

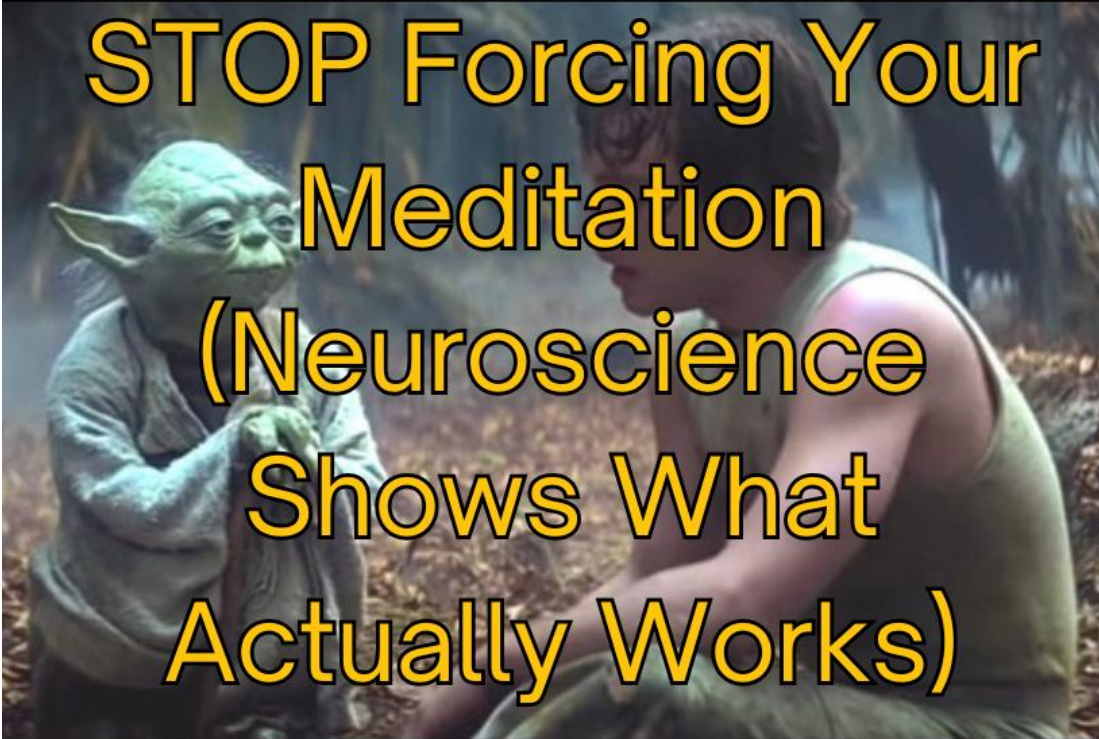
Easy Meditation

11jul26c

Meditate Like a Jedi

Neuroscience and Meditation.....	3
PTSD and Walking Meditation.....	9
The Four Noble Truths.....	18
Eight-fold Path.....	24
Bengali Crease Counting.....	38
Seven Enlightenment Factors.....	46
The Art of Sitting.....	54

STOP Forcing Your
Meditation
(Neuroscience
Shows What
Actually Works)



A Tale of Two Archetypes

The Buddha (*Gautama or Shakyamuni*)
and his Foolish Cousin (*Devadatta*)



Sturgeon's Law

Ninty-percent of everything Sucks!

Proto-Buddhism:

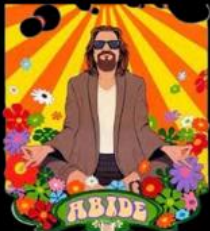
Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

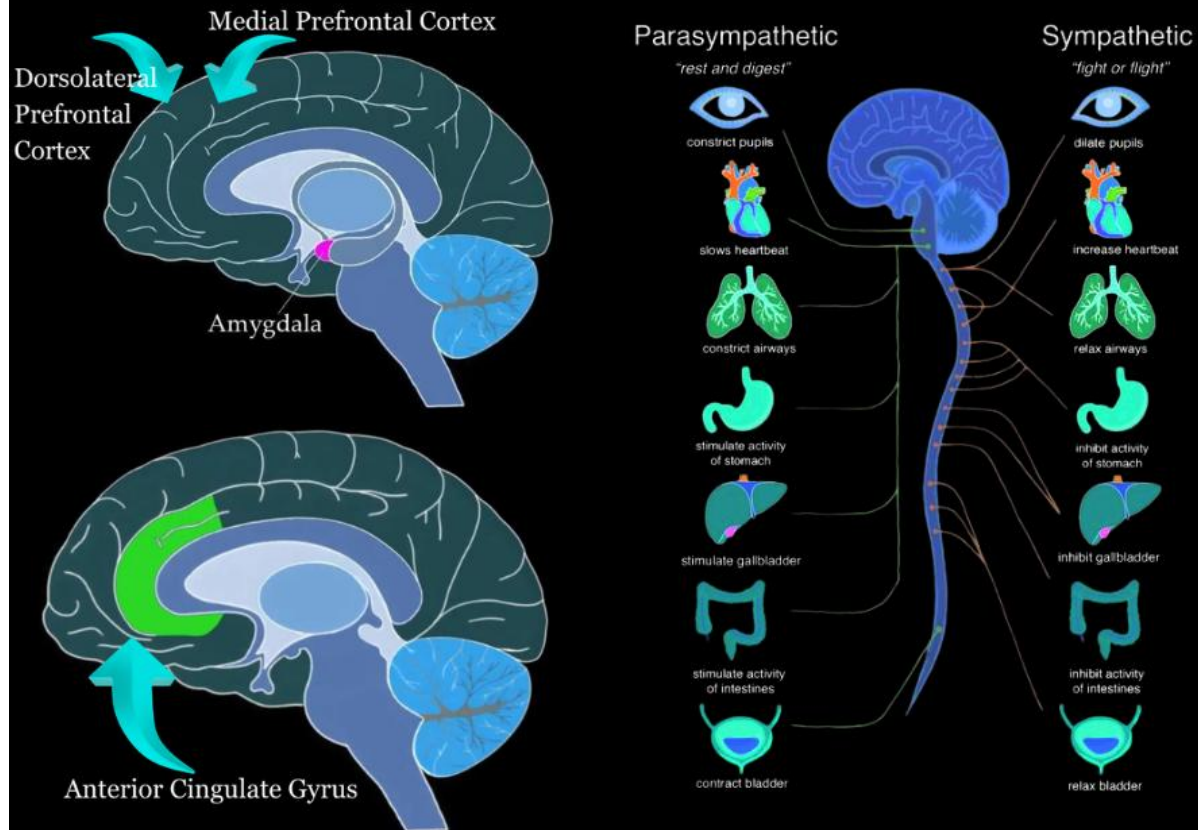
Institutional Buddhism:

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel

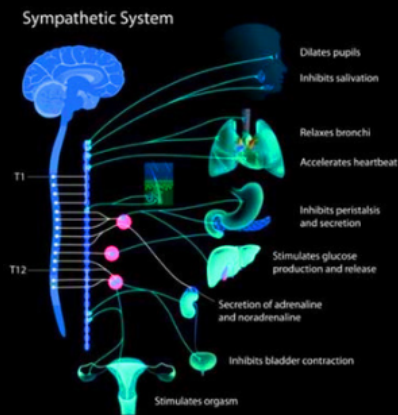


The Price of Rigidity & Control



Mindful, Vulnerable & Random

- Vulnerably,
 - Passively,
 - Viscerally,
 - Randomly, and
 - Fleetingly
- Watch**



All Mind's Antics of:

- Perception,
- Emotion,
- Intention,
- Cognition,
- Recollection, and
- Imagination

All Manner of Phenomena:

- External to Internal,
- Physical to Mental,
- Pleasurable to Painful,
- Interesting to Boring, and
- Glorious to Grotesque

Mindfulness

Watch

inhalation

Meditation

Rest

exhalation

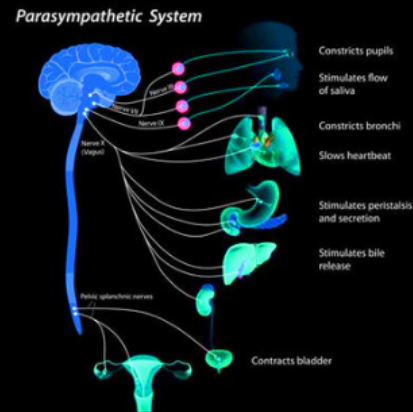
Meditation, NO-self, & Emptiness

Mindfulness *Watch* inhalation

Meditation *rest* exhalation

Fleetingly: **LESS** stressful,
LESS permanent, **LESS** defining and...
as **NON**-graspable as a vast, **EMPTY** void...

like the illusion
of the infinite, azure sky
on a bright and beautiful
cloudless morn
which although could look
tantalizing to the eye
could feel **NON**-graspable
to the hand.



What is Enlightenment?

Wise VIEW supporting release

- 1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over *pride*'s obstructions to omniscience)

Compassionate ACTION

- 2 - Right Mentally Kind Intention
(the essence of the Bodhisattva Vows
that leaps over *jealously*'s obstructions to omniscience)
- 3 - Right Interpersonally Kind Communication
- 4 - Right Physically Kind Conduct
(non-violent essence of the Pratimoksha Vows)
- 5 - Right Circumstantially Kind Commerce
(cruelty & competition transformed into compassion & cooperation)

Liberating MEDITATION (as described by the seven enlightenment factors)

- 6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) 4 & 3
- 7 - Right Mindfulness 1, 2, & 6
- 8 - Right Meditation
(that slices through duality's obscuring emotions of dread and desire) 5 & 7

end

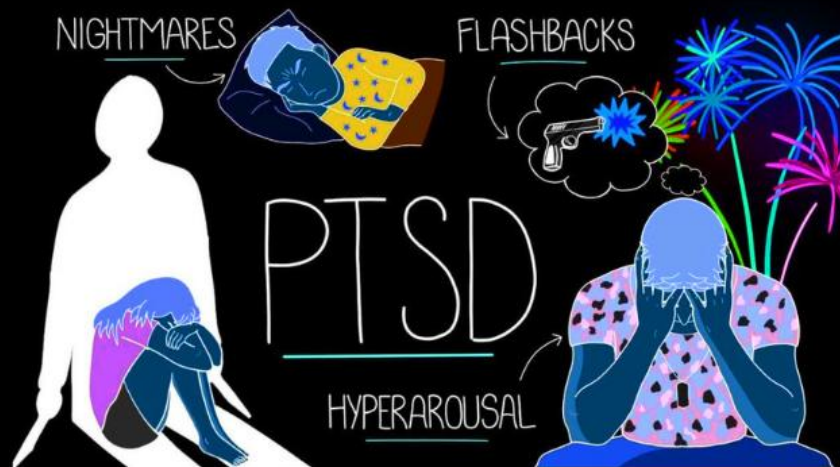
A painting of Yoda, the green alien from Star Wars, sitting in a meditative pose. He is surrounded by a lush, green, and somewhat ethereal landscape. The text "Walking Meditation Breaks the PTSD Pattern" is overlaid on the image in a large, blue, outlined font.

Walking Meditation Breaks the PTSD Pattern

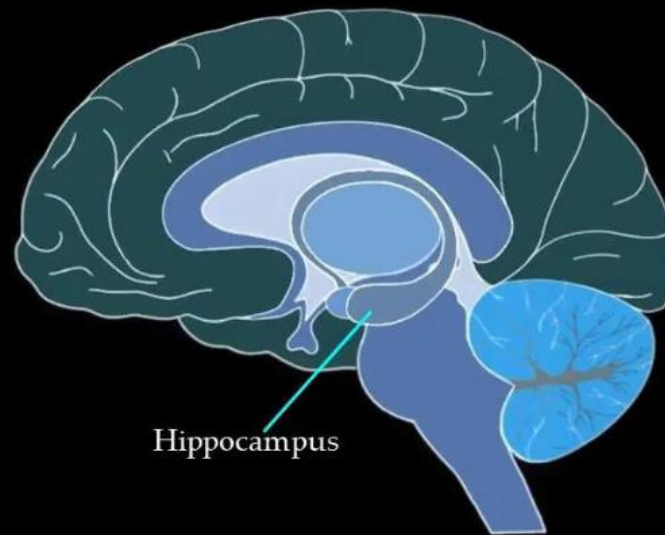
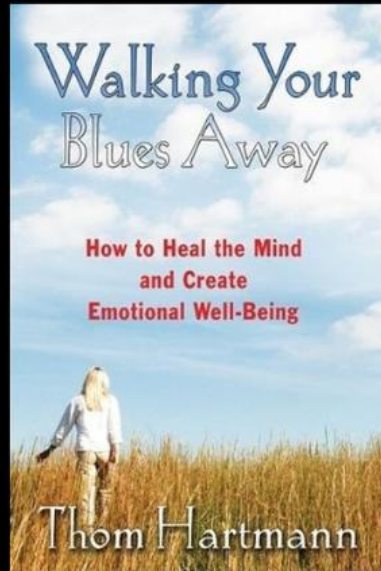
Introduction

Survivors of:

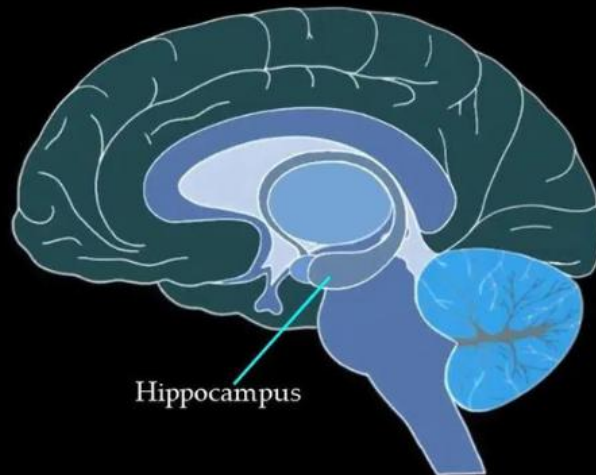
- War,
- Domestic abuse, and
- child abuse



“Walking your Blues Away”



Simile of the Doorman



Soothing the Hippocampus

ENTER: the magick
of Relaxed, Strolling Meditation



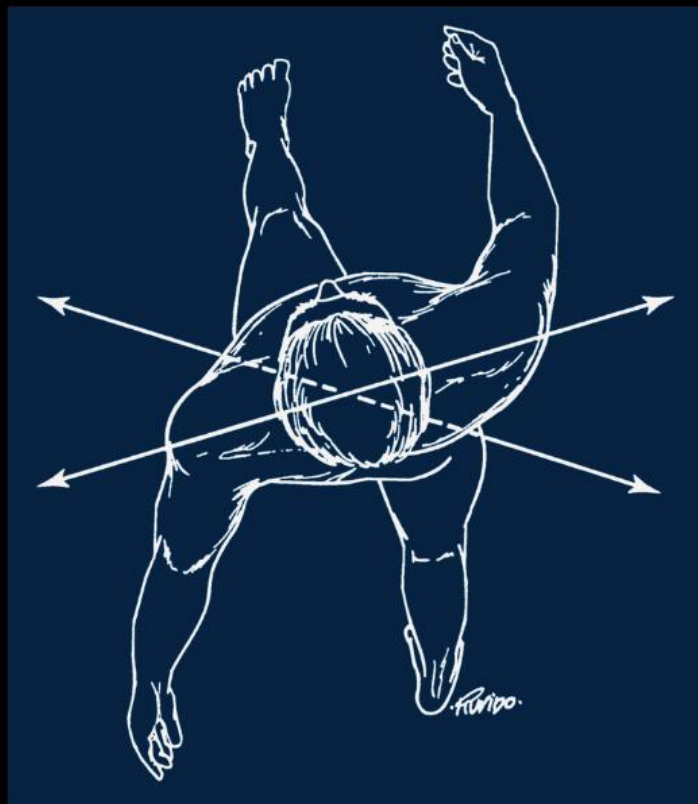
Where to Stroll?



Feel Unsafe?



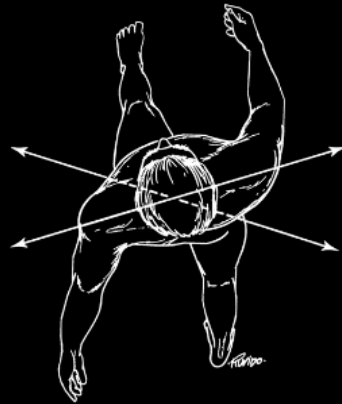
How to Stroll?



Turbo Charge your Stroll

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation



Mindfulness **Feel** inhalation

Meditation **Rest** exhalation

end

A man with long hair and a beard is meditating in a room with red lighting. He is wearing a light-colored jacket and has his eyes closed. The background is dark with some vertical light streaks.

**The Real Reason
to Meditate**
*(It's Found
in the Four
Noble Truths)*

A Tale of Two Archetypes

The Buddha (*Gautama or Shakyamuni*)
and his Foolish Cousin (*Devadatta*)



Sturgeon's Law

Ninty-percent of everything Sucks!

Proto-Buddhism:

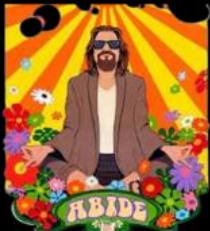
Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

Institutional Buddhism:

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



1st STRESS

- I The Mental
- II The Interpersonal
- III The Physical
- IV The Circumstantial

2nd CAUSE (or *survival's drive*)

Fuck it?

Feed on it?

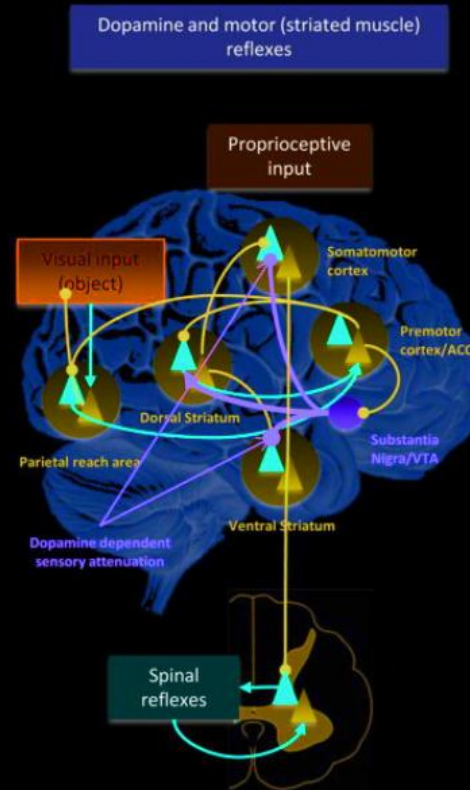
Fight it?



Flee from it?

Faint before it?

Fawn over it?

