

Easy Peace

# Easy Peace

Lama: Jigme Gyatso (*just a disabled geek in monk's robes*)

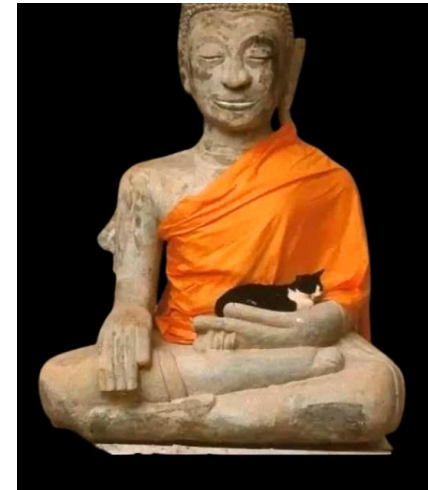
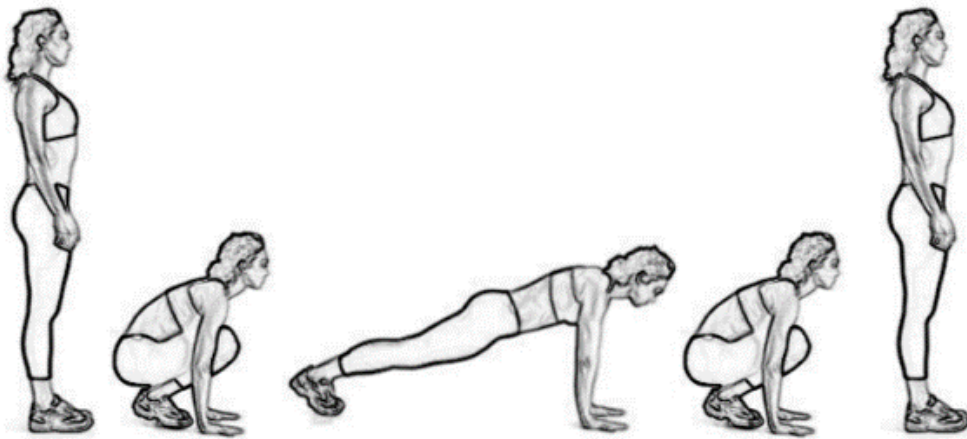
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## Easy Peace

*Bringing Step-back Squat-thrusts for Differently-abled Fitness-freaks into the path of Zeal*

# I. Liberation's Right Enthusiasm



## Easy Peace

*These exercises leap frog over the obscuring emotions of hating and clinging: Samsara's fundamental duality*

# II. Liberation's Right View of Reality

*(or Dukkha, Kamma, Anicca, Anatta Vipassana)*



Easy Peace  
*Hate's – Dukkha Suffering*

*Observant inhalation:*      *How hating...*  
*Relaxing exhalation:*      *worsen stress?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

Easy Peace  
*Craving's – Dukkha Suffering*

*Observant inhalation:*      *How craving...*  
*Relaxing exhalation:*      *worsen stress?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

Easy Peace  
*Competitiveness' – Dukkha Suffering*

*Observant inhalation:*      *How vying...*  
*Relaxing exhalation:*      *worsen stress?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*Clinging's – Dukkha Suffering*

*Observant inhalation:*      *How clinging...*  
*Relaxing exhalation:*      *worsen stress?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*FIRST base of mindfulness – Kamma Interdependence*

*Observant inhalation:*      *How are lots...*  
*Relaxing exhalation:*      *dependent?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*



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*SECOND base of mindfulness – Kamma Interdependence*

*Observant inhalation:*      *How are forms...*  
*Relaxing exhalation:*      *dependent?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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### *THIRD base of mindfulness – Kamma Interdependence*

*Observant inhalation:*      *How are ties ...*  
*Relaxing exhalation:*      *dependent?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*FOURTH base of mindfulness – Kamma Interdependence*

*Observant inhalation:*      *How are minds ...*  
*Relaxing exhalation:*      *dependent?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*FIRST base of mindfulness – Anicca Change*

