

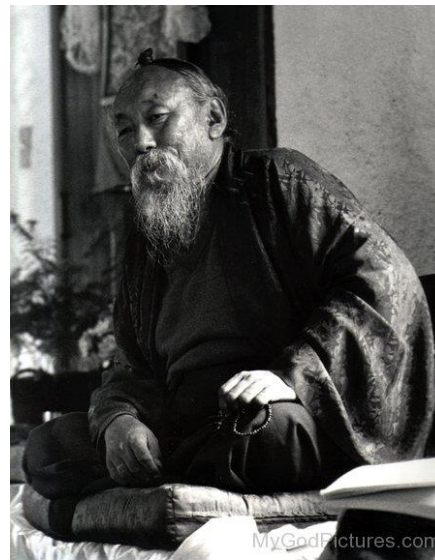
Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Dudjom Lingpa's Easy Tantra

translated under the guidance of Chagdud Tulku

ADAPTED and Amplified by Dzogchen Lama: Jigme Gyatso, Rime Terton, Rinpoche

27apr24a



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso
Bliss and Letting-go's Calling the Lama from Afar – Lama Khyenno



Hómage! Oh lama,

(please come to this crown

óh) infallible constant protector,
who knows all (*Dhar-má*) things!

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

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



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Starting with Both Metaphoric Training Wheels

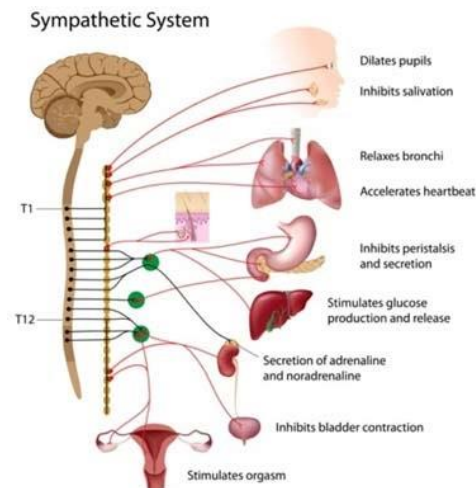


Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go's Mindfulness & Meditation the 7th and 8th Folds

Perceive:

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



Inhalation

Perceiving this very turbulent play of mind...

Exhalation

relaxing into mind's non-graspable nature!

1 collections of 2 sets of 17 rounds

Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso



*Í could be like the La-ma:
the archetype of right view₁ and ríght wish₂
fór I too could master
Awareness and Letting-go*

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

1ST SUTRA recitation: Precious Life which Nurtures Joyful Enthusiasm the 6th Fold



It is extremely difficult to find
such freedom and opportunities
as wé have.

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

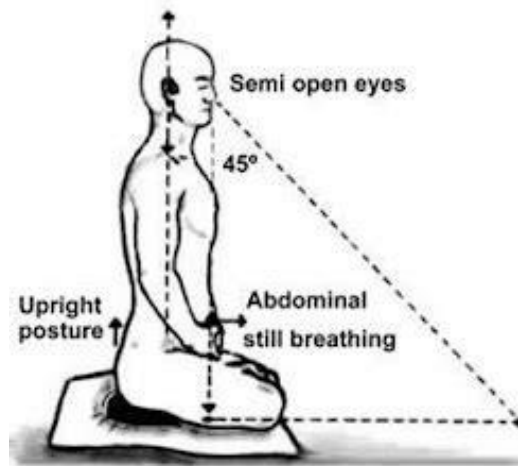
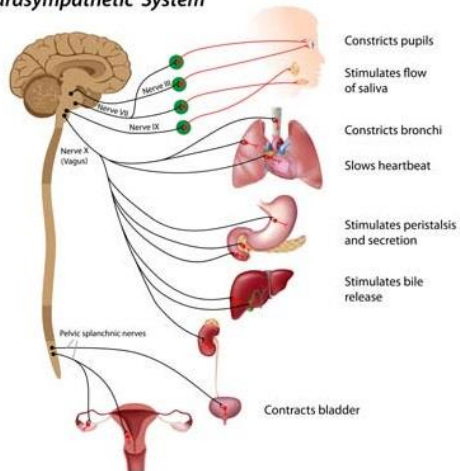
Removing the First of Two Metaphoric Training Wheels



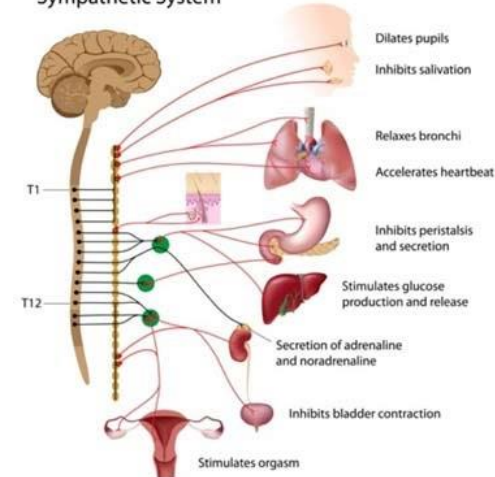
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go's Mindfulness & Meditation the 7th and 8th Folds

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

Sitting tall

relaxing

1 collections of 2 sets of 17 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

2nd SUTRA recitation: Impermanence a Key to the Wisdom of Letting-go the 1st Fold



Béing impermanent,
everyone who is born wíll die.

three repetitions

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

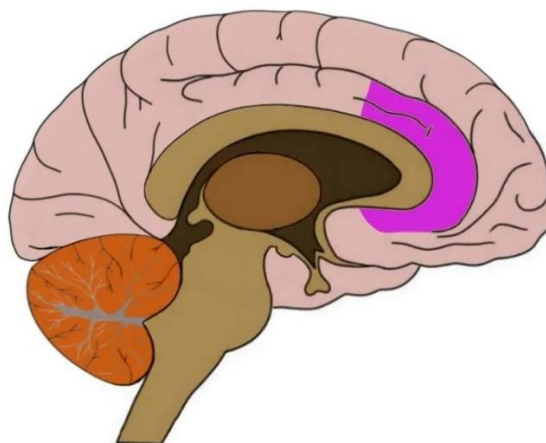
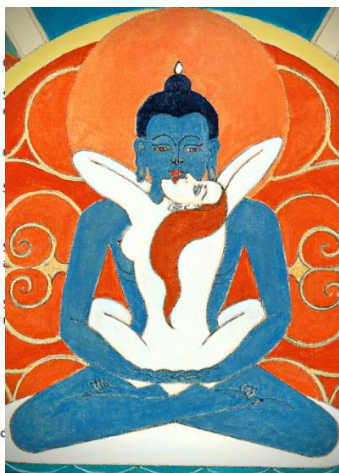
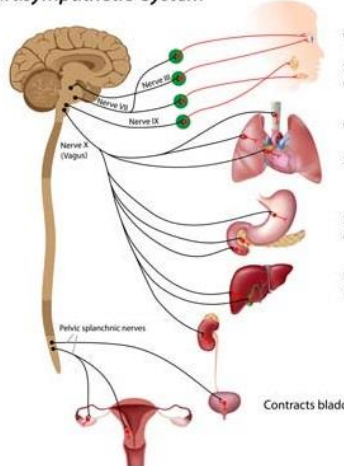
Removing the Second of Two Metaphoric Training Wheels



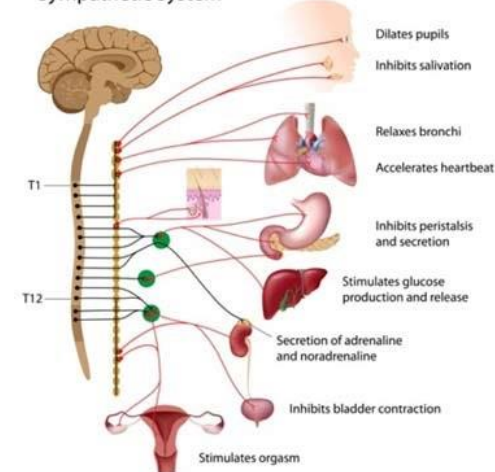
Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go's Mindfulness & Meditation the 7th and 8th Folds

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

Notice this
relaxing!

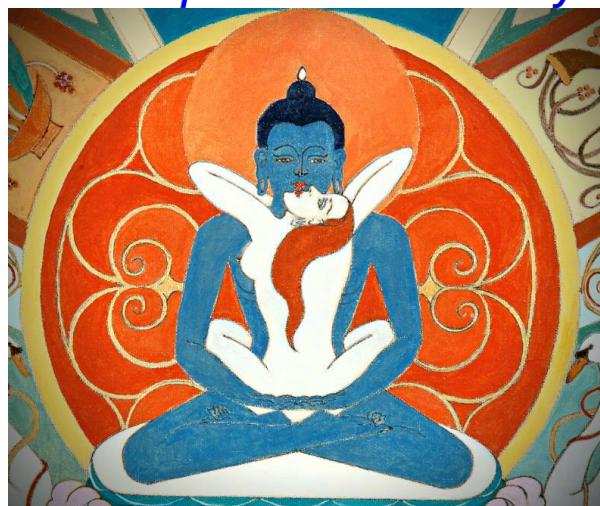
(*Sam-sa-ra*)

(**Nir-va-na**)

1 collections of 2 sets of 17 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

3rd SUTRA recitation: of Interdependence - a Key to Wishing Love 2nd Fold

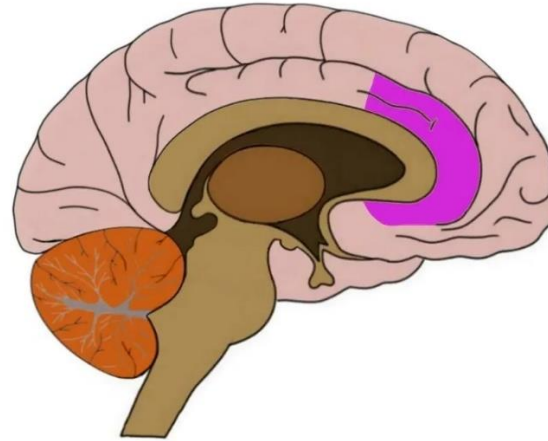
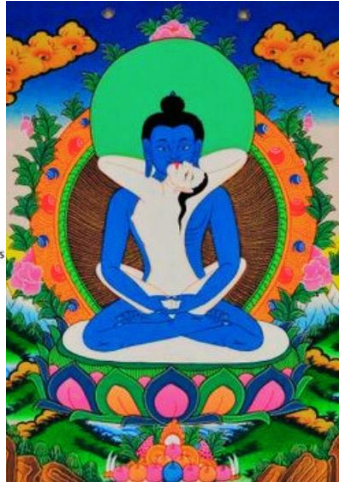
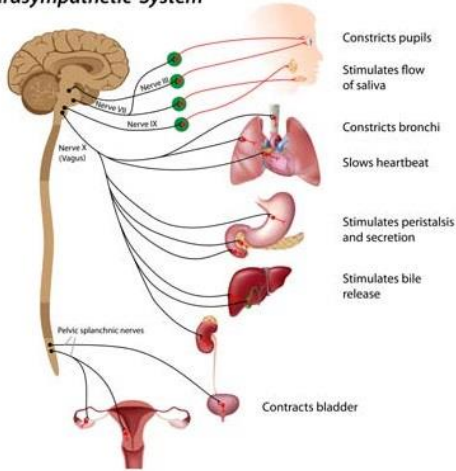


The results of our virtuous
and harmful actions are inevitable.

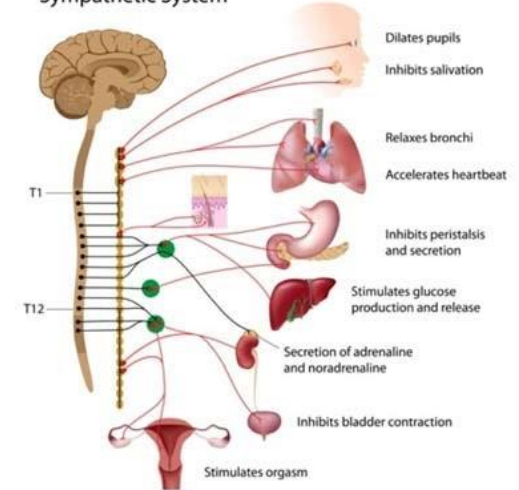
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go's Mindfulness & Meditation the 7th and 8th Folds