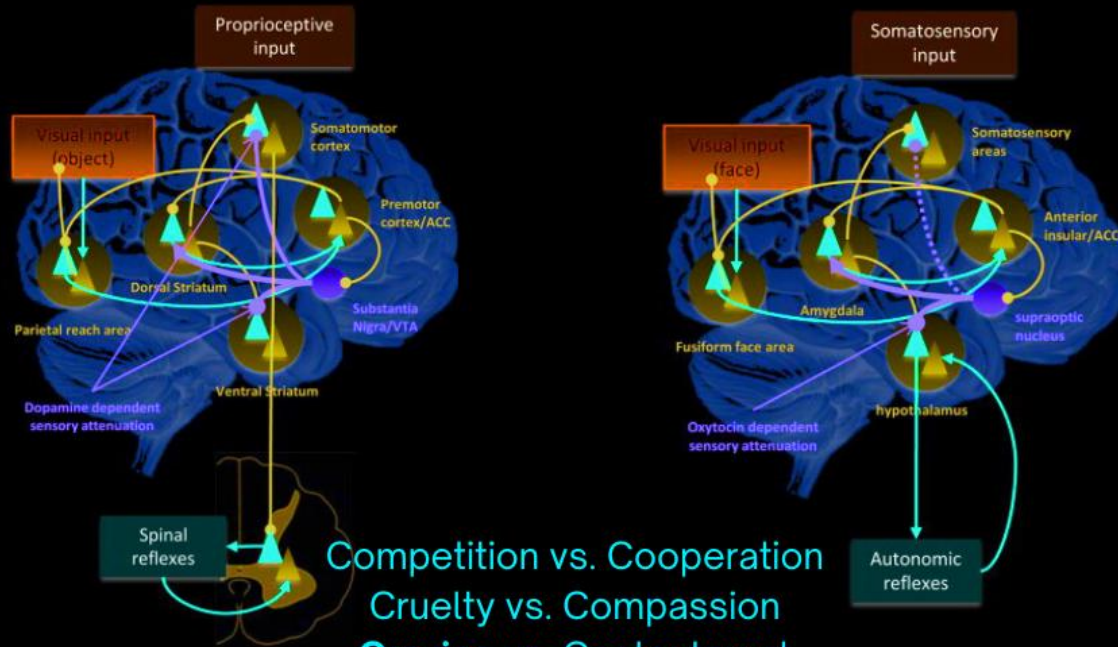


3rd LIBERATION

(from Survival's TYRANNY)

Dopamine and motor (striated muscle)
reflexes

Oxytocin and autonomic (smooth muscle)
reflexes



Competition vs. Cooperation
Cruelty vs. Compassion
Craving vs. Contentment

4th PATH

the Eight-fold Path of Enlightenment

Wise VIEW supporting release

1 - Right View of Impermanence, NO-self, and Emptiness

(that leaps over pride's obstructions to omniscience)

Compassionate ACTION

2 - Right Mentally Kind Intention

(the essence of the Bodhisattva Vows

that leaps over jealously's obstructions to omniscience)

3 - Right Interpersonally Kind Communication

4 - Right Physically Kind Conduct

(non-violent essence of the Pratimoksha Vows)

5 - Right Circumstantially Kind Commerce

(cruelty & competition transformed into compassion & cooperation)

Liberating MEDITATION (as described by the seven enlightenment factors)

6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) **4 & 3**

7 - Right Mindfulness 1, 2, & 6

8 - Right Meditation

(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

end

A man with a beard and long hair, wearing a brown robe, is sitting in a meditative pose in a desert landscape. The background shows a bright full moon in a blue and yellow sky. The text is overlaid on the image.

**Meditation's
Forgotten Keys:**
*(what
the Eight-Fold Path
Actually Teaches)*

What is the difference between Proto Buddhism and Institutional Buddhism?



Sturgeon's Law

Ninty-percent of everything Sucks!

Yin's Spiritual Matriarchy

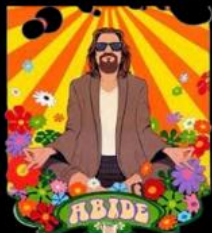
Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

Yang's Religious Patriarchy

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



What is Enlightenment?

1. Mastery of Eight-fold Path
2. Mastery's Definition
3. Mastery's Examples
4. Buddha's Promise

The Dynamos of the Path

Wise VIEW supporting release

- 1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over *pride's* obstructions to omniscience)

Compassionate ACTION

- 2 - Right Mentally Kind Intention
(the essence of the Bodhisattva Vows
that leaps over *jealously's* obstructions to omniscience)
- 3 - Right Interpersonally Kind Communication
- 4 - Right Physically Kind Conduct
(non-violent essence of the Pratimoksha Vows)
- 5 - Right Circumstantially Kind Commerce
(cruelty & competition transformed into compassion & cooperation)

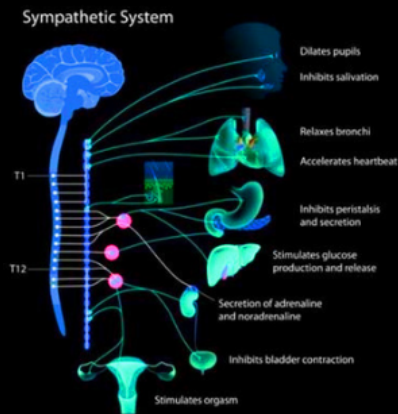
Liberating MEDITATION (as described by the seven enlightenment factors)

- 6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) **4 & 3**
- 7 - **Right Mindfulness 1, 2, & 6**
- 8 - **Right Meditation**
(that slice through duality's obscuring emotions of dread and desire) **5 & 7**

MINDFULNESS - the 7th Fold

- Vulnerably,
- Passively,
- Viscerally,
- Randomly, and
- Fleetingly

Watch



All Mind's Antics of:

- Perception,
- Emotion,
- Intention,
- Cognition,
- Recollection, and
- Imagination

All Manner of Phenomena:

- External to Internal,
- Physical to Mental,
- Pleasurable to Painful,
- Interesting to Boring,
- Convenient to Arduous, and
- Glorious to Grotesque

Mindfulness

Watch

inhalation

Meditation

Rest

exhalation

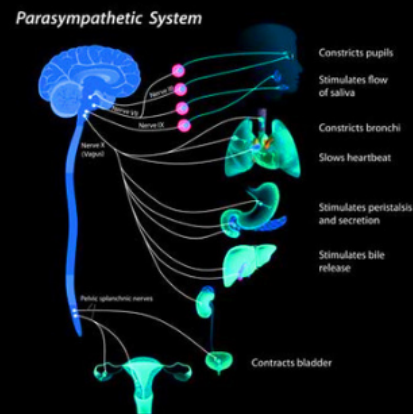
Meditation - the 8th Fold

Mindfulness *Watch* inhalation

Meditation **rest** exhalation

Fleetingly: **LESS** stressful,
LESS permanent, **LESS** defining and...
as **NON**-graspable as a vast, **EMPTY** void...

like the illusion
of the infinite, azure sky
on a bright and beautiful
cloudless morn
which although could look
tantalizing to the eye
could feel **NON**-graspable
to the hand.



