

Jewel-born's Triple Transcendence

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23sep22b



Jewel-born's Triple Transcendence

I. Ten Preliminary Chanted Contemplations



Jewel-born's Triple Transcendence

Right Mindfulness & Meditation's Seventh & Eighth Folds

Calling the Lama from Afar – an Antidote to Confusion

Tikle drop – First Centering CHANT – Bliss & Release

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



Jewel-born's Triple Transcendence



Láma please come to this **CROWN**
and aid this training in
awareness & lettíng-go!

three repetitions

Jewel-born's Triple Transcendence
Silently Calling the Lama from Afar



Observant inhalation:

Relaxing exhalation:

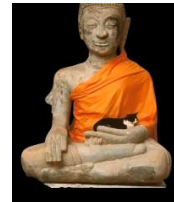
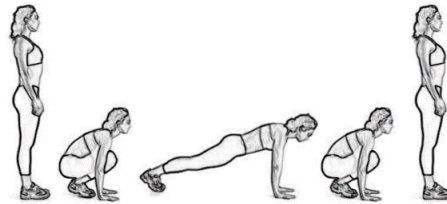
*Lama come...
to this crown!*

Jewel-born's Triple Transcendence

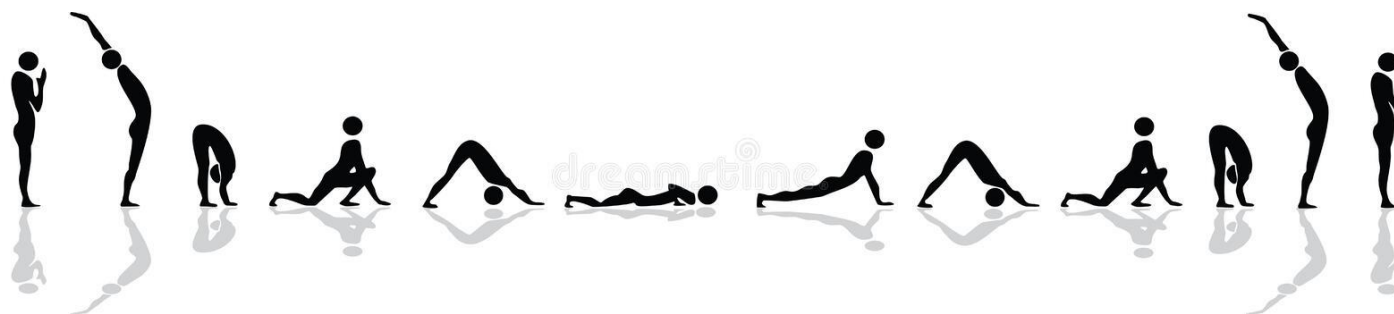
*Right Enthusiasm's Sixth Fold and Right Aspiration's Second Fold
Refuge and Bodhichitta—Antidotes for Fear, Hatred, and Competition*

Máy I liberate all beings
by relying upon Buddha's
example, instructions, and students
to master the Eight-fóld path!

three repetitions



Jewel-born's Triple Transcendence



Jewel-born's Triple Transcendence
Right Zeal's Sixth Fold of Offering my Practice



Tó each Buddha, Dharma, Sangha,
Lama, Yidam, and Khándro
Í offer my practice
of the Eight-fóld path!

Jewel-born's Triple Transcendence

*Right Intention's Second Fold Exploring the **Four Immeasurables***

also known as Ngöndro or Preliminary Practice

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.

Jewel-born's Triple Transcendence

Right Intention's Second Fold of Practicing the Antidote to Elitism

also known as a Ngöndro or Preliminary Practice

Throúgh the cause and effect of
my practice of love and lettíng-go
máý each sentient being of each world
now practice with me in uníson.



Jewel-born's Triple Transcendence

*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



Jewel-born's Triple Transcendence

Right Mindfulness' Seventh Fold of the Buddha's Path

With each **in**halation may ALL beings'
AWARENESS of ALL they feel, taste,
smell, hear, and see as wéll as

émote, intend, reason, recall, and imagine
FLOW: vulnerably, passively,
viscerally, and spontaneoúslý!

Jewel-born's Triple Transcendence

Right View's Eighth Fold of the Buddha's Path – Key to Letting-go

With each **ex**halation may ALL beings
physically RELAX and mentally RELEASE
their grasp upon ÁLL they

feél, taste, smell, hear, and see, as well as
emote, intend, reason, recall, and imáagine!

