

Rakta Tare's Dance of the Six Yogas of Naropa – Advanced Sadhana

Rakta Tare's Dance of the Six Yogas of Naropa Advanced Sadhana

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I. Opening Material

Rakta Tare's Dance of the Six Yogas of Naropa – Advanced Sadhana

A. Acknowledgments

This sadhana or practice text and its commentary was inspired by:

*The termas or psychic instructions I received from:
Avalokiteshvara, Arya Tare, and Padmasambhava,*

*the oral instructions of Bhakha Tulku Rinpoche, Chogyal Namkhai Norbu,
Lama Chodrak Gyatso, and Lama Olé*

meditation manuals composed by Gautama Siddhartha: the Buddha
“Maha Satipatthana Sutta– the Greater Discourse upon the Four Bases of Mindfulness
translated by Maurice Walshe,

“Satipatthana Sutta –the Discourse upon the Four Bases of Mindfulness”
translated by Bhikkhu Nanamoli

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“Anapanasati Sutta – the Discourse of Mindfulness with Breathing”
also translated by Bhikkhu Nanamoli

a meditation manual composed by Ven. Dr. Madawela Punnaji Maha Thera
“Ariyamagga Bhavana – the Sublime Eightfold Way”

a meditation manual composed by Chagdud Tulku
“Red Tara Commentary,
Instructions for the concise practice known as
Red Tara: An Open Door to Bliss and Ultimate Awareness”
compiled by Chagdud Khadro

“The Yeshe Lama,
Jigme Lingpa's Dzogchen Atiyoga Manual”
a Radical Dzogchen Translation
by Keith Dowman

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*one of the last meditation manuals composed by
Dza Patrul Rinpoche, Jigme Chökyi Wangpo
**“The Heart Treasure of the Enlightened Ones
the Practice of View, Meditation, and Action;
a discourse Virtuous in the Beginning, Middle, and End”**
and the explanation thereof given by Dilgo Khyentse Rinpoche
translated by the Padmakara Translation Group,*

*a meditation manual composed by Karma Chagme Rinpoche
**“The Quintessence of Spiritual Practice,
the Direct Instructions of the Great Compassionate One”**
translated by Eric Pema Kunsang*

*a sadhana by Thangtong Gyalpo
**“All Pervading Benefit of Beings
The Recitation and Meditation of the Great Compassionate One”**
translated by Tyler Dewar*

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a meditation manual composed by Bokar Rinpoche

**“Chenrezig: Lord of Love,
the Principles and Methods of Deity Meditation”**
translated by Christiane Buchet

a sadhana compiled from traditional sources

“Praises and Requests of the Twenty-one Taras”
translated by Ani: Thubten Chodron

a meditation manual composed by Atisha – Shrijana Dipamkara

**“Sadhana of the Venerable Tara:
Tara Battarika Sadhana”**
translated by Martin Willson

a sadhana composed by His Holiness Dudjom Rinpoche, Jigdral Yeshe Dorje

“The Daily Recitation of the Revered Noble Tara”
translated by the Vimala staff

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a meditation manual composed by Lama Palden Drolma

“Love on Every Breath:

Tonglen Meditation for Transforming Pain into Joy”

a meditation manual composed by Lama Kazi Dawa Samdup

“Tibetan Yoga; and Secret Doctrines”

translated by Lama Kazi Dawa Samdup and edited by W. Y. Evans-Wentz

a meditation manual composed by Gyalwa Wensapa

“A Source of Every Realization:

Handprints of the Profound Path of the Six Yogas of Naropa”

translated by Glenn H. Mullin

a sadhana composed by Dudjom Rinpoche Jigdral Yeshe Dorje

“The prayer of Calling (the Lama) from Afar

A Spontaneous Son of the Original Nature”

translated by Yeshe Melong

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a meditation manual composed by Sogyal Rinpoche
“The Tibetan Book of Living and Dying”

a commentary composed by His Eminence Chagdud Tulku
“Ngondro Commentary:
Instructions for the Concise Preliminary Practices of the New Treasure of Dudjom”
Compiled by Jane Tromge

a sadhana composed by Dudjom Lingpa Rinpoche
“Dudjom Tersar Ngöndro”
translated under the direction of His Eminence Chagdud Tulku

a sadhana composed by Dudjom Jigdral Rinpoche
“Calling the Lama from Afar:
A Spontaneous Song of the Original Nature”
translated by Yeshe Melong

and a meditation manual composed by Lama Surya Das
“Natural Radiance: Awakening to your Great Perfection”

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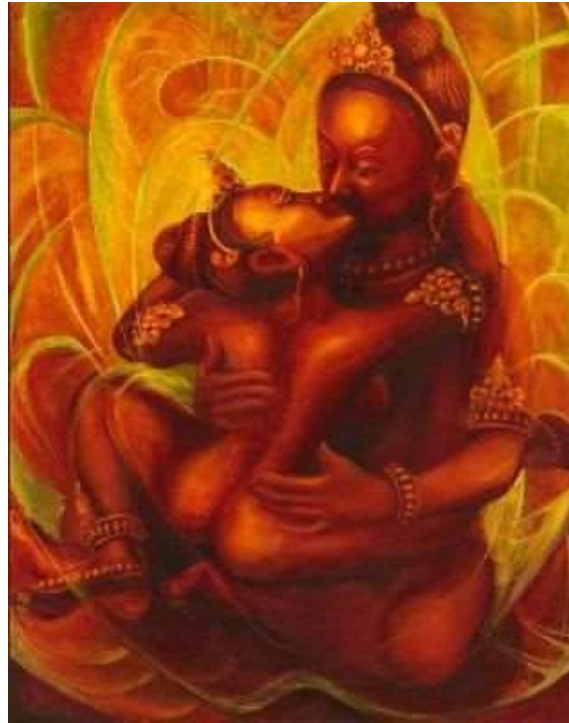
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C. Tantra's Treasure of Rakta Tare Recommended Reading

Lesson	Volume	Chapters	Lesson	Volume	Chapters
1 st	A-na-pa-na-sa-ti	Sut-ta	9 th	8 th of 14	43 rd – 48 th
2 nd	1 st of 14	1 st – 6 th	10 th	9 th of 14	49 th – 54 th
3 rd	2 nd of 14	7 th – 12 th	11 th	10 th of 14	55 th – 60 th
4 th	3 rd of 14	13 th – 18 th	12 th	11 th of 14	61 st – 66 th
5 th	4 th of 14	19 th – 24 th	13 th	12 th of 14	67 th – 72 nd
6 th	5 th of 14	25 th – 30 th	14 th	13 th of 14	73 rd – 78 th
7 th	6 th of 14	31 st – 36 th	15 th	14 th of 14	79 th – 83 rd
8 th	7 th of 14	37 th – 42 nd			

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II. Naropa's FIRST yoga of Tummo



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A. Inner Heat Yoga

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

1. Navel Wheel Resting

{ *Bindu in Sanskrit, and Tiklé in Tibetan* }

Observant inhalation: **Gut Ah** flame ...