The 1st Fold of the Path

Wise VIEW supporting release

- 1 - Right View of Impermanence, NO-self, and Emptiness**
(that leaps over pride's obstructions to omniscience)

Compassionate ACTION

- 2 - Right Mentally Kind Intention**
(the essence of the Bodhisattva Vows
that leaps over *jealously's* obstructions to omniscience)
- 3 - Right Interpersonally Kind Communication**
- 4 - Right Physically Kind Conduct**
(non-violent essence of the Pratimoksha Vows)
- 5 - Right Circumstantially Kind Commerce**
(cruelty & competition transformed into compassion & cooperation)

Liberating MEDITATION (as described by the seven enlightenment factors)

- 6 - Right Effortless Effort** (that is Joyful Love's Centered Spontaneity) **4 & 3**
- 7 - Right Mindfulness 1, 2, & 6**
- 8 - Right Meditation**
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

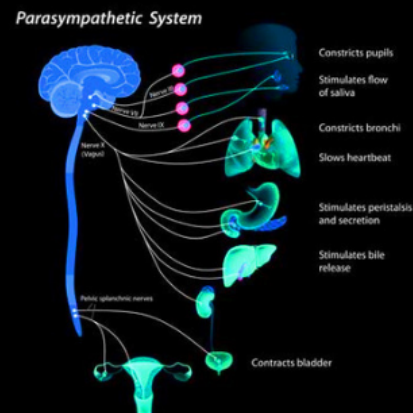
VIEW's Impermanence, NO-self, & Emptiness

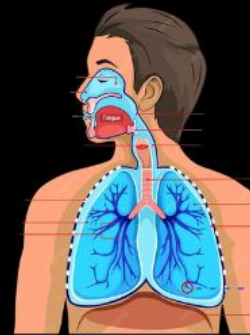
Mindfulness **Watch** inhalation

Meditation **rest** exhalation

Fleetingly: **LESS** stressful,
LESS permanent, **LESS** defining and...
as **NON**-graspable as a vast, **EMPTY** void...

like the illusion
of the infinite, azure sky
on a bright and beautiful
cloudless morn
which although could look
tantalizing to the eye
could feel **NON**-graspable
to the hand.



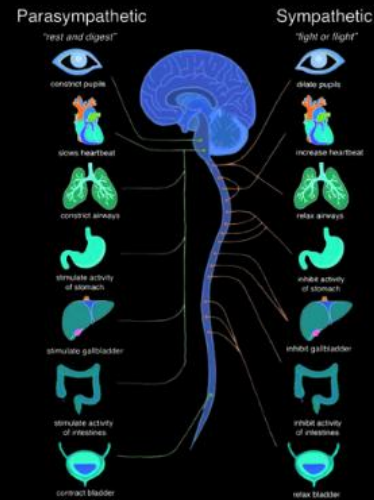


The Highest Love



is the spontaneous and uncontrived byproduct of simply:

- sitting, and
- breathing, and
- watching and
- resting.



The 2nd Fold of the Path

Wise VIEW supporting release

- 1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over *pride's* obstructions to omniscience)

Compassionate ACTION

- 2 - Right **Mentally Kind Intention**
(*the essence of the Bodhisattva Vows*
that leaps over jealousy's obstructions to omniscience)
- 3 - Right Interpersonally Kind Communication
- 4 - Right Physically Kind Conduct
(non-violent essence of the Pratimoksha Vows)
- 5 - Right Circumstantially Kind Commerce
(cruelty & competition transformed into compassion & cooperation)

Liberating MEDITATION (as described by the seven enlightenment factors)

- 6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) 4 & 3
- 7 - Right **Mindfulness** 1, 2, & 6
- 8 - Right **Meditation**
(that slices through duality's obscuring emotions of dread and desire) 5 & 7

The 3rd Fold of the Path

Wise VIEW supporting release

- 1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over *pride*'s obstructions to omniscience)

Compassionate ACTION

- 2 - Right Mentally Kind Intention
(the essence of the Bodhisattva Vows
that leaps over *jealously*'s obstructions to omniscience)
- 3 - Right **Interpersonally Kind Communication**
- 4 - Right Physically Kind Conduct
(non-violent essence of the Pratimoksha Vows)
- 5 - Right Circumstantially Kind Commerce
(cruelty & competition transformed into compassion & cooperation)

Liberating MEDITATION (as described by the seven enlightenment factors)

- 6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) **4 & 3**
- 7 - Right **Mindfulness 1, 2, & 6**
- 8 - Right **Meditation**
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

The 4th Fold of the Path

Wise VIEW supporting release

- 1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over *pride*'s obstructions to omniscience)

Compassionate ACTION

- 2 - Right Mentally Kind Intention
(the essence of the Bodhisattva Vows
that leaps over *jealously*'s obstructions to omniscience)
- 3 - Right Interpersonally Kind Communication
- 4 - Right **Physically Kind Conduct**
(*NON-violent essence of the Pratimoksha Vows*)
- 5 - Right Circumstantially Kind Commerce
(cruelty & competition transformed into compassion & cooperation)

Liberating MEDITATION (as described by the seven enlightenment factors)

- 6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) **4 & 3**
- 7 - **Right Mindfulness 1, 2, & 6**
- 8 - **Right Meditation**
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

The 5th Fold of the Path

Wise VIEW supporting release

- 1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over *pride*'s obstructions to omniscience)

Compassionate ACTION

- 2 - Right Mentally Kind Intention
(the essence of the Bodhisattva Vows
that leaps over *jealously*'s obstructions to omniscience)
- 3 - Right Interpersonally Kind Communication
- 4 - Right Physically Kind Conduct
(NON-violent essence of the Pratimoksha Vows)
- 5 - Right **Circumstantially Kind Commerce**
(*cruelty & competition transformed into compassion & cooperation*)

Liberating MEDITATION (as described by the seven enlightenment factors)

- 6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) **4 & 3**
- 7 - **Right Mindfulness 1, 2, & 6**
- 8 - **Right Meditation**
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

The 6th Fold of the Path

Wise VIEW supporting release

- 1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over *pride*'s obstructions to omniscience)

Compassionate ACTION

- 2 - Right Mentally Kind Intention
(the essence of the Bodhisattva Vows
that leaps over *jealousy*'s obstructions to omniscience)
- 3 - Right Interpersonally Kind Communication
- 4 - Right Physically Kind Conduct
(NON-violent essence of the Pratimoksha Vows)
- 5 - Right Circumstantially Kind Commerce
(cruelty & competition transformed into compassion & cooperation)

Liberating MEDITATION (as described by the seven enlightenment factors)

- 6 - Right **Effortless Effort** (*that is Joyful Love's Centered Spontaneity*) 4 & 3
- 7 - Right **Mindfulness** 1, 2, & 6
- 8 - Right Meditation
(that slices through duality's obscuring emotions of dread and desire) 5 & 7

end

Bengali Crease Counting

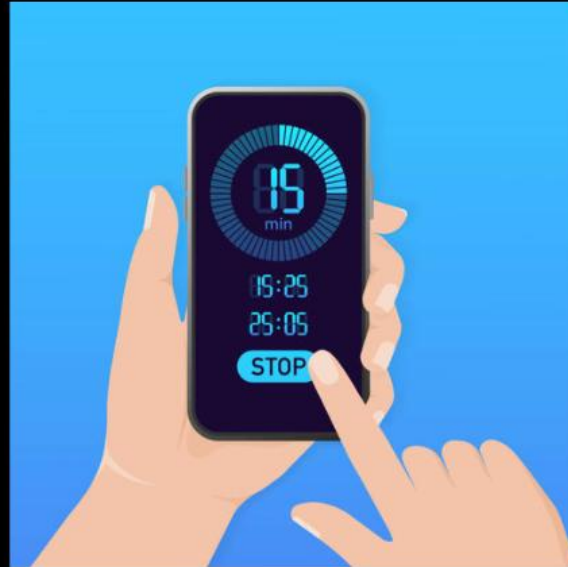
New, Exciting, and Scary...