*Observant inhalation:*

***Relaxing** exhalation:*

*How could lots...  
always change?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*SECOND base of mindfulness – Anicca Change*

*Observant inhalation:*      *How could forms ...*  
*Relaxing exhalation:*      *always change?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*THIRD base of mindfulness – Anicca Change*

*Observant inhalation:*      *How could ties...*  
*Relaxing exhalation:*      *always change?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*FOURTH base of mindfulness – Anicca Change*

*Observant inhalation:*      *How could minds...*  
*Relaxing exhalation:*      *always change?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*FIRST base of mindfulness – Anatta No-self*

*Observant inhalation:*      *How could lot...*  
*Relaxing exhalation:*      *NOT be me?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*



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*SECOND base of mindfulness – Anatta No-self*

*Observant inhalation:*      *How could form...*  
*Relaxing exhalation:*      *NOT be me?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*THIRD base of mindfulness – Anatta No-self*

*Observant inhalation:*      *How could ties...*  
*Relaxing exhalation:*      *NOT be me?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*FOURTH base of mindfulness – Anatta No-self*

*Observant inhalation:*      *How could mind...*  
*Relaxing exhalation:*      *NOT be me?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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# III. Liberation's Right Mindfulness & Meditation

*(or Sati Passaddhi Bhavana if you prefer Pali)*



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*This exercise slices through the obstructing emotions of hating and craving: Samsara's fundamental duality*

Observant inhalation:

*Notice this...*

*(This...)*

***Releasing exhalation:***

*relaxing!*

*(ease!)*

*1<sup>st</sup> sixteen sets of sixteen breaths  
count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:  
lower, middle, & higher creases, & their tips.  
count sixteen SETs upon the right **little, ring, middle, and index** finger's  
lower, middle, & higher crease sets & tip*

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<i><u>Observant</u> inhalation:</i>	<i>Notice <u>this</u>...</i>	<i>(<u>This</u>...)</i>
<i><b>Releasing</b> exhalation:</i>	<i><b>relaxing!</b></i>	<i>(<b>ease!</b>)</i>

*2<sup>nd</sup> sixteen sets of sixteen breaths*  
*count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:*  
*lower, middle, & higher creases, & their tips.*  
*count sixteen SETs upon the right **little, ring, middle, and index** finger's*  
*lower, middle, & higher crease sets & tip*

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<i><u>Observant</u> inhalation:</i>	<i>Notice <u>this</u>...</i>	<i>(<u>This</u>...)</i>
<i><b>Releasing</b> exhalation:</i>	<i><b>relaxing!</b></i>	<i>(<b>ease!</b>)</i>

*3<sup>rd</sup> sixteen sets of sixteen breaths  
count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:  
lower, middle, & higher creases, & their tips.  
count sixteen SETs upon the right **little, ring, middle, and index** finger's  
lower, middle, & higher crease sets & tip*

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## IV. Liberation's Right: Ethics

*(or Metta Bhavana if you prefer Pali)*





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*Bringing Love into the Path of Morality*

Easy Peace  
*Loving Mind*

*Observant inhalation:*      *Profound love...*  
*Relaxing exhalation:*      *for ALL minds!*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*Kind Communication*

*Observant inhalation:*      *Great kindness...*  
*Relaxing exhalation:*      *for ALL speech!*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

Easy Peace  
*Kind Conduct*

*Observant inhalation:*      *Kindness for...*  
***Relaxing** exhalation:*      ***ALL** conduct!*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

Easy Peace  
*Kind Commerce*

*Observant inhalation:*      *Kindness for...*  
*Relaxing exhalation:*      *ALL commerce!*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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## V. Liberation's Right: Wishes

*(or Metta Bhavana if you prefer Pali)*



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### *Bringing Love into the Path of the Four Bases of Mindfulness*

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*Circumstantial Love*

*Observant inhalation:*      *Good fortune...*  
***Relaxing** exhalation:*      *for ALL lots!*