Relaxing exhalation: **relaxing!** *one set of sixteen breaths*
*touch tip of left thumb to left little finger's **lower** set of creases*
*count four breaths upon each of the right: **little, ring, middle, and index** finger's:*
lower, middle, and higher sets of creases, as well as their tips.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

2. FIRST climbing

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

a. Left Foot destination

Observant inhalation: ***Gut flame to Left foot...***

Relaxing exhalation: ***relaxing!*** *one set of one breath*
*touch tip of left thumb to left little finger's **middle** set of creases*
*count one breath upon the right: **little** finger's:*
lower set of creases.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

b. Right Foot destination

Observant inhalation: ***Gut flame to Right foot...***

Relaxing exhalation: ***relaxing!*** *one set of one breath*
*touch tip of left thumb to left little finger's **middle** set of creases*
*count one breath upon the right: **little** finger's:*
middle set of creases.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
c. Heart destination

Observant inhalation: ***Gut flame to Heart...***

Relaxing exhalation: ***relaxing!*** *one set of one breath*
*touch tip of left thumb to left little finger's **middle** set of creases*
*count one breath upon the right: **little** finger's:*
higher set of creases.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

d. Left Hand destination

Observant inhalation: ***Gut flame to Left hand...***

Relaxing exhalation: ***relaxing!*** *one set of one breath*
*touch tip of left thumb to left little finger's **middle** set of creases*
*count one breath upon the right: **little** finger's:*
tip.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
e. Right Hand destination

Observant inhalation: ***Gut flame to Right hand...***

Relaxing exhalation: ***relaxing!*** *one set of one breath*
*touch tip of left thumb to left little finger's **middle** set of creases*
*count one breath upon the right: **ring** finger's:*
lower set of creases.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
f. Throat destination

Observant inhalation: ***Gut flame to Throat...***

Relaxing** exhalation:* ***relaxing! *one set of one breath*
*touch tip of left thumb to left little finger's **middle** set of creases*
*count one breath upon the right: **ring** finger's:*
middle set of creases.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
g. Crown destination

Observant inhalation: ***Gut flame to Crown...***

Relaxing exhalation: ***relaxing!*** *one set of two breaths*
*touch tip of left thumb to left little finger's **middle** set of creases*
*count one breath upon each of the right: **ring** finger's:*
higher set of creases and tip.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

h. Crown resting

Observant inhalation: **Grin to Crown Ham...**

Relaxing exhalation: **Relaxing!** *one set of eight breaths*
*touch tip of left thumb to left little finger's **middle** set of creases*
*count one breath upon each of the right: **middle** and **index** finger's:*
lower, middle, higher sets of creases and tips.

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B. Central Channel Yoga

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1. FIRST sinking

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

a. Throat destination

Observant inhalation: **Grin to Throat Om...**

Relaxing exhalation: **relaxing!** *one set of one breath*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count one breath upon the right: **little** finger's:*
lower set of creases.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

b. Heart destination

Observant inhalation: **Grin to Heart Tam...**

Relaxing exhalation: **relaxing!** *one set of one breath*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count one breath upon the right: **little** finger's:*
middle set of creases.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
c. Navel destination

Observant inhalation: **Grin to Gut Ah...**

Relaxing exhalation: **relaxing!** *one set of one breath*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count one breath upon the right: **little** finger's:*
higher set of creases.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
 d. Pelvic destination

Observant inhalation: **Grin to (Tip **Bë** or Root **Dë**) ...**

Relaxing exhalation: **relaxing!** *one set of one breath*
*touch tip of left thumb to left little finger's **higher** set of creases*
*count one breath upon the right: **little** finger's:*
tip.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

e. Pelvic resting

Observant inhalation: **Grin to (Tip **Bë** or Root **Dë**) ...**

Relaxing exhalation: **Relaxing!** *one set of twelve breaths*

*touch tip of left thumb to left little finger's **higher** set of creases
count one breath upon each of the right: **ring, middle, and index** finger's:
lower, middle, higher sets of creases and tips.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

2. SECOND climbing

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
a. Navel destination

Observant inhalation: **Grin to Gut Ah...**

Relaxing exhalation: **relaxing!**

one set of one breath

*touch tip of left thumb to left little finger's **tip**
count one breath upon the right: **little** finger's:
lower set of creases.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

b. Heart destination

Observant inhalation: **Grin to Heart Tam...**

Relaxing exhalation: **relaxing!**

one set of one breath

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

*count one breath upon the right: **little** finger's:*

middle set of creases.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
c. Throat destination

Observant inhalation: **Grin to Throat Om...**

Relaxing exhalation: **relaxing!**

one set of one breath

*touch tip of left thumb to left little finger's **tip**
count one breath upon the right: **little** finger's:
higher set of creases.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
d. Crown destination

Observant inhalation: **Grin to Crown Ham...**

Relaxing exhalation: **relaxing!**

one set of one breath

*touch tip of left thumb to left little finger's **tip**
count one breath upon the right: **little** finger's:
tip.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
e. Crown resting

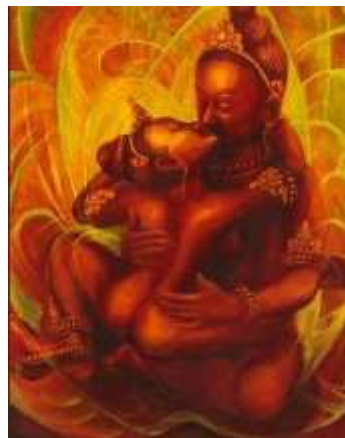
Observant inhalation: **Grin to Crown Ham...**