Jewel-born's Triple Transcendence

Right View's Sixth Fold of the Buddha's Path – Contentment with Simplicity

Máy all beings' contentment
with minimalism and simplicity
FLOW: spontaneous and uncóntrived



Jewel-born's Triple Transcendence

Right Enthusiasm's Sixth Fold

Guru Yoga – an Antidote to Confusion

Tikle drop – Second Centering CHANT – Bliss & Release

also known as Ngöndro or Preliminary Practice



Jewel-born's Triple Transcendence



Láma please blend with this mind
as seed syllable **Hoong** at this **HEART**
that I may master **bliss and letting-go!**

three repetitions

Jewel-born's Triple Transcendence

Silent Guru Yoga



Observant inhalation:

Relaxing exhalation:

*Lama blend...
with heart mind!*

Jewel-born's Triple Transcendence

II. Transcending the Tyranny of Aversion: the union of Love and Letting-go



Jewel-born's Triple Transcendence



Máy I train in lavishing ALL minds,
communication, bodies, and circumstánces
wíth good fortune, health, love, and wisdom
that I may master **love and lettíng-go!**

three repetitions

Jewel-born's Triple Transcendence

The Mantra's Meaning

ॐ नमो भगवते वासुदेवाय

Jewel-born's Triple Transcendence

*With **Om** we invoke the
Rat-na jewel,
Sam-bha-va born one, for
Tram liberation f6r ALL!*

Jewel-born's Triple Transcendence

Mantra Mala Yoga

ॐ रघुसूक्तं

Jewel-born's Triple Transcendence

Ás we chant the mantra it could feel
as if golden rays were emitting from
á thumb-nail sized, horizontal,
seven syllable mantra rosary withín us

ॐ र व स य व ॐ

bléssing ALL minds, communication, bodies
and circumstances thus lavishíng them
wíth joyful wisdom, peaceful love,
beautiful health, and wealthy sáfety.

ॐ नमो भगवते वासुदेवाय

Jewel-born's Triple Transcendence

Leaping-over the Folly of Mental Competition

Landing in the Wisdom of Cooperation

Tram

Jewel-born's Triple Transcendence

Máy ALL **minds** (*or Chit-ta*)

now be lavished with every good thing
in the most wonderful way

Tram

Jewel-born's Triple Transcendence

ás if they were Buddhas' minds
symbolized by a real or imagined
seed (*or Bi-ja*) mántra!

Tram

Tram

Observant inhalation: *Bija like wisdom*
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.

Jewel-born's Triple Transcendence

Observant inhalation:

*Bija like wisdom
for all minds...*

Relaxingly chant:

Óm Rat-na Sam-bha-va Tram!
Om Rat-na Sam-bha-va Tram!
Om Rat-na Sam-bha-va Tram!
Om Rat-na Sam-bha-vá Tram!

Four mantras per breath for eight breaths.

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

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

Jewel-born's Triple Transcendence

Leaping-over the Folly of Interpersonal Competition

Landing in the Wisdom of Cooperation

ਏ ਰਬ ਸਥੂ ਵਏ

Jewel-born's Triple Transcendence

Máy ALL relationships (*communication, or speech*)
now be lavished with every good thing
in the most wonderful way

ਭੈਰਵ ਸ ਧ੍ਰੁ ਵ ਭੈ

Jewel-born's Triple Transcendence

as if they were a Buddha's voice
symbolized by a real or imagined
full (*or Ma-ha*) **mántra!**

ॐ रघुसूक्तं ॐ

Jewel-born's Triple Transcendence

ॐ रघुसधु व ॐ

Observant inhalation: *Mantra 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.

Jewel-born's Triple Transcendence

Observant inhalation: *Mantra like love
for all speech...*

Relaxingly chant:

Óm Rat-na Sam-bha-va Tram!
Om Rat-na Sam-bha-va Tram!
Om Rat-na Sam-bha-va Tram!
Om Rat-na Sam-bha-vá Tram!

Four mantras per breath for eight breaths.

Four mantras per breath.

Count sixteen mantras upon the LEFT index, middle, ring, & little fingers'

lower, middle, & higher creases and tips.

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

Jewel-born's Triple Transcendence

Leaping-over the Folly of Physical Competition

Landing in the Wisdom of Cooperation



Jewel-born's Triple Transcendence

Máy ALL **bodies** (*or forms*)

now be lavished with every good thing
in the most wonderful way



ás if they were
the real or imagined form
of an enlightened archetype (*or Yí-dam*)!