In days of yore...



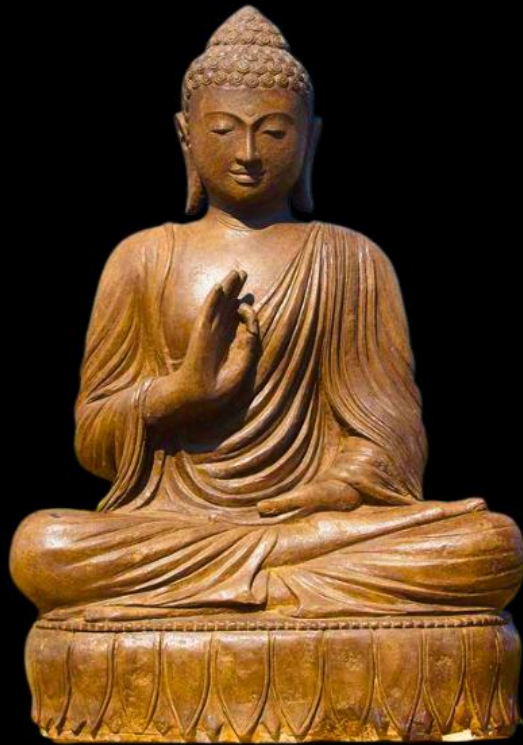
Technological Terror



Cranky Fascists



We'll always have our Hands



**“Luminous beings
are we.
NOT this
crude matter.”**

-Yoda



Effortless
Energy
Work

end

Seven Enlightenment Factors

MINDFULNESS:

the 1st Enlightenment Factor

1. **Mindfulness**,
2. Investigation,
3. Energy,
4. Joy,
5. Tranquility,
6. Coalescence, and
7. Equanimity

Watching **Mind's Antics** of:

- **Perception**,
- **Emotion**,
- **Intention**,
- **Cognition**,
- **Recollection**, and
- **Imagination**

Mindfulness	Watch	inhalation
Meditation	Rest	exhalation

INVESTIGATION:

the 2nd Enlightenment Factor

1. Mindfulness,
2. **Investigation**,
3. Energy,
4. Joy,
5. Tranquility,
6. Coalescence, and
7. Equanimity

- Vulnerably,
- Passively,
- Viscerally,
- Randomly, and
- Fleetingly

Watching

All Manner of Phenomena:

- External to Internal,
- Physical to Mental,
- Pleasurable to Painful,
- Interesting to Boring,
- Convenient to Arduous, and
- Glorious to Grotesque

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

JOY:

the 4th Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. Energy,
4. Joyful (*love*),
5. Tranquility,
6. Coalescence, and
7. Equanimity



Mindfulness

Feel

inhalation

Meditation

Rest

exhalation

ENERGY:

the 3rd Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. **Energy**,
4. Joy,
5. Tranquility,
6. Coalescence, and
7. Equanimity

- Choices,
- Utterances, and
- Deeds

Flowing
NOT from

- contrived calculation nor
- wild scatteredness

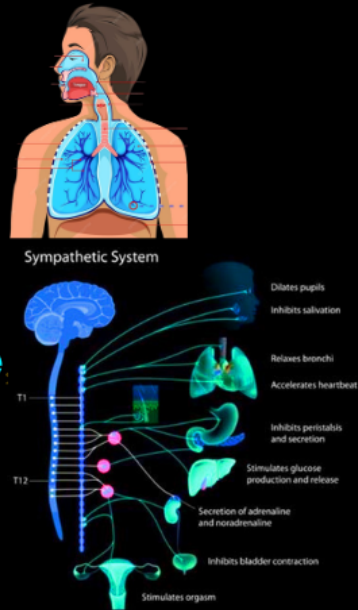
BUT rather from
Love's deeply centered spontaneity.

Mindfulness	Feel	inhalation
Meditation	Rest	exhalation

COALESCENCE:

the 6th Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. Energy,
4. Joy,
5. Tranquility,
6. **Coalescence**
7. Equanimity



All Mind's Antics of:

- **Perception,**
- **Emotion,**
- **Intention,**
- **Cognition,**
- **Recollection, and**
- **Imagination**

Mindfulness

Watch

inhalation

Meditation

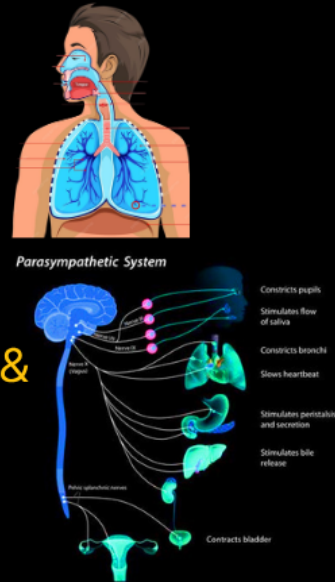
Rest

exhalation

TRANQUILITY:

the 5th Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. Energy,
4. Joy,
5. **Tranquility**,
6. Coalescence, &
7. Equanimity



Fleetingly:

- LESS stressful,
 - LESS permanent,
 - LESS defining and...
- as **NON-graspable** as
a vast, **EMPTY** void...
like the illusion
of the infinite, azure sky
on a bright and beautiful
cloudless morn
which although could look
tantalizing to the eye
could feel **NON-graspable**
to the hand.

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

EQUANIMITY:

the 7th Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. Energy,
4. Joy,
5. Tranquility,
6. Coalescence, and
7. (remedial) **Equanimity**

- **Beauty** and **Ugliness**
melt into just SIGHTs
- **Harmony** and **Discord**
melt into just SOUNDS
- **Pleasure** and **Pain**
melt into just FEELINGs
- **Delicious** and **Disgusting**
melt into just TASTEs and
- **Fragrant** and **Foul**
melt into just SCENTs

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

end

A character with a white and blue hooded robe is kneeling in a meditative pose on a dark surface. The character's eyes are closed, and their hands are resting on their knees. The background is dark and indistinct.

The Sitting Practice that Opens Deep Meditation

7 point Posture of Vairochanna



FIRST point: **Legs**



Mexican Yoga Blanket



Folly of the FULL lotus



A Tale of Two Archetypes

The Buddha (*Gautama or Shakyamuni*)
and his Foolish Cousin (*Devadatta*)



Sturgeon's Law

Ninty-percent of everything Sucks!

