or Maha-yoga*



Buddha's Easy Tantra



Hów could ALL **places** blissfully melt
into rainbow light
that absorbs into this bódy?

Buddha's Easy Tantra

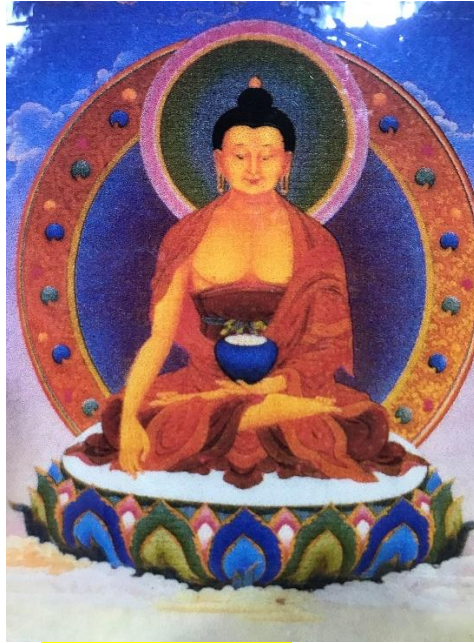


Observant inhalation:

Relaxing exhalation:

*How lots **melt**...
into form?*

Buddha's Easy Tantra



Hów could ALL bodies blissfully melt
into rainbow light
that absorbs into thís speech?

Buddha's Easy Tantra



Observant inhalation:

Relaxing exhalation:

*How forms **melt**...
into speech?*

Buddha's Easy Tantra



Hów could ALL **speech** blissfully melt
into rainbow light
that absorbs into thís mind?

Buddha's Easy Tantra



Observant inhalation:

Relaxing exhalation:

*How speech **melts** ...
into mind?*

Hoong

Hów could ALL minds blissfully melt
into rainbow light
that absorbs into infinite emptiness?

Hoong

Observant inhalation: *How minds melt...*
Relaxing exhalation: *into void?*

Buddha's Easy Tantra
The Seventh and Eighth Folds of

V. Second Silent Meditation

also known as: Zen, Ch'an, Dhyana, Mahasandi, Ati-yoga, Sutra-mahamudra, Great Completion Stage, and Dzogchen's Trekchö (or Slice through)



Buddha's Easy Tantra

*With this Trekcho slice through exercise we train in Awareness and Letting-go that we might release the formless aspect of Samsara
This exercise slices through the tyranny of dread and desire: Samsara's fundamental duality*

Observant inhalation:

Fee-ling this...

***Releasing** exhalation:*

re-la-xing!

1st set of 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.*

Buddha's Easy Tantra

This exercise slices through the tyranny of dread and desire: Samsara's fundamental duality

<i><u>Observant</u> inhalation:</i>	<i><u>Feel...</u></i>	<i>(Notice this...)</i>
<i>Releasing exhalation:</i>	<i>ease!</i>	<i>(relaxing!)</i>

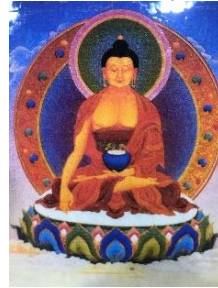
256 rounds
Count sixteen **rounds** upon the LEFT little, ring, middle, & index fingers'
lower, middle, & higher creases and tips.
Count sixteen **sets** upon the RIGHT little, ring, middle, index finger's
lower, middle, & higher sets of creases & tip.

Buddha's Easy Tantra
Right Intention's

IV. Sharing our Positive Vibrations with All



Buddha's Easy Tantra
Love's Four Bases of Mindfulness



Máy ALL minds, speech, forms, and lots
have the wisdom, love, health ánd boon
óf **Buddha**'s mythical
bi-ja, man-tra, yi-dam, ánd va-ti.

