

Benza Guru Ease

# Benza Guru Ease

*Terton Lama: Jigme Gyatso, Rime Rinpoche*

*20mar22b*



Benza Guru Ease  
*Antidote to Elitism*

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



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*The Four Immeasurables*

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*

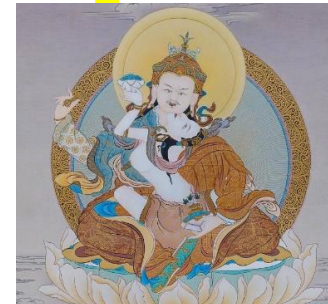
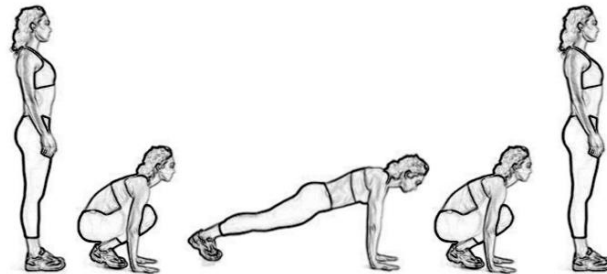
Máy everyone have balance: FREE from  
the tyranny of hating, craving, & clínging.

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*Invigorating Buddha Bowing for aging Fitness Freaks – Refuge and Bodhichitta*

Éternally I rely  
on Bud-dha, Dhar-ma and Sáng-ha.  
Má y my practice of this path  
liberate áll beings.

3, 4, 8, 12, or 16 repetitions



## Benza Guru Ease



Benza Guru Ease  
*The Four Thoughts*

Résistance exacerbates all stress,  
independence is but an illú<sup>u</sup>sion,  
thére is nothing permanent to grasp;  
so let's **make the most** of our precioú<sup>u</sup>s lives!

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# *Barchad Lamsel*

*Dispelling Obstacles on the Path*

Gú-ru Rin-po-che,  
embodiment of the Buddhas  
of the thrée times,

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Gú-ru who is great Bliss,  
lord of ALL accomplishments;

Gú-ru who is the Dynamic  
and wrathful Tamer of Má-ras,  
dispeller of ALL hindrances;  
I pray to you. Bestow your blessings.



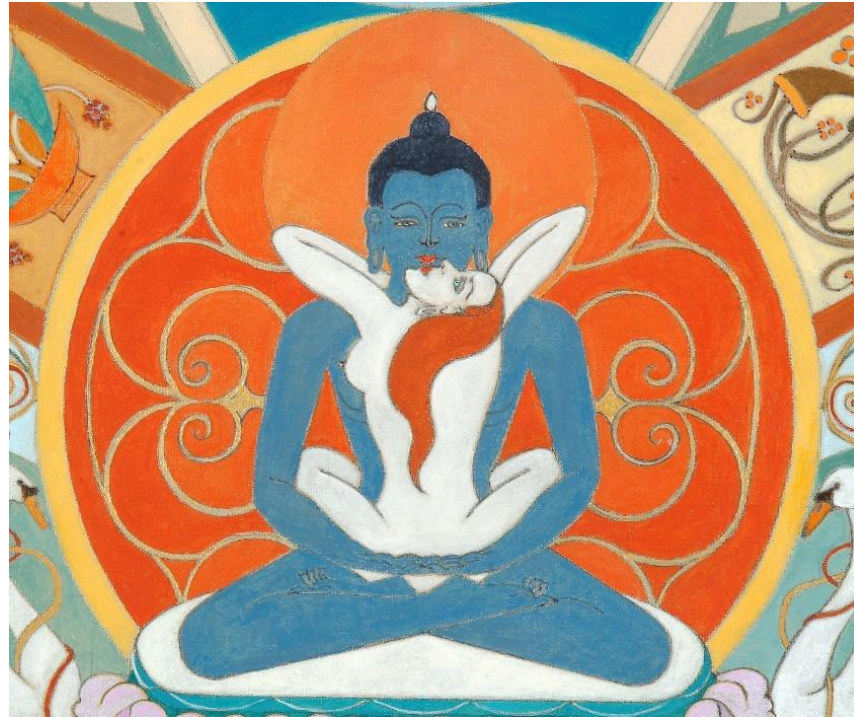
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Please remove all:  
outer, inner, and secret obstacles  
and grant your blessings that our wishes  
be spontaneously accomplished.

Óm Ah Hung Ben-za Gu-ru  
Pe-ma Sid-dhí Hung!