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

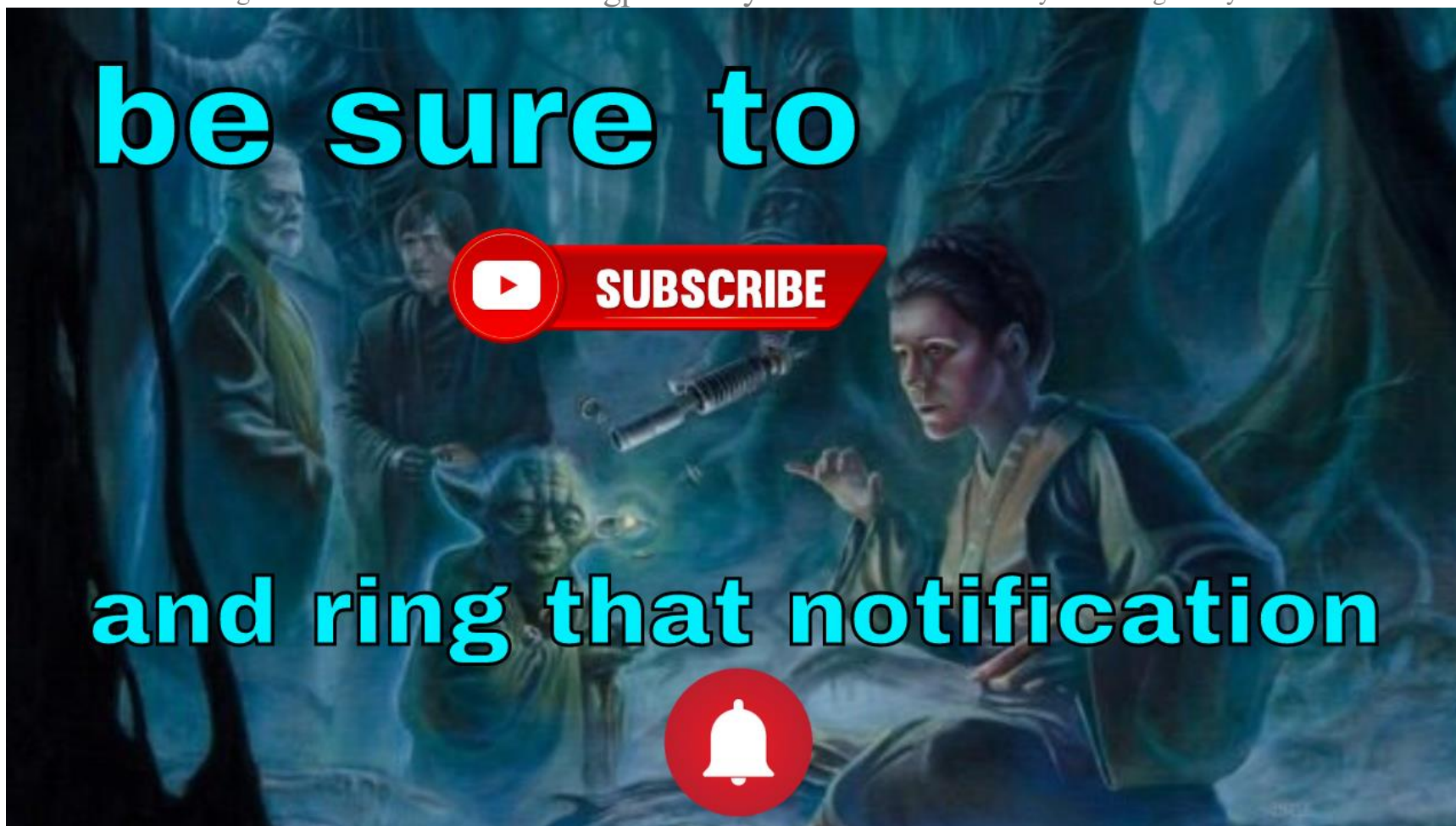
This ease!

1 collection of 1 set of 16 rounds

be sure to

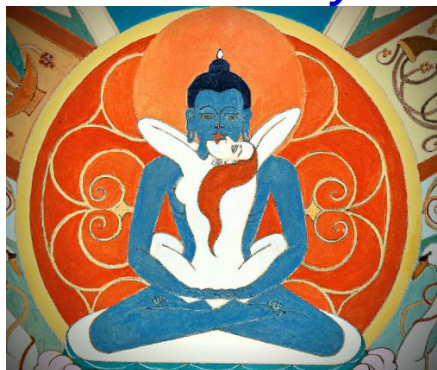


and ring that notification



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

4th SUTRA recitation: of Stress - a Key to Compassion the 2nd Fold

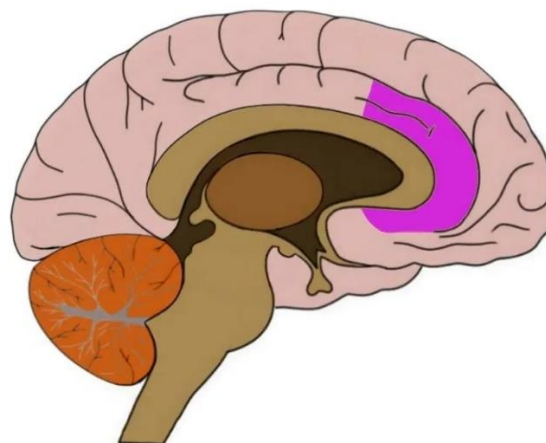
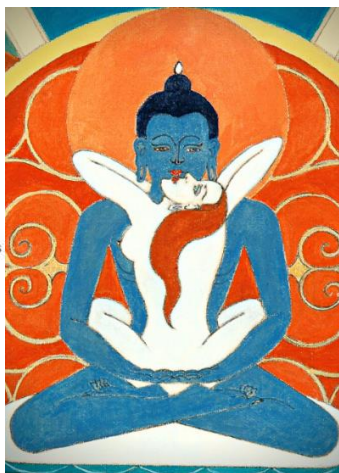
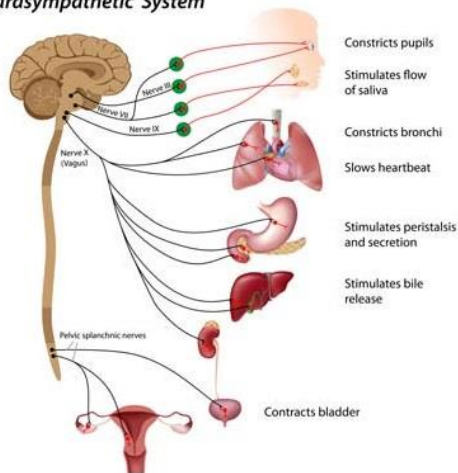


The three realms we experience
as Sam-sa-ra's (*cycle*)
are (*like*) an ocean of sufféring.

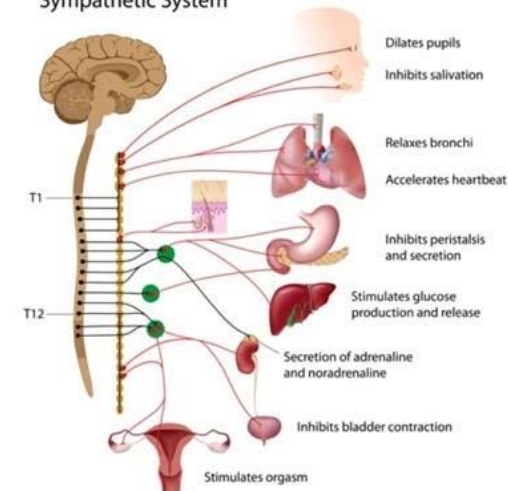
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go's Mindfulness & Meditation the 7th and 8th Folds

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

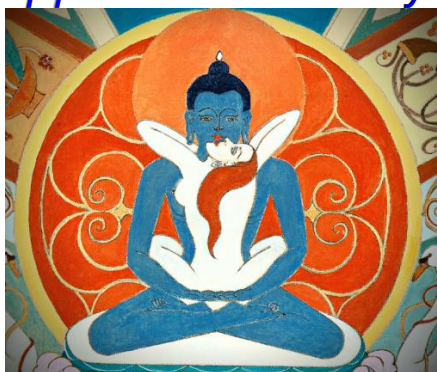
*Meditation **release** exhalation*

This ease!

1 collections of 1 set of 17 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

5th SUTRA recitation: of Supplication – a Key to Enthusiasm the 6th Fold

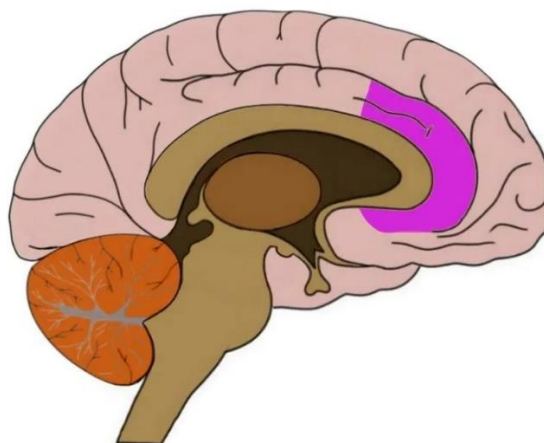
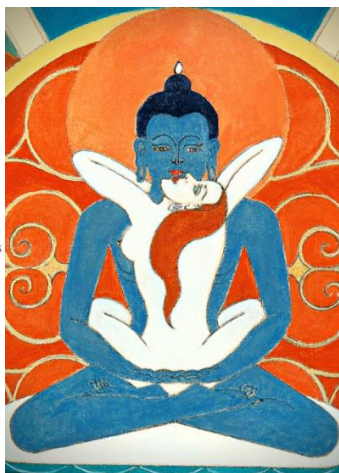
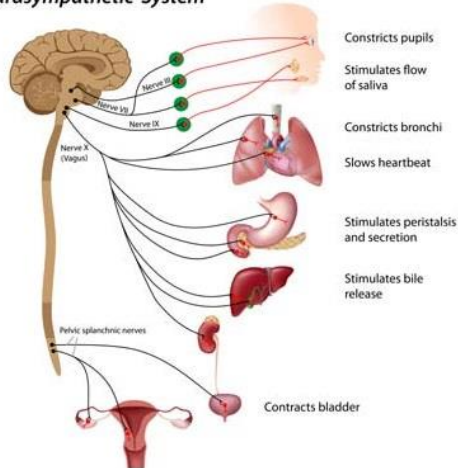


Rémembering this,
may my mind
turn toward Dhár-ma.

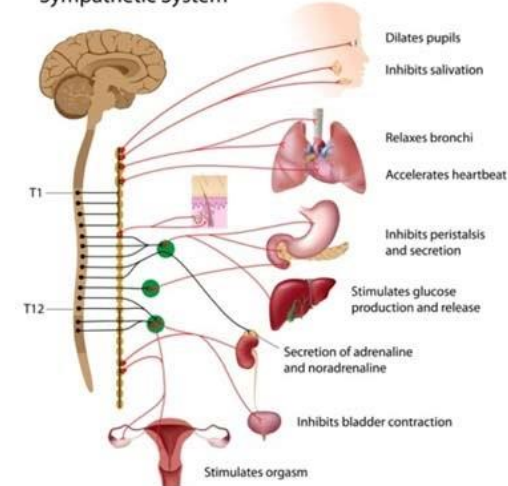
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go's Mindfulness & Meditation the 7th and 8th Folds

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

This ease!

1 collections of 1 set of 17 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

6th SUTRA recitation: of Generating Conventional Bodhichitta - Right Intention's 2nd Fold



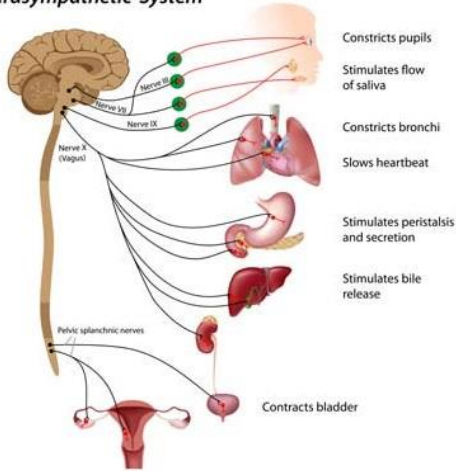
Fróm now until Sam-sa-ra is emptied,
(*may*) I bring about benefit and happíness
fór ALL beings, (*as if they*) have (*each*)
been my (*kind*) móthers.

3 repetitions

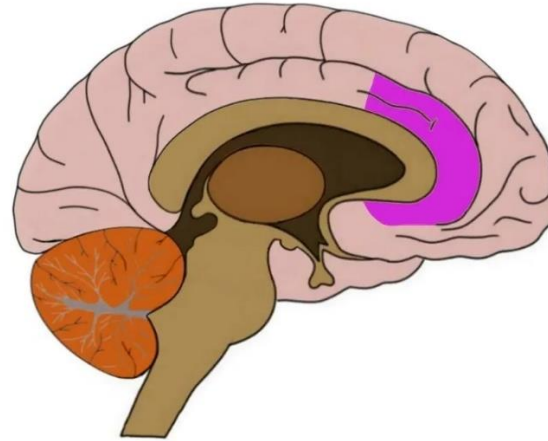
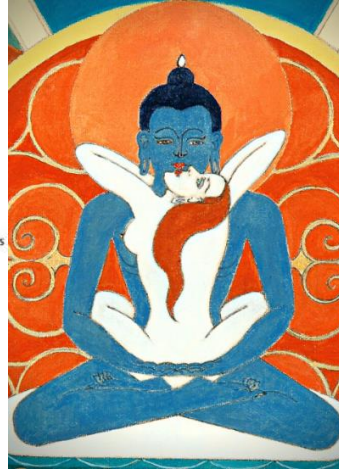
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go's Mindfulness & Meditation the 7th and 8th Folds

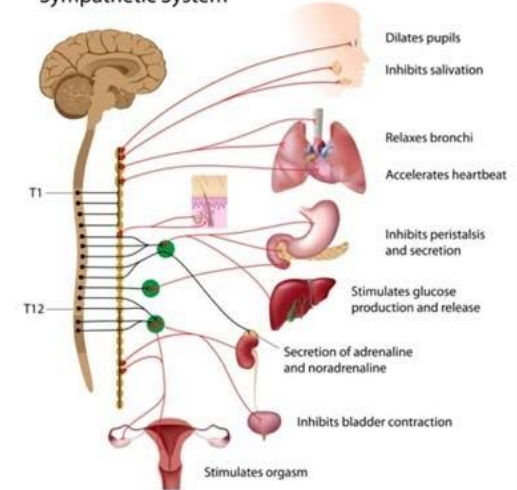
Parasympathetic System



- Constricts pupils
- Stimulates flow of saliva
- Constricts bronchi
- Slows heartbeat
- Stimulates peristalsis and secretion
- Stimulates bile release
- Contracts bladder



Sympathetic System



- Dilates pupils
- Inhibits salivation
- Relaxes bronchi
- Accelerates heartbeat
- Inhibits peristalsis and secretion
- Stimulates glucose production and release
- Secretion of adrenaline and noradrenaline
- Inhibits bladder contraction
- Stimulates orgasm

Mindfulness perceive inhalation

*Meditation **release** exhalation*

This ease!