Relaxing exhalation: **relaxing!** *one set of twelve breaths*
*touch tip of left thumb to left little finger's **tip***
*count one breath upon each of the right: **ring, middle, and index** finger's:*
lower, middle, higher sets of creases and tips.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

C. Spontaneous Awareness Meditation through WATCHING the Play of Mind and RELAXING into its Release

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



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

Watching the Play of Mind

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

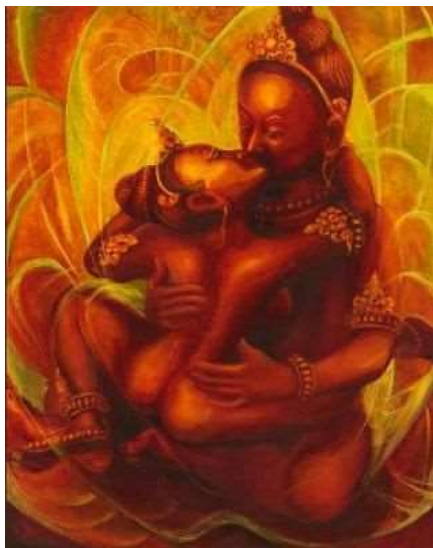
Relaxing exhalation: *relaxing!* yes!} *one set of sixteen breaths*

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

D. The Concise Union of Love & Letting-go

*{ Metta in Pali, Vajrayana in Sanskrit, and
Tokal in Tibetan Dzogchen }*



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Circumstantial Love

Observant inhalation: *Boon for each lot...*

Relaxingly exhalation: *relaxing!*

One set of four breaths
*slide left thumb further down back of left little finger until comes to rest upon the **middle knuckle***
*count the four breaths upon the right **little** finger's:*
lower, middle, and higher sets of creases, as well as its tip.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Physical Love

*Observant inhalation: **Health for each form...***

Relaxingly** exhalation: **relaxing!

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Interpersonal Love

Observant inhalation: Love for all speech...

Relaxingly exhalation: relaxing!

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Mental Love

*Observant inhalation: **Wise for each mind...***

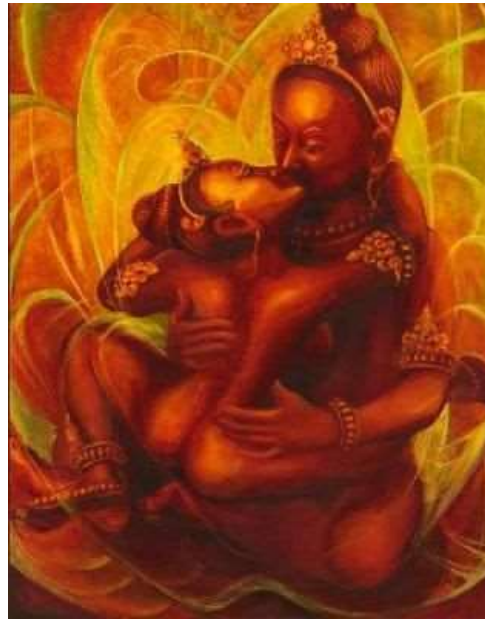
Relaxingly** exhalation: **relaxing!

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

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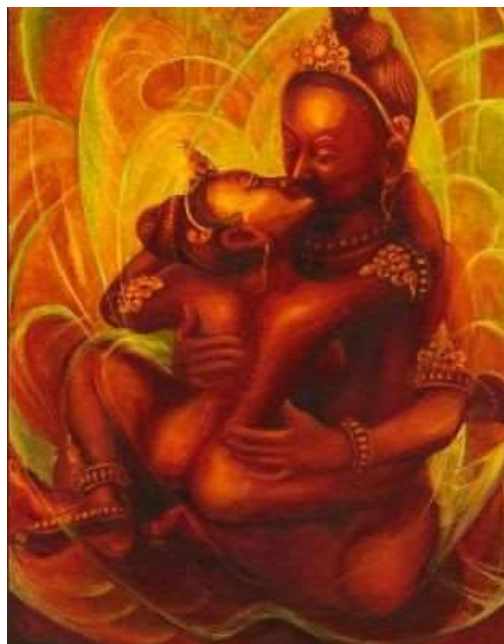
III. Naropa's **SECOND** yoga of Empty Body

{*Tantra = Sutra + Mantra + Metaphor*}



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

A. Love Mantra Contemplation



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Circumstances' Love

Observant inhalation: *Boon for each lot!*

Relaxingly whisper:

Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!

Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!

One set of four breaths

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

*count the four mantras upon each of the right: **little, ring, middle, and index** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Bodies' Love

Observant inhalation: *Health for each form!*

Relaxingly whisper:

Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!
Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Communications' Love

Observant inhalation: *Love for all speech!*

Relaxingly whisper:

Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!

Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!

One set of four breaths

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

*count the four mantras upon each of the right: **little, ring, middle, and index** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Minds' Love

Observant inhalation: *Wise for each mind!*

Relaxingly whisper:

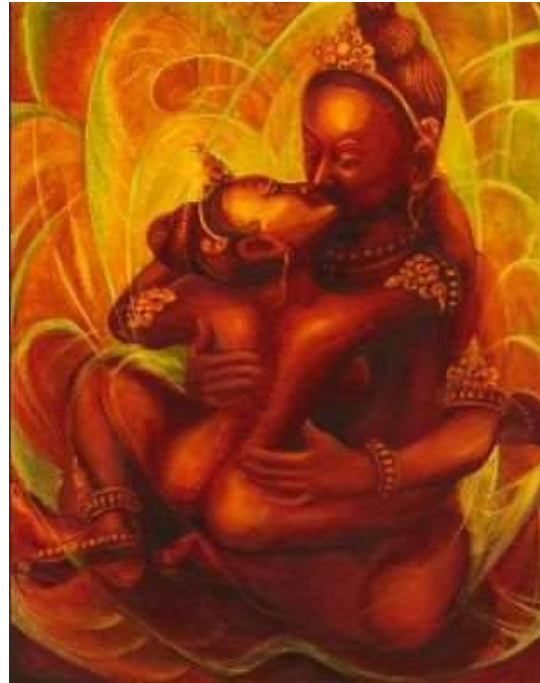
Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!

Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

B. Wisdom Mantra Contemplation



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Circumstances' Emptiness

Observant inhalation: *How lots, like Ta-re's,
seen yet void?*

Relaxingly whisper:

Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!

Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Bodies' Emptiness

Observant inhalation: *How forms, like Ta-re's,
felt yet void?*

Relaxingly whisper:

Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!

Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Communication's Emptiness

Observant inhalation: *How speech, like Ta-re's,
heard yet void?*

Relaxingly whisper:

Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!

Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Minds' Emptiness

Observant inhalation: *How minds, like Ta-re's,
clear yet void?*

Relaxingly whisper:

*Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!
Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!*

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

C. Spontaneous Awareness Mantra Meditation

through WATCHING the Play of Mind and
RELAXING into its Release

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



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Spontaneous Awareness Mantra Meditation

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

Relaxingly whisper:

Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!

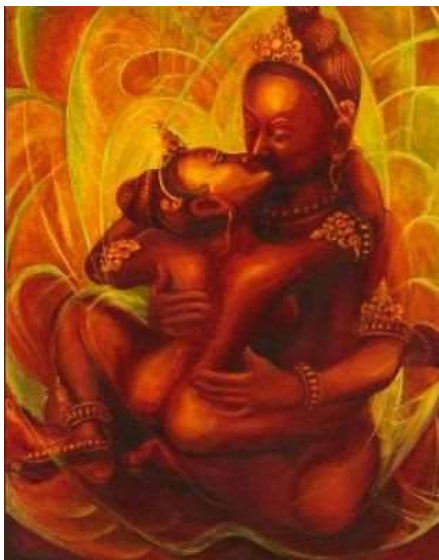
Om Ta-re Tam Sö-ha! Om Ta-re Tam Sö-ha!

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

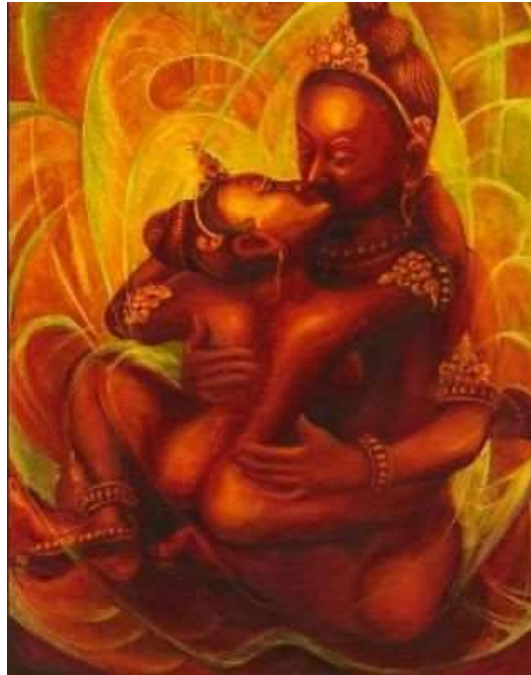
IV. Naropa's THIRD yoga of Clear Light

{ *Vajrayana, Anu-yoga or Mahamudra in Sanskrit, and
Tokal and Trekchöd in Tibetan Dzogchen* }



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

A. Syllable Meditation



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

{ *Drop in English, Bindu in Sanskrit, and Tiklé in Tibetan* }

IN-breath:

*Grin to heart **Tam**...*

OUT-breath:

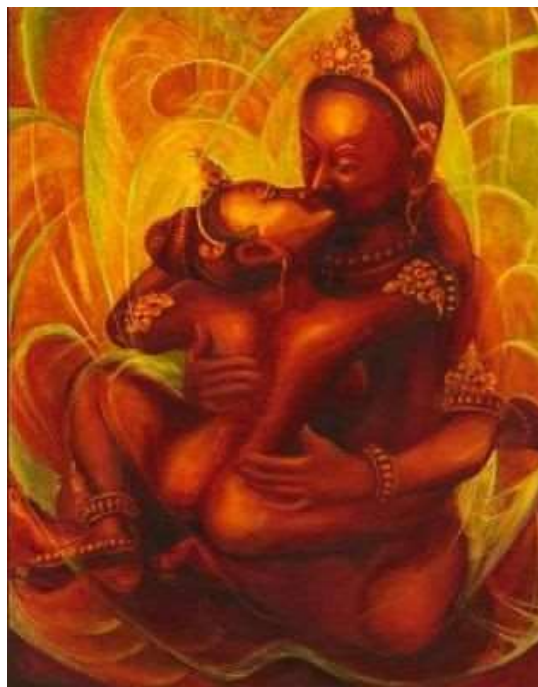
relaxing!

one set of sixteen breaths

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

B. Concise, Silent, Empty-body



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Minds' Wisdom

Observant inhalation: ***Minds, like Ta-re's, ...***

Relaxingly exhalation: ***clear yet void!***

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Communication Wisdom

Observant inhalation: **Speech, like Ta-re's, ...**

Relaxingly exhalation: **heard yet void!**

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Bodies' Wisdom

Observant inhalation: *Form, like Ta-re's, ...*

Relaxingly exhalation: *felt yet void!*

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Circumstances' Wisdom

Observant inhalation: *Lots, like Ta-re's, ...*

Relaxingly exhalation: *seen yet void!*

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

C. Change Contemplation

{ *Nagarjuna's middle way (Madhyamaka in Sanskrit)*
reconciling interdependence with impermanence }

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

1. Universal

Observant inhalation: *All beings melt...* *impermanence*
Relaxing exhalation: *into worlds!* *interdependence*

Observant inhalation: *All worlds melt...* *impermanence*
Relaxing exhalation: *into earthlings!* *interdependence*

*One set of one breath each
touch tip of left thumb to left little finger's **higher** set of creases
count the breaths upon the lower and middle set of creases of **right** little finger.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

