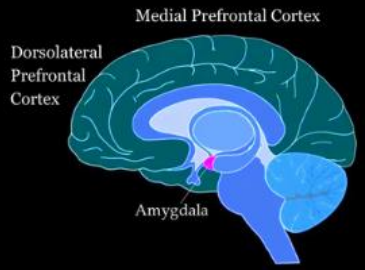
Green Tara Mantra Meditations

by Dzogchen Lama: Jigme Gyatso
4nov26a

When the
Competition and Cruelty
of our Survival Oriented

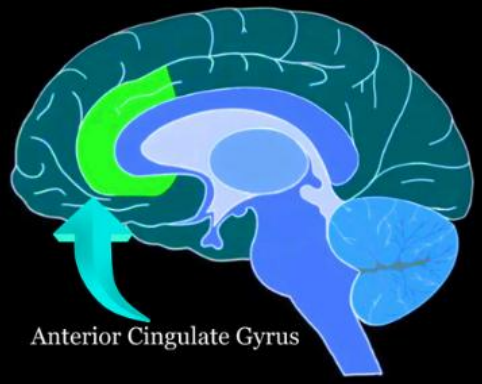






life can become
(*in the words of Thomas Hobbes*)
Nasty, Brutish, and Short!

However, authentically training
in Mindfulness and Meditation
once every 12 hours or so





in a manner that is
distinctly fulfilling!


Let Us
Meditate
like a
Jedi

Utilitarian Mental Exercises

Anicca	*Watching LOT/* **always change**	
	Feeling FORM/ **always change**	
	Hearing SPEECH/ **always change**	
	Notice MIND/ **always change**	Tram
Sati	*Feeling THIS/* **relaxing** (*Feel/* **rest**)	
Bhavana	*Watching THIS/* **relaxing** (*Watch/* **rest**)	
Metta	*Great WISDOM/* **for all MIND**s	Om
	Profound LOVE/ **for all SPEECH**	
	Super HEALTH/ **for all FORM**s	
	Good FORTUNE/ **for all LOT**s	

CIRCUMSTANTIAL change

Grounding Tummo Energy Latent within our Abdomen

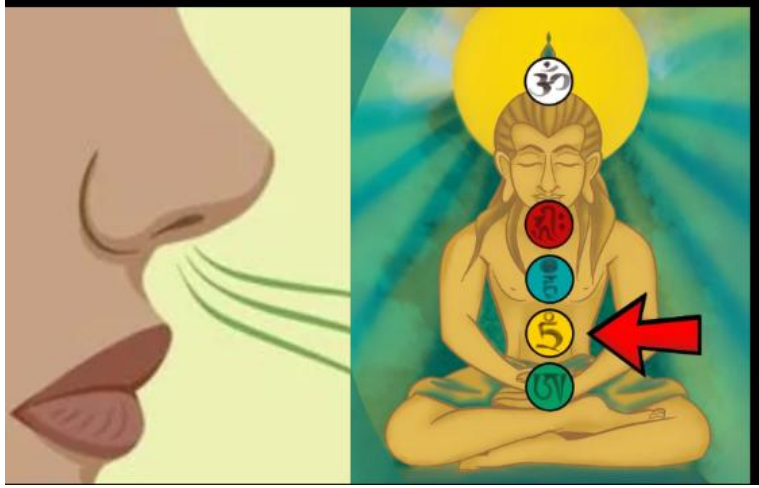
Tantra Mahamudra's **Ultimate** Union of Circumstance and **Emptiness**

inhalation

exhalation

Watching LOT

always CHANGE



What is the difference between
Proto Buddhism and Institutional Buddhism?



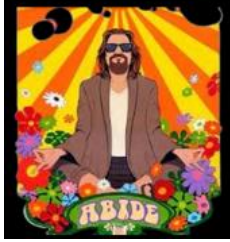




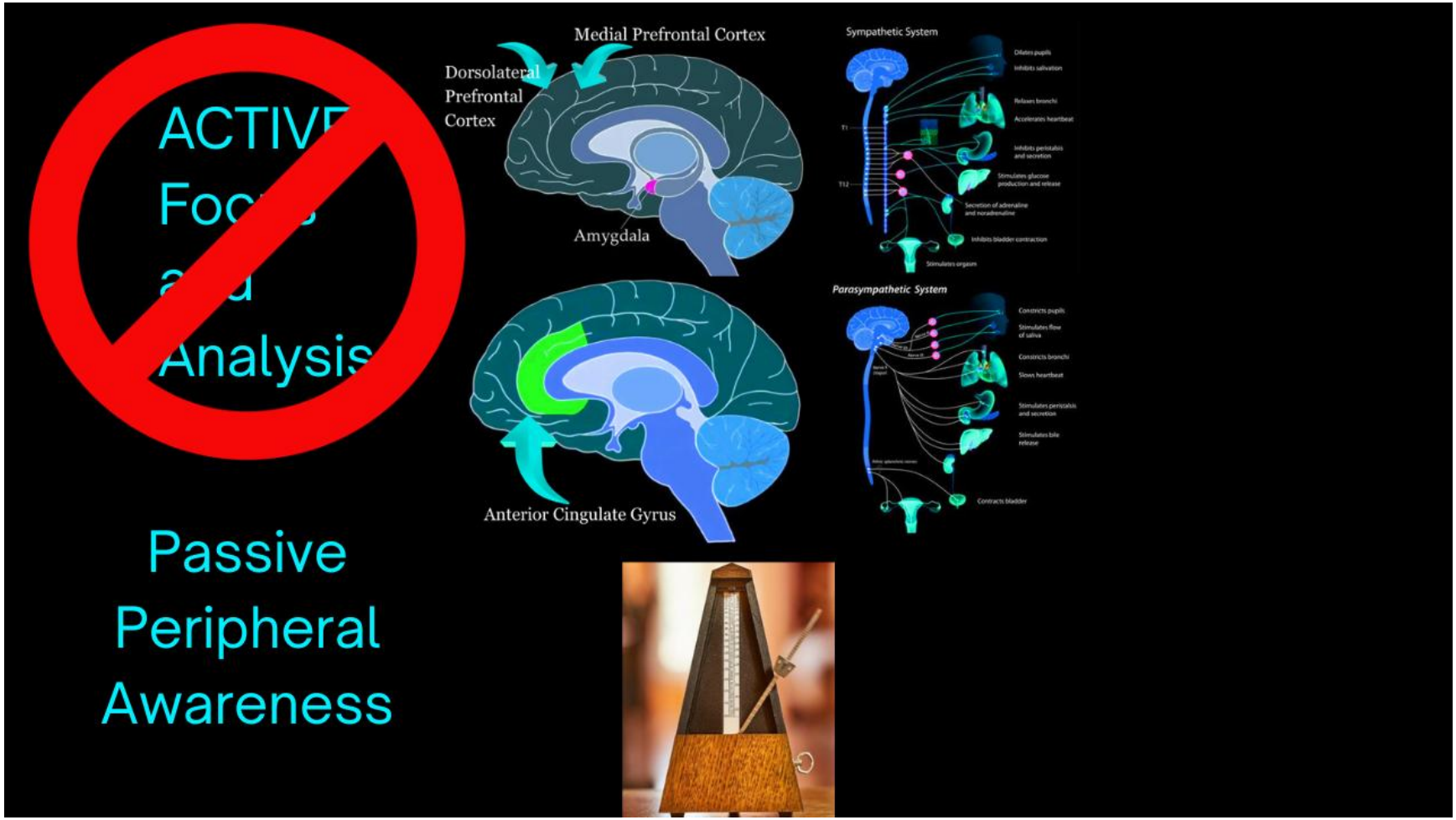
Sturgeon's Law
Ninty-percent of everything Sucks!



Yin's Spiritual Matriarchy	Yang's Religious Patriarchy
Flexible,	Rigid,
Loving,	Fearful,
Rational,	Superstitious,
Laid-back,	Controlling,
Egalitarian,	Elitist,
Lucid,	Cryptic,
Cooperative, &	Competitive, &
Kind	Cruel






ACTIVE
Foc
a
Analysis
Medial Prefrontal Cortex
Dorsolateral
Prefrontal
Cortex
Amygdala
Anterior Cingulate Gyrus
Sympathetic System
Dilates pupils
Inhibits salivation
Relaxes bronchi
Accelerates heartbeat
T1
Inhibits peristalsis and secretion
T12
Stimulates glucose production and release
Secretion of adrenaline and noradrenaline
Inhibits bladder contraction
Stimulates orgasm
Parasympathetic System
Constricts pupils
Stimulates flow of saliva
Constricts bronchi
Slows heartbeat
Stimulates peristalsis and secretion
Stimulates bile release
Contracts bladder
Passive
Peripheral
Awareness