1 collections of 1 set of 16 rounds

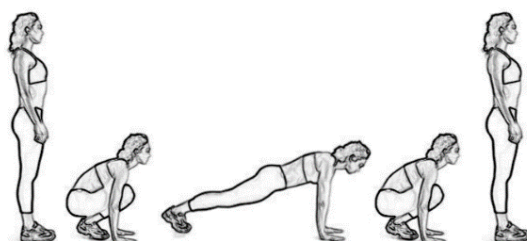
Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

7th SUTRA recitation: of Seeking Refuge – a key to Right Enthusiasm's 6th Fold

also known as Ngöndro or Preliminary Practice

Fróm now until I reach
the very heart of enlighténment,
Í take refuge in the lama,
who embodies the Thrée Jewels.

3, 12, or 128 repetitions



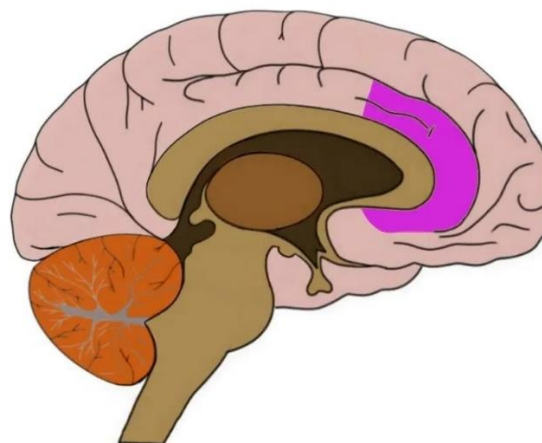
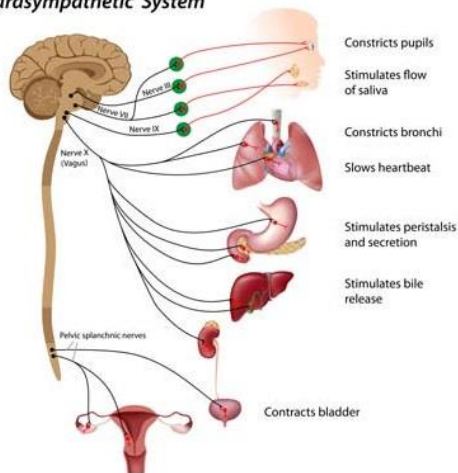
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso



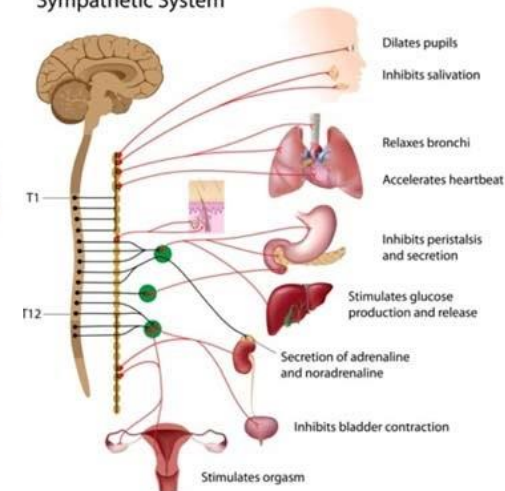
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go's Mindfulness & Meditation the 7th and 8th Folds

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

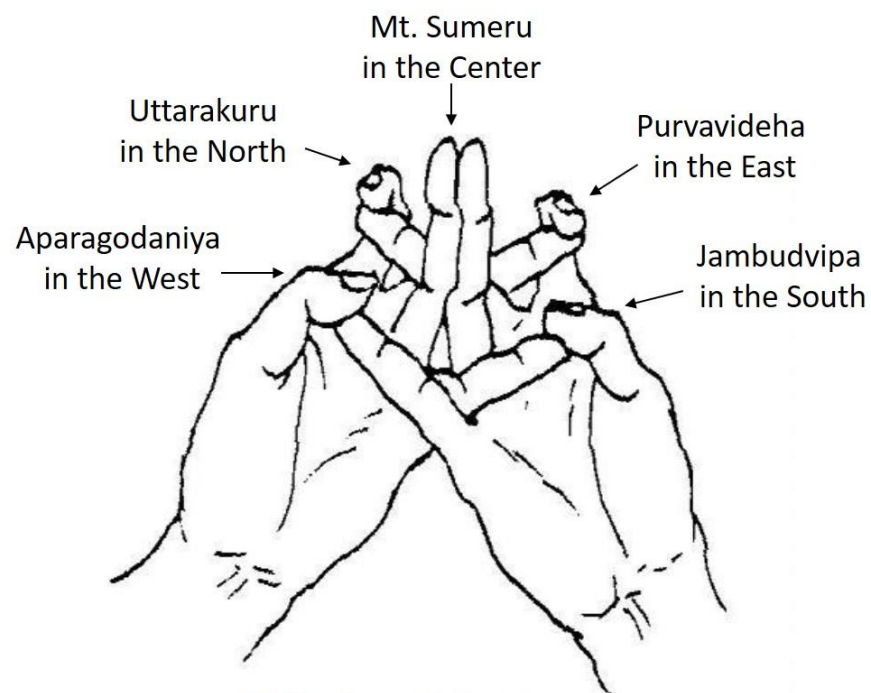
This ease!

1 collections of 1 set of 12 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

TANTRA's: Mandala Offering Training in Generosity's Kindness of Communication, Conduct, and Commerce the 3rd, 4th, and 5th Folds

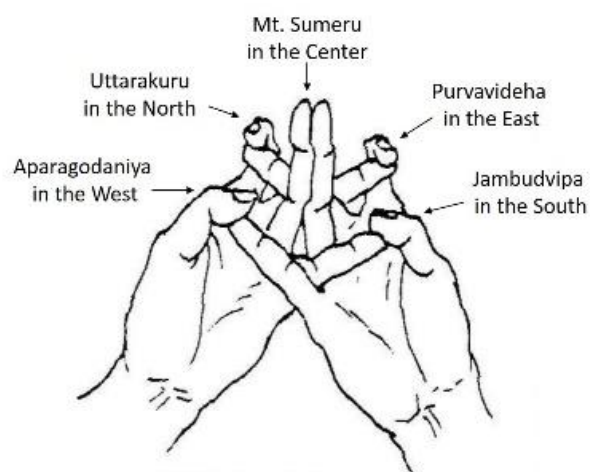
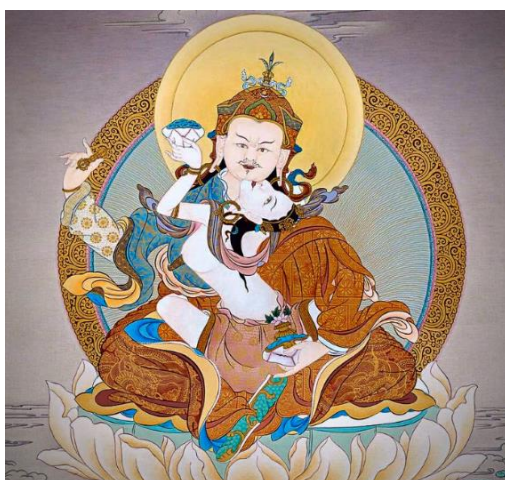
also known as Ngöndro or Preliminary Practice



Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

**Tó perfect the two accumulations
I offer the bodies, wealth, and splendor
of all my lives to the thrée Jewels!**

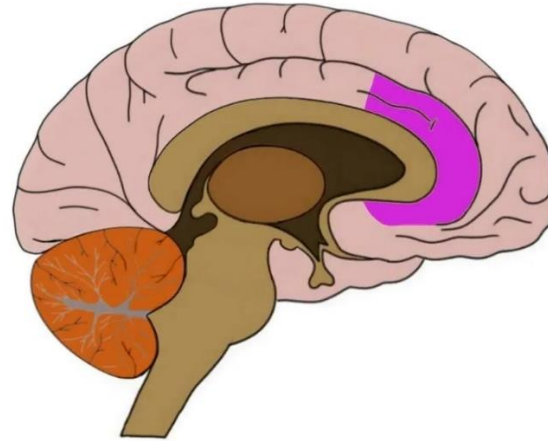
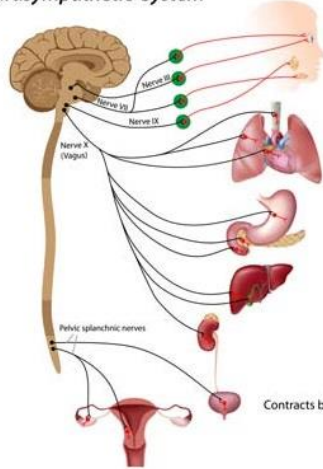
4 or 16, repetitions



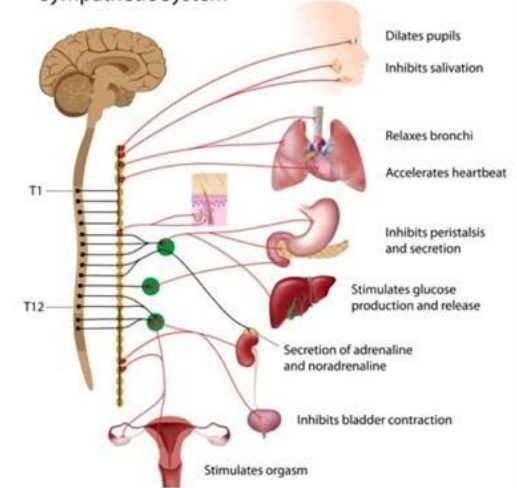
Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go's Mindfulness & Meditation the 7th and 8th Folds

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

This ease!

1 collections of 1 set of 12 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Right View's First fold of

Tokal – First Set of Tantra's Figurative Contemplations

*Bringing the Four Bases of Mindfulness into the Path of **Letting-go***

*thus Leaping-over **Clinging**'s Obstructions to Omniscience*

also known as Tantra-mahamudra, Creation-stage, or Maha-yoga



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Bliss and Letting-go



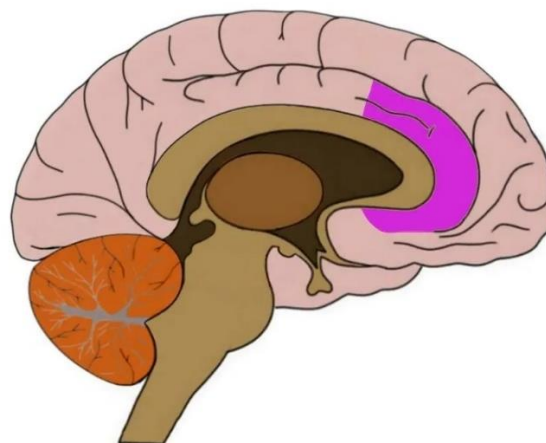
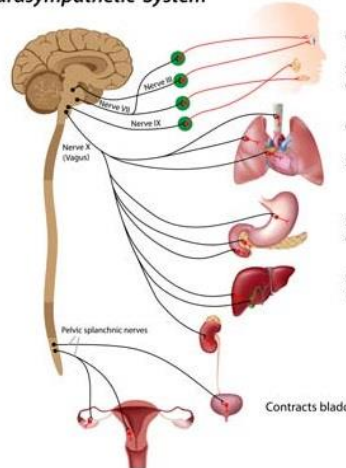
Dór-je Sem-pa, inseparable from my lama,
is above the CROWN of my head.

Néctar flows from him, purifying my
obscurations. Om Ben-za Sat-tó Hoong

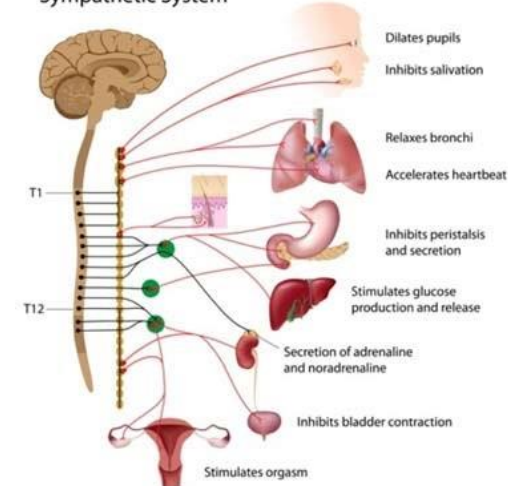
Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go's Mindfulness & Meditation the 7th and 8th Folds

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

Meditation release exhalation

This
ease!