Proto-Buddhism:

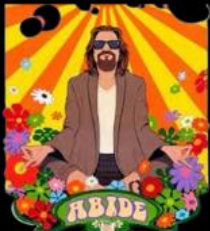
Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

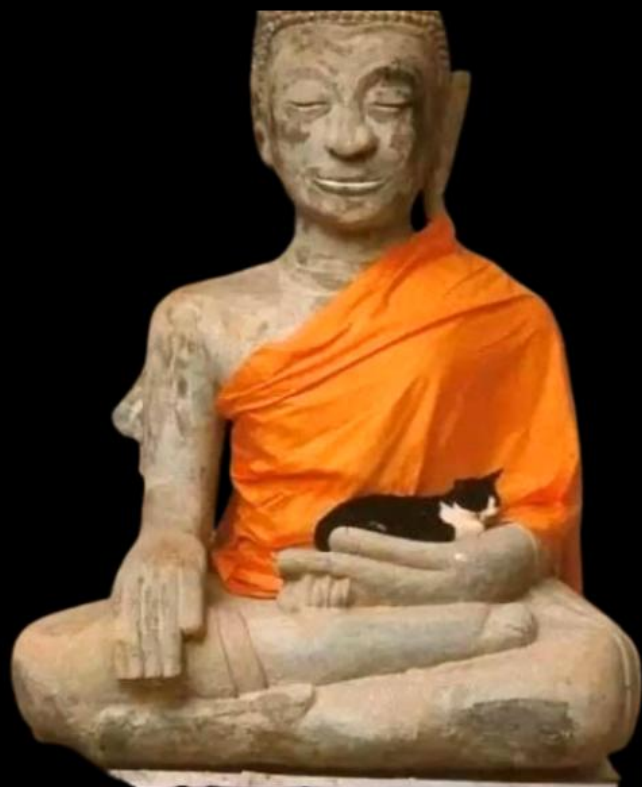
Institutional Buddhism:

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



Wisdom of the QUARTER lotus



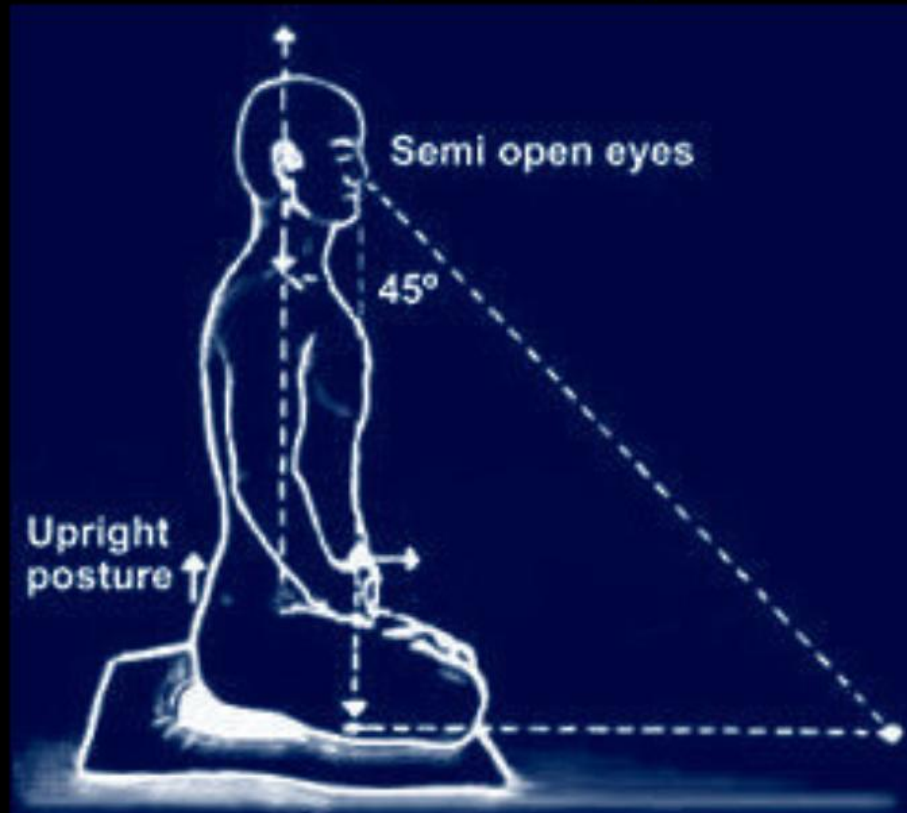
Patience with the QUARTER lotus



SECOND point: Hands



THIRD point: Spine



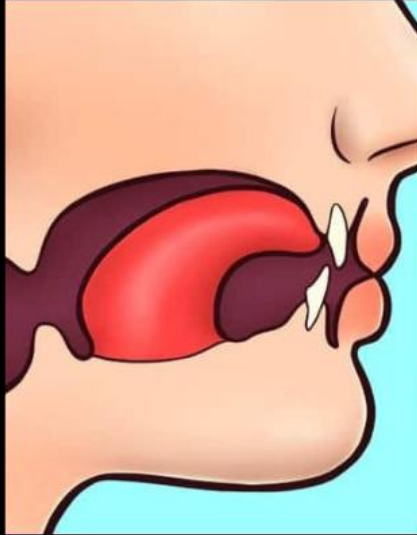
FOURTH point: Shoulder-blades



FIFTH point: Chin



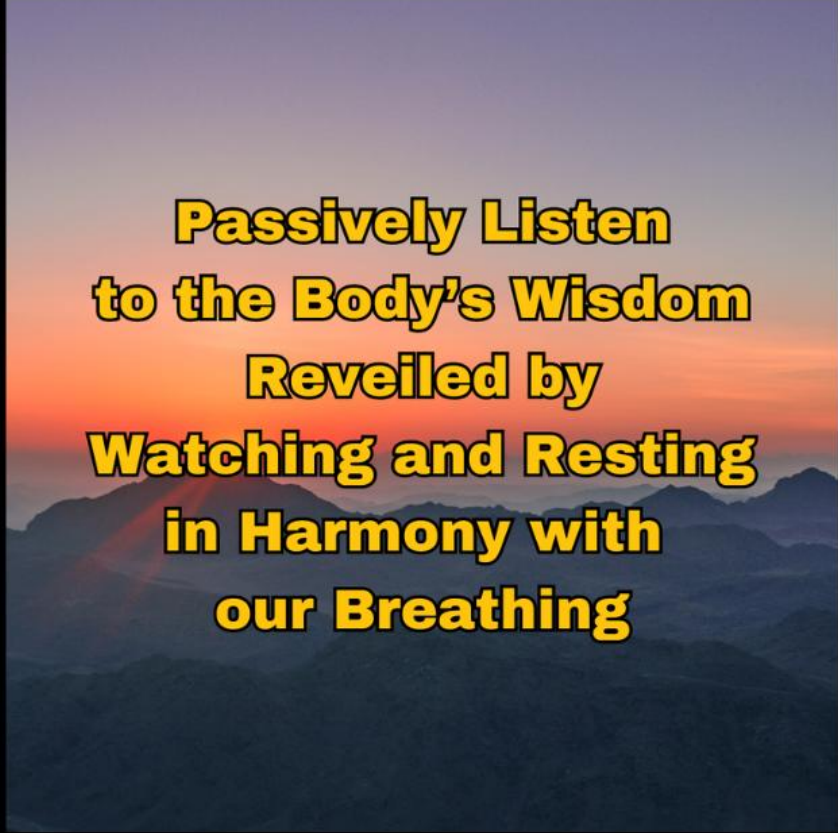
SIXTH point: Mouth



SEVENTH point: Eyes



Overwhelmed?