*Count four BREATHS upon the right: **little**, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*



Easy Peace  
*Physical Love*

*Observant inhalation:*      *Profound health...*  
***Relaxing** exhalation:*      *for ALL forms!*

*Count four BREATHS upon the right: little, **ring**, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*Interpersonal Love (a.k.a. the Ties that Bind)*

*Observant inhalation:*      *Profound peace...*  
*Relaxing exhalation:*      *for ALL ties!*

*Count four BREATHS upon the right: little, ring, **middle**, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*Mental Love*

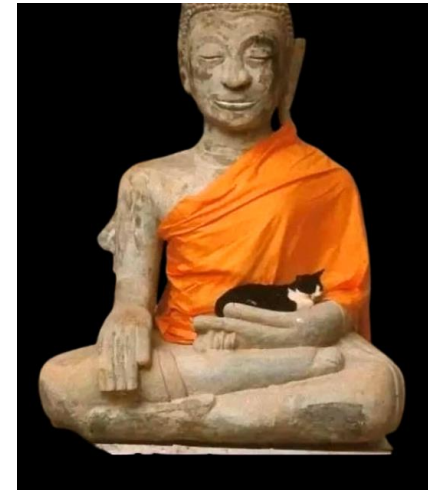
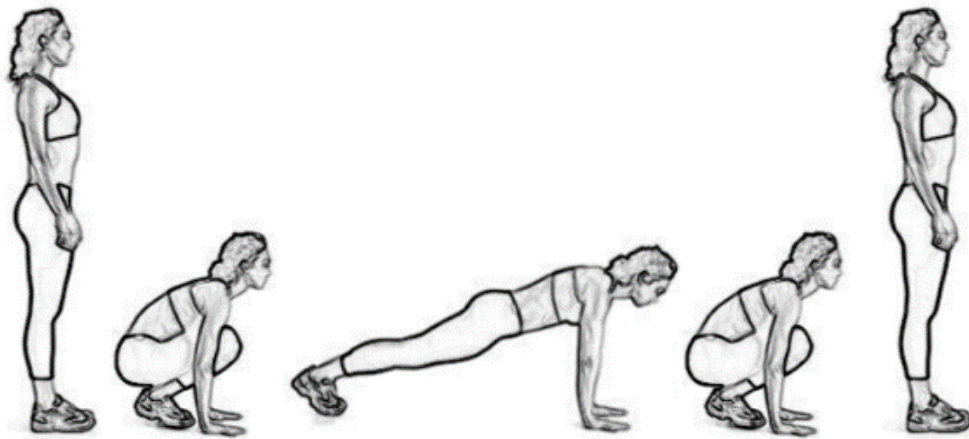
*Observant inhalation:*      *Profound joy...*  
*Relaxing exhalation:*      *for ALL minds!*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips. 😊*

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*Bringing Step-back Squat-thrusts for Differently-abled Fitness-freaks into the path of Zeal*

# VI. Liberation's Right Enthusiasm



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# Appendix

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## VII. Compassion with Breathing

*(or Karuna Anapana if you prefer Pali)*



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### *Karuna: Compassion's Four Exercises*

*Soothing Lots*

*Soothing Forms*

*Soothing Ties*

*Soothing Minds*

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*Circumstantial Compassion*

*Observant inhalation:*      *For ALL lots...*  
*Relaxing exhalation:*      *soothe ALL stress!*

*Count twelve BREATHS upon the left: **little, ring, middle** and **index** finger's  
lower, middle, & higher sets of creases, & their tips.*  
*Count one SET upon the right: **little**, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*



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*Physical Compassion*

*Observant inhalation:*      *For ALL forms...*  
*Relaxing exhalation:*      *soothe ALL stress!*

*Count twelve BREATHS upon the left: little, ring, middle and index finger's  
lower, middle, & higher sets of creases, & their tips.*  
*Count one SET upon the right: little, **ring**, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