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# *Leaping-over Obstructions to Enlightenment*



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Observant inhalation: *How all **lots**  
always change?*

*Relaxingly whisper:*

Om **Ah Hung Ben-zar**

**Gu-ru Pe-ma Sid-dhi Hung!**

*Four mantras per breath.*

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

*Count 1 **set** upon RIGHT little finger's lower, middle, & higher sets of creases & tip.*

Benza Guru Ease

Observant inhalation: *How all forms  
always change?*

*Relaxingly whisper:*

Om **Ah Hung Ben-zar**

**Gu-ru Pe-ma Sid-dhi Hung!**

*Four mantras per breath.*

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

*Count 1 set upon RIGHT little finger's lower, middle, & higher sets of creases & tip.*

Benza Guru Ease

Observant inhalation: *How all **speech**  
always change?*

*Relaxingly whisper:*

Om **Ah Hung Ben-zar**

**Gu-ru Pe-ma Sid-dhi Hung!**

*Four mantras per breath.*

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

*Count 1 **set** upon RIGHT little finger's lower, middle, & higher sets of creases & tip.*

Benza Guru Ease

Observant inhalation: *How all **minds**  
always change?*

*Relaxingly whisper:*

Om **Ah Hung Ben-zar**

**Gu-ru Pe-ma Sid-dhi Hung!**

*Four mantras per breath.*

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

*Count 1 **set** upon RIGHT **little** finger's lower, middle, & higher sets of creases & tip.*

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# *Slicing-through Hope and Fear*



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Observant inhalation: *How relax*  
*into the awareness of this?*

*Relaxingly whisper:*

Om Ah Hoong Ben-zar

Gu-ru Pe-ma Sid-dhi Hoong!

*Four mantras per breath.*

*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.*



Benza Guru Ease

Observant inhalation: *How relax*  
*into the awareness of this?*

*Relaxingly whisper:*

Om **Ah Hoong Ben-za**

**Gu-ru Pe-ma Sid-dhi Hoong!**

*Four mantras per breath.*

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

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

Benza Guru Ease

Observant inhalation: *How relax*  
*into the awareness of this?*

*Relaxingly whisper:*

Om **Ah Hoong Ben-za**

**Gu-ru Pe-ma Sid-dhi Hoong!**

*Four mantras per breath.*

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

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

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*Trekchö<sub>a</sub> – Spontaneous Meditation – Awareness and release  
slicing through the craving and hating that some call hope and fear*

*Observant inhalation:*                      *Notice this...*  
*Relaxing exhalation:*                      *relaxing!*

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

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

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*Observant inhalation:*

***Relaxing** exhalation:*

*Notice this...  
relaxing!*

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

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

Benza Guru Ease

*Observant inhalation:*

***Relaxing** exhalation:*

*Notice this...  
relaxing!*

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

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

Benza Guru Ease

*Observant inhalation:*

***Relaxing** exhalation:*

*Notice this...  
relaxing!*

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

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

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# *Leaping-over Obscuring Emotions*



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Observant inhalation: *Good fortune  
for all lots...*

*Relaxingly whisper:*

Om Ah Hung Ben-zar

Gu-ru Pe-ma Sid-dhi Hung!

*Four mantras per breath.*

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

*Count 1 set upon RIGHT little finger's lower, middle, & higher sets of creases & tip.*



Benza Guru Ease

Observant inhalation: *Profound health  
for all forms...*

*Relaxingly* whisper:

Om **Ah Hung Ben-zar**

**Gu-ru Pe-ma Sid-dhi Hung!**

*Four mantras per breath.*

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

*Count 1 set upon RIGHT little finger's lower, middle, & higher sets of creases & tip.*

Benza Guru Ease

Observant inhalation: *Peaceful love*  
*for all speech...*

*Relaxingly* whisper:

Om Ah Hung Ben-za

Gu-ru Pe-ma Sid-dhi Hung!

*Four mantras per breath.*

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

*Count 1 set upon RIGHT little finger's lower, middle, & higher sets of creases & tip.*

Benza Guru Ease

Observant inhalation: *Joy freedom  
for all minds...*

*Relaxingly* whisper:

Om Ah Hung Ben-za

Gu-ru Pe-ma Sid-dhi Hung!

*Four mantras per breath.*

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

*Count 1 set upon RIGHT little finger's lower, middle, & higher sets of creases & tip.*

Benza Guru Ease

# *Slicing-through Hope and Fear*



Benza Guru Ease

Observant inhalation: *How relax*  
*into the awareness of this?*

*Relaxingly whisper:*

Om Ah Hoong Ben-za

Gu-ru Pe-ma Sid-dhi Hoong!