2. Global

Observant inhalation: ***Earthlings melt...*** *impermanence*
Relaxing exhalation: ***into earth!*** *interdependence*

Observant inhalation: ***Earth now melts...*** *impermanence*
Relaxing exhalation: ***into neighbors!*** *interdependence*

*One set of one breath each
touch tip of left thumb to left little finger's **higher** set of creases
count the breaths upon the higher set of creases and tip of **right** little finger.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

3. Local

Observant inhalation: *Neighbors melt...* *impermanence*
Relaxing exhalation: *into here!* *interdependence*

Observant inhalation: *Here now melts...* *impermanence*
Relaxing exhalation: *into form!* *interdependence*

*One set of one breath each
touch tip of left thumb to left little finger's **higher** set of creases
count the breaths upon the lower and middle set of creases of **right** ring finger.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

4. *Physical*

Observant inhalation: *Form now melts...* *impermanence*
Relaxing exhalation: *into speech!* *interdependence*

Observant inhalation: *Speech now melts...* *impermanence*
Relaxing exhalation: *into mind!* *interdependence*

*One set of one breath each
touch tip of left thumb to left little finger's **higher** set of creases
count the breaths upon the higher set of creases and tip of **right** ring finger.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

5. Mental

Observant inhalation: *Mind now melts ...* *impermanence*
Relaxing exhalation: *into void!* *interdependence*

Observant inhalation: *Infinite ...*
Relaxing exhalation: *emptiness!*

*One set of one breath each
touch tip of left thumb to left little finger's **higher** set of creases
count the breaths upon the lower and middle set of creases of **right** middle finger.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana6. *Vast expanse*

<i><u>Observant</u> inhalation:</i>	<i>Infinite ...</i>	<i>{ Vast...</i>
<i>Relaxing exhalation:</i>	<i>emptiness!</i>	<i>void!}</i>

One set of two breaths
*touch tip of left thumb to left little finger's **higher** set of creases*
*count the breaths upon the higher set of creases and tip of **right** middle finger.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

7. Voidness

Observant inhalation: *Infinite ...* {Vast...

Relaxing exhalation: *openness!* void!}

*One set of one breath
touch tip of left thumb to left little finger's **higher** set of creases
count the breaths upon the three sets of creases and tip of the **right** index finger.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

D. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and

RELAXING into its Release

{ *Mahamudra or Mahasandhi in Sanskrit, and*

Trekchöa in Tibetan }

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

Watching the Play of Mind

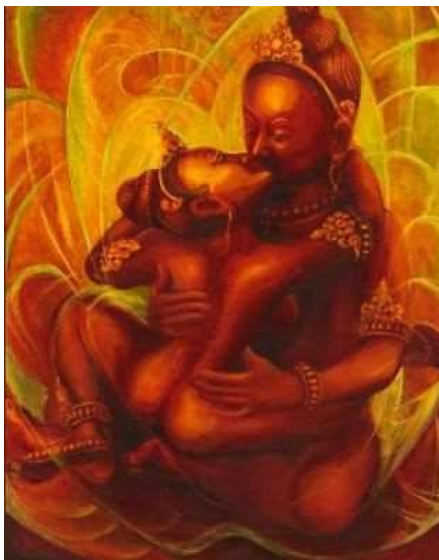
IN-breath: *Notice this ...* {This...

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

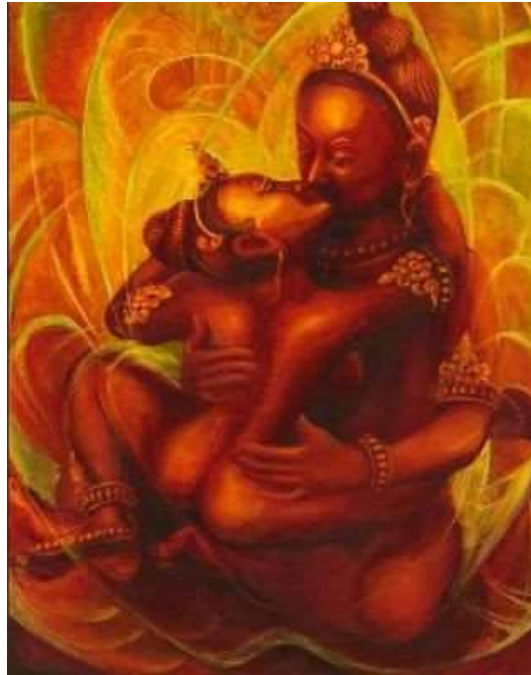
V. Naropa's FOURTH yoga of Pho'wa

*{ Anu-yoga and Mahamudra in Sanskrit, as well as
Tikle and Trekchöd in Tibetan Dzogchen }*



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

A. Verbal Transference of Consciousness



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

A. Verbal Transference

Observant inhalation: **Mind shoots out crown...**

Fierce exclamation: **Phë!** {snap fingers overhead}
one set of four breaths
touch tip of left thumb to left little finger's **lower** set of creases
count four breaths upon the right: **little** finger's:
lower, middle, and higher sets of creases, as well as their tips.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

B. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and
RELAXING into its Release

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



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Watching the Play of Mind

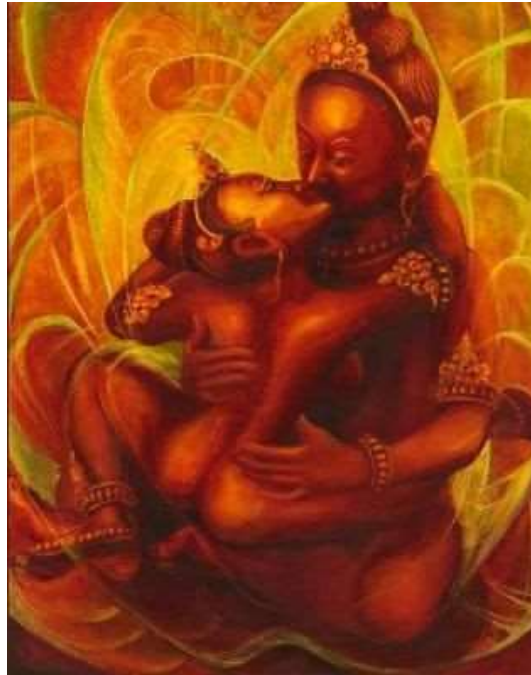
Observant inhalation: **Notice this...** {This...