1 collections of 1 set of 12 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Bliss and Letting-go

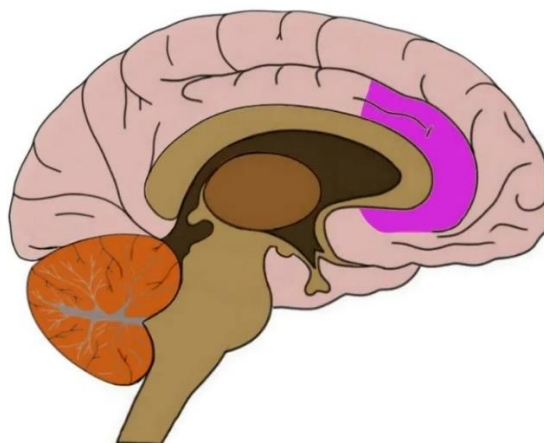
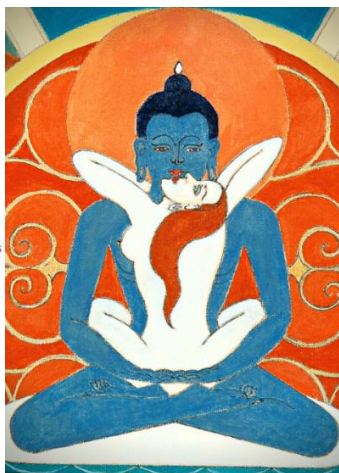
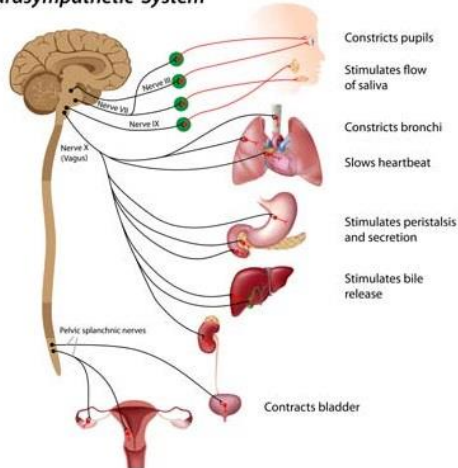


Díssolving into light,
(*Diamond Mind: Father and Móther*)
blénd with my (*heart*);
an experience of **óneness**.

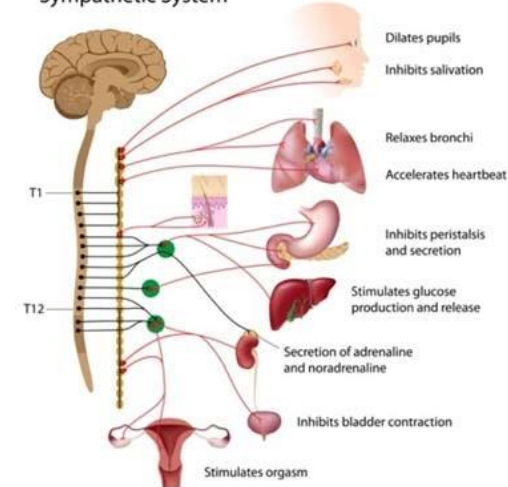
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go's Mindfulness & Meditation the 7th and 8th Folds

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

This **ease!**

1 collections of 1 set of 12 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Love and Letting-go

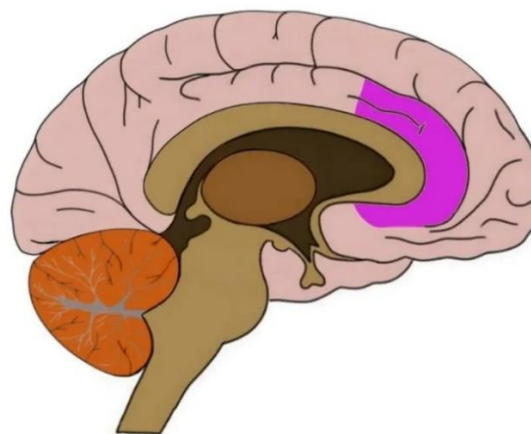
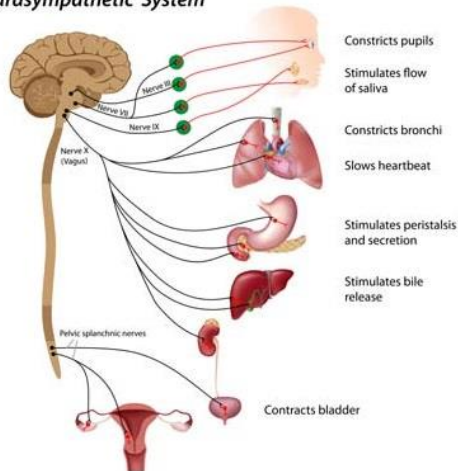


*Í could be like the Yi-dam: the archetype of
RIGHT: effort₆, mindfulness₇ & meditation₈
for I too could master Love and Letting-go*

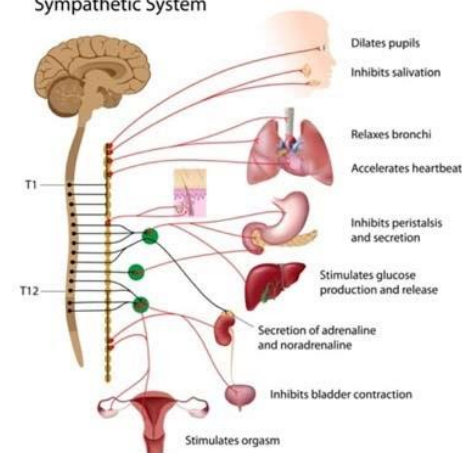
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Awareness and Letting-go's *Slice-through the Duality of Dread and Desire*

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

This ease!

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

*Love and LETTING-GO's Maha-yoga Tantra:
Mantra Meditation
Tokal Leap-over Mental Competition*



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

*Máy all minds of all beings now be as
WISE and peaceful as the mind of*

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



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso



Mindfulness' inhalation **Seed Hoom WISE ...**
Meditation's exhalation **for all minds!**



Seed Hoom WISE ... for all minds!

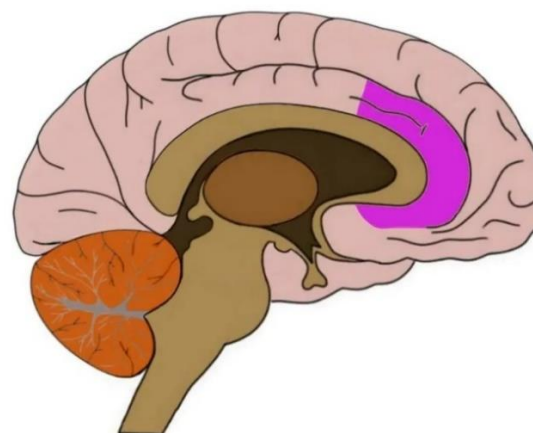
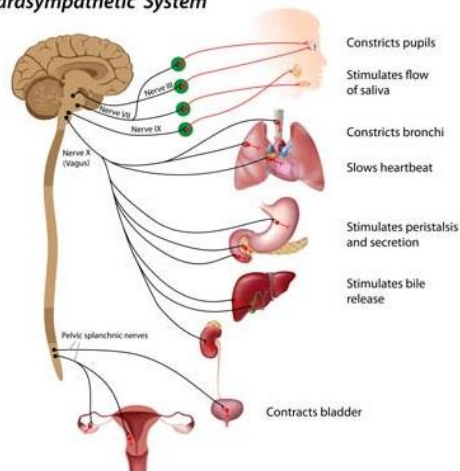
Om Ben-za Sat-to Hoong

Om Ben-za Sat-to Hoong

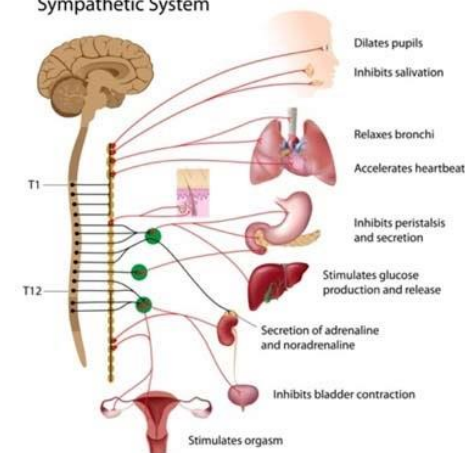
Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go's Great Completion Stage

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

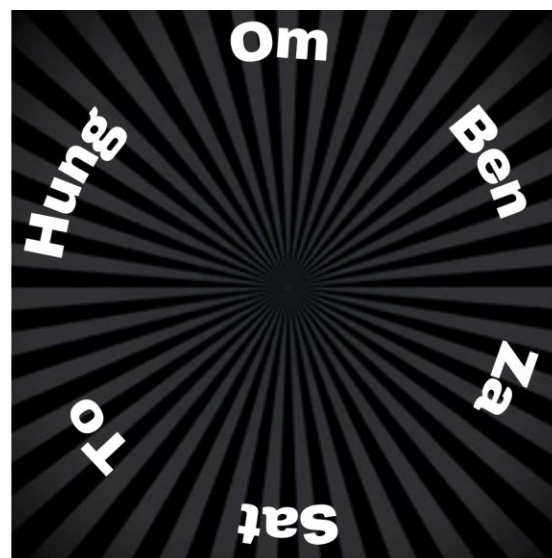
*This
ease!*

1 collections of 1 set of 12 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

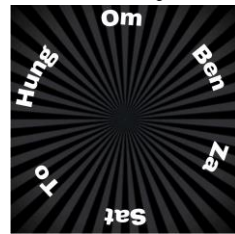
*Love and LETTING-GO's Togonal:
Mantra Meditation*

Love's Interpersonal Generation Stage practice

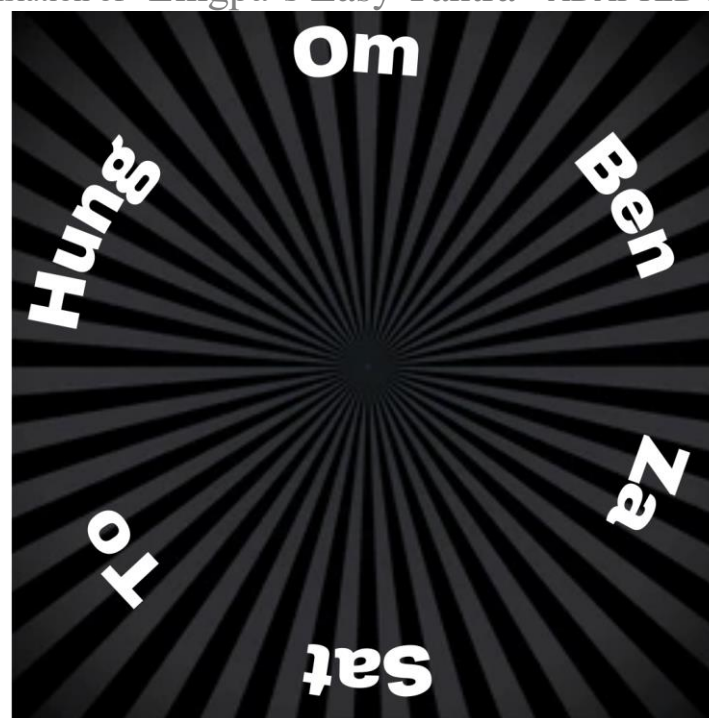


Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

*Máy all relationships of all beings
now be as LOVING and joyful ás a
réal or imagined Buddha's
communication or speech
symbolized by this six syllable Mán-tra!*



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso



Mindfulness' inhalation

Meditation's exhalation

Man-tra LOVE...

for all speech!

Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso



Man-tra LOVE... for all speech!

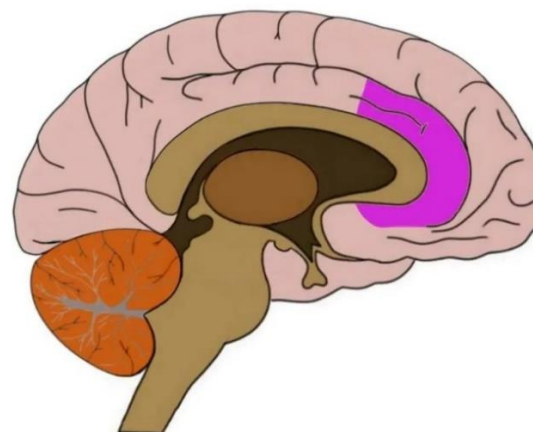
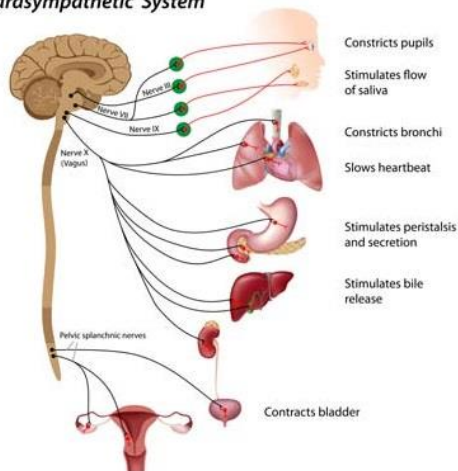
Om Ben-za Sat-to Hoong

Om Ben-za Sat-to Hoong

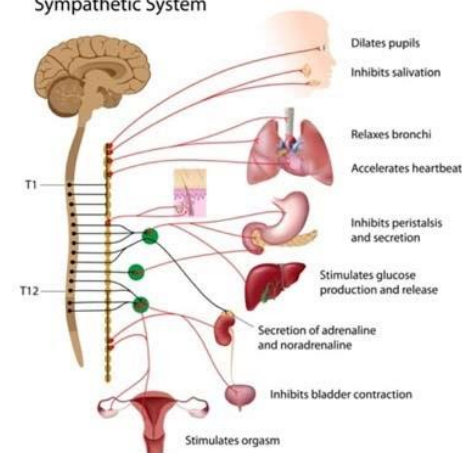
Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

*This
ease!*

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

*Love and LETTING-GO's Generation-stage:
Mantra Meditation
Love's **Physical** Tantra Mahamudra*



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Máy all bodies of all beings now enjoy the beautiful HEALTH depicted in Buddhist art óf the blissful body of a Yi-dam of lore: an archetype of enlighténment!



Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso



Mindfulness' inhalation

Meditation's exhalation

Yi-dam HEALTH...
for all forms!



Yi-dam HEALTH... for all forms!

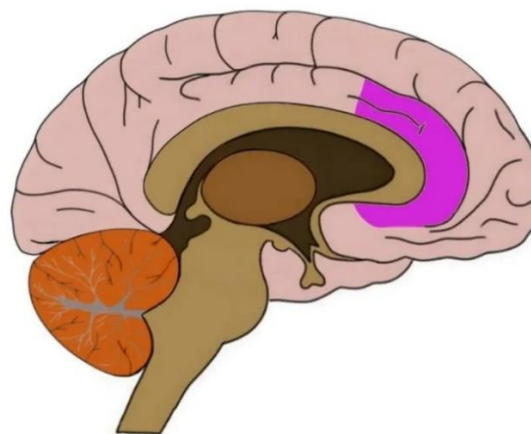
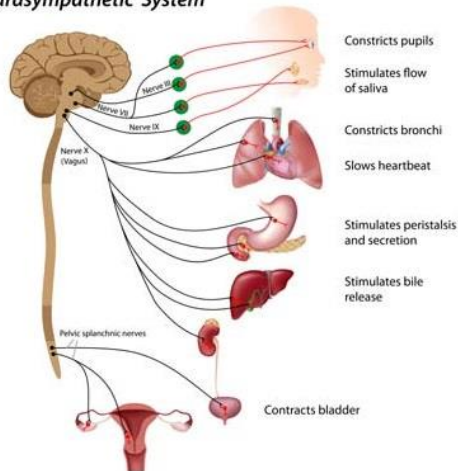
Om Ben-za Sat-to Hoong

Om Ben-za Sat-to Hoong

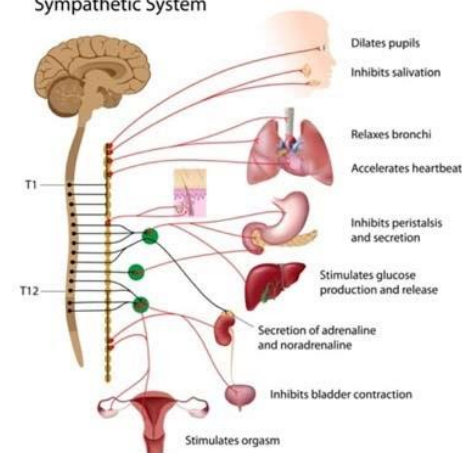
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

*This
ease!*

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

*Love and LETTING-GO's Creation-stage:
Mantra Meditation*

Love's Circumstantial Maha yoga practice



Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

*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!*



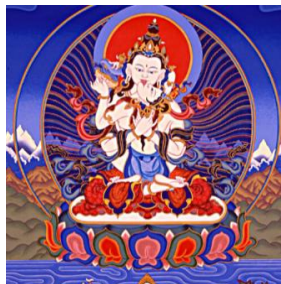
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso



Mindfulness' inhalation

Meditation's exhalation

*Va-ti BOON...
for all lots!*



Va-ti BOON... for all lots!

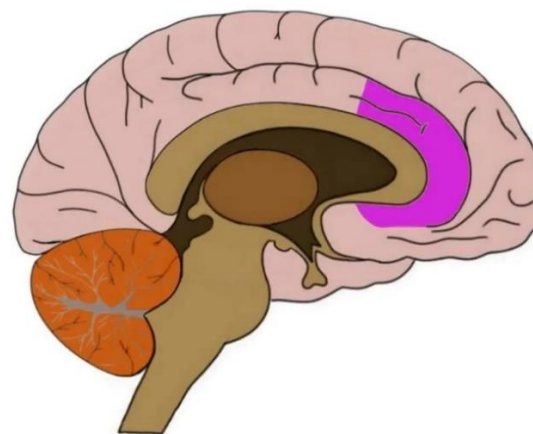
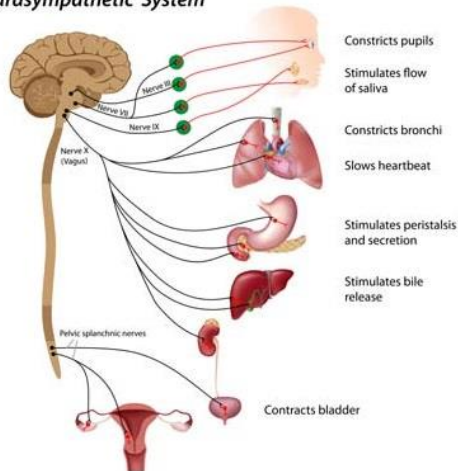
Om Ben-za Sat-to Hoong

Om Ben-za Sat-to Hoong

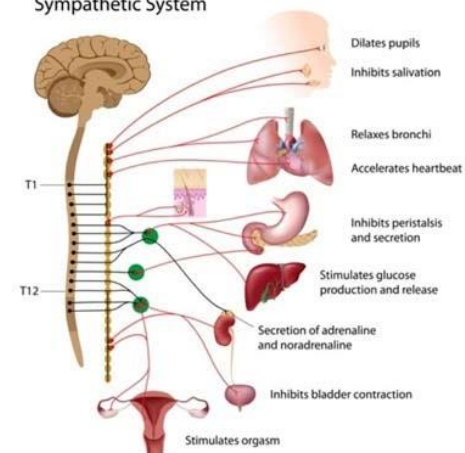
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

*This
ease!*

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

8th SUTRA: recitation of Right View - Emptiness Reviewed – 1st Fold

*As we relax into our exhalation
whatever we noticed
during our previous inhalation*

*could feel as non-graspable
as a vast, empty void*

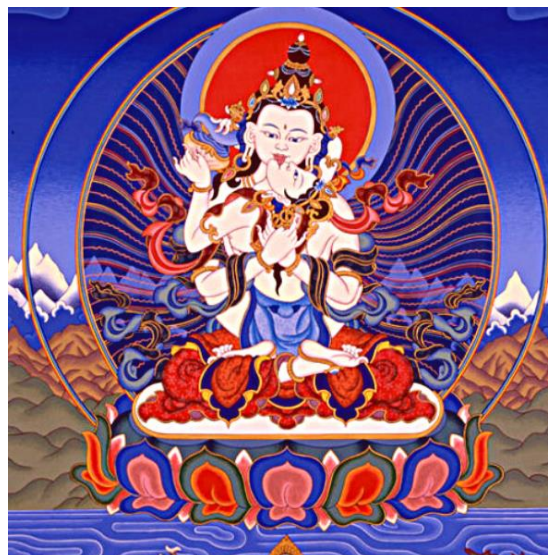
Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

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

*whích although compelling to the eye
is non-graspable to thé hand.*

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

*Love and LETTING-GO's Maha-yoga Tantra:
the First Vison's Mantra Meditation
Tokal's Leap-over **Circumstantial Clinging***



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

*Ás we inhale all circumstances or lots
could appear quite vívid,
yét as we **relax** into our exhalation
they could feel as non-graspable as a real
or imagined paradise or Va-ti óf light!*

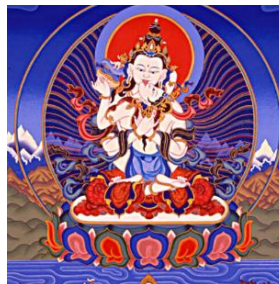


Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso



Mindfulness' inhalation **How LOTS seen yet...**

Meditation's exhalation **void like Va-ti?**



How LOTs seen yet... void like Va-ti?

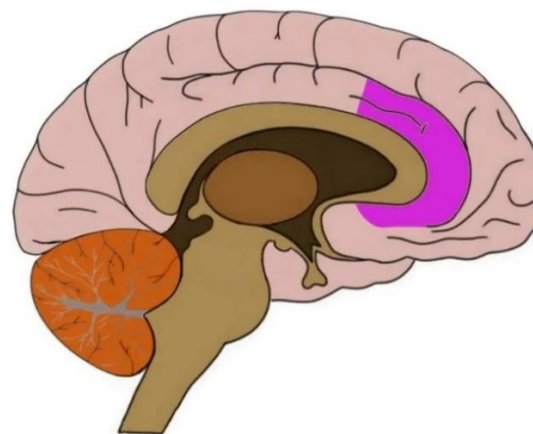
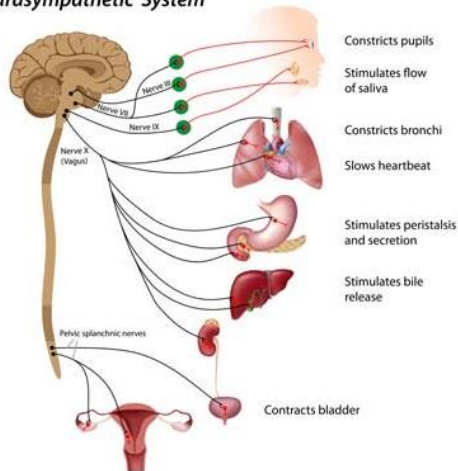
Om Ben-za Sat-to Hoong

Om Ben-za Sat-to Hoong

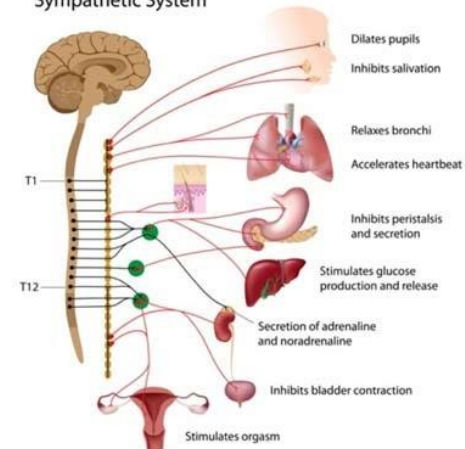
Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

*This
ease!*

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

*Love and LETTING-GO's Maha-yoga Tantra:
the Second Vison's Mantra Meditation
Letting-go's **Physical** practice of Generation or Creation stage*



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

*As we inhale all bodies or Forms
could feel quite sensual,*

*yét as we **relax** into our exhalation
they could feel as non-graspable as a real or
imagined archetype or Yi-dam óf light!*



Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso



Mindfulness' inhalation *How FORMs felt yet...*
Meditation's exhalation *void like Yi-dam?*



How FORMs felt yet... void like Yi-dam?

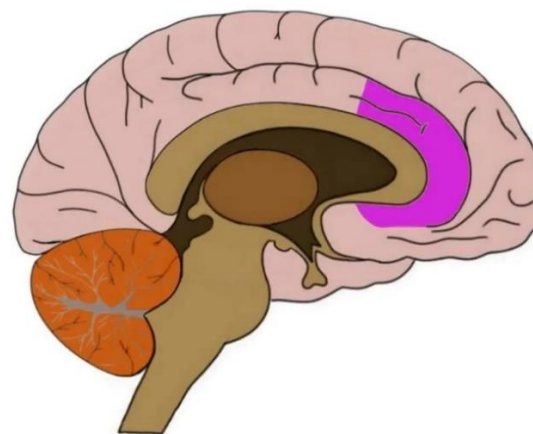
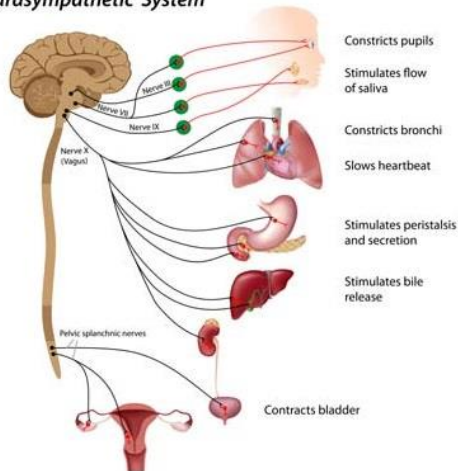
Om Ben-za Sat-to Hoong

Om Ben-za Sat-to Hoong

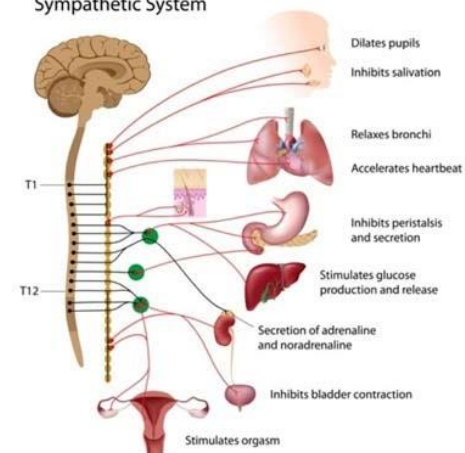
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

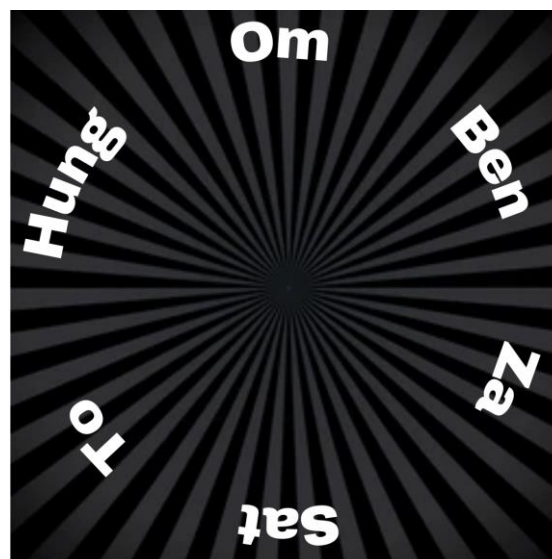
*This
ease!*

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

*Love and LETTING-GO's Maha-yoga Tantra:
the Third Vison's Mantra Meditation*

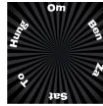
*Letting-go's practice of **Interpersonal** Tantra Mahamudra*



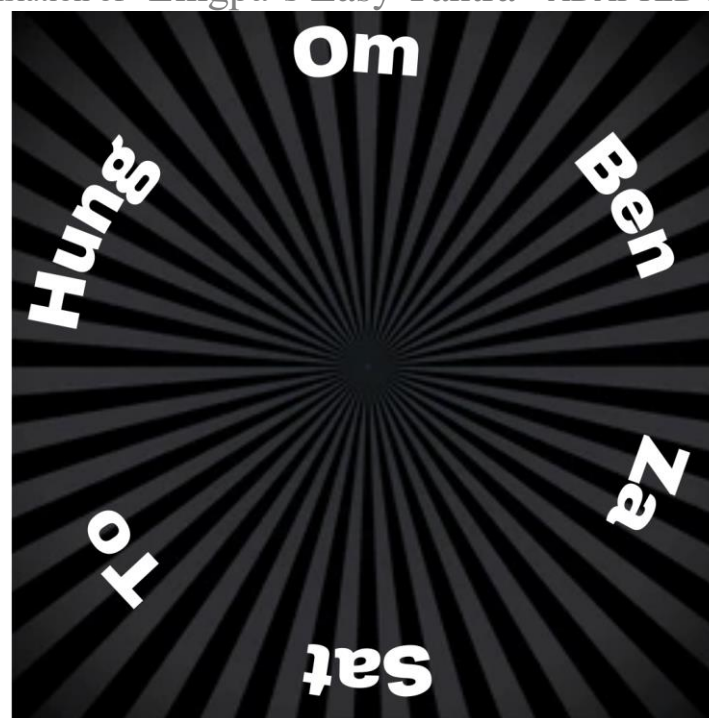
Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

*Ás we inhale the interpersonal experience
of communication or speech
could be quite resóunding,*

*yét as we **relax** into our exhalation
it could feel as non-graspable as a
real or imagined Man-tra óf light!*



Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso



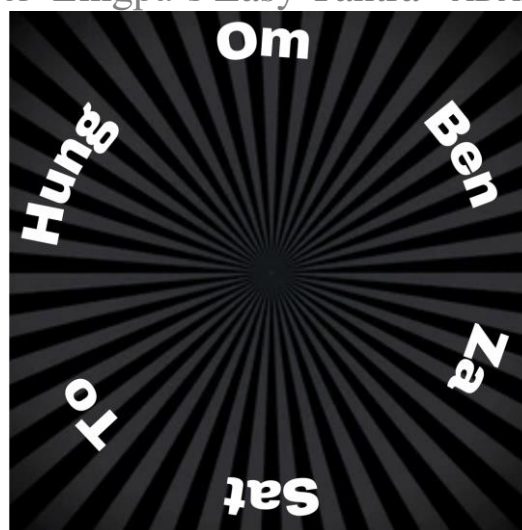
Mindfulness' inhalation

*How **SPEECH** heard yet...*

Meditation's exhalation

void like Man-tra?

Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso



*How **SPEECH** heard yet... void like Man-tra?*

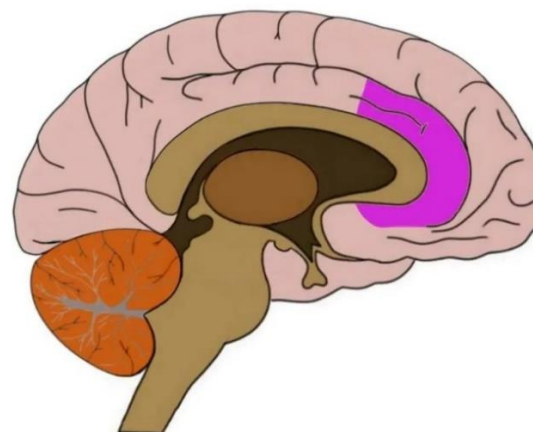
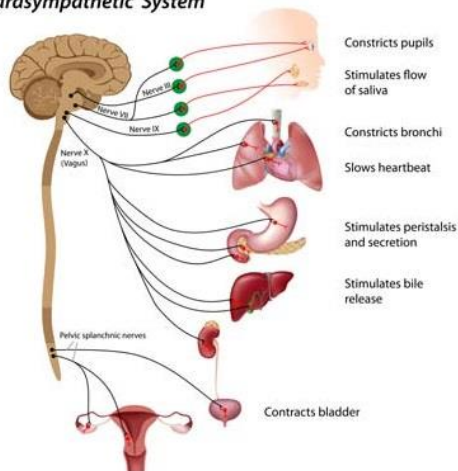
Om Ben-za Sat-to Hoong

Om Ben-za Sat-to Hoong

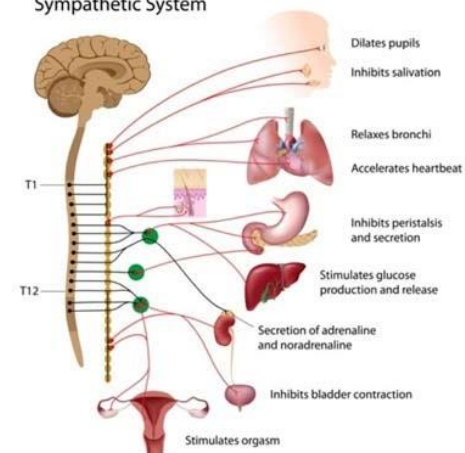
Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

*This
ease!*

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

*Love and LETTING-GO's Maha-yoga Tantra:
the Fourth Vison's Mantra Meditation
Letting-go's practice of **Mental** Maha yoga*



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

*Ás we inhale we could perceive MINDS'
functions cleárly,*

*yét as we **relax** into our exhalation
they could feel as non-graspable as a real or
imagined seed syllable Hoong óf light!*



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso



Mindfulness' inhalation

How MINDs clear yet...

Meditation's exhalation

void like seed Hoom?



How MINDs clear yet... void like seed Hoong?

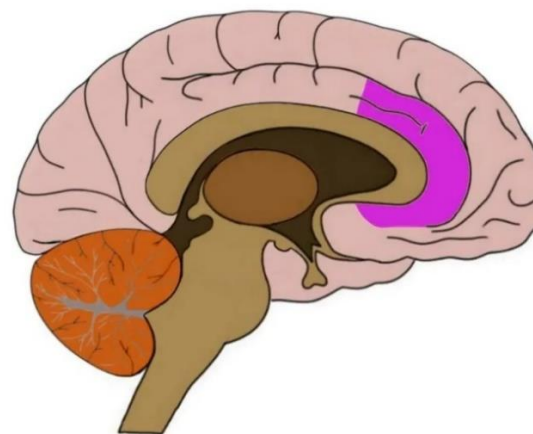
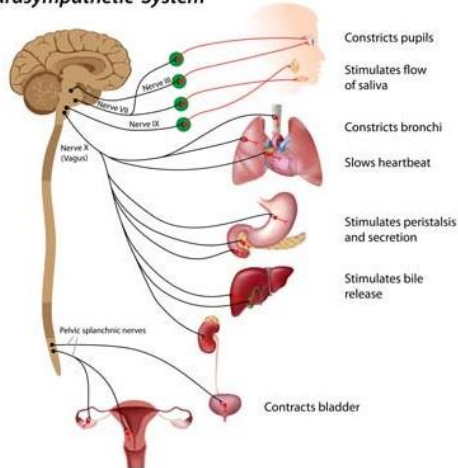
Om Ben-za Sat-to Hoong

Om Ben-za Sat-to Hoong

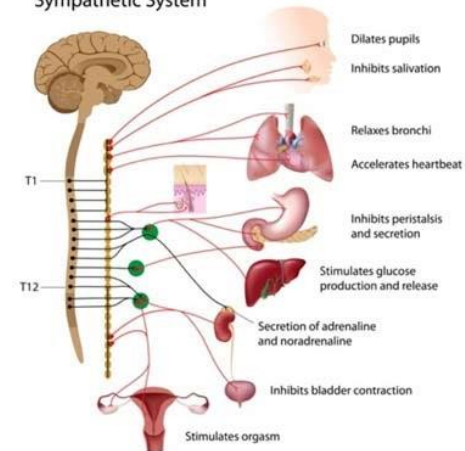
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

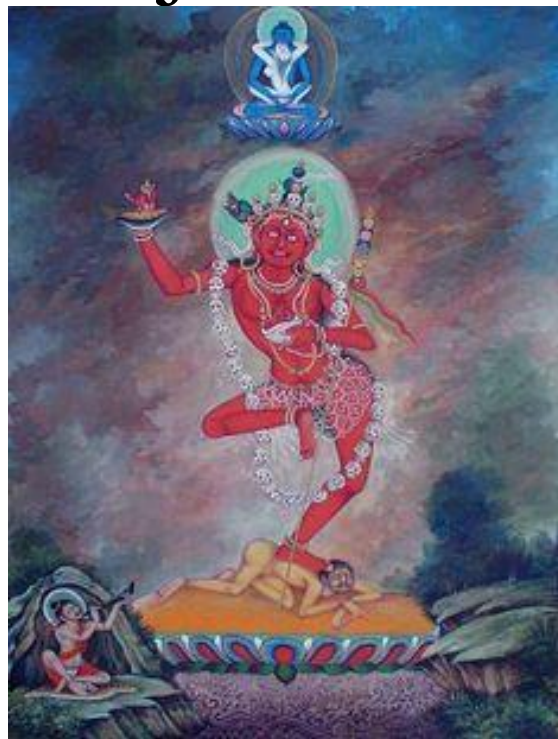
*Meditation **release** exhalation*

*This
ease!*

1 collections of 1 set of 16 rounds

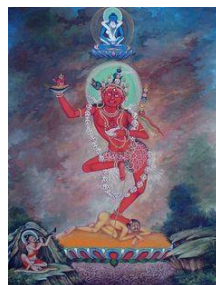
Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Lama Naljor – Guru Yoga



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

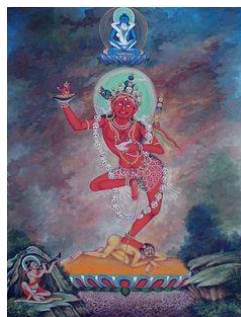
Bliss and Letting-go



*Í could be like the Khan-dro:
the archetype óf KIND
cómmunication₃, conduct₄, and commerce₅.
for I too could master Bliss and Letting-go*

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Bindu Mahamudra Tantra's Bliss and Letting-go



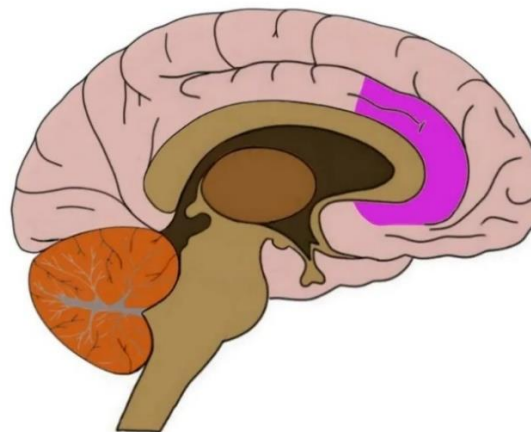
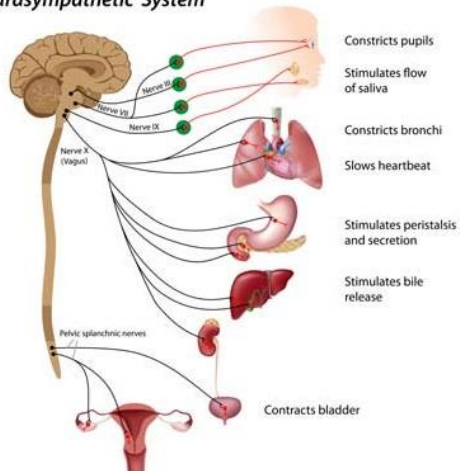
Both the Khan-dro & I could Notice & Release Bliss!

Om **Ah Hoong** Ben-za **Gu-ru**
Pe-ma Sid-dhi Hoong

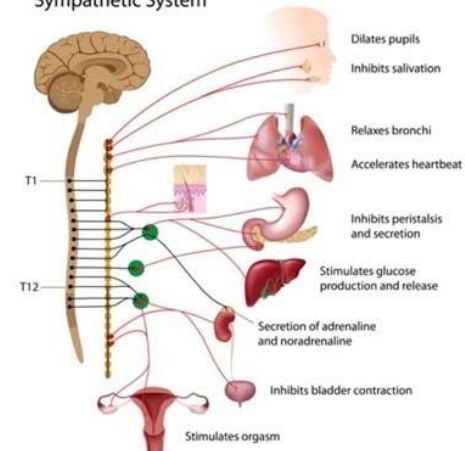
Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

*This
ease!*

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Bliss and Letting-go



Ín the sky in front óf me,
mý root lama (*could*) appear
in the form of *Kun-tu-zang-po Yáb-yum*.