Buddha's Easy Tantra

Right Aspiration's and Zeal's Second and Sixth Folds of Enlightened Fitness

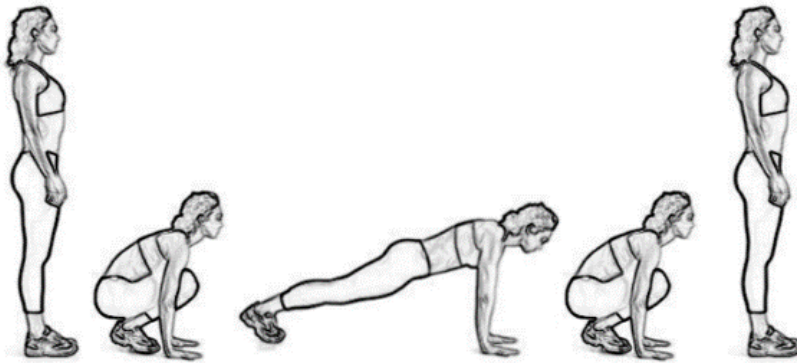
Bodhichitta and Refuge

Enlightenment's Motivation and Means

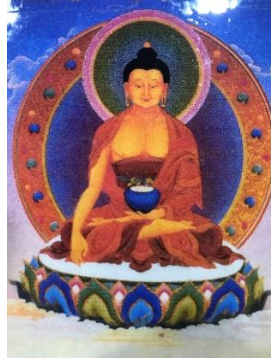


Máy I liberate all beings
by mastering the Eight-fóld path
throúgh relying on the Buddha's
example, instructions, and stúdents.

3 repetitions



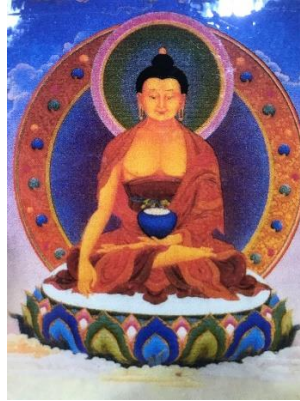
Buddha's Easy Tantra
Embracing the Path of Yin



Máy ALL beings, like the **Buddha**,
master being: flexible, loving, laid-back,
egalitarian, cooperative ánd kind.

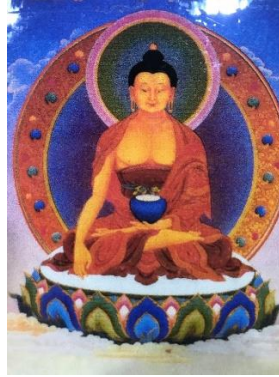
Buddha's Easy Tantra

*Right Communication, Conduct, and Commerce's Third, Fourth, & Fifth Folds – **Ethics***



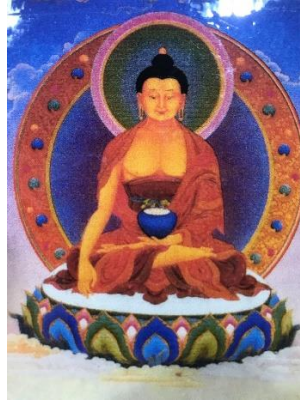
Máy ALL beings' practice of KIND:
communication, conduct, and commerce
flow spontaneous and uncóntrived.

Buddha's Easy Tantra
Accomplishing Mastery of the Eight-fold Path



Máy all beings, like the **Buddha**,
master the eight-fold path
as well as liberate ALL óthers.

Buddha's Easy Tantra
Future wishes



Máy each being take auspicious rebirth,
complete the Buddha's path
and then help all others do likewise.

Buddha's Easy Tantra

*Right Intention's Second Fold of Dudjom Jigdral Rinpoche's **Prayer for World Peace***



Át THIS very moment,
for the peoples and the nations of the earth,
may NOT even the names
disease, famine, war, *or* suffering bé heard.

Buddha's Easy Tantra



Ráther may their *kind* conduct, merit,
wealth, and prosperity íncrease,
ánd may supreme good fortune
and well-being always arise fór them.