Jewel-born's Triple Transcendence



Observant inhalation:

Yidam 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.

Jewel-born's Triple Transcendence

Observant inhalation: *Yidam like health
for each form...*

Relaxingly chant:

Óm Rat-na Sam-bha-va Tram!
Om Rat-na Sam-bha-va Tram!
Om Rat-na Sam-bha-va Tram!
Om Rat-na Sam-bha-vá Tram!

Four mantras per breath for eight 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.

Jewel-born's Triple Transcendence

Leaping-over the Folly of Circumstantial Competition

Landing in the Wisdom of Cooperation



Jewel-born's Triple Transcendence

Máy all **circumstances** (*or lots*) now be
lavished with every good thing (*or boon*)
in the most wonderfúl way



Jewel-born's Triple Transcendence

ás if they were ALL a Buddhas'
real or imagined
paradise, pure land, (*or Vá-ti*)!



Jewel-born's Triple Transcendence



Observant inhalation:

Relaxing exhalation

*Vati like boon,
for each lot...*

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.

Jewel-born's Triple Transcendence

Observant inhalation:

*Vati like boon,
for each lot...*

Relaxingly chant:

Óm Rat-na Sam-bha-va Tram!
Om Rat-na Sam-bha-va Tram!
Om Rat-na Sam-bha-va Tram!
Om Rat-na Sam-bha-vá Tram!

Four mantras per breath for eight 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.

Jewel-born's Triple Transcendence

III. Transcending the Tyranny of Avarice: the union of Bliss and Letting-go



Jewel-born's Triple Transcendence

Wisdom's First fold of the Eight-fold path, the Four Bases of Mindfulness

Máy I let go of ALL circumstances, bodies,
relationships, and minds
as if they were as NON-graspablé as

Jéwel-born's mythic paradise, body,
communication, and mind óf light.

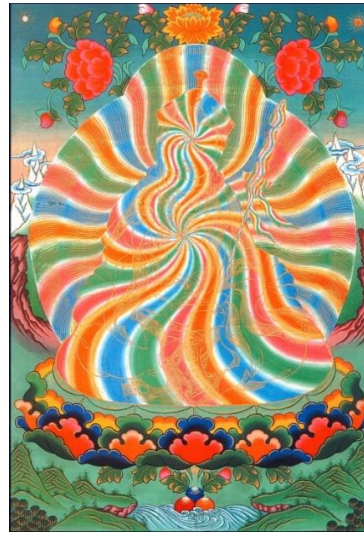
Jewel-born's Triple Transcendence
Right View's First fold of

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

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



Jewel-born's Triple Transcendence



Hów could ALL **places** blissfully melt
into rainbow light
that absorbs into all bódies?

Jewel-born's Triple Transcendence



Observant inhalation:

Relaxing exhalation:

*How lots **melt**...
into forms?*

Jewel-born's Triple Transcendence



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

Jewel-born's Triple Transcendence



Observant inhalation:

Relaxing exhalation:

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

Jewel-born's Triple Transcendence

ੴ ਰਗੁ ਸਧੂ ਵ ੴ

Hów could ALL **speech** blissfully melt
into rainbow light
that absorbs into áll minds?

Jewel-born's Triple Transcendence

ਉਰਬਸਥੁਰੰ

Observant inhalation: *How speech melts ...*
Relaxing exhalation: *into minds?*

Tram

Hów could ALL **minds** blissfully melt
into rainbow light
that absorbs into infinite empt**í**ness?

Tram

Observant inhalation:

Relaxing exhalation:

*How minds melt...
into void?*

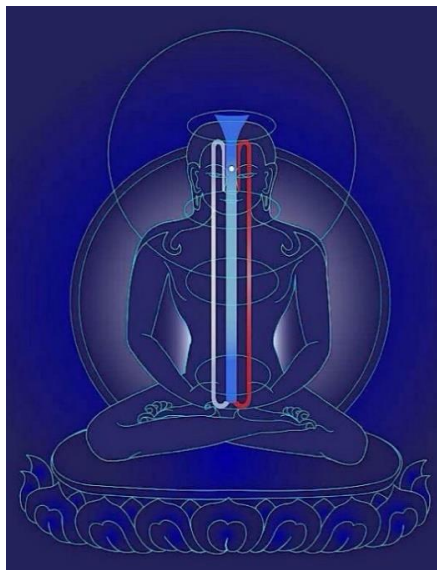
Jewel-born's Triple Transcendence

Right Mindfulness & Meditation's Seventh & Eighth Folds

Centering Meditation's Bliss & Letting-go

thus Slicing through Craving which could serve as an Obscuring Emotion

also known as Dzogchen's Tikle, Bindu-mahamudra, Completion-stage, or Anu-yoga



Tram

Máy I sustainably **relax**
into the comfortable sensations
of **Tram**'s **navél** bliss!