Easy Peace  
*Interpersonal Compassion (the Ties that Bind)*

*Observant inhalation:*      *For ALL ties ...*  
*Relaxing exhalation:*      *soothe ALL stress!*

*Count twelve BREATHS upon the left: little, ring, middle and index finger's  
lower, middle, & higher sets of creases, & their tips.*  
*Count one SET upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

Easy Peace  
*Mental Compassion*

*Observant inhalation:*      ***For ALL minds ...***  
*Relaxing exhalation:*      ***soothe ALL stress!***

*Count twelve BREATHS upon the left: **little, ring, middle** and **index** finger's  
lower, middle, & higher sets of creases, & their tips.*

*Count one SET upon the right: **little, ring, middle, and index** finger's  
lower, middle, & higher sets of creases, **and their tips.***

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*These exercises leap frog over the obscuring emotions of hating and clinging: Samsara's fundamental duality*

# III. Liberation's Right View of Reality

*(or Dukkha, Anicca, Anatta Vipassana)*



Easy Peace  
*Hate's – Dukkha Suffering*

*Observant inhalation:*      *How hating...*  
*Relaxing exhalation:*      *worsen stress?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

Easy Peace  
*Craving's – Dukkha Suffering*

*Observant inhalation:*      *How craving...*  
*Relaxing exhalation:*      *worsen stress?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*Competitiveness' – Dukkha Suffering*

*Observant inhalation:*      *How vying...*  
*Relaxing exhalation:*      *worsen stress?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

Easy Peace  
*Clinging's – Dukkha Suffering*

*Observant inhalation:*      *How clinging...*  
*Relaxing exhalation:*      *worsen stress?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*



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### *FIRST base of mindfulness – Kamma Interdependence*

*Observant inhalation:*      *How are lots...*  
*Relaxing exhalation:*      *dependent?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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### *SECOND base of mindfulness – Kamma Interdependence*

*Observant inhalation:*      *How are forms...*  
*Relaxing exhalation:*      *dependent?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*THIRD base of mindfulness – Kamma Interdependence*

*Observant inhalation:*      *How are ties ...*  
*Relaxing exhalation:*      *dependent?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*FOURTH base of mindfulness – Kamma Interdependence*

*Observant inhalation:*      *How are minds ...*  
*Relaxing exhalation:*      *dependent?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*FIRST base of mindfulness – Anicca Change*

Observant inhalation:

*Relaxing* exhalation:

*How could lots...  
always change?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*SECOND base of mindfulness – Anicca Change*

*Observant inhalation:*      *How could forms ...*  
*Relaxing exhalation:*      *always change?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

Easy Peace

*THIRD base of mindfulness – Anicca Change*

*Observant inhalation:*      *How could ties...*  
*Relaxing exhalation:*      *always change?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

Easy Peace

*FOURTH base of mindfulness – Anicca Change*

*Observant inhalation:*      *How could minds...*  
*Relaxing exhalation:*      *always change?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*



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*FIRST base of mindfulness – Anatta No-self*

*Observant inhalation:*      *How could lot...*  
*Relaxing exhalation:*      *NOT be me?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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*SECOND base of mindfulness – Anatta No-self*

*Observant inhalation:*      *How could form...*  
*Relaxing exhalation:*      *NOT be me?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

Easy Peace

*THIRD base of mindfulness – Anatta No-self*

*Observant inhalation:*      *How could ties...*  
*Relaxing exhalation:*      *NOT be me?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips.*