Buddha's Easy Tantra
Right Intention's Second Fold of Auspicious Prayer



Béginning with Kun-tu-zang-po
and great Dor-je Chang,
down to my own kindest root láma,

Buddha's Easy Tantra



whatever aspirations they have made
to benefit beings,
may I accomplish them all. 😊

Buddha's Easy Tantra

Right Intention's Second Fold – The Four Immeasurables – thus side-stepping aloofness

Máy everyone be free from stress.

thus no need to hate

May everyone be háppy.

thus no need to crave

Máy NO one be separated
from their happíness.

thus no need to cling

Máy everyone have balance: FREE from
the tyranny of hating, craving, & clínging. 😊

V. Appendix

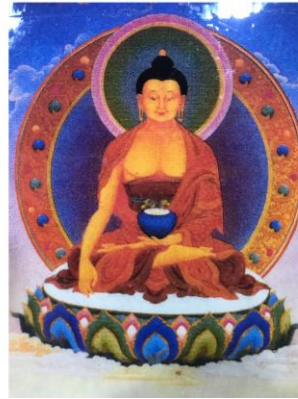
Buddha's Easy Tantra
Shantideva's

Dedication Prayers

from the 10th chapter of the Bodhicharyavatara

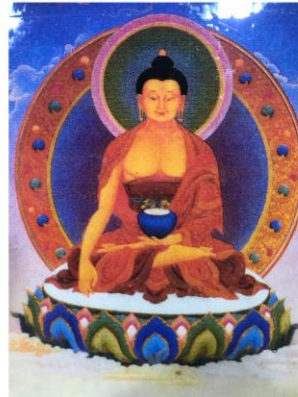


Buddha's Easy Tantra



Máy all beings everywhere
plagued by sufferings of body ánd mind,
réceive an ocean of happiness and joy
by virtue of my mérits.

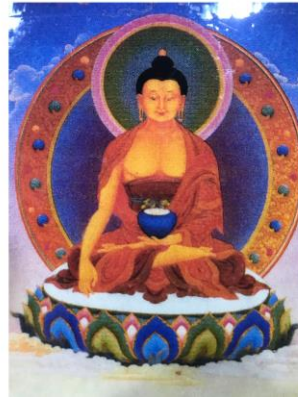
Buddha's Easy Tantra



Máy NO living creature suffer,
commit evil, or ever fáll ill.

Máy NO one be afraid or belittled,
with a mind weighed down by *sórrorw*.

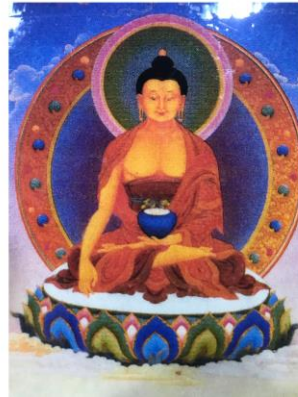
Buddha's Easy Tantra



Máy the blind see forms
and the deaf héar sounds.

Máy those whose bodies are worn with toil,
receive rest and be réstored.

Buddha's Easy Tantra



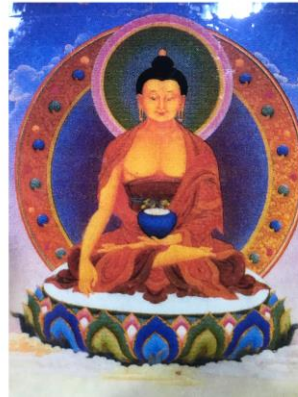
Máy the naked *receive* clothing
the hungry receíve food
máý the thirsty *receive* water
and deliciouís drinks.

Máy the poor *receive* wealth,
those weak with sorrow *recéive* joy;

máy the hopeless *receive*:

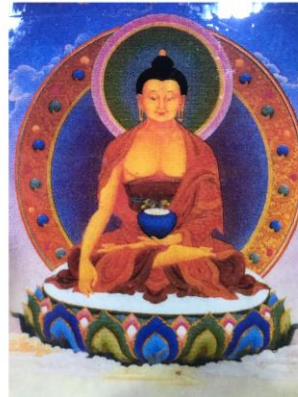
- (1) hope,
- (2) constant happiness,
- (3) and prosperity.