Jewel-born's Triple Transcendence

Observant inhalation: ***Tram...*** (***Tram Tram Tram...***)

Relaxing exhalation: ***ease!*** (***relaxing!***)

1st set of 64 rounds

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

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

Jewel-born's Triple Transcendence

Observant inhalation: ***Tram...*** (***Tram Tram Tram...***)

Relaxing exhalation: ***ease!*** (***relaxing!***)

2nd set of 64 rounds

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

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

Jewel-born's Triple Transcendence

Observant inhalation: ***Tram...*** (***Tram Tram Tram...***)

Relaxing exhalation: ***ease!*** (***relaxing!***)

3rd set of 64 rounds

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

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

Jewel-born's Triple Transcendence

Observant inhalation: ***Tram...*** (***Tram Tram Tram...***)

Relaxing exhalation: ***ease!*** (***relaxing!***)

4th set of 64 rounds

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

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

Jewel-born's Triple Transcendence

Observant inhalation: ***Tram...*** (***Tram Tram Tram...***)

Relaxing exhalation: ***ease!*** (***relaxing!***)

256 rounds

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

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

Jewel-born's Triple Transcendence

Observant inhalation: **earth...** (*grin to earth...*)

Relaxing exhalation: **ease!** (*relaxing!*)

1st set of 64 rounds

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

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

Jewel-born's Triple Transcendence

Observant inhalation: ***earth...*** (*grin to ***earth...****)

Relaxing exhalation: ***ease!*** (*relaxing!*)

2nd set of 64 rounds

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

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

Jewel-born's Triple Transcendence

Observant inhalation: ***earth...*** (*grin to ***earth...****)

Relaxing exhalation: ***ease!*** (*relaxing!*)

3rd set of 64 rounds
Count sixteen **rounds** upon the LEFT little, ring, middle, & index fingers'
lower, middle, & higher creases and tips.
Count four **sets** upon RIGHT little, **ring**, middle, & index finger's
lower, middle, & higher sets of creases & tip.

Jewel-born's Triple Transcendence

Observant inhalation: ***earth...*** (*grin to ***earth...****)

Relaxing exhalation: ***ease!*** (*relaxing!*)

4th set of 64 rounds

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

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

Jewel-born's Triple Transcendence

Observant inhalation: ***earth...*** (*grin to ***earth...****)

Relaxing exhalation: ***ease!*** (*relaxing!*)

256 rounds

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

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

Jewel-born's Triple Transcendence
Right Intention's

IV. Transcending the Tyranny of Attachment with the union Awareness and Letting-go



Jewel-born's Triple Transcendence
Right View's First fold of

Silent Figurative Contemplations

Bringing the Four Bases of Mindfulness into the Path of Wisdom

Leaping over the illusions of permanence and independence that feed clinging

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



Jewel-born's Triple Transcendence

Tram

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.

Jewel-born's Triple Transcendence

ॐ रश्मयुर्व ॐ

Observant inhalation: *How **speech** heard yet...*

Relaxing exhalation: *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.

Jewel-born's Triple Transcendence



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.*

Jewel-born's Triple Transcendence



Observant inhalation:

*How **lots** seen yet...*

***Relaxing** exhalation:*

***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.*

Jewel-born's Triple Transcendence

Right Mindfulness & Meditation's Seventh & Eighth Folds of

Silent Meditation's Awareness and Letting-go

slicing-through: the confusion that is also known as an obstruction to omniscience

also known as Dzokchen Trekchö, Sutra-mahamudra, Mahasandhi, Great-completion-stage, or Ati-yoga

Jewel-born's Triple Transcendence

*Observant inhalation:****This...** (Notice this...)****Relaxing** exhalation:****ease!** (relaxing!)**1st set of 64 rounds**Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.**Count four **sets** upon RIGHT little, **ring**, middle, & index finger's lower, middle, & higher sets of creases & tip.*

Jewel-born's Triple Transcendence

Observant inhalation:

This... (Notice this...)