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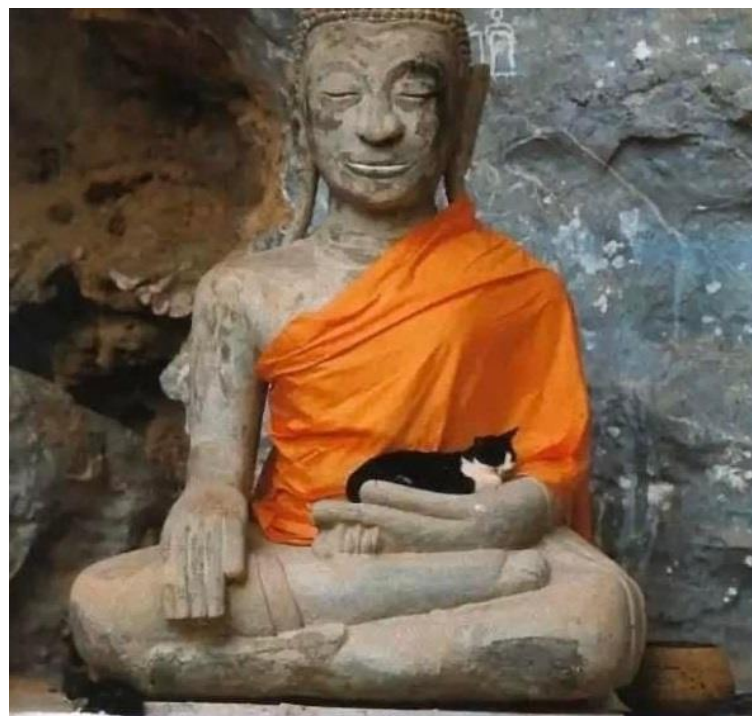
*FOURTH base of mindfulness – Anatta No-self*

*Observant inhalation:*      *How could mind...*  
*Relaxing exhalation:*      *NOT be me?*

*Count four BREATHS upon the right: little, ring, middle, and index finger's  
lower, middle, & higher sets of creases, and their tips. 😊*

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## *V. Closing Love Chant*



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*Right Communication, Conduct, and Commerce's Third, Fourth, & Fifth Folds – **Ethics***

**Máy** each being's practice of KIND:  
communication, conduct, and commerce  
flow spontaneous and uncóntrived



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*Right Intention's Second Fold – The Four Immeasurables*

Máy everyone be free from stress.

*thus no need to hate*

May everyone have happiness.

*thus no need to crave*

Máy NO one be separated  
from their happiness.

*thus no need to cling*

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

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# VII. Appendix



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# A. Padawan Training

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# 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 effective.

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.

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## 2. Parable of the Movie Patron

### 3. Whole-food Veganism's Physical Panacea

Buddhist tantra is the path of love and letting-go.  
Love is more than just a feeling.

Compassion is an intention that effects our choices,  
and our behaviors, and the ripples that we generate  
that, in turn, effect the world around us.

Choosing a cruelty-free diet  
is one of the easiest ways  
to diminish the suffering created  
by our consumer choices.

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The benefits generated  
by embracing a whole-food vegan diet  
are not limited to non-human animals  
with whom we share this planet,

nor even this planet itself,  
the only place in the known universe  
that we are certain sustains life (for the time being).

The physical, and endrocrinological,  
and neurological, and psychological benefits  
that we could savor on a whole-food vegan diet  
have been observed in peer reviewed scientific journals.

In the parody song “White and Nerdy”  
Weird Al Yankovic sings of a fellow  
who “...does calculous just for fun...”.

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Which reminds me of Dr. Michael Greger, M.D.  
whose full time job is to analyze  
EVERY peer-reviewed, nutrition-oriented study  
published in English, every year.

This man is no ideologue,  
content to twist the facts  
in order to support his world view.

For his top priority is to discover the dietary interventions  
that could prevent disease, reverse disease,  
and increase quality of life as well as longevity.

And towards that end  
he uses meta analysis to follow the facts  
wherever they lead;  
like a contemporary, medical Sherlock Holmes...



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if Sherlock was so geeky  
as to name his book  
after a Monty Python skit.

“How NOT to Die”

first explores the top fifteen causes of premature death in America,  
secondly shares a dozen things we could do  
to prevent and reverse these disorders,

and thirdly contains hundreds of citations  
to peer-reviewed studies.

This book is a virtual panacea of all medical disorders.  
It is available on Amazon dot com  
and the Buddha Joy Meditation School  
receives NO remuneration for your purchase of this life-saving book.