Buddha's Easy Tantra



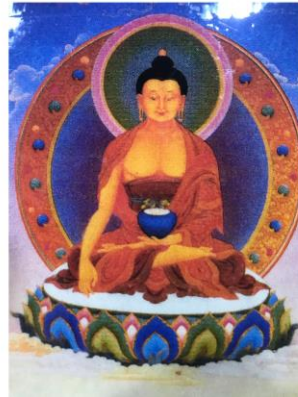
Máy there be timely rains
and bountiful hárvests;
máy all the medicines be effective
and wholesome prayers béar fruit.

Buddha's Easy Tantra



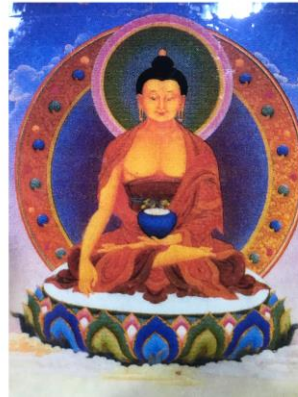
Máy all who are sick and ill
quickly be freed from their ailments.
Whátever diseases there are in the world,
may they never occur ágain.

Buddha's Easy Tantra



Máy the frightened cease to be afraid
and those bound bé freed;
máý the powerless *receive* power
and the people *long* to benefit each óther.

Buddha's Easy Tantra



Fór as long as space remains,
for as long as sentient beings rémain,
úntil then may I too *auspiciously* remain to
effectively dispel the miseries of thé world. 😊

Buddha's Easy Tantra

**Their nudity reminds us
of mindfulness' vulnerability,
their bodies comprised of light
remind us of non-graspability,**

**their beauty reminds us
of love's energy,**



**the stability with which he sits
reminds us of centeredness, and
the abandon with which she sports
reminds us of spontaneity.**

Buddha's Easy Tantra

**Their nudity reminds us
of mindfulness' vulnerability,
their bodies comprised of light
remind us of non-graspability,**

**their beauty reminds us
of love's energy,
the stability with which he sits
reminds us of centeredness, and**

**the abandon with which she sports
reminds us of spontaneity.**

MEDITATE LIKE A JEDI



Buddha's Easy Tantra

Benefits of the Benza Guru Mantra

by Padmasambhava

“However, in such times as those, this essential Vajra Guru mantra
if recited with vast bodhicitta aspiration

in great sacred places, in monasteries,
on the peaks of high mountains and the shores of vast rivers,
in places inhabited by gods, demons and evil spirits,
at the heads of valleys, geophysical junctions and so on

Buddha's Easy Tantra

by *ngakpas* with unbroken samaya, vow-holding monastics, faithful men, women of fine qualities, and the like, however many times—one hundred, one thousand, ten thousand, one hundred thousand, ten million, one hundred million, etc.—

will bring inconceivable benefits and powers.
Countries everywhere will be protected
from all plague, famine, warfare, armed violence,
poor harvests, bad omens and evil spells.

Rain will fall on time, harvests and livestock will be excellent,
and lands will prosper.

Buddha's Easy Tantra

In this life, future lives, and on the pathways of the bardo,
fortunate practitioners will meet me again and again—
at best in actuality, or else in visions, and at the very least in dreams.

Having gradually perfected the levels and paths,
there is no doubt that they will join the ranks
of male and female Awareness Holders in Ngayab Ling.

“Even one hundred recitations per day without interruption
will make you attractive to others,
and food, wealth and enjoyments will appear effortlessly.

Buddha's Easy Tantra

If you recite the mantra one thousand, ten thousand, or more times per day, you will bring others under your influence with your brilliance, and blessings and powers will be continuously and unobstructedly obtained.

If you perform one hundred thousand, ten million or more recitations, the three worlds will come under your power, the three levels of existence will fall under your glorious sway, gods and spirits will be at your bidding,

the four modes of enlightened activity will be accomplished without hindrance, and you will be able to bring immeasurable benefit to all sentient beings in whatever ways are needed.