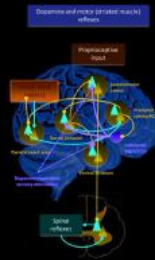
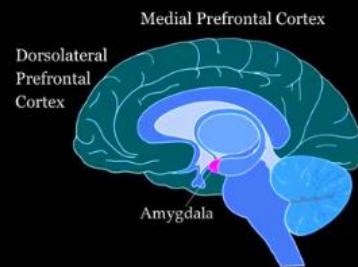
**Passively Listen
to the Body's Wisdom
Reveiled by
Watching and Resting
in Harmony with
our Breathing**

end of lesson

Let Us
Meditate
like a
Jedi

Group Practice

When the Competition and Cruelty of our Survival Oriented



life can become
(in the words of Thomas Hobbes)
Nasty, Brutish, and Short!



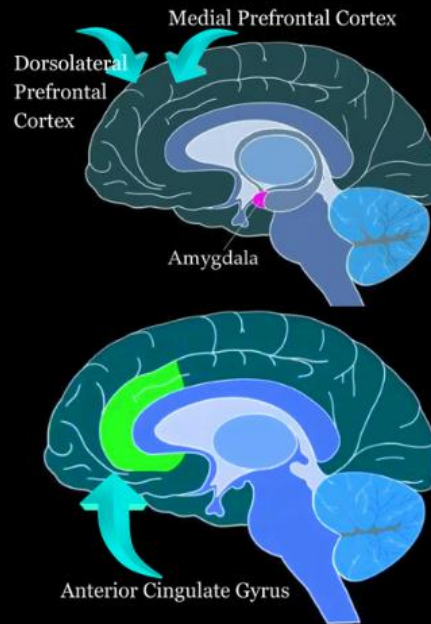
Anterior Cingulate Gyrus



in a manner that is
distinctly fulfilling!



Passive
Peripheral
Awareness



What is the difference between Proto Buddhism and Institutional Buddhism?



Sturgeon's Law

Ninty-percent of everything Sucks!

Yin's Spiritual Matriarchy

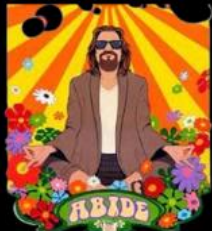
Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

Yang's Religious Patriarchy

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



- Vulnerably,
 - Passively,
 - Viscerally,
 - Randomly, and
 - Fleetingly
- Notice**

All Mind's Antics of:

- Perception,
- Emotion,
- Intention,
- Cognition,
- Recollection, and
- Imagination

All Manner of Phenomena:

- External to Internal,
- Physical to Mental,
- Pleasurable to Painful,
- Interesting to Boring,
- Convenient to Arduous, and
- Glorious to Grotesque

inhalation

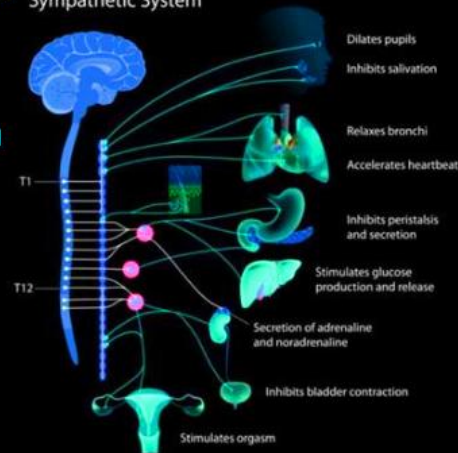
This

exhalation

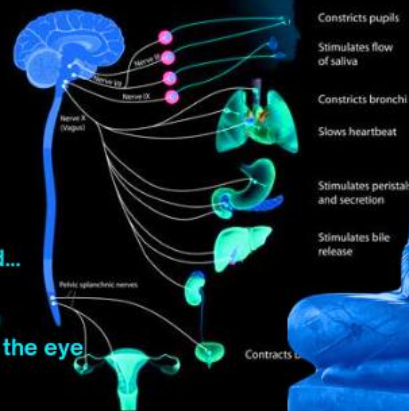
ease

Fleetingly: LESS stressful,
LESS permanent, LESS defining and...
as **NON-graspable** as a vast, **EMPTY** void...
like the illusion of the infinite, azure sky
on a bright and beautiful cloudless morn
which although could look tantalizing to the eye,
could feel **NON-graspable** to the hand.

Sympathetic System



Parasympathetic System



Passaddhi Mudra Meditation Gesture

inhalation *Watch*

exhalation **rest**

Download FREE
practice materials
LinkTr.ee/LamaJigmeG



What is Enlightenment?

Wise VIEW supporting release

- 1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over *pride*'s obstructions to omniscience)

Compassionate ACTION

- 2 - Right Mentally Kind Intention
(the essence of the Bodhisattva Vows
that leaps over *jealously*'s obstructions to omniscience)
- 3 - Right Interpersonally Kind Communication
- 4 - Right Physically Kind Conduct
(non-violent essence of the Pratimoksha Vows)
- 5 - Right Circumstantially Kind Commerce
(cruelty & competition transformed into compassion & cooperation)

Liberating MEDITATION (as described by the seven enlightenment factors)

- 6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) **4 & 3**
- 7 - Right Mindfulness **1, 2, & 6**
- 8 - Right Meditation
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

Sati Mudra Mindfulness Gesture

inhalation *Feel*

exhalation **rest**

Download FREE
practice materials
LinkTr.ee/LamaJigmeG



What is Enlightenment?

Wise VIEW supporting release

- 1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over *pride*'s obstructions to omniscience)

Compassionate ACTION

- 2 - Right Mentally Kind Intention
(the essence of the Bodhisattva Vows
that leaps over *jealously*'s obstructions to omniscience)
- 3 - Right Interpersonally Kind Communication
- 4 - Right Physically Kind Conduct
(non-violent essence of the Pratimoksha Vows)
- 5 - Right Circumstantially Kind Commerce
(cruelty & competition transformed into compassion & cooperation)

Liberating MEDITATION (as described by the seven enlightenment factors)

- 6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) **4 & 3**
- 7 - Right Mindfulness **1, 2, & 6**
- 8 - Right Meditation
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

Senior Citizen Squat-thrusts