Relaxing exhalation:

ease! (*relaxing!*)

2nd set of 64 rounds

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

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

Jewel-born's Triple Transcendence

*Observant inhalation:****This...** (Notice this...)****Relaxing** exhalation:****ease!** (relaxing!)**3rd set of 64 rounds**Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.**Count four **sets** upon RIGHT little, **ring**, middle, & index finger's lower, middle, & higher sets of creases & tip.*

Jewel-born's Triple Transcendence

*Observant inhalation:****This...** (Notice this...)****Relaxing** exhalation:****ease!** (relaxing!)**4th set of 64 rounds**Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.**Count four **sets** upon RIGHT little, **ring**, middle, & index finger's lower, middle, & higher sets of creases & tip.*

Jewel-born's Triple Transcendence

Observant inhalation: ***This...*** (*Notice this...*)

Relaxing** exhalation:* ***ease! (*relaxing!*)

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

Jewel-born's Triple Transcendence

V. Sharing our Positive Vibrations with All



Jewel-born's Triple Transcendence
Love's Four Bases of Mindfulness



Máy ALL lots, forms, speech, and minds
have the boon, health, love, and wísdom
óf Jewel-born's mythical
paradise, body, communication, ánd mind.

Jewel-born's Triple Transcendence
Embracing the Path of Yin



Máy ALL beings, like Jewel-born,
master being: flexible, loving, laid-back,
egalitarian, cooperative, and kind.

Jewel-born's Triple Transcendence

*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.

Jewel-born's Triple Transcendence
Accomplishing Mastery of the Eight-fold Path



Máy all beings, like Jewel-born,
master the Eight-fold path
as well as liberate ALL óthers.

Jewel-born's Triple Transcendence
Accomplishing Auspicious Rebirth



Máy all who have perished
over the last forty-níne days
táke immediate and auspicious rebirth
in A-mi-ta-bha's Joyful púre land.

Jewel-born's Triple Transcendence
Accomplishing Auspicious Rebirth



At the very end of their current lives
may each sentient being be born
in the Joyful pure land of Su-kha-vá-ti.

Jewel-born's Triple Transcendence

*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.

Jewel-born's Triple Transcendence



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

Jewel-born's Triple Transcendence
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,

Jewel-born's Triple Transcendence



whátever aspirations they have made
to benefit beings,
may I accomplish thém all.



V. Appendix

Jewel-born's Triple Transcendence
Shantideva's

Dedication Prayers

from the 10th chapter of the Bodhicharyavatara



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

Jewel-born's Triple Transcendence

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

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

Jewel-born's Triple Transcendence

Máy the blind see forms
and the deaf héar sounds.

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

Jewel-born's Triple Transcendence

Máy the naked *receive* clothing
the hungry receive food
máy 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.

Jewel-born's Triple Transcendence

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

Jewel-born's Triple Transcendence

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.

Jewel-born's Triple Transcendence

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

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. 😊

Jewel-born's Triple Transcendence

The Mantra's Benefits



by Khenchen Jigme Phuntsok
found in the colophon of his Terma:

“The Cintamani (*wish-fulfilling jewel*) Instruction
a Sadhana of the Glorious Vajrasattva,
a Method of Purification and Accomplishment for Both Self and Others”

Jewel-born's Triple Transcendence

In THIS life, one will be able to:

eliminate all dangers,
extend one's lifespan,

increase one's wealth,
remove illness *and the like*,
attaining all that one wishes.

In the NEXT life, one will definitely take rebirth
in the pure land of Amitabha,
or whichever pure land one aspires to be born in.

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This practice, which removes obstacles,
can be practiced by anyone,
whether he is following
the exoteric Mahayana schools,

Secret Mantra (Vaj-ra-ya-na) schools,
or even if he has yet to receive initiation.

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Everyone should understand this clearly.
This is authenticated by Jigme Phuntsok,
at the Larong Buddhist University

in the presence of some tens of thousands
of ordained monastics.
May auspiciousness increase!

Jewel-born's Triple Transcendence

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...*

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*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).*

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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.*

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C. The Path of Mastery

Unconscious Incompetence

Conscious Incompetence

Conscious Competence

Unconscious Competence

When have we mastered the sages' path?



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*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**.*

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*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.*