Buddha's Easy Tantra

If you can do thirty million, seventy million or more recitations,
you will never be separate from the Buddhas of the three times
nor ever apart from me;

thus, the eight classes of gods and spirits
will obey your orders, praise your words,
and accomplish whatever tasks you entrust to them.

“At best, practitioners will attain the rainbow body;
failing that, at the time of death, mother and child luminosities will meet;
and at the very least, they will see me in the bardo

Buddha's Easy Tantra

and all their perceptions having been liberated into their essential nature,
they will be reborn in Ngayab Ling
and accomplish immeasurable benefit for sentient beings.”

Buddha's Easy Tantra

A. *Two Paths*

*In the Tao Te Ching we read of two paths in any endeavor,
Lao Tzu warned against the former and encouraged the latter:*

*the path of yang or the path of yin,
the path of patriarchy or the path of matriarchy,
the path of rigidity or the path of flexibility,
the path of elitism, or the path of egalitarianism,*

*the path of control or the path of permissiveness,
the path that craves certitude or the path that embraces ambiguity,
the path with authority as the source of truth
or the path with truth as the source of authority,*

*the direct path or the circuitous path,
the active path or the passive path,
the path of competition or the path of cooperation,
the path of cruelty or the path of compassion...*

Buddha's Easy Tantra

*the path of pride or the path of love,
the path of ego or the path of NO-self (aka NOT-self),
the path of scatteredness or the path of centeredness,
the path of contrivance or the path of spontaneity,
the path of effort or the path of ease.*

B. Four Levels of Practice

- Browsers – come to class but do NO homework and see NO transformation.*
- Students – come to class AND do their homework every morning AND every evening; they evolve.*
- Yogis – students who perform one-day retreats every quarter, month or week, practicing four times that day (i.e.: 6am, 10am, 2pm & 6pm).*
- Monastics – students who live as if on permanent retreat, practicing four times every day (i.e.: 6am, 10am, 2pm & 6pm).*

Buddha's Easy Tantra

Twenty minutes of formal silent meditation

for First Level Students – those who are seeking a “life lubricant”

Forty minutes of formal silent meditation

*for Second Level Students – those who desire a “profound evolution”
such as healing PTSD, overcoming a tragic past,
or transcending a disempowering and oft repeated pattern*

Sixty minutes of formal silent meditation

*for Third Level Students – those who yearn to rapidly master
sagehood's simplicity, patience, and compassion to the point of practicing them:
spontaneously, habitually, easily and effectively.*

Buddha's Easy Tantra

C. The Path of Mastery

Unconscious Incompetence

Conscious Incompetence

Conscious Competence

Unconscious Competence

When have we mastered the sages' path?



Buddha's Easy Tantra

*When we practice their techniques:
spontaneously, habitually, easily and effectively;
and their practice has so defined us
that we no longer chase a goal...*

*but are so content to practice the path
that we no longer even feel the need
to ask whether or not
we have mastered it.*



D. The Means of Mastery

*Ten thousand hours of regular, lucid, strategic practice
is often the minimum required to accomplish mastery needed to teach others.
Any student who enthusiastically practices their homework every morning
AND every evening for sixteen consecutive weeks could be considered an apprentice.*

*A Journeyman is an apprentice who has accumulated
5,000 hours of study and 5,000 hours meditation;
ideally for eight hours daily
over the course of three and a half years...*

*and has demonstrated intellectual comprehension
and emotional **evolution**.*

Buddha's Easy Tantra

*A Master is a journeyman who has accumulated
an additional 5,000 hours of study
and an additional 5,000 hours of meditation;
ideally for eight hours daily...*

*over the course of an additional three and a half years
and has demonstrated intellectual and emotional **mastery**.
The 10,000 hours is a minimum, for some folks require 20,000 hours,
30,000 hours or more to demonstrate intellectual and emotional mastery.*

*Although this path of mastery can be long,
it is neither mysterious nor occult.*