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

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

C. Silent Transference of Consciousness



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

C. Silent Transference

Observant inhalation: ***Mind shoots out crown...***

Relaxing exhalation: ***relaxing!*** *one set of four breaths*
*touch tip of left thumb to left little finger's **middle** set of creases*
*count four breaths upon each of the right: **little** finger's:*
lower, middle, and higher sets of creases, as well as their tips.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

D. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and
RELAXING into its Release

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



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Watching the Play of Mind

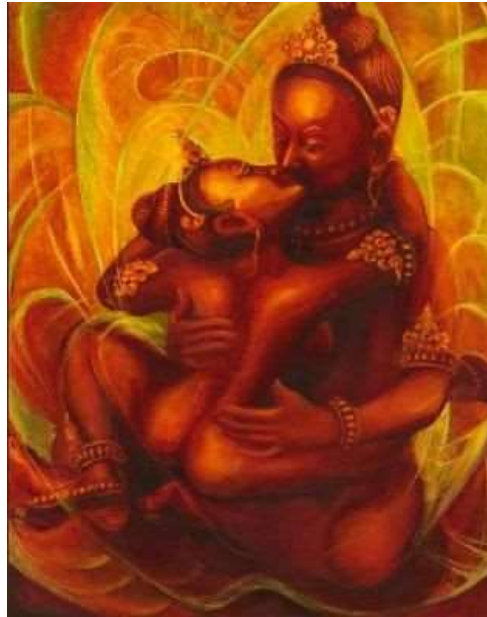
Observant inhalation: **Notice this...** {This...

Relaxing exhalation: **relaxing!** yes!} one set of twelve breaths
 touch tip of left thumb to left little finger's **middle** set of creases
 count the four breaths upon the right: ring, middle, and index finger's:
 lower, middle, and higher sets of creases, as well as their tips.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

VI. Naropa's FIFTH yoga of Bardo

*Also known as the Three Bringings:
a veritable smorgasbord of all the techniques we've covered*



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

A. Change Contemplation

{ *Nagarjuna's middle way (Madhyamaka in Sanskrit)*
reconciling interdependence with impermanence }

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana*1. Universal*

Observant inhalation: *All beings melt...* *impermanence*
Relaxing exhalation: *into worlds!* *interdependence*

Observant inhalation: *All worlds melt...* *impermanence*
Relaxing exhalation: *into earthlings!* *interdependence*

*One set of one breath each
touch tip of left thumb to left little finger's **lower** set of creases
count the breaths upon the lower and middle set of creases of **right** little finger.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

2. Global

Observant inhalation: ***Earthlings melt...*** *impermanence*
Relaxing exhalation: ***into earth!*** *interdependence*

Observant inhalation: ***Earth now melts...*** *impermanence*
Relaxing exhalation: ***into neighbors!*** *interdependence*

*One set of one breath each
touch tip of left thumb to left little finger's **lower** set of creases
count the breaths upon the higher set of creases and tip of **right** little finger.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

3. Local

Observant inhalation: *Neighbors melt...* *impermanence*
Relaxing exhalation: *into here!* *interdependence*

Observant inhalation: *Here now melts...* *impermanence*
Relaxing exhalation: *into form!* *interdependence*

*One set of one breath each
touch tip of left thumb to left little finger's **lower** set of creases
count the breaths upon the lower and middle set of creases of **right** ring finger.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana4. *Physical*

Observant inhalation: *Form now melts...* *impermanence*
Relaxing exhalation: *into speech!* *interdependence*

Observant inhalation: *Speech now melts...* *impermanence*
Relaxing exhalation: *into mind!* *interdependence*

*One set of one breath each
touch tip of left thumb to left little finger's **lower** set of creases
count the breaths upon the higher set of creases and tip of **right** ring finger.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

5. Mental

Observant inhalation: *Mind now melts ...* *impermanence*
Relaxing exhalation: *into void!* *interdependence*

Observant inhalation: *Infinite ...*
Relaxing exhalation: *emptiness!*

*One set of one breath each
touch tip of left thumb to left little finger's **lower** set of creases
count the breaths upon the lower and middle set of creases of **right** middle finger.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

6. Vast expanse

Observant inhalation: ***Infinite ...*** { *Vast...*

Relaxing exhalation: ***emptiness!*** *void!}*

*One set of two breaths
touch tip of left thumb to left little finger's **lower** set of creases
count the breaths upon the higher set of creases and tip of **right** middle finger.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

7. Voidness

Observant inhalation: *Infinite ...* {Vast...

Relaxing exhalation: *openness!* void!}

*One set of one breath
touch tip of left thumb to left little finger's **lower** set of creases
count the breaths upon the three sets of creases **and** tip of the **right** index finger.*

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

B. Awareness Meditation

through WATCHING the Play of Mind and
RELAXING into its Release

{ *Zen in Japanese, Ch'an in Chinese, Sati Passaddhi in Pali,
Mahamudra, Ati-yoga or Mahasandhi in Sanskrit,
and Trekchö_a in Tibetan Dzogchen* }

Bringing the Swoon of Death into the Path of the Dharmakaya

But what do we mean by the Truth body?

LITERALLY: the one mind of omniscience shared by each Buddha

OR

FIGURATIVELY: the mastery of AWARENESS and **letting-go**

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Watching the Play of Mind

IN-breath: *Notice this ...* {*This...*

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

C. Syllable Meditation

Bringing the Dream State of the Bardo into the Path of the Sambhogakaya

But what do we mean by the Bliss body?

LITERALLY: the body of bliss and light that each Buddha manifests upon enlightenment

OR

FIGURATIVELY: the mastery of BLISS and **letting-go**

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

{ *Bindu, or Anu-yoga in Sanskrit, and Tiklé in Tibetan* }

{ *Bringing the Bardo into the Path of the Sambhogakaya – the Union of Bliss & Emptiness* }

IN-breath:

*Grin to heart **Tam**...*

OUT-breath:

relaxing!

one set of sixteen breaths

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

D. Empty Body Contemplation

Bringing the Awakening of Rebirth into the Path of the Nirmanakaya

But what do we mean by the Emanation body?