*Four mantras per breath.*

*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.*

Benza Guru Ease

Observant inhalation: *How relax  
into the awareness of this?*

*Relaxingly whisper:*

Om **Ah Hoong Ben-za**

**Gu-ru Pe-ma Sid-dhi Hoong!**

*Four mantras per breath.*

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

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

Benza Guru Ease

Observant inhalation: *How relax  
into the awareness of this?*

*Relaxingly whisper:*

Om Ah Hoong Ben-za

Gu-ru Pe-ma Sid-dhi Hoong!

*Four mantras per breath.*

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

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

Benza Guru Ease

*Trekchö<sub>a</sub> – Spontaneous Meditation – Awareness and release  
slicing through the craving and hating that some call hope and fear*

*Observant inhalation:*                      *Notice this...*  
*Relaxing exhalation:*                      *relaxing!*

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

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



Benza Guru Ease

*Observant inhalation:*

***Relaxing** exhalation:*

*Notice this...  
relaxing!*

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

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

Benza Guru Ease

*Observant inhalation:*

***Relaxing** exhalation:*

*Notice this...  
relaxing!*

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

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

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*Observant inhalation:*

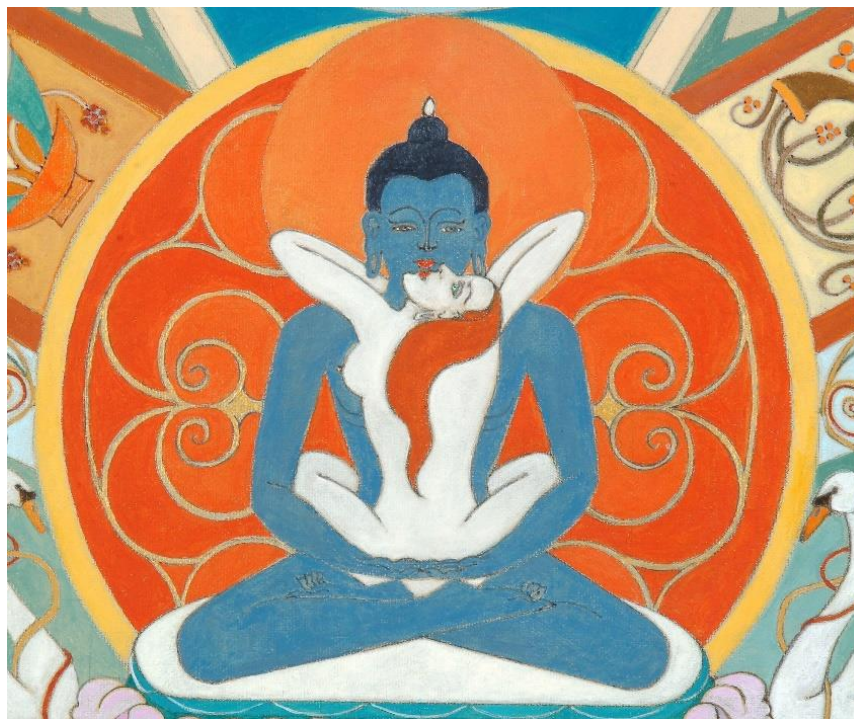
***Relaxing** exhalation:*

*Notice this...  
relaxing!*

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

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

Benza Guru Ease  
*Sharing the Good Karma*



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Évery day may I practice  
KIND: communication,  
conduct, and cómmerce

flówing from a place  
of centered spontaneíty.

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Fór the sake of all living beings  
may I quickly master the eight-fold path  
to the point of practicing it:

spóntaneously, habitually, easily and  
effectively and then lead every living being,  
without exception, to thát state.

Benza Guru Ease

Át the natural end of each beings' life  
may they take optimal rébirth,  
máster the Buddha's path  
and then help all others do likéwise.

Benza Guru Ease

**Máy ALL suffering quickly cease,  
all happiness and joy manífest,  
ánd may Lao Tzu and Buddha's path  
flourish everýwhere.**



Benza Guru Ease

Máy precious, supreme love and letting-go  
grow where they have NÓT grown  
ánd where they have grown  
may they flourish forevér more.

Benza Guru Ease  
*Wishes for the Preservation of the Buddha's Teachings*



Benza Guru Ease

Máy every meditation teacher  
understand Lao Tzu  
and Buddha's téachings,

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

Benza Guru Ease

Máy all meditation teachers

spontaneously réceive:

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

ánd may many Dhar-ma centers likewise be  
successfully planted, nurtured & suppórted. 😊

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# V. Appendix

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## 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.*

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## 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.*



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## *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.*