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## 4. 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. Padawan Training

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# 1. Essence of the Four Vows

*Karma Chakme Rinpoche was a brave soul  
who received sky treasures, or Ter-ma in Tibetan, from Chen-re-zik,  
the archetype of enlightened compassion,  
guiding him to begin the journey out of sectarianism and fundamentalism.*

*In his effort to transcend sectarianism  
he embraced the teachings and practices  
of both the Kagyu as well as Nyingma sects as best he could.*

*In his effort to transcend fundamentalism  
he strove to simplify Highest Yoga Tantra or Ut-ta-ra Tan-tra in Sanskrit,  
as well as essentialize the hundreds of Hinayana, Mahayana and Vajrayana vows.*

*Towards the latter: he taught that the essence of all the Refuge vows  
was to simply trust in the Buddha, Dharma and Sangha,  
he taught that the essence of all the Pratimoksha vows of morality  
is NON-violence,*

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*he taught that the essence of all the Bodhisattva vows of compassion was to share all our good karma with all beings,*

*and he taught that the essence of the Tantric Samaya of wisdom was to see ourselves as Chen-re-zik  
and see our teacher as Chen-re-zik's teacher, A-mi-ta-bha.*

*Many centuries later Lama: Jigme Gyatso received sky treasures, or Ter-ma in Tibetan, from Chen-re-zik, guiding him to journey further out of sectarianism, fundamentalism, and patriarchy.*

*In terms of sectarianism he was led to explore the teachings and practices of each sect of Buddhism  
and in terms of transcending fundamentalism, which is one of patriarchy's symptoms,*

*he was taught further simplify the four sets of vows thusly:  
the essence of the Refuge vows is to simply **rely** upon the example of Buddha's life story,  
**apply** the instructions of the Dharma,*

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*humbly **rely** upon the support offered by fellow Sangha members,  
as well as lovingly support Sangha members with our skill set as best we can;*

*the essence of the Pratimoksha vows of morality  
is still NON-violence which includes a whole-food, vegan diet;*

*the essence of the Bodhichitta vows of compassion  
is to set compassionate intention before meditation,  
blend our practice of the four bases of mindfulness  
with our awareness of all local, global, and universal beings, real or imagined,*

*as well as to seal our practice  
by sharing our positive energy with all beings;  
the essence of the Tantric Samaya of wisdom  
is to enthusiastically apply our teacher's instructions  
and follow his example as best we can.*

## 2. Good night and Wake up Channels

*In Buddhist Tantra it is often taught  
that within our bodies of flesh, blood and bone,  
lay energy channels*

*that fundamentalists inordinate amounts of time and energy  
visualizing as tubes comprised of light.*

*It is said we have a blue central channel,  
the width of an arrow shaft,  
that begins in the lower abdomen,  
ascends about a thumb's width before the spine,*

*piercing the horizontal bladder wheel  
(or chakra if you prefer Sanskrit),  
navel wheel, heart wheel, and throat wheel*



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*as it ascends into the skull  
where it arches forward brushing against  
the crown wheel at the fontanel  
before terminating between, and just above the eyebrows.*

*There are two side channels.  
The moon, or left, side-channel is red,  
the width of hay or straw  
and begins at our urethra,*

*brushes past the most sensitive part  
of either our citreous or our penis,  
climbs up the left of our central channel,*

*looping once around the central channel  
just below the bladder wheel  
and then just below the navel wheel,*

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*looping thrice around the central channel  
just below the heart wheel,*

*looping once again just below the throat wheel,  
and then just below the crown wheel  
before terminating in the left nostril.*

*The sun, or right, side channel is white,  
also the width of hay or straw  
and begins in our rectum,*

*brushes past either our G-spot or prostate,  
climbs up the right of our central channel,*

*looping once around the central channel  
just above the bladder wheel  
and then just above the navel wheel,*

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*looping thrice around the central channel  
just above the heart wheel,*

*looping once around the central channel  
just above the throat wheel  
and then once again just above the crown wheel  
prior to terminating in the left nostril.*