LITERALLY: the bodies of flesh, blood, and bone that Buddhas emanate to guide others

FIGURATIVELY: the mastery of LOVE and **letting-go**

Vajrayana, Tantrayana, or Maha-yoga in Sanskrit, and Toga in Tibetan Dzogchen



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Minds' Love

Observant inhalation: Great wisdom...

Relaxingly exhalation: for each mind!

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Minds' Letting-go

Observant inhalation: *Minds, like seed **Tam**, ...*

Relaxingly exhalation: *clear yet void!*

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Speech Love

Observant inhalation: **Compassion...**

Relaxingly exhalation: **for all speech!**

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Speech Letting-go

Observant inhalation: ***Speech, like Man-tra, ...***

Relaxingly exhalation: ***heard yet void!***

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Bodies' Love

Observant inhalation: *Profound health...*

Relaxingly exhalation: *for each form!*

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Bodies' Letting-go

Observant inhalation: *Form, like Ta-re, ...*

Relaxingly exhalation: *felt yet void!*

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Circumstances' Love

Observant inhalation: *Good fortune...*

Relaxingly exhalation: *for each lot!*

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Circumstances' Letting-go

Observant inhalation: Lots, like Va-ti, ...

Relaxingly exhalation: seen yet void!

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

2. Spontaneous Awareness Meditation through WATCHING the Play of Mind and RELAXING into its Release

{ *Zen in Japanese, Ch'an in Chinese, Sati Passaddhi in Pali,
Mahamudra, Ati-yoga or Mahasandhi in Sanskrit,
and Trekchö_a in Tibetan Dzogchen* }



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

Watching the Play of Mind

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

Relaxing exhalation: ***relaxing!*** *yes!}*

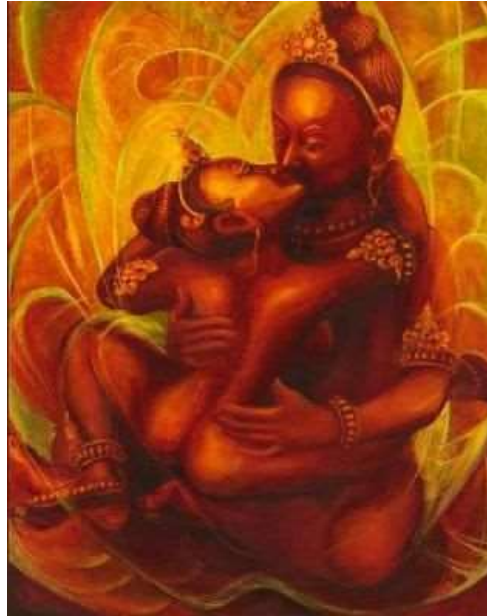
first set of sixteen breaths

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

VII. Naropa's SIXTH yoga of Tantric Sex

(or Karma Mudra in Sanskrit or Yab yum in Tibetan)



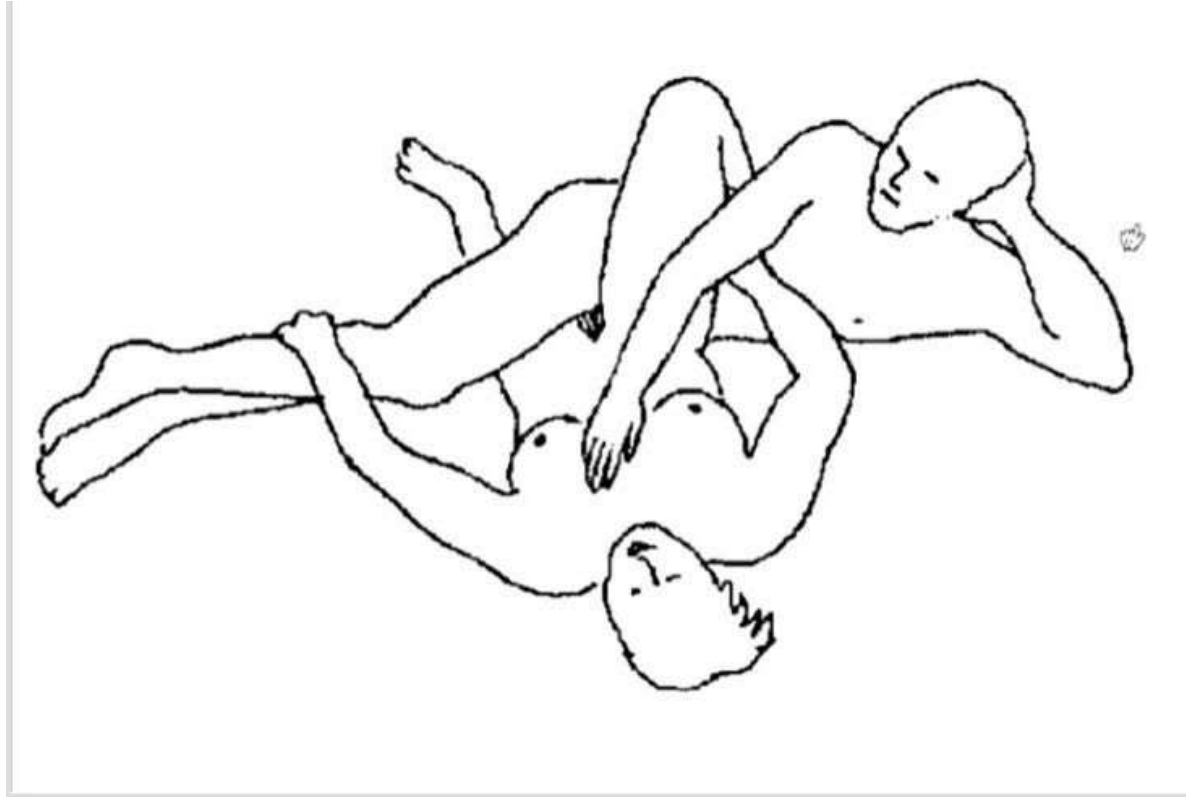
Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
Classic Yab Yum