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso



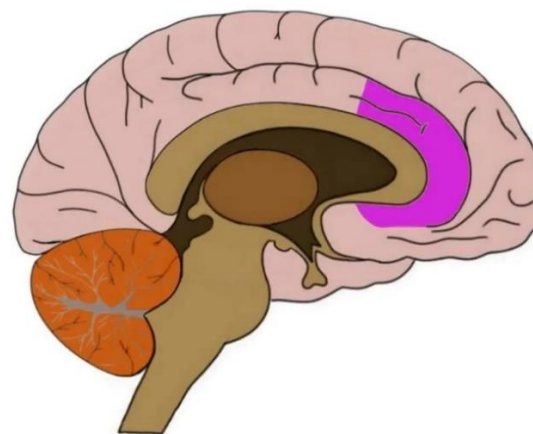
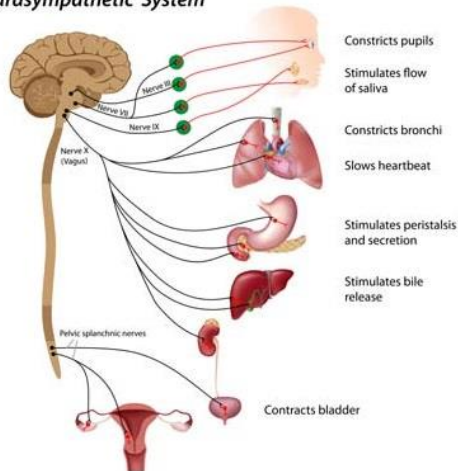
Relaxing... into THIS!

Om **Ah Hoong** Ben-za **Gu-ru**
Pe-ma Sid-dhi Hoong

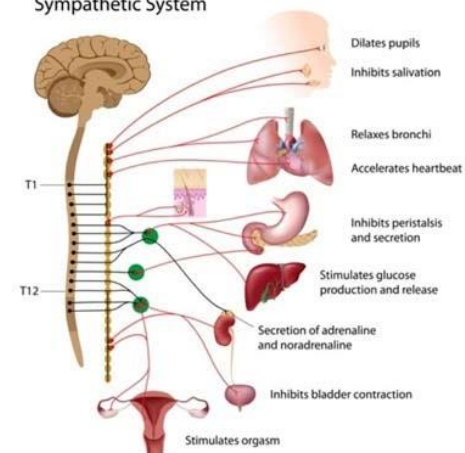
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

*This
ease!*

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso



Émbodiment of all buddhas
of the thrée times,

Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso



móst excellent root lama,
I pray tó you:

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso



**hóld me with your compassion,
in this and future lives, and in the Bár-do.**

Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso



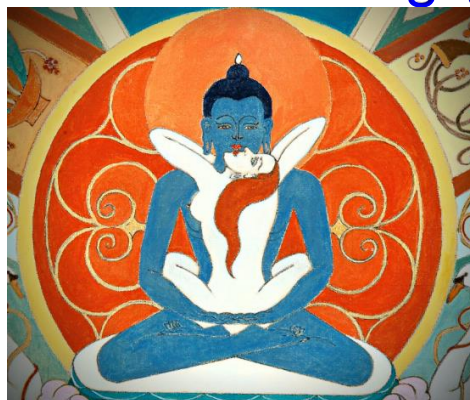
Bléss me always throughout the three times.

Om Ah Hoong Ben-za Gu-ru

Pe-ma Sid-dhí Hoong

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Bliss and Letting-go



(*Máy*) I receive all
the blessings and empowerments
of enlightened form, speech, **á**nd mind.

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

forehead – form



Béné-za Gu-ru Ka-ya Wa-ka
Tsit-ta Sid-dhí Hoong

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Bliss and Letting-go



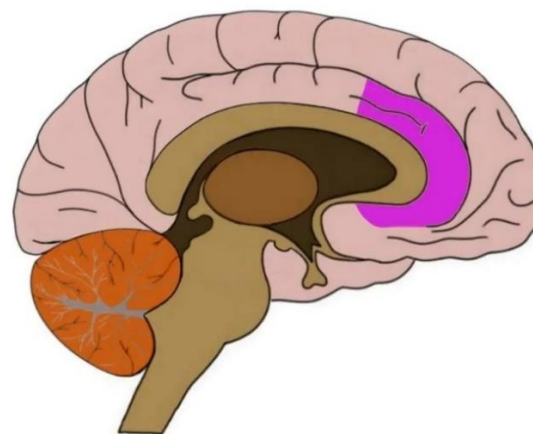
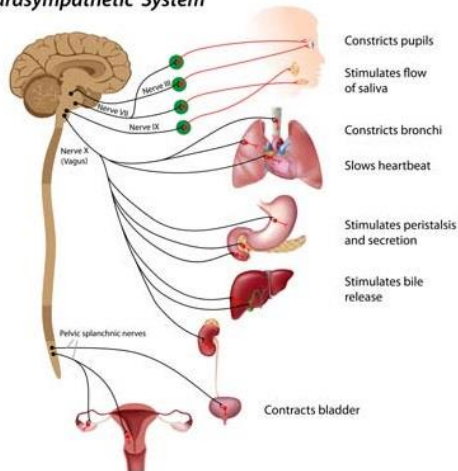
Relaxing... into BROW!

Om **Ah Hoong** Ben-za **Gu-ru**
Pe-ma Sid-dhi Hoong

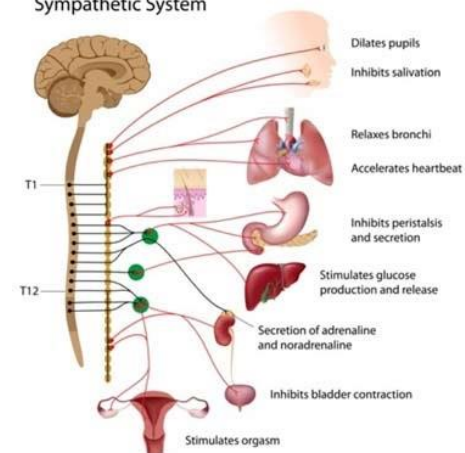
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

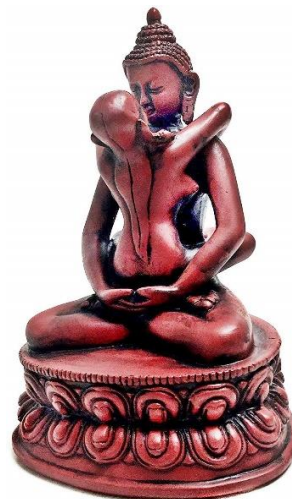
*Meditation **release** exhalation*

This
ease!

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

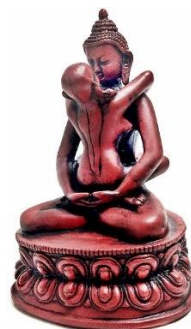
before throat – speech



**Bén-za Gu-ru Ka-ya Wa-ka
Tsit-ta Sid-dhí Hoong**

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Bliss and Letting-go



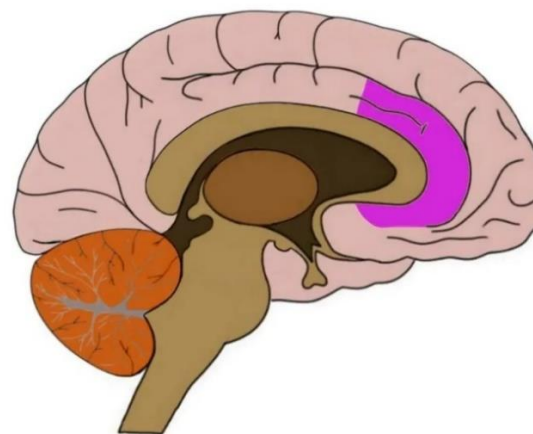
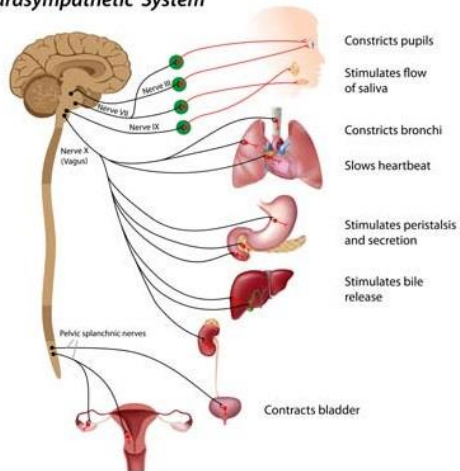
*Relaxing... into **THROAT!***

Om **Ah Hoong** Ben-za **Gu-ru**
Pe-ma Sid-dhi Hoong

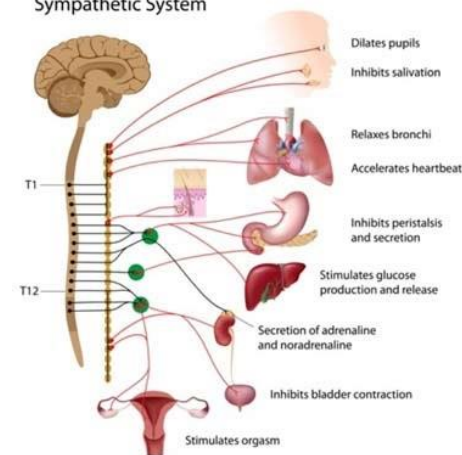
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

This
ease!

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

before sternum – mind



**Bén-za Gu-ru Ka-ya Wa-ka
Tsit-ta Sid-dhí Hoong**

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Bliss and Letting-go



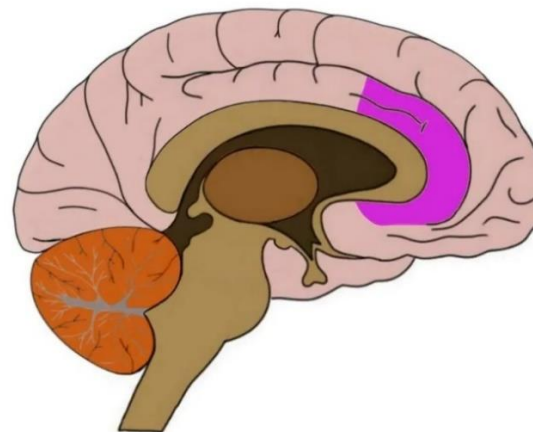
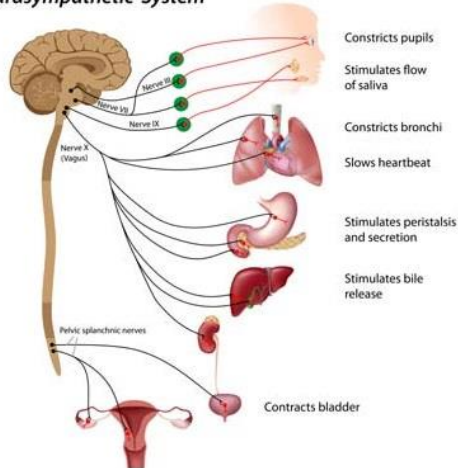
*Relaxing... into **CHEST!***

Om **Ah Hoong** Ben-za **Gu-ru**
Pe-ma Sid-dhi Hoong

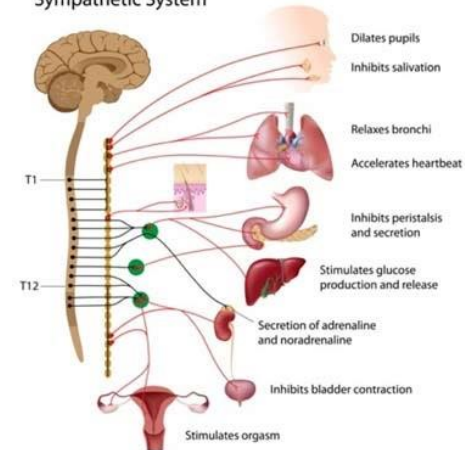
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go

Parasympathetic System



Sympathetic System



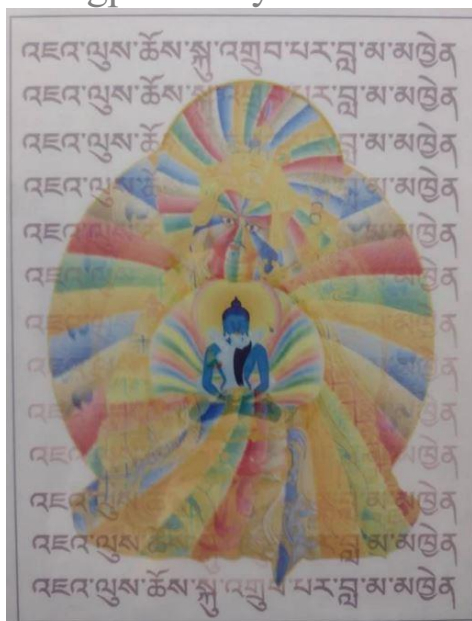
Mindfulness perceive inhalation

*Meditation **release** exhalation*

This
ease!

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso



The lama dissolves into light
and blends with my (*heart*).
In our inseparability...

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Bliss and Letting-go



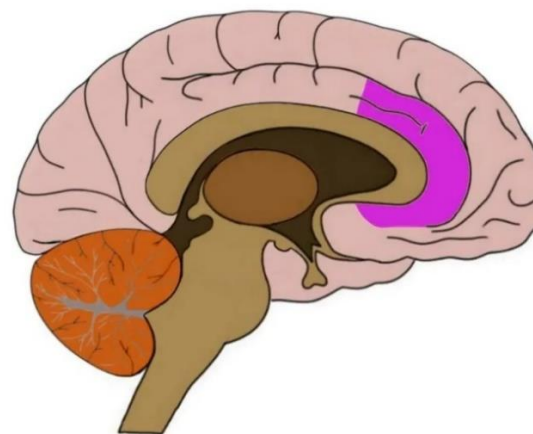
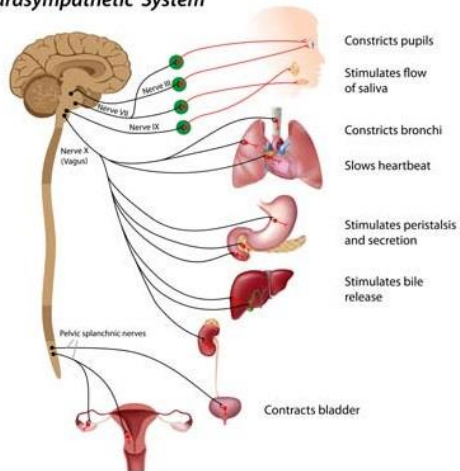
*Relaxing... into **THIS!***

Om **Ah Hoong** Ben-za **Gu-ru**
Pe-ma Sid-dhi Hoong

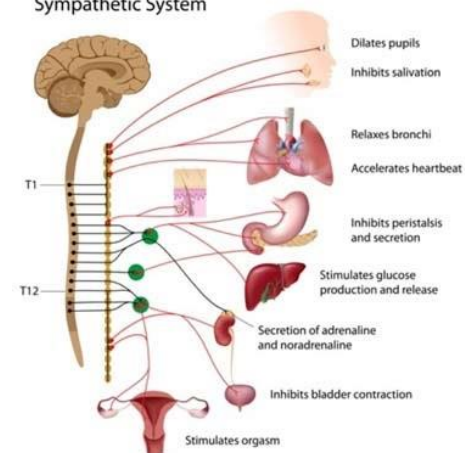
Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

This
ease!

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso



Í behold the true face of the ultimate lama:
the union of *spontaneous* awareness
and emptiness.

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go



*Í could be like the La-ma:
the archetype of right view₁ and ríght wish₂
fór I too could master
Awareness and Letting-go*

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go



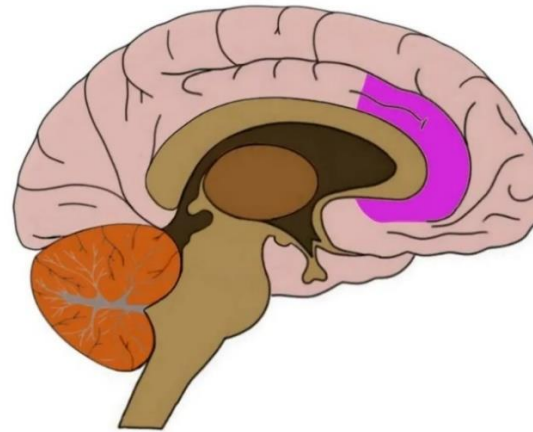
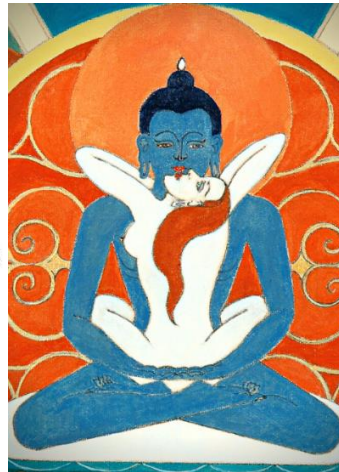
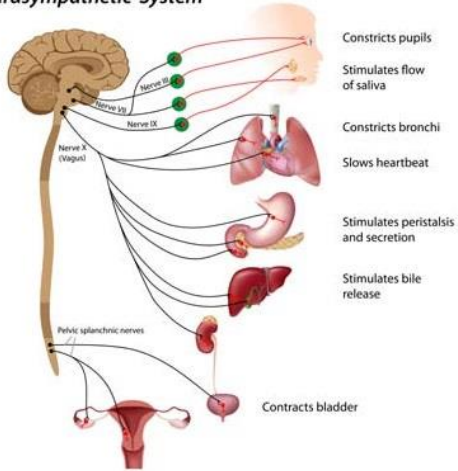
*Both the La-ma and I could notice and **relax** into THIS!*

Om **Ah Hoong** Ben-za **Gu-ru**
Pe-ma Sid-dhi Hoong

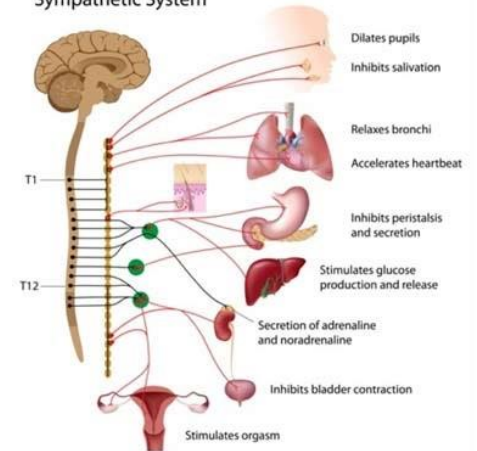
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Awareness and Letting-go's

Parasympathetic System



Sympathetic System



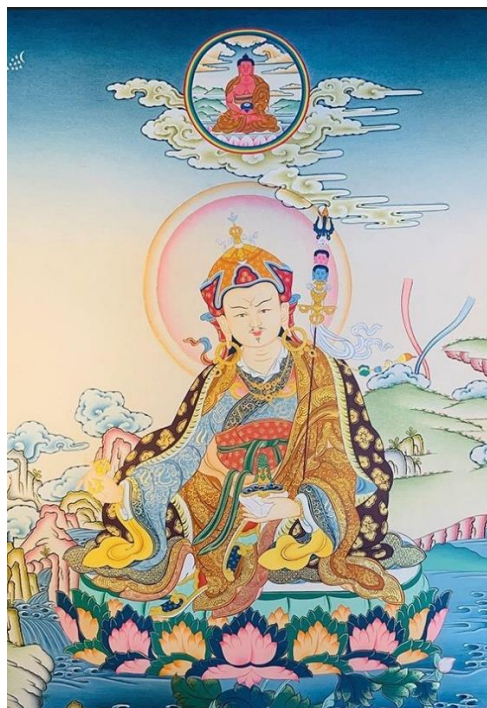
Mindfulness perceive inhalation

*Meditation **release** exhalation*

*This
ease!*

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso
*Rehearse the Pho'wa Transference of Consciousness at the Time of Death
finding peace by relaxing into the inevitable*



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Bliss and Letting-go



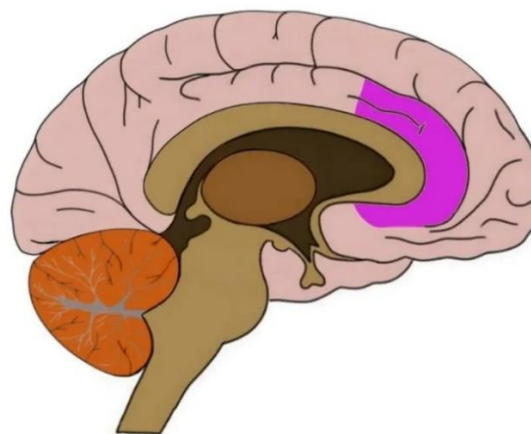
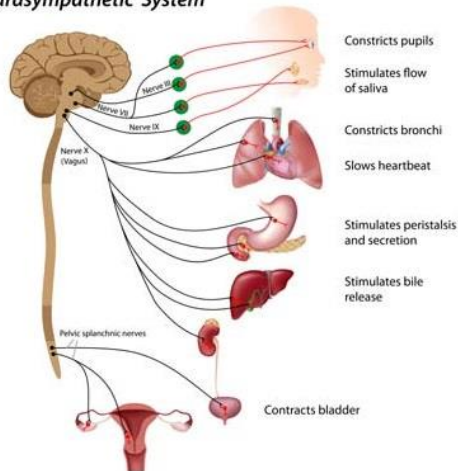
Í pray to the protector A-mi-ta-bha:
bless me that I may master
the profound path of *Po-wáh* (*Pey*)!

snap

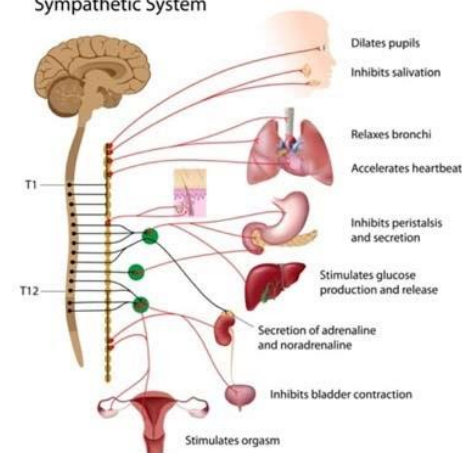
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

*Meditation **release** exhalation*

*This
ease!*

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Chö, Slice Offering



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Love and Bliss and Letting-go

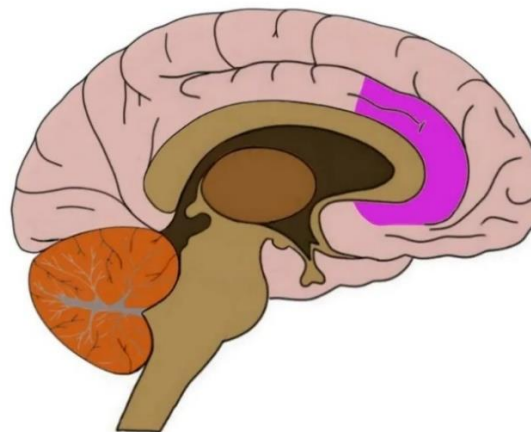
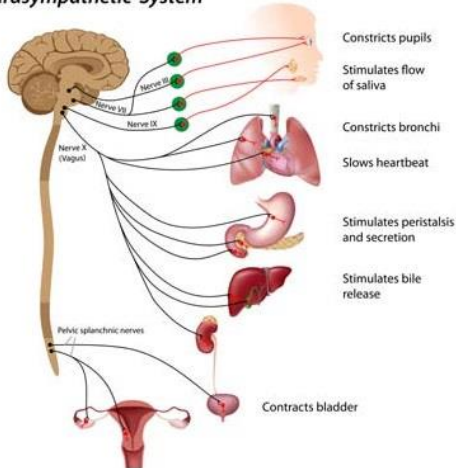


Í now **GIVE** my body, wealth, and virtuous qualities wholeheartedly to ALL beings (*as if they*) had (*each*) been my (*kind*) móthers.

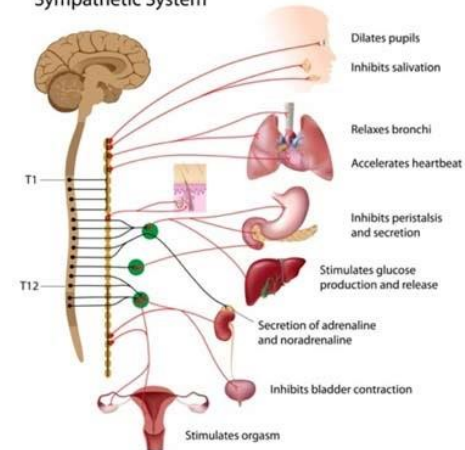
Chagdud Tulku's translation of -Lingpa's Easy Tantra - ADAPTED by Lama: Jigme Gyatso

Awareness and Letting-go

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

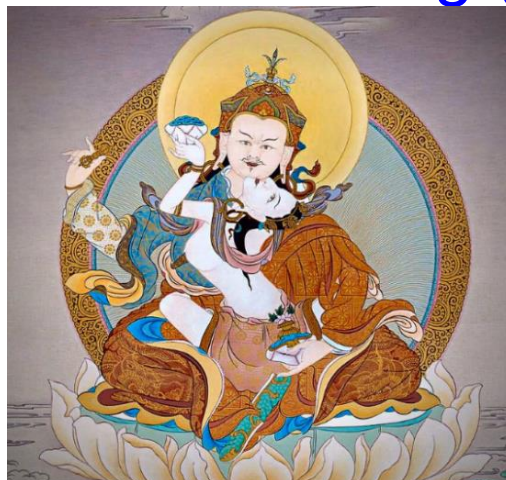
*Meditation **release** exhalation*

*This
ease!*

1 collections of 1 set of 16 rounds

Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Love and Letting-go



Without hindrance, may I ensure
enormous benefit for **ÁLL** beings!



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

Lama Jigme Gyatso's

Wishes for the Preservation of the Buddha's Teachings



Chagdud Tulku's translation of –Lingpa's Easy Tantra – ADAPTED by Lama: Jigme Gyatso

*Máy every meditation teacher
understand the Buddha's téachings,*

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

Máy all meditation teachers
spontaneously **ré**ceive:
génerous patrons, enthusiastic students,
as well as devoted appren**tí**ces,
ánd may many Dhar-ma centers likewise be
successfully planted, nurtured & supp**ó**rted.