CIRCUMSTANTIAL change

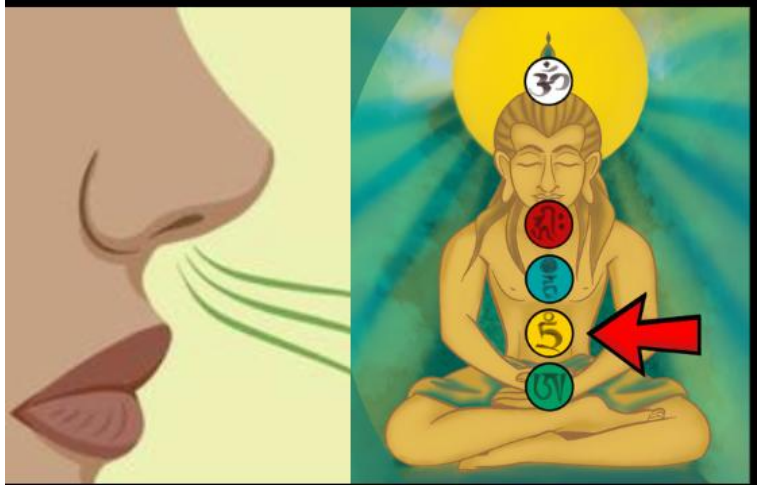
Grounding Tummo Energy Latent within our Abdomen

inhalation

exhalation

Watching LOT

always CHANGE



PHYSICAL change

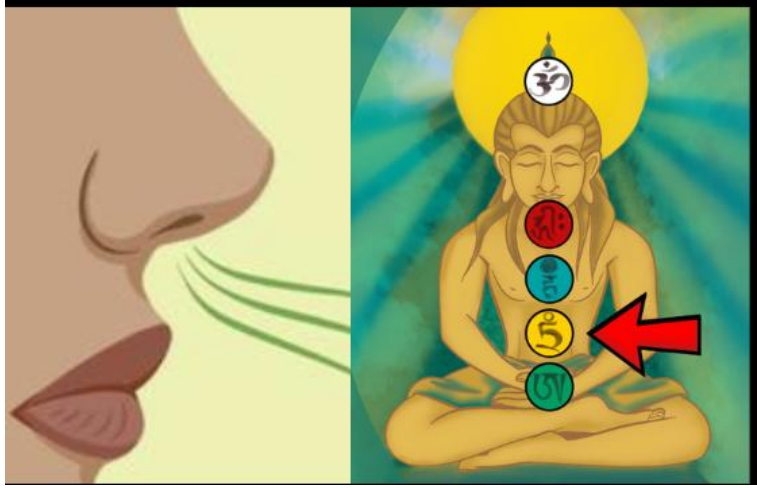
Utilitarian Set of Mental Exercises

inhalation

exhalation

Feeling FORM

always CHANGE

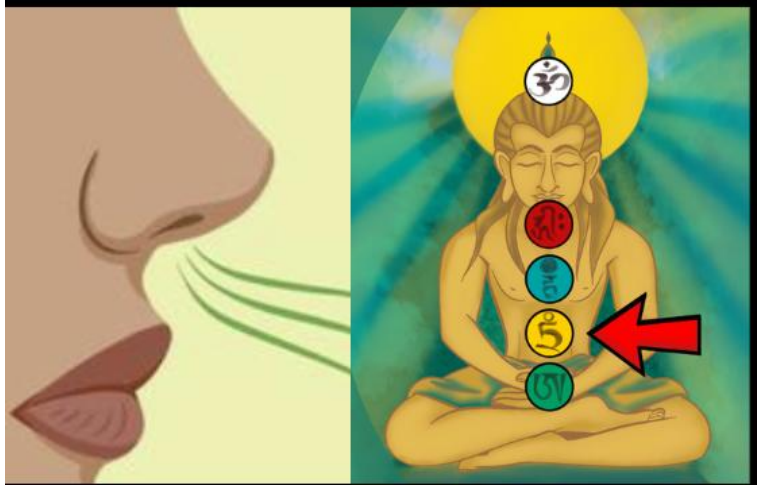


INTERPERSONAL change

Utilitarian Set of Mental Exercises

inhalation — *Hearing SPEECH*

exhalation — **always CHANGE**



MENTAL change

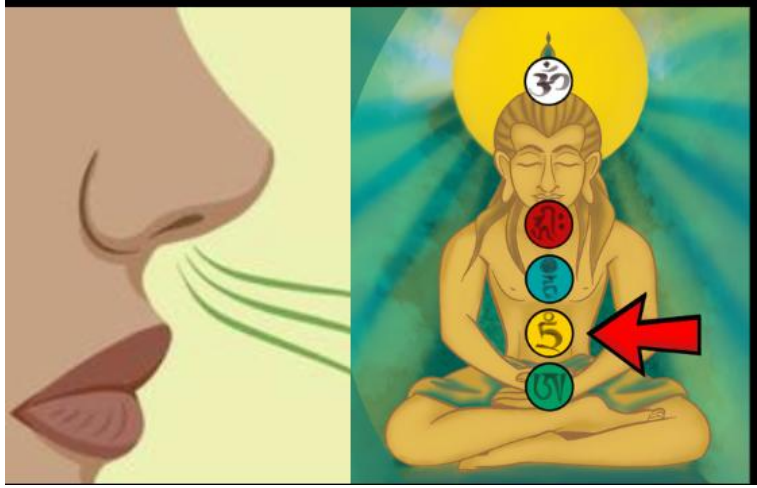
Utilitarian Set of Mental Exercises

inhalation

exhalation

Notice MIND

always CHANGE



Grounding MEDITATION

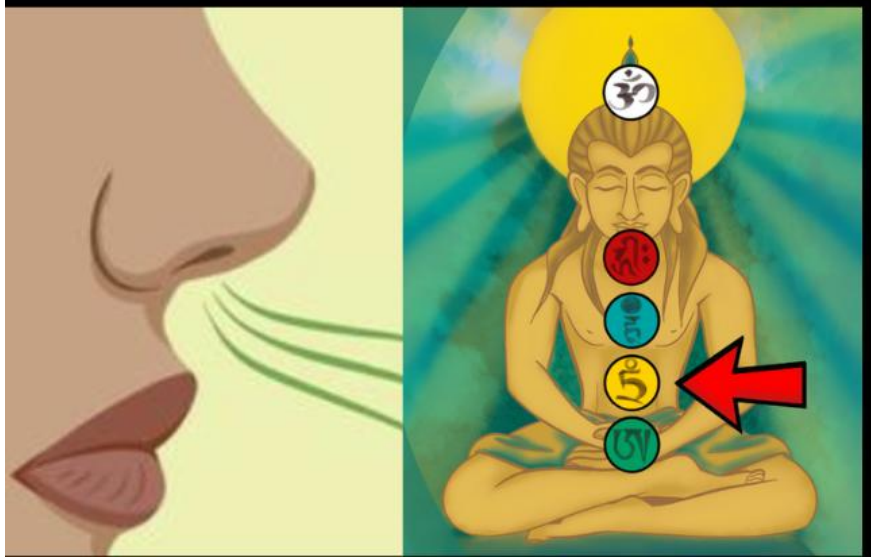
Grounding Tummo Energy Latent within our Abdomen

inhalation

Tasting THIS

exhalation

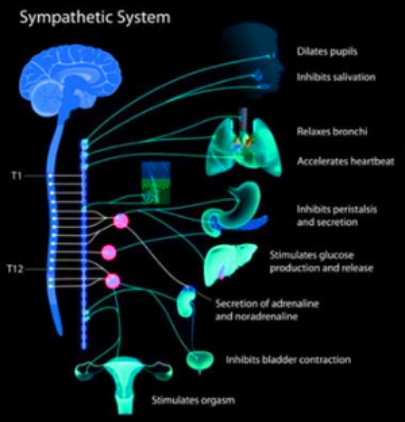
relaxing



MINDFULNESS

- Vulnerably,
- Pasively,
- Viscerally,
- Randomly, and
- Fleetingly

Notice



All Mind's Antics of:

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

All Manner of Phenomena:

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

Mindfulness *Taste* inhalation

Meditation **rest** exhalation

Meditation

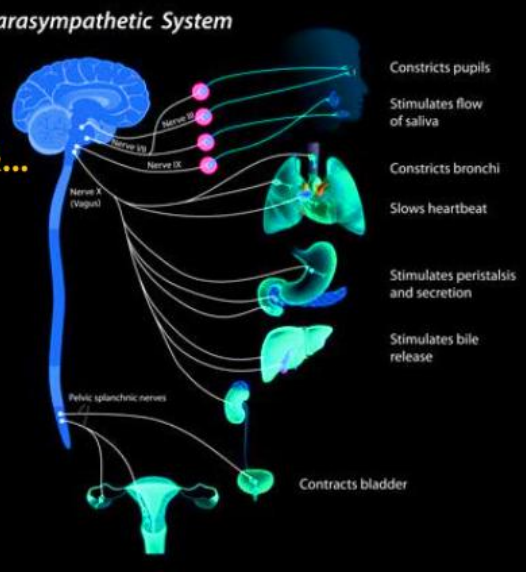
Mindfulness *Taste* inhalation

Meditation **rest** exhalation

Fleetingly:

- **LESS stressful,**
- **LESS permanent,**
- **LESS defining (*NOT-self*) &...**
- **as NON-graspable as a vast, EMPTY void.**





Grounding MEDITATION

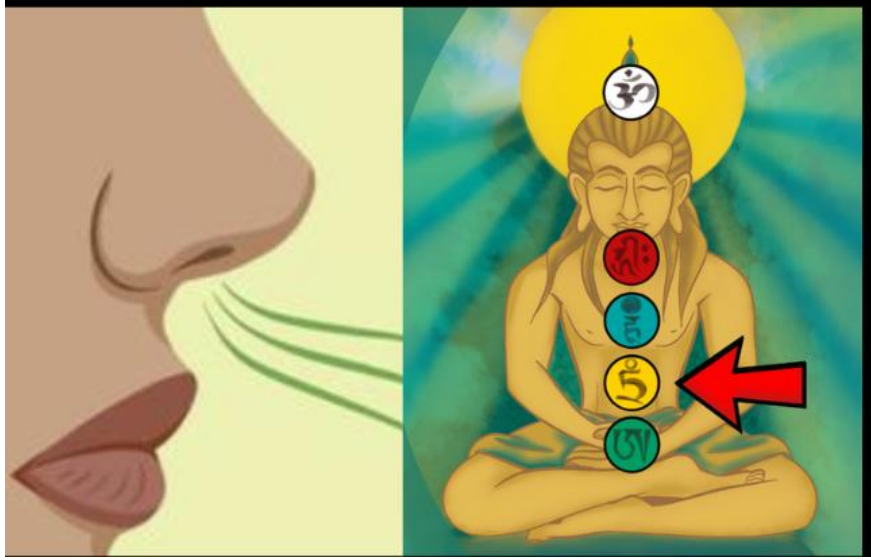
Grounding Tummo Energy Latent within our Abdomen

inhalation

Tasting THIS

exhalation

relaxing



Utilitarian Mental Exercises

Anicca

Watching LOT/ **always change** 
Feeling FORM/ **always change** 
Hearing SPEECH/ **always change** 
Notice MIND/ **always change** Tram

Sati

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Bhavana

Watching THIS/ **relaxing** (*Watch/* **rest**)

Metta

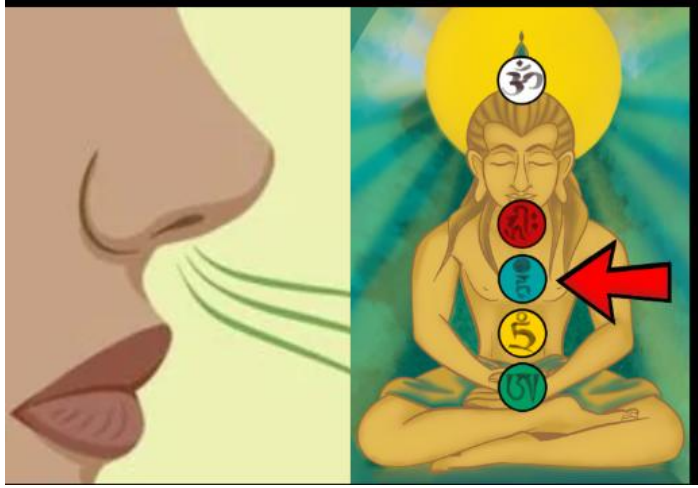
Great WISDOM/ **for all MIND**s Om
Profound LOVE/ **for all SPEECH** 
Super HEALTH/ **for all FORM**s 
Good FORTUNE/ **for all LOT**s 

Bliss MEDITATION

Blissful Lama **Naljor** Energy Latent within our Chest
Bindu Mahamudra's Union of Bliss and **Emptiness**

inhalation — *Feeling THIS*

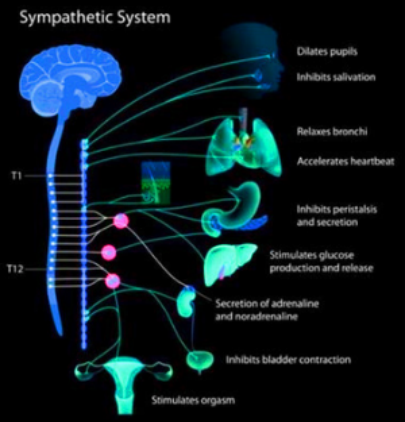
exhalation — **relaxing**



MINDFULNESS

- Vulnerably,
- Pasively,
- Viscerally,
- Randomly, and
- Fleetingly

Notice



All Mind's Antics of:

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

All Manner of Phenomena:

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

Mindfulness *Feel* inhalation

Meditation **rest** exhalation

Meditation

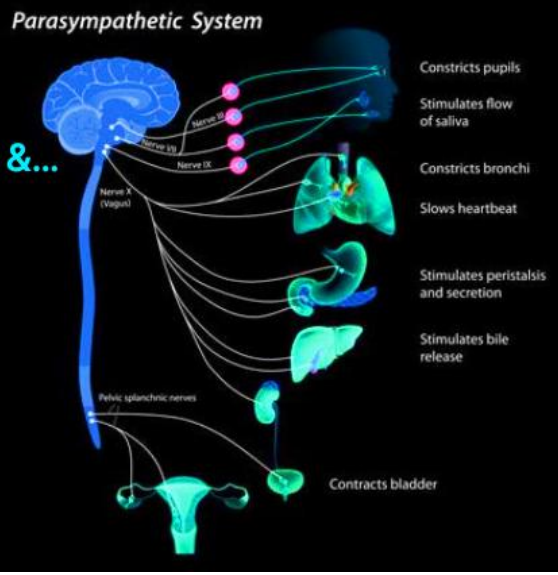
Mindfulness ***Feel*** inhalation

Meditation **rest** exhalation

Fleetingly:

- **LESS stressful,**
- **LESS permanent,**
- **LESS defining (*NOT-self*) &...**
- **as NON-graspable as a vast, EMPTY void.**





Bliss MEDITATION

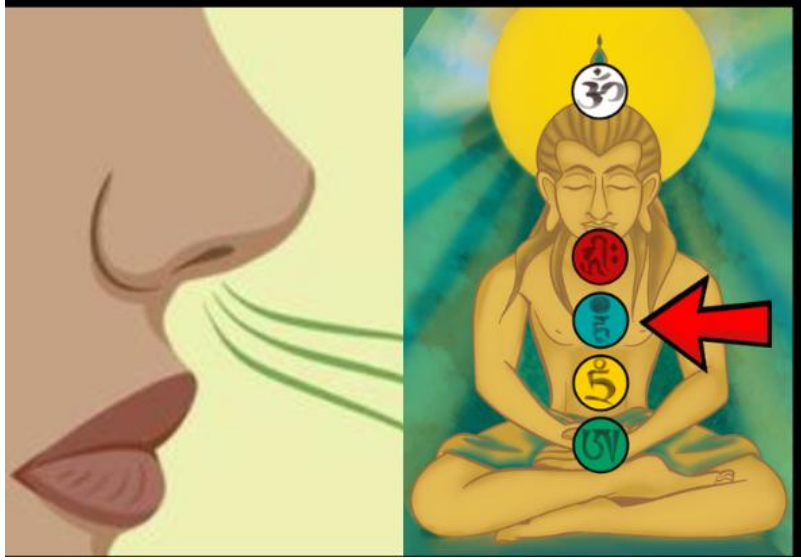
Blissful Lama **Naljor** Energy Latent within our Chest

inhalation

exhalation

Feeling THIS

relaxing



Utilitarian Mental Exercises

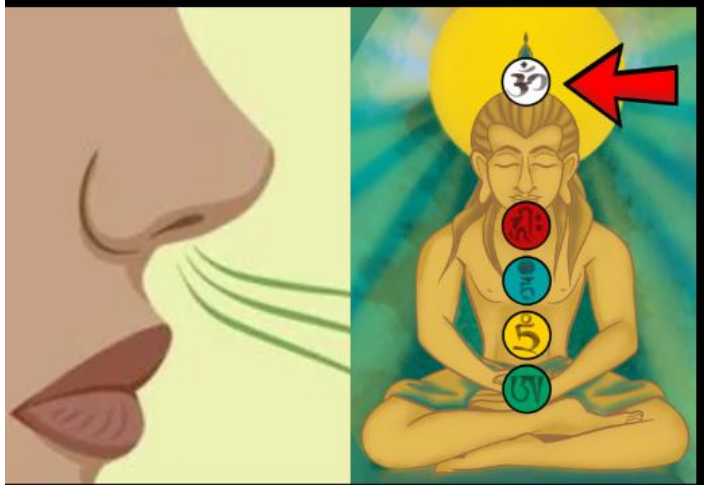
Anicca	*Watching LOT/* **always change**	
	Feeling FORM/ **always change**	
	Hearing SPEECH/ **always change**	
	Notice MIND/ **always change**	Tram
Sati	*Feeling THIS/* **relaxing** (*Feel/* **rest**)	
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Metta	*Great WISDOM/* **for all MIND**s	Om
	Profound LOVE/ **for all SPEECH**	
	Super HEALTH/ **for all FORM**s	
	Good FORTUNE/ **for all LOT**s	

Peace MEDITATION

Peaceful Lama **Khyenno** Energy Latent within the Summit of our Scalp
Sutra Mahamudra's Union of Awareness and **Emptiness**

inhalation *Watching THIS*

exhalation **relaxing**



What is the difference between
Proto Buddhism and Institutional Buddhism?



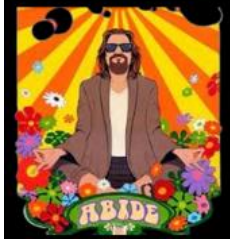




Sturgeon's Law
Ninty-percent of everything Sucks!



Yin's Spiritual Matriarchy	Yang's Religious Patriarchy
Flexible,	Rigid,
Loving,	Fearful,
Rational,	Superstitious,
Laid-back,	Controlling,
Egalitarian,	Elitist,
Lucid,	Cryptic,
Cooperative, &	Competitive, &
Kind	Cruel

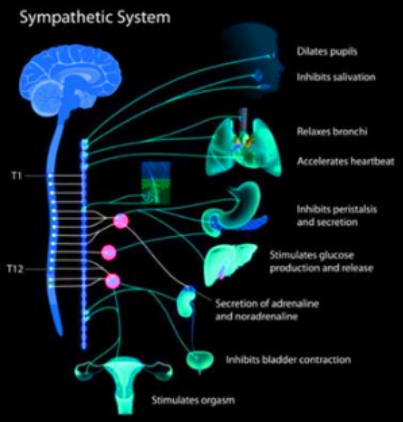




MINDFULNESS

- Vulnerably,
- Pasively,
- Viscerally,
- Randomly, and
- Fleetingly

Notice



All Mind's Antics of:

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- Glorious to Grotesque

Mindfulness *Watch* inhalation

Meditation **rest** exhalation

Meditation

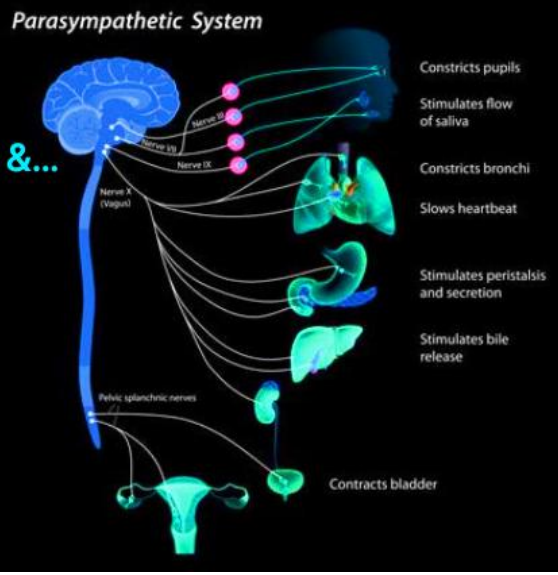
Mindfulness ***Watch*** inhalation

Meditation **rest** exhalation

Fleetingly:

- **LESS stressful,**
- **LESS permanent,**
- **LESS defining (*NOT-self*) &...**
- **as NON-graspable as a vast, EMPTY void.**





Peace MEDITATION

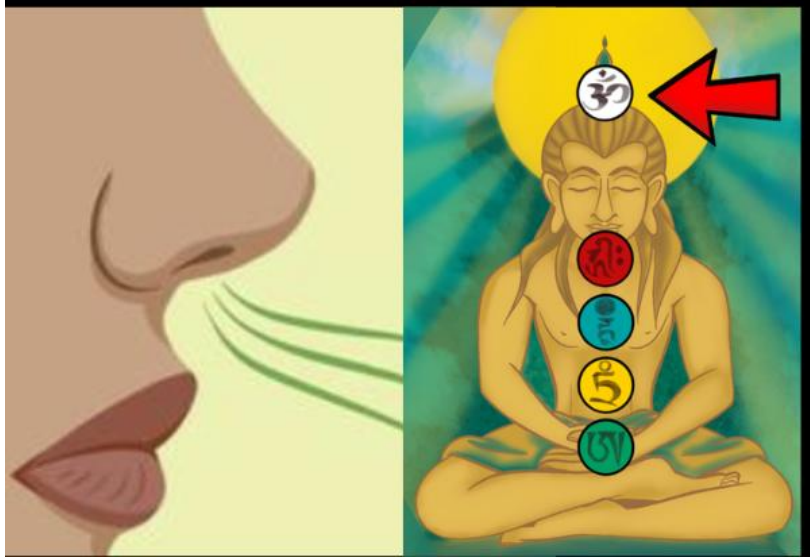
Peaceful Lama **Khyenno** Energy Latent within the Summit of our Scalp

inhalation

exhalation

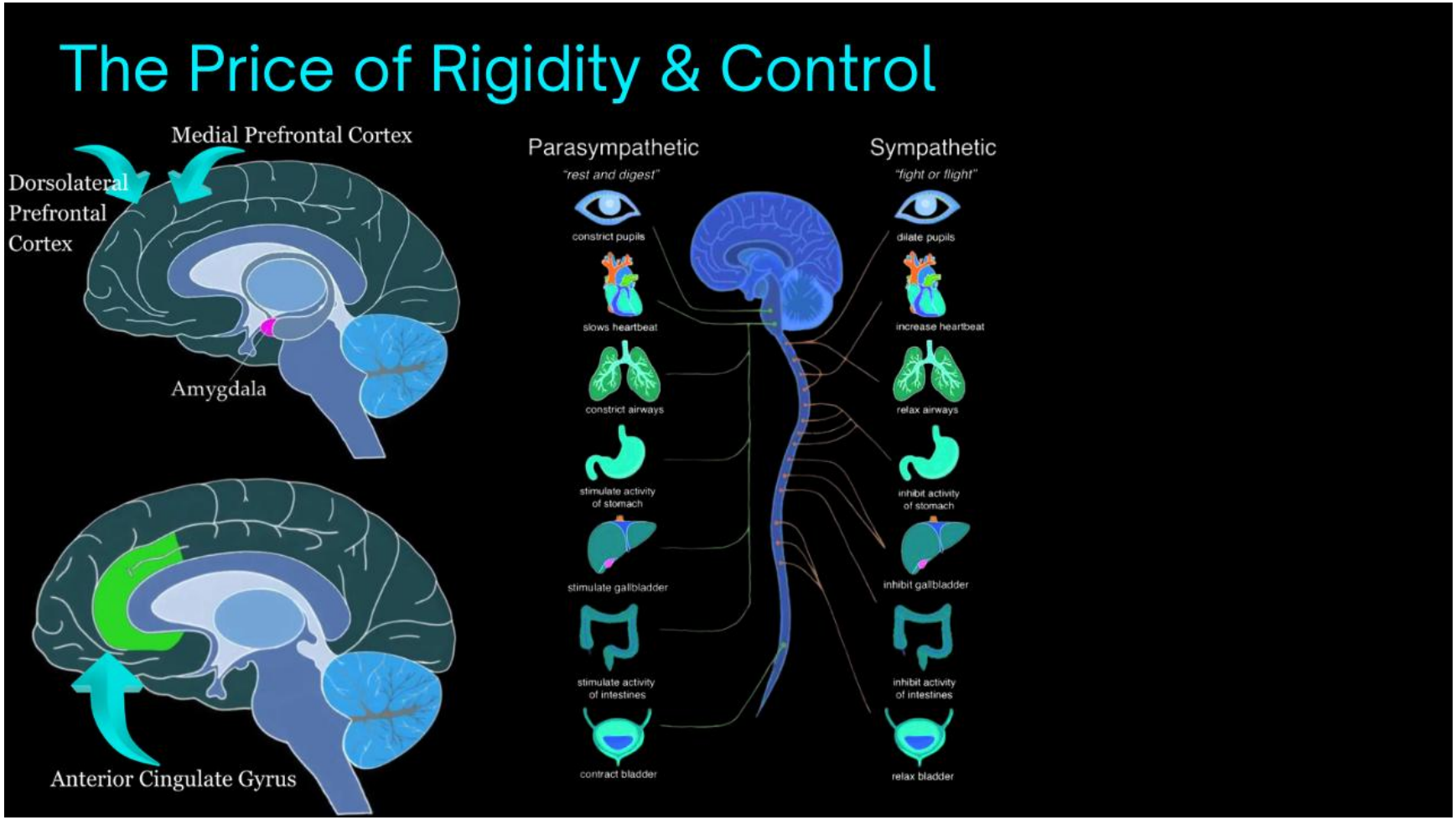
Watching THIS

relaxing



Utilitarian Mental Exercises

Anicca	*Watching LOT/* **always change**	
	Feeling FORM/ **always change**	
	Hearing SPEECH/ **always change**	
	Notice MIND/ **always change**	Tram
Sati	*Feeling THIS/* **relaxing** (*Feel/* **rest**)	
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Metta	*Great WISDOM/* **for all MIND**s	Om
	Profound LOVE/ **for all SPEECH**	
	Super HEALTH/ **for all FORM**s	
	Good FORTUNE/ **for all LOT**s	


The Price of Rigidity & Control
Medial Prefrontal Cortex
Dorsolateral Prefrontal Cortex
Amygdala
Anterior Cingulate Gyrus
Parasympathetic
"rest and digest"
constrict pupils
slows heartbeat
constrict airways
stimulate activity of stomach
stimulate gallbladder
stimulate activity of intestines
contract bladder
Sympathetic
"fight or flight"
dilate pupils
increase heartbeat
relax airways
inhibit activity of stomach
inhibit gallbladder
inhibit activity of intestines
relax bladder

Utilitarian Mental Exercises

Anicca	*Watching LOT/* **always change**	
	Feeling FORM/ **always change**	
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	Good FORTUNE/ **for all LOT**s	


MENTAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Great WISDOM
for all MINDs


MENTAL love
Kind Karuna Energy Latent within our Forehead
Tantra Mahamudra's Conventional Union of Love and Emptiness
inhalation
Great WISDOM for all MINDs
relaxation
Om Ta-re Tut-ta-re Tu-re So-ha


INTERPERSONAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Profound LOVE
for all SPEECH


INTERPERSONAL love
Kind Karuna Energy Latent within our Forehead
inhalation
Profound LOVE for all SPEECH
relaxation
Om Ta-re Tut-ta-re Tu-re So-ha


PHYSICAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Super HEALTH
for all FORMs


PHYSICAL love
Kind Karuna Energy Latent within our Forehead
inhalation
Super HEALTH for all FORMs
relaxation
Om Ta-re Tut-ta-re Tu-re So-ha


CIRCUMSTANTIAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Good FORTUNE
for all LOTs


CIRCUMSTANTIAL love
Kind Karuna Energy Latent within our Forehead
inhalation
Good FORTUNE for all LOTs
relaxation
Om Ta-re Tut-ta-re Tu-re So-ha

Poetic Mental Exercises

Tokal's Leap-over Conceit

Into Form/ All LOTs **melt** 

Into Speech/ All FORMs **melt** 

Into Mind/ All SPEECH **melts** 

Into Void/ All MINDs **melt** Tram

Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (Watch/ **rest**)

Tokal's Leap-over Competition

Bi-ja WISE/ **for all MIND**s Om

Man-tra LOVE/ **for all SPEECH** 

Yi-dam HEALTH/ **for all FORM**s 

Va-ti BOONE/ **for all LOT**s 

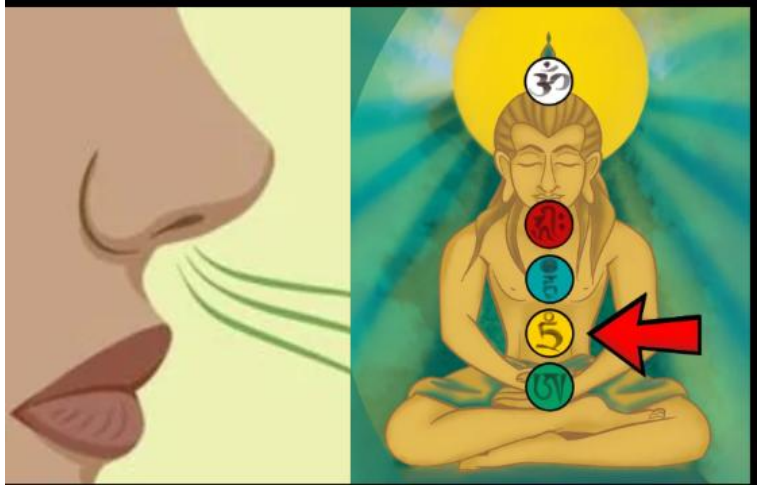
CIRCUMSTANTIAL wisdom

Grounding Tummo Energy Latent within our Abdomen

Tokal's **Ultimate** Leap-frog over Pride

inhalation — *Into Form*

exhalation — all LOTs **melt**

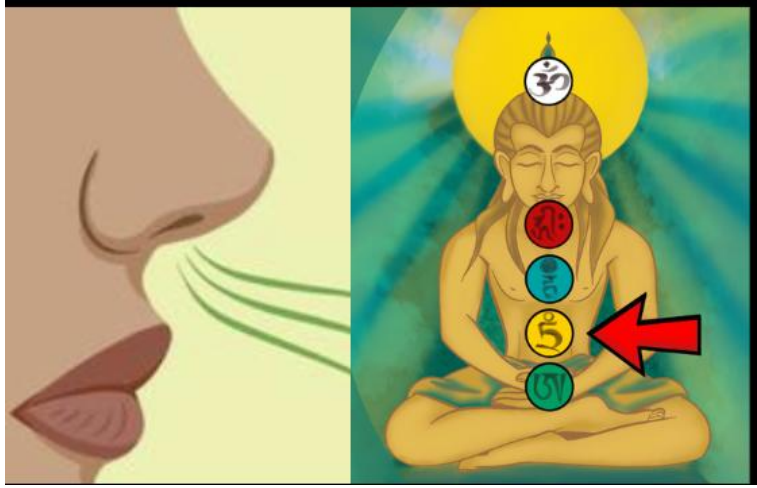


PHYSICAL wisdom

Grounding Tummo Energy Latent within our Abdomen
Tokal's **Ultimate** Leap-frog over Pride

inhalation — *Into Speech*

exhalation — all FORMs **melt**

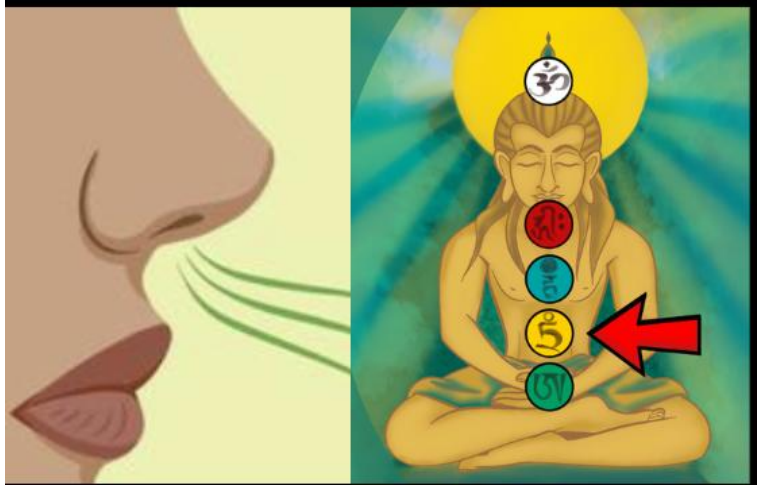


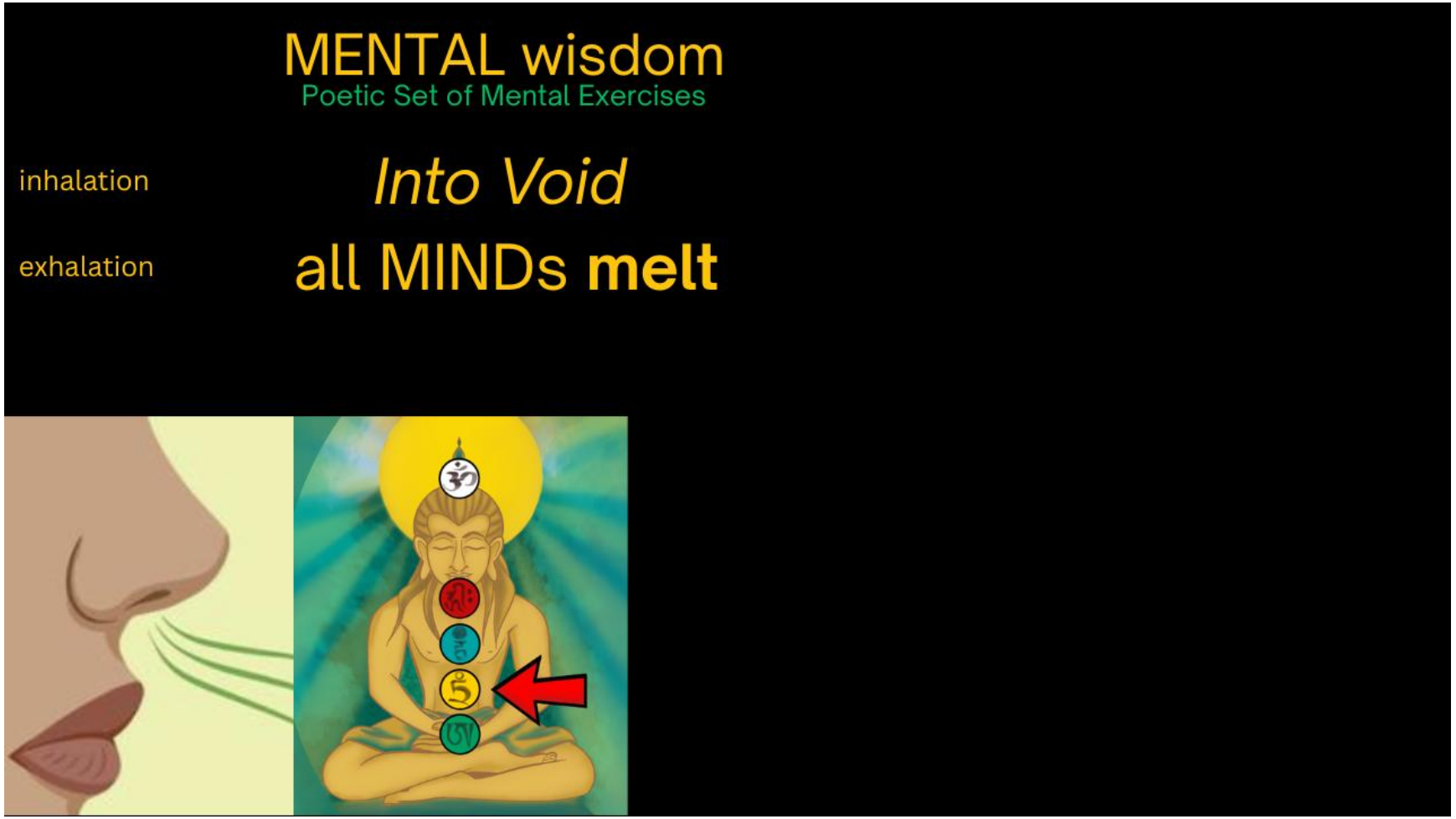
INTERPERSONAL wisdom

Poetic Set of Mental Exercises

inhalation — *Into Mind*

exhalation — all SPEECH **melts**




MENTAL wisdom
Poetic Set of Mental Exercises
inhalation
Into Void
exhalation
all MINDs melt

Meditation

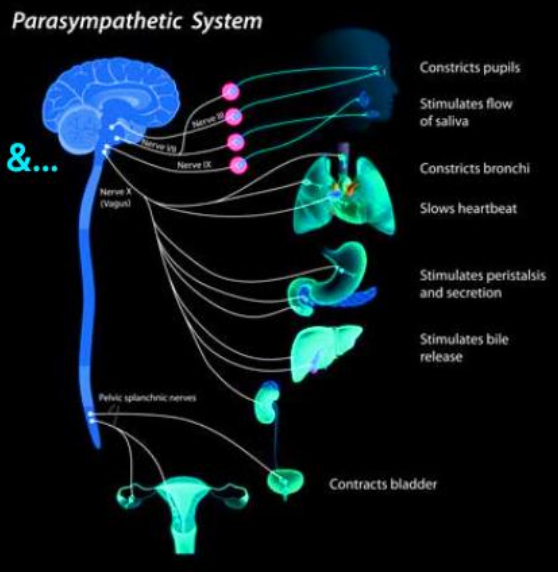
Mindfulness ***Watch*** inhalation

Meditation **rest** exhalation

Fleetingly:

- **LESS stressful,**
- **LESS permanent,**
- **LESS defining (*NOT-self*) &...**
- **as NON-graspable as a vast, EMPTY void.**





MENTAL wisdom

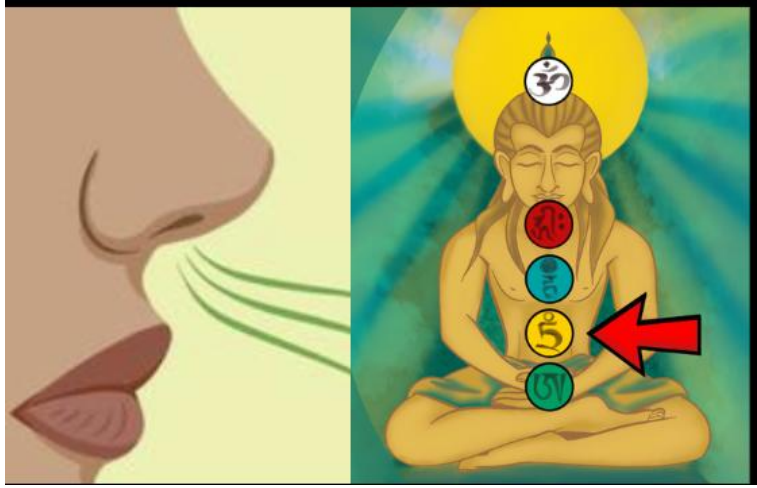
Poetic Set of Mental Exercises

inhalation

exhalation

Into Void

all MINDs **melt**



Grounding MEDITATION

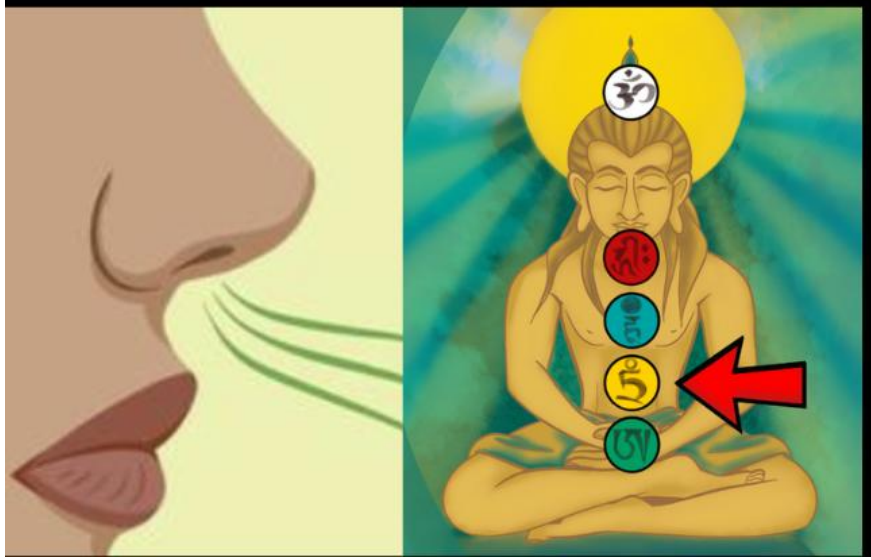
Grounding Tummo Energy Latent within our Abdomen

inhalation

Tasting THIS

exhalation

relaxing



Poetic Mental Exercises

Tokal's Leap-over Conceit

Into Form/ All LOTs **melt** 

Into Speech/ All FORMs **melt** 

Into Mind/ All SPEECH **melts** 

Into Void/ All MINDs **melt** Tram

Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (Watch/ **rest**)

Tokal's Leap-over Competition

Bi-ja WISE/ **for all MIND**s Om

Man-tra LOVE/ **for all SPEECH** 

Yi-dam HEALTH/ **for all FORM**s 

Va-ti BOONE/ **for all LOT**s 

Bliss MEDITATION

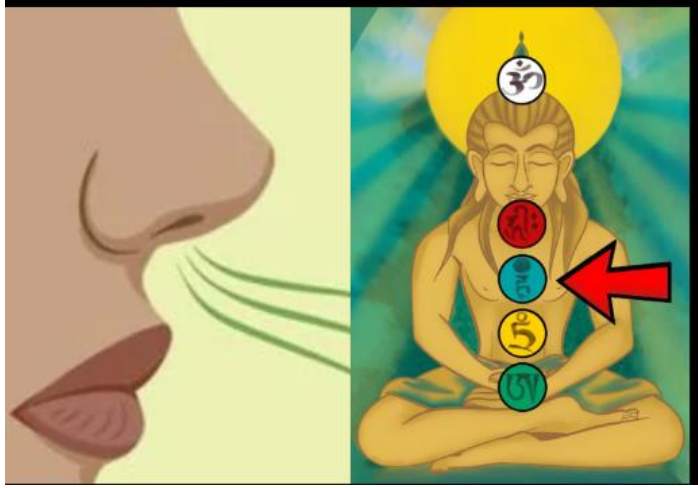
Blissful Lama **Naljor** Energy Latent within our Chest
Tikle's Drop of Bliss and **Emptiness**

inhalation

exhalation

Feeling THIS

relaxing



Poetic Mental Exercises

Tokal's Leap-over Conceit

Into Form/ All LOTs **melt** 

Into Speech/ All FORMs **melt** 

Into Mind/ All SPEECH **melts** 

Into Void/ All MINDs **melt** Tram

Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (Watch/ **rest**)

Tokal's Leap-over Competition

Bi-ja WISE/ **for all MIND**s Om

Man-tra LOVE/ **for all SPEECH** 

Yi-dam HEALTH/ **for all FORM**s 

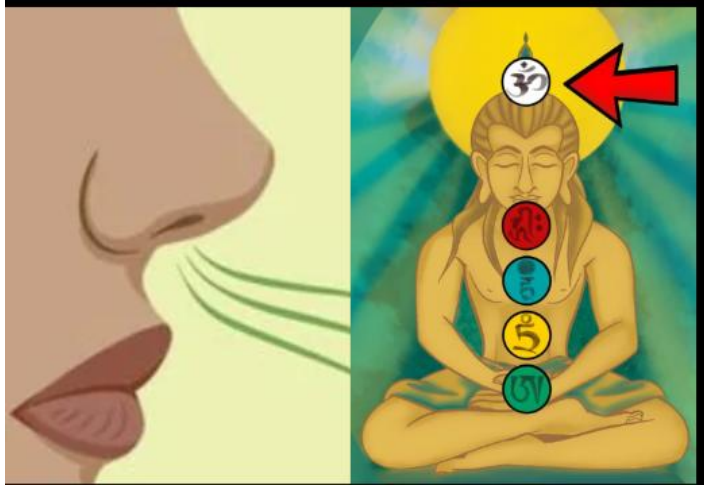
Va-ti BOONE/ **for all LOT**s 

Peace MEDITATION

Peaceful Lama **Khyenno** Energy Latent within the Summit of our Scalp
Trekchö's Slice-through Duality's Tyranny of Dread and Desire

inhalation *Watching THIS*

exhalation **relaxing**



Poetic Mental Exercises

Tokal's Leap-over Conceit

Into Form/ All LOTs **melt** 

Into Speech/ All FORMs **melt** 

Into Mind/ All SPEECH **melts** 

Into Void/ All MINDs **melt** Tram

Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (Watch/ **rest**)

Tokal's Leap-over Competition

Bi-ja WISE/ **for all MIND**s Om

Man-tra LOVE/ **for all SPEECH** 

Yi-dam HEALTH/ **for all FORM**s 

Va-ti BOONE/ **for all LOT**s 


MENTAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Bi-ja like WISE
for all MINDs
Om


MENTAL love
Kind Karuna Energy Latent within our Forehead
Tokal's Conventional Leap-frog over Jealousy
inhalation
Bi-ja like WISE for all MINDs
relaxation
Om Ta-re Tut-ta-re Tu-re So-ha
Om


INTERPERSONAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Man-tra like LOVE
for all SPEECH
Om Ta-re Tut-ta-re Tu-re So-ha


INTERPERSONAL love
Kind Karuna Energy Latent within our Forehead
inhalation
Man-tra like LOVE for all SPEECH
relaxation
Om Ta-re Tut-ta-re Tu-re So-ha
Om Ta-re Tut-ta-re Tu-re So-ha


PHYSICAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
De-va like HEALTH
for all FORMs


PHYSICAL love
Kind Karuna Energy Latent within our Forehead
inhalation
De-va like HEALTH for all FORMs
relaxation
Om Ta-re Tut-ta-re Tu-re So-ha


CIRCUMSTANTIAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Va-ti like BOONE
for all LOTs

CIRCUMSTANTIAL love

Kind Karuna Energy Latent within our Forehead

inhalation *Va-ti like BOONE for all LOTs*

relaxation **Om Ta-re Tut-ta-re Tu-re So-ha**



Philosophical Mental Exercises

Tokal's Leap-over Conceit

Va-ti LOT/ Seen yet **Void** 

Yi-dam FORM/ Felt yet **Void** 

Man-tra SPEECH/ Heard yet **Void** 

Bi-ja MIND/ Clear yet **Void** Tram

Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (*Watch/* **rest**)

Tokal's Leap-over Competition

Bi-ja WISE/ **for all MIND**s Om

Man-tra LOVE/ **for all SPEECH** 

Yi-dam HEALTH/ **for all FORM**s 

Va-ti BOONE/ **for all LOT**s 

CIRCUMSTANTIAL wisdom

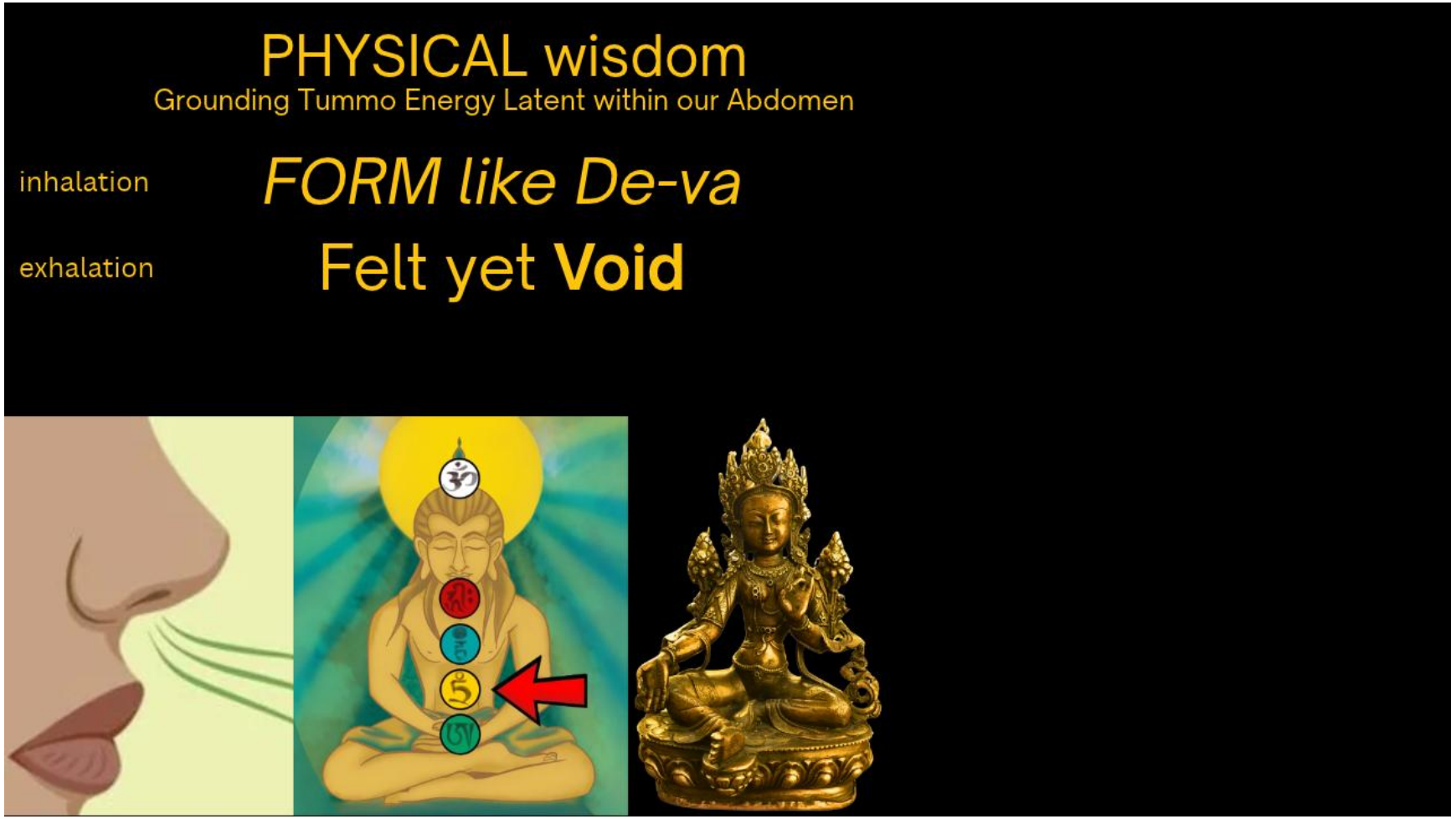
Grounding Tummo Energy Latent within our Abdomen

Maha-yoga, Generation or Creation-stage's **Ultimate** Union of Circumstance & **Emptiness**

inhalation — *LOT like Va-ti*

exhalation — seen yet **Void**




PHYSICAL wisdom
Grounding Tummo Energy Latent within our Abdomen
inhalation
FORM like De-va
exhalation
Felt yet Void

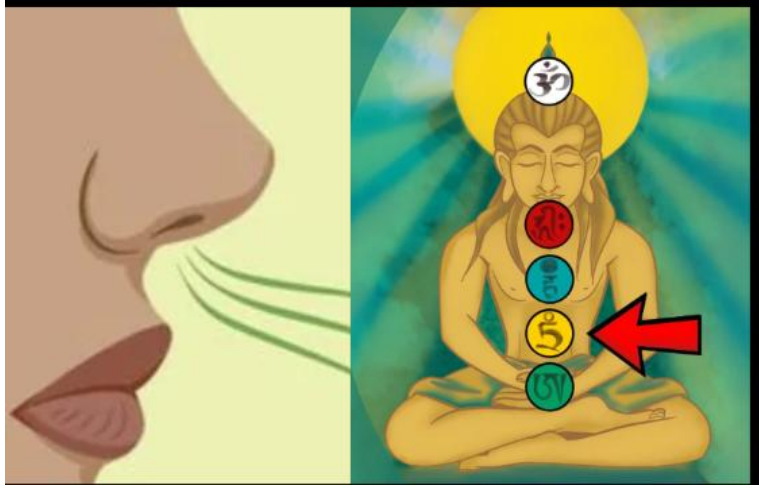

INTERPERSONAL wisdom
Grounding Tummo Energy Latent within our Abdomen
inhalation
SPEECH like Man-tra
exhalation
Heard yet Void
Om Ta-re Tut-ta-re Tu-re So-ha

MENTAL wisdom

Grounding Tummo Energy Latent within our Abdomen

inhalation — *MIND like Bi-ja*

exhalation — Clear yet **Void**



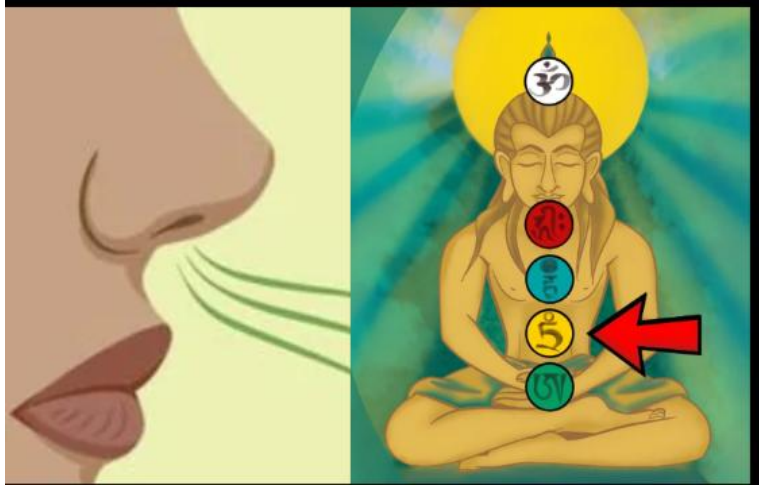
Tram

MENTAL wisdom

Grounding Tummo Energy Latent within our Abdomen

inhalation — *MIND like Bi-ja*

exhalation — Clear yet **Void**



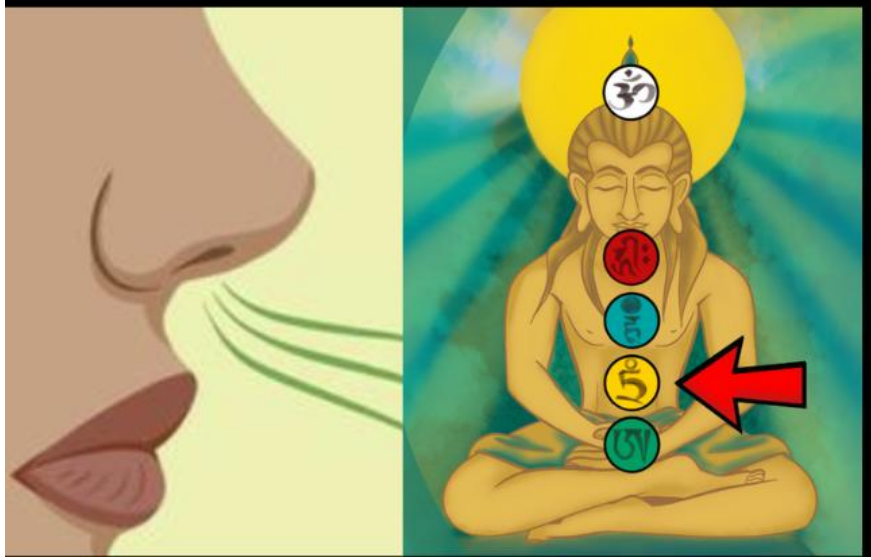
Tram

Grounding MEDITATION

Grounding Tummo Energy Latent within our Abdomen

inhalation *Tasting THIS*

exhalation **relaxing**



Philosophical Mental Exercises

Tokal's Leap-over Conceit

Va-ti LOT/ Seen yet **Void** 

Yi-dam FORM/ Felt yet **Void** 

Man-tra SPEECH/ Heard yet **Void** 

Bi-ja MIND/ Clear yet **Void** Tram

Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (*Watch/* **rest**)

Tokal's Leap-over Competition

Bi-ja WISE/ **for all MIND**s Om

Man-tra LOVE/ **for all SPEECH** 

Yi-dam HEALTH/ **for all FORM**s 

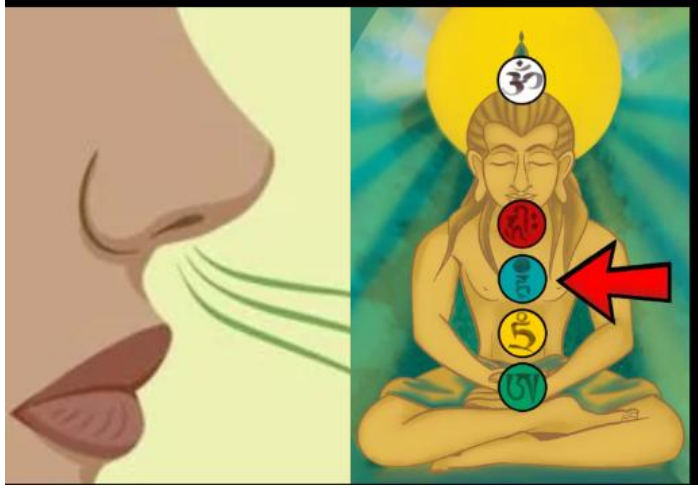
Va-ti BOONE/ **for all LOT**s 

Bliss MEDITATION

Blissful Lama **Naljor** Energy Latent within our Chest
Anu-yoga or Completion-stage's Union of Bliss and **Emptiness**

inhalation — *Feeling THIS*

exhalation — **relaxing**



Philosophical Mental Exercises

Tokal's Leap-over Conceit

Va-ti LOT/ Seen yet **Void** 

Yi-dam FORM/ Felt yet **Void** 

Man-tra SPEECH/ Heard yet **Void** 

Bi-ja MIND/ Clear yet **Void** Tram

Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (*Watch/* **rest**)

Tokal's Leap-over Competition

Bi-ja WISE/ **for all MIND**s Om

Man-tra LOVE/ **for all SPEECH** 

Yi-dam HEALTH/ **for all FORM**s 

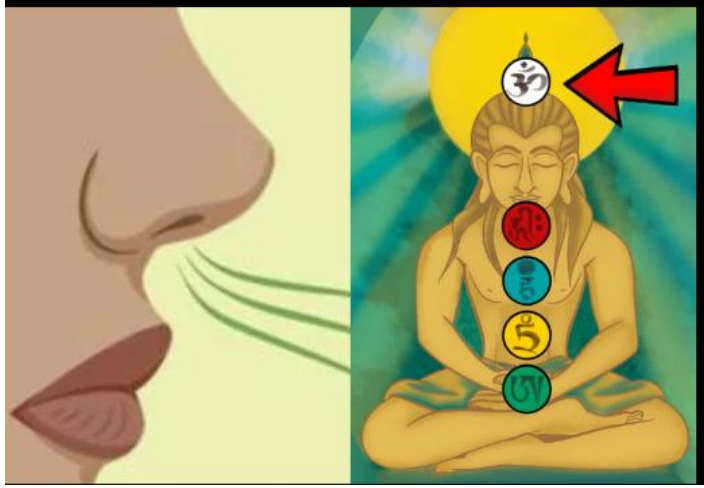
Va-ti BOONE/ **for all LOT**s 

Peace MEDITATION

Peaceful Lama **Khyenno** Energy Latent within the Summit of our Scalp
Ati-yoga, Great Completion-stage, or Dzogchen's Union of Awareness & **Emptiness**

inhalation *Watching THIS*

exhalation **relaxing**



Philosophical Mental Exercises

Tokal's Leap-over Conceit

Va-ti LOT/ Seen yet **Void** 

Yi-dam FORM/ Felt yet **Void** 

Man-tra SPEECH/ Heard yet **Void** 

Bi-ja MIND/ Clear yet **Void** Tram

Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (*Watch/* **rest**)

Tokal's Leap-over Competition

Bi-ja WISE/ **for all MIND**s Om

Man-tra LOVE/ **for all SPEECH** 

Yi-dam HEALTH/ **for all FORM**s 

Va-ti BOONE/ **for all LOT**s 


MENTAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Bi-ja like WISE
for all MINDs
Om


MENTAL love
Kind Karuna Energy Latent within our Forehead
Maha-yoga, Generation or Creation-stage's Conventional Union of Love and Emptiness
inhalation
Bi-ja like WISE for all MINDs
relaxation
Om Ta-re Tut-ta-re Tu-re So-ha
Om


INTERPERSONAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Man-tra like LOVE
for all SPEECH
Om Ta-re Tut-ta-re Tu-re So-ha


INTERPERSONAL love
Kind Karuna Energy Latent within our Forehead
inhalation
Man-tra like LOVE for all SPEECH
relaxation
Om Ta-re Tut-ta-re Tu-re So-ha
Om Ta-re Tut-ta-re Tu-re So-ha


PHYSICAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
De-va like HEALTH
for all FORMs


PHYSICAL love
Kind Karuna Energy Latent within our Forehead
inhalation
De-va like HEALTH for all FORMs
relaxation
Om Ta-re Tut-ta-re Tu-re So-ha


CIRCUMSTANTIAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Va-ti like BOONE
for all LOTs

CIRCUMSTANTIAL love

Kind Karuna Energy Latent within our Forehead

inhalation *Va-ti like BOONE for all LOTs*

relaxation **Om Ta-re Tut-ta-re Tu-re So-ha**







Philosophical Mental Exercises

Tokal's Leap-over Conceit

Va-ti LOT/ Seen yet **Void** 

Yi-dam FORM/ Felt yet **Void** 

Man-tra SPEECH/ Heard yet **Void** 

Bi-ja MIND/ Clear yet **Void** Tram

Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (*Watch/* **rest**)

Tokal's Leap-over Competition

Bi-ja WISE/ **for all MIND**s Om

Man-tra LOVE/ **for all SPEECH** 

Yi-dam HEALTH/ **for all FORM**s 

Va-ti BOONE/ **for all LOT**s 

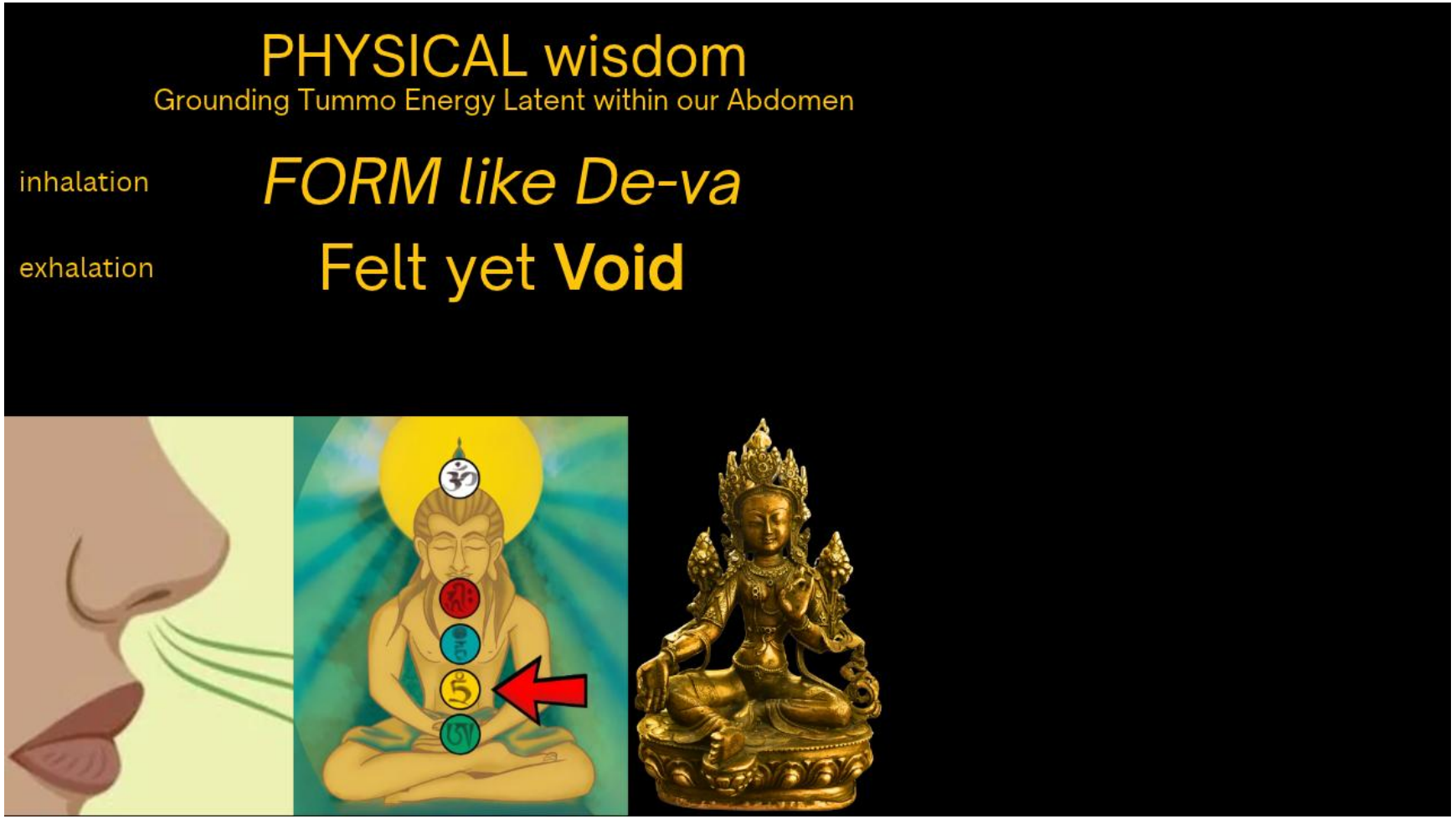
CIRCUMSTANTIAL wisdom

Grounding Tummo Energy Latent within our Abdomen
Generation or Creation-stage's **Ultimate** Union of Circumstance & **Emptiness**

inhalation — *LOT like Va-ti*

exhalation — seen yet **Void**




PHYSICAL wisdom
Grounding Tummo Energy Latent within our Abdomen
inhalation
FORM like De-va
exhalation
Felt yet Void

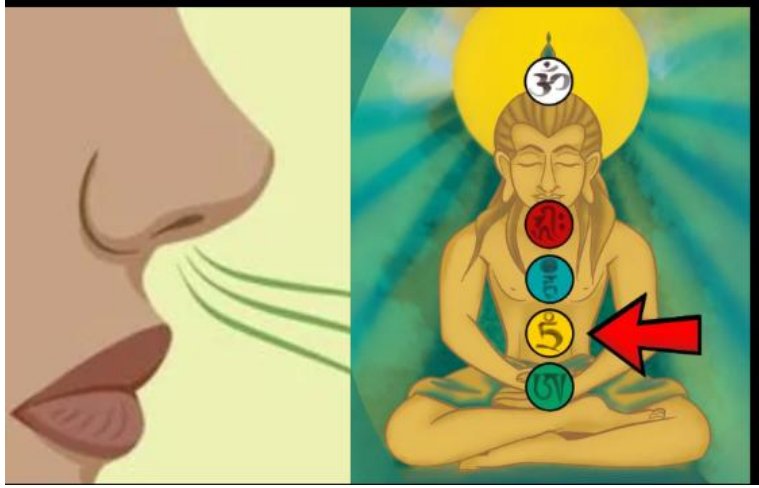

INTERPERSONAL wisdom
Grounding Tummo Energy Latent within our Abdomen
inhalation
SPEECH like Man-tra
exhalation
Heard yet Void
Om Ta-re Tut-ta-re Tu-re So-ha

MENTAL wisdom

Grounding Tummo Energy Latent within our Abdomen

inhalation — *MIND like Bi-ja*

exhalation — Clear yet **Void**



Tram


Grounding MEDITATION
Grounding Tummo Energy Latent within our Abdomen
inhalation
Tasting THIS
exhalation
relaxing

Philosophical Mental Exercises

Tokal's Leap-over Conceit

Va-ti LOT/ Seen yet **Void** 

Yi-dam FORM/ Felt yet **Void** 

Man-tra SPEECH/ Heard yet **Void** 

Bi-ja MIND/ Clear yet **Void** Tram

Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (*Watch/* **rest**)

Tokal's Leap-over Competition

Bi-ja WISE/ **for all MIND**s Om

Man-tra LOVE/ **for all SPEECH** 

Yi-dam HEALTH/ **for all FORM**s 

Va-ti BOONE/ **for all LOT**s 

Bliss MEDITATION