*As liberals upon the path of matriarchy  
none of this needs to be memorized or even visualized.*

*Our right channel could be stimulating,  
so we impeded it when its time to go to sleep,  
by closing our right eye and reading through our left  
and by sleeping on our right side.*

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*Conversely, our left channel could be sedating,  
so we impeded it is time to start our day,  
by rolling over to our left side*

*and laying in the fetal position for a few moments  
as thoughts of the day's tasks begin to clarify  
like friends emerging from a fog bank.*

*Upon rising, we could also close our left eye,  
and read though our right  
as we sit upon the toilet  
to further wake our bodies.*

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### 3. Walking Meditation

*After fifteen weeks of twice daily sadhana practice  
you should have automatically memorized the 33 meditations  
of Dzogchen's Contemplation, Compassion, and Meditation.*

*Which should come in handy,  
as this week you could begin training  
in brisk, walking meditation.*

*Its simple, just perform the 33 meditations you've already grown accustomed to  
while briskly walking through your neighborhood.  
This is especially useful during times of emotional upset or even PTSD episode.*

*Of course if you're so upset as to experience disorientation  
then please limit your walking course to just going around your block,  
that way you won't get lost, or walk into traffic.*

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*Blending the 33 meditation techniques you've already learned  
with brisk walking  
allows us to bilaterally stimulate our hippocampus and amygdala  
which aids in the processing of difficult events and emotions.*

*REMEMBER: upon this path  
we do not practice rigid concentration which stimulates our sympathetic nervous system,  
but rather relaxed mindfulness which access our parasympathetic nervous system;  
the quick path to the light sight, or eager youngling.*

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## 4. Sky Gazing

*In “Red Tare’s Treasure” the phrase “queen of the sky” could remind us literally of the practice of sky-gazing,*

*where we perform the contemplation, compassion, and meditation that we are taught in the sixteen week series of meditation classes while gazing into the sky.*

*Any time of day we could gaze into the sky while meditating, but it could be especially poignant to gaze at the sun, doing so only during the first hour of sunrise, or the last hour of sunset.*

*In Sanskrit this practice is sometimes referred to as Surya Chaku.*

*Common sense prevails:*

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*1 – remove your corrective lenses or contact lenses,  
gaze with the left eye for four breaths,  
then with the right eye for four breaths,  
alternating back and forth;*

*2 – only do this for as long as it feels comfortable,  
giving yourself permission to progress gradually  
such as adding seven seconds per day,  
or seven minutes, or more every day.*

*3 – relax the tissues of your face, especially around the eyes,  
allowing the eyelids to close somewhat,  
viewing the sun through one's eyelashes  
thus occasionally giving rise to the illusion of subtle rainbows encircling the sun;*



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*4 – don't wander into traffic,  
for your vision will be dazzled after completing this exercise,  
thus while it is fine to practice this during opening verbal contemplation & compassion,  
as well as the silent meditation...*

*I recommend turning away from the sun  
during the practice of the closing silent contemplation and compassion  
thus allowing one's eyes to recalibrate  
to the ambient lighting.*

*5 – I recommend the lion posture Simha asana,  
feet flat on earth or floor,  
resting one's tuchus upon one's calves,  
forearms resting upon knees.*

*Neither mysterious nor occult  
this practice could act as a subtle tonic to your body.*

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## C. Jedi Knight Training

## Easy Peace

# 1. 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  
enlightenment’s Blissful-mindfulness, Peaceful-insight and Spontaneous-compassion.*

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## 2. The PATH of Mastery

*Unconscious Incompetence*

*Conscious Incompetence*

*Conscious Competence*

*Unconscious Competence*

*When have we mastered the archetypical Dakini's  
vulnerability, non-grasping,  
compassion and centered spontaneity?*



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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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### 3. 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.*



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## D. Addendum

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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 <sup>LIKE</sup> 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 the seeks  
sustainability,  
both ecological and medical.

MEDITATE <sup>LIKE</sup> A JEDI