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

Scissors

“Cupid's Poisoned Arrow” by Marnia Robinson



Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

How to get into scissors

- Woman lies on back, knees up to her chest
- Man lies on his left side so his penis is at the opening of her vagina
- She drops her legs
- He places his right leg between her legs
- Result: her left leg is between his legs, her right calf rests on his torso
- Just hang out there – your penis will pop in...pillows can help
- This is super relaxing and you can do this for hours

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

A. Love Contemplation

*Observant inhalation: **Bliss for all...***

*Relaxingly exhalation: **relaxing!***

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana
B. Wisdom Contemplation

Observant inhalation: ***What feeling?***

Relaxingly exhalation: ***Relaxing!***

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

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

*C. Energetic Circulation – **Invigorating***

Observant inhalation: **Grin to Gut...**

Relaxingly exhalation: **relaxing!**

Observant inhalation: **Grin to Feet...**

Relaxingly exhalation: **relaxing!**

Observant inhalation: **Grin to Hands...**

Relaxingly exhalation: **relaxing!**

Observant inhalation: **Grin to Crown...**

Relaxingly exhalation: **relaxing!**

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana*D. Energetic Circulation – Sedating*

Observant inhalation: **Grin to Gut...**

Relaxingly exhalation: **relaxing!**

Observant inhalation: **Grin to Feet...**

Relaxingly exhalation: **relaxing!**

Observant inhalation: **Grin to Taint...**

Relaxingly exhalation: **relaxing!**

Observant inhalation: **Grin to Hands...**

Relaxingly exhalation: **relaxing!**

Observant inhalation: **Grin to Crown...**

Relaxingly exhalation: **relaxing!**

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

E. Spontaneous Awareness Meditation

Observant inhalation: ***Notice this...***

Relaxingly exhalation: ***relaxing!***

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

VII. Appendix

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

A. Padawan Training

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

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.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

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.

Rakta Tare's Dance of the Six Yogas of Naropa – 22nd Lesson Sadhana

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. Karezza Tantra's Mental Panacea

One can not gaze at an image of Dröl-ma Mar-mo Yab Yum without noticing that she is sporting in Tantric union.

Just as the Baskin Robins franchise of ice cream parlors claims to offer thirty-one flavors likewise there many flavors of sexual tantra.

As with all things, there are also patriarchal as well as matriarchal takes on what the Buddhist Tantrikas refer to as Karma Mudra in Sanskrit, or Yab Yum if you prefer Tibetan.

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In the book “Cupid’s Poisoned Arrow”

the author Marnia Robinson does an outstanding job explaining the flavor of sexual tantra that could be described as: matriarchal, or valley, or yin, or bonding , or oxytocin-oriented,

through the lenses of anthropology, and genetics, and neuroscience, and trenchant pragmatism.

Oh how I wish that her text was required reading in every junior high school Sexual Education class for the way we choose to make love or masturbate, and our choices in pornography, and erotica, and even fantasy

have a profound effect upon each of our midbrain’s dopamine pathways, and oxytocin pathways, and our mental health, and our physical health, all our relationships, as well as our educational and vocational well-being.

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The endocrino-neurological, and emotional, and intellectual, and romantic, and social, and educational, and vocational, and developmental healing made available

by the subtle and often G-rated techniques of Karezza tantra are a virtual panacea.

Purchase this book from Amazon dot com tonight either as a paper back or read it through the FREE kindle app on the digital device of our choosing.

Read it with your partner aloud before bed. Apply its teachings, for no less than twenty-eight consecutive days, and watch your life change.

FULL DISCLOSURE: the Buddha Joy Mediation School makes NO money from your purchase of Marnia Robinson's "Cupid's Poisoned Arrow."

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Week	Rumination	Supplementation	Meditation	
First	Anapanasati Sutta and its Commentary	Youngling Training Parable of the Movie Concessions	1 st 16 Trekchöd, Tokal Circumstance	
Second	Tantra's Treasure 1 st – 6 th Chapters	Romantic Panacea	2 nd 16 Trekchöd, Tokal Body	
Third	Tantra's Treasure 7 th – 12 th Chapters	Parable of the Movie Patron	3 rd 16 Trekchöd, Tokal Speech	
Fourth	Tantra's Treasure 13 th – 18 th Chapters	Panic Attack	4 th 16 Trekchöd, Tokal Mind	
			Padawan Training	
Fifth	Tantra's Treasure 19 th – 24 th Chapters	Ptolemy's Twelve Elemental Permutations	Madhyamika, Trekchöd 2 nd , 4 sets of 16 breaths,	
Sixth	Tantra's Treasure 25 th – 30 th Chapters	Lethargy Physical Panacea	Bliss and Sensation, Trekchöd 3 rd , 4 sets of 16 breaths	
Seventh	Tantra's Treasure 31 st – 36 th Chapters	Two Paths	Trekchöd, 4 th , Fourth, 4 sets of 16 breaths	
Eighth	Tantra's Treasure 37 th – 42 nd Chapters	Essence of the Four Vows	Mantra Circumstance	
Ninth	Tantra's Treasure 43 rd – 48 th Chapters	Good Night & Wake-up Channels	Mantra Body	
Tenth	Tantra's Treasure 47 th – 54 th Chapters	Walking Meditation	Mantra Speech	
Eleventh	Tantra's Treasure 55 th – 60 th Chapters	Sky Gazing	Mantra Mind	
Twelfth	Tantra's Treasure 61 st – 66 th Chapters	Four Levels	Jedi Knight Training	
Thirteenth	Tantra's Treasure 67 th – 72 nd Chapters	Path of Mastery		
Fourteenth	Tantra's Treasure 73 rd – 78 th Chapters	Means of Mastery		
Fifteenth	Tantra's Treasure 79 th – 81 st Chapters		Penultimate Q&A	
Sixteenth			Final Q and A	

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Their nudity reminds us
of mindfulness' vulnerability,
their bodies comprised of light
remind us of non-graspability,

their beauty reminds us
of love's energy,

the stability with which he sits
reminds us of centeredness, and
the abandon with which she sports
reminds us of spontaneity.

MEDITATE LIKE A JEDI



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May love and insight
drive our veganism.

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

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

MEDITATE ^{LIKE} A JEDI