

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

The Buddha's Forgotten Yogas of Love & Letting-go

2nd Lesson Text

Smart Phone Edition

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B. Recommended Reading

Lesson

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2 nd	Eleven Benefits of Love
3 rd	Anapanasati Sutta
4 th	Class Etiquette
5 th	What was the Buddha?
6 th	Why do we Meditate?
7 th	What is the “Unborn”?
8 th	Why “THE buddha”?

Lesson

9 th	The Fall of Emperor Palpatine
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11 th	If we are short of temper what...
12 th	When Religion Opposes...
13 th	Fear in the Time of Covid 19
14 th	Master Windu's Glare
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16 th	Making Wise Decisions

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II. Love Meditations

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A. CLASSIC Loving-kindness Meditation

(or Metta Bhavana if you prefer Pali)

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1. Circumstantial Love

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath:

Safety for ...

OUT-breath:

one quarter!

one set of four breaths

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **little** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath:

Safety for ...

OUT-breath:

two quarters!

one set of four breaths

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **ring** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath:

Safety for ...

OUT-breath:

three quarters!

one set of four breaths

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **middle** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Safety for ...*

OUT-breath: *all quarters!* *one set of four breaths*

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **index** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

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2. Physical Love

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Great health for...*

OUT-breath: *one quarter!* *one set of four breaths*
*touch tip of left thumb to left little finger's **middle** set of creases*
*count the four breaths upon the right **little** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Great health for...*

OUT-breath: *two quarters!* *one set of four breaths*
*touch tip of left thumb to left little finger's **middle** set of creases*
*count the four breaths upon the right **ring** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Great health for...*

OUT-breath: *three quarters!* *one set of four breaths*
*touch tip of left thumb to left little finger's **middle** set of creases*
*count the four breaths upon the right **middle** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath:

Great health for...

OUT-breath:

all quarters!

one set of four breaths

*touch tip of left thumb to left little finger's **middle** set of creases*

*count the four breaths upon the right **index** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

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3. Interpersonal Love

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath:

Great peace for...

OUT-breath:

one quarter!

one set of four breaths

*touch tip of left thumb to left little finger's **higher** set of creases*

*count the four breaths upon the right **little** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Great peace for...*

OUT-breath: *two quarters!* *one set of four breaths*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the four breaths upon the right **ring** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Great peace for...*

OUT-breath: *three quarters!* *one set of four breaths*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the four breaths upon the right **middle** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Great peace for...*

OUT-breath: *all quarters!* *one set of four breaths*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the four breaths upon the right **index** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

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4. Mental Love

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Great joy for ...*

OUT-breath: *one quarter!* *one set of four breaths*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the four breaths upon the right **little** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath:

Great joy for ...

OUT-breath:

two quarters!

one set of four breaths

*touch tip of left thumb to left little finger's **higher** set of creases
count the four breaths upon the right **ring** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath:

Great joy for ...

OUT-breath:

three quarters!

one set of four breaths

*touch tip of left thumb to left little finger's **higher** set of creases*

*count the four breaths upon the right **middle** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Great joy for ...*

OUT-breath: *all quarters!* *one set of four breaths*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the four breaths upon the right **index** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

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B. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and
RELAXING into its Release

{ *Sati Passaddhi in Pali, Mahamudra or Mahasandhi in Sanskrit, and
Trekchö_a in Tibetan Dzogchen* }



The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

Watching the Play of Mind

Observant inhalation: *Notice this ...* {This...

Relaxing exhalation: *relaxing!* yes!} *one set of sixteen breaths*

*slide left thumb over tip of left little finger until it comes to rest upon the **higher knuckle**
count the four breaths upon the right: little, ring, middle, and index finger's:
lower, middle, and higher sets of creases, as well as their tips.*

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C. Loving-kindness for INSOMNIA

(or Metta Bhavana if you prefer Pali)

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

1. Circumstantial Love

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath:

Safe for some...

OUT-breath:

relaxing!

one set of four breaths

*touch tip of left thumb to left little finger's **lower** set of creases
count the four breaths upon the right **little** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath:

Safe for half...

OUT-breath:

relaxing!

one set of four breaths

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **ring** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath:

Safe for most...

OUT-breath:

relaxing!

one set of four breaths

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **middle** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath:

Safe for all...

OUT-breath:

relaxing!

one set of four breaths

*touch tip of left thumb to left little finger's **lower** set of creases
count the four breaths upon the right **index** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

2. Physical Love

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Health for some...*

OUT-breath: *relaxing!* *one set of four breaths*
*touch tip of left thumb to left little finger's **middle** set of creases*
*count the four breaths upon the right **little** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Health for half...*

OUT-breath: *relaxing!* *one set of four breaths*
*touch tip of left thumb to left little finger's **middle** set of creases*
*count the four breaths upon the right **ring** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath:

Health for most...

OUT-breath:

relaxing!

one set of four breaths

*touch tip of left thumb to left little finger's **middle** set of creases*

*count the four breaths upon the right **middle** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Health for all...*

OUT-breath: *relaxing!* *one set of four breaths*
*touch tip of left thumb to left little finger's **middle** set of creases*
*count the four breaths upon the right **index** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

3. Interpersonal Love

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Peace for some...*

OUT-breath: *relaxing!* *one set of four breaths*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the four breaths upon the right **little** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Peace for half...*

OUT-breath: *relaxing!* *one set of four breaths*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the four breaths upon the right **ring** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Peace for most...*

OUT-breath: *relaxing!* *one set of four breaths*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the four breaths upon the right **middle** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: *Peace for all...*

OUT-breath: *relaxing!* *one set of four breaths*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the four breaths upon the right **index** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

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4. Mental Love

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath:

Joy for some...

OUT-breath:

relaxing!

one set of four breaths

*touch tip of left thumb to left little finger's **tip***

*count the four breaths upon the right **little** finger's:*

lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath: ***Joy for half...***

OUT-breath: ***relaxing!*** *one set of four breaths*

*touch tip of left thumb to left little finger's **tip***
*count the four breaths upon the right **ring** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath:

Joy for most...

OUT-breath:

relaxing!

one set of four breaths

*touch tip of left thumb to left little finger's **tip**
count the four breaths upon the right **middle** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

IN-breath:

Joy for all...

OUT-breath:

relaxing!

one set of four breaths

*touch tip of left thumb to left little finger's **tip**
count the four breaths upon the right **index** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

D. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and
RELAXING into its Release

{ *Sati Passaddhi in Pali, Mahamudra or Mahasandhi in Sanskrit, and
Trekchö_a in Tibetan Dzogchen* }



The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

Watching the Play of Mind

Observant inhalation: *Notice this ...* {This...

Relaxing exhalation: *relaxing!* yes!} *one set of sixteen breaths*

*slide left thumb over tip of left little finger until it comes to rest upon the **higher knuckle**
count the four breaths upon the right: little, ring, middle, and index finger's:
lower, middle, and higher sets of creases, as well as their tips.*

VII. Appendix

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

A. Youngling Training

The Buddha's Forgotten Yogas of Love and Letting-go – 2nd Lesson Text

1. Parable of the Movie Concessions

It was 1971 and I was in first, or second grade.
A class mate's mother had taken many of us
to see "Willy Wonka and the Chocolate Factory"
for his birthday.

My family did not often go to movies
so this was very exciting for me.

Timid, and uncertain, and polite,
I did what I was told,
and gratefully accepted what I was offered.

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I was offered hot buttered popcorn
and what seemed like a huge vessel
of Dr. Pepper,
a soda I had heretofore never tasted.

So there I sat,
in the darkened theater,
with my class mates
and several hundred strangers;

eating my popcorn,
and sipping my Dr. Pepper,
and all the while enjoying the movie,
which I still remember, to this day.

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Upon first consideration
one could understandably assume
that the movie could distract me...

from my snacking and sipping
and thus undermine
my enjoyment of them.

But I experienced the opposite
to be true:
that the movie enhanced my enjoyment
of the popcorn and the soda...

and the popcorn and the soda
enhanced my enjoyment
of the movie.

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And this could be very much
like our practice of meditation...

where during our inhalation
we silently, and mentally recite,
“Notice this...”

and during our exhalation
we silently, and mentally recite,
“relaxing!”...

while actually physically relaxing
as best we can.

For just as I was able to observe the movie
while snacking and sipping
we can notice our mind
while noticing and relaxing.

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We could notice sensations,
and flavors, and scents,
and sounds, and sights...

as well as our emotions,
and intentions, and reasonings,
and recollections, and imaginings.

And we could notice
all those things
passively and non-conceptually.

And as we physically relax
into each exhalation,
*for that is what our bodies
have evolved to do,*

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all that we noticed as we breathed in
could feel a little less graspable
and a little easier to mentally release
as we relax into our out breath.

And just as the snacking
and the sipping
did not undermine

my enjoyment
of the movie
but rather enhanced it...

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likewise our silent and mental
recitations of “*Notice this...*” and “*relaxing!*”
in harmony with our breathing...

does not undermine our ability
to watch the play of mind
or relax into its non-graspable nature
but rather facilitates it.

More than two millennia ago
a Jewish carpenter
is said to have explained

that man was not made
for the Sabbath,
but Sabbath for man.

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Likewise, I tell you
that we do not sit in meditation
that we might more efficiently
recite “*Notice this...*” and “*relaxing!*”

but rather
that we silently and mentally recite
“*Notice this...*” and “*relaxing!*”
that we might more efficiently meditate

so that our passive and non-conceptual
observation of the play of mind

and our physical, and visceral,
and mental relaxation
into its non-graspable nature....

might be more easy,
and effective, and transformative.

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Recall Darth Bane's rule of two,
wherein there must be a master
to have power,
and a student to crave it.

This is a form of elitism
and manipulation.

And over the millennia
many so-called spiritual teachers
have used cryptic meditation
instructions, and techniques...

to reinforce a rule-of-two-like
elitism and coercion.

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Some deliberately chose
obfuscation and coercion
because they embraced elitism
and power, and prestige...

others chose the same obfuscation and coercion
because they lacked the mental acuity
to know better.

But I am here to tell you
that something does NOT
have to be difficult
to be effective.

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I'm telling you the opposite.

I'm telling you that
something must be easy
and intuitive....

if it is to be sustainable,
no less profound.

But do not take
my word for it;
put it to the test.

Play with these techniques
every morning and every evening
that you,
like Rey Skywalker...

might meditate
like a Jedi.

2. Parable of the Movie Patron

Let us revisit our friend the movie patron.
He has purchased his ticket, and his snack, and his beverage,
and has taken his seat in the air conditioned comfort
of the movie theater.

After a handful of trailers,
how many?
Just enough to make him forget
what movie he came to see.

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And after those trailers
the movie begins.

And whether it is adventure, or horror,
or comedy, or drama
our friend the patron sits back and enjoys the ride
as he knows he has little other choice.

For he does not confuse himself
with the screenwriter, nor editor, nor director, nor producer
and knows completely

that what occurs upon the screen
is utterly out of his control.

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So he nibbles his snack
and sips his beverage
and enjoys the movie.

Likewise, when the wise sit down,
cross-legged to meditate
upon: earth, or floor, or blanket, or cushion

they know it is NOT their job to select
the sensations, or flavors, or scents, or sounds, or sights,
or emotions, or intentions, or reasonings, or recollections, or imaginings
that cartwheel across the metaphoric stage of their mind.

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What then is their job?

To notice: vulnerable, and passive,
without bothering to analyze or label
and to physically relax that they might mentally let go.

And to do all this
in harmony with the tightening tendencies of each inhalation
and with the relaxing propensities of each exhalation.

For, in our very good fortune,
that is how evolutionary biology
selected for our bodies and minds to best operate.

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And if we put this advice into action,
every morning and every evening,
then we could very much be like a child, with a video game:
difficult, and frustrating, and seemingly impossible to prevail against;

who at long last receives the manufacturer's cheat-codes
and is at last able to transform
their time spent with the video game
from an ordeal, into a delight.

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D. Addendum

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Week	Rumination	Supplementation	Meditation
		Youngling Training	
First	Homework	Parable of the Movie Concession	Compassionately Soothing Loss, Wisely Releasing Loss, Spontaneous Awareness Med.
Second	Eleven Benefits of Loving Kindness	Parable of the Movie Patron	Lovingly Wishing Gain, Wisely Releasing Gain, Spontaneous Awareness Meditation
Third	Anapanasati Sutta	ROMANTIC Panacea	Wisely Releasing Circumstance Spontaneous Awareness Meditation
Fourth	Class Etiquette	Panic Attack	Compassionately Soothing Pain, Wisely Releasing Pain, Spontaneous Awareness Med.
Fifth	What Was the Buddha?	Lethargy	Lovingly Wishing Bliss, Wisely Releasing Bliss, Spontaneous Awareness Meditation
Sixth	Why do we Meditate?	PHYSICAL Panacea	Meditations for PHYSICAL mindfulness and release
Seventh	In Buddhism what is the “Unborn”?	Two Paths	Compassionately Soothing Scorn, Wisely Releasing Scorn, Mahamudra
Eighth	Why use the article “THE buddha”?	Essence of the Four Vows	Lovingly Wishing Praise, Wisely Releasing Praise, and Spontaneous Awareness Med.
		Padawan Training	
Ninth	The Fall of Emperor Palpatine	Good Night and Wake-up Channels	INTER-personal Mindfulness, Release, and Spontaneous Awareness Meditation
Tenth	Metaphorically Playing Victim	Walking Meditation	Compassionately Soothing Shame, Wisely Releasing Shame, & Trekchöd
Eleventh	If we are short of temper, what is NOT our friend?	Gazing Meditation	Lovingly Wishing Fame, Wisely it and Spontaneous Awareness Meditation
Twelfth	When Religion Opposes Science	Four Levels	Mindfulness of Mind, Release, and Spontaneous Awareness Meditation
		Jedi Knight Training	
Thirteenth	Fear in the Time of Covid 19	PATH of Mastery	Concise Love, Letting-go, and Spontaneous Awareness Meditation
Fourteenth	Master Windu's Glare	MEANS of Mastery	Classic Metta Meditation and Spontaneous Awareness Meditation
Fifteenth	Count Dooku's Taunts	NOT a Sprint BUT a Stroll	Sedating Metta Meditation and Spontaneous Awareness Meditation
Sixteenth	Making Wise Decisions	Final Q and A	Mindfulness WITH Breathing Meditation and Spontaneous Awareness Meditation

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**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**



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May love and insight
drive our veganism.

The love that yearns to minimize
our participation
in the exploitation of others;

and the insight that seeks
sustainability,
both ecological and medical.

MEDITATE ^{LIKE} A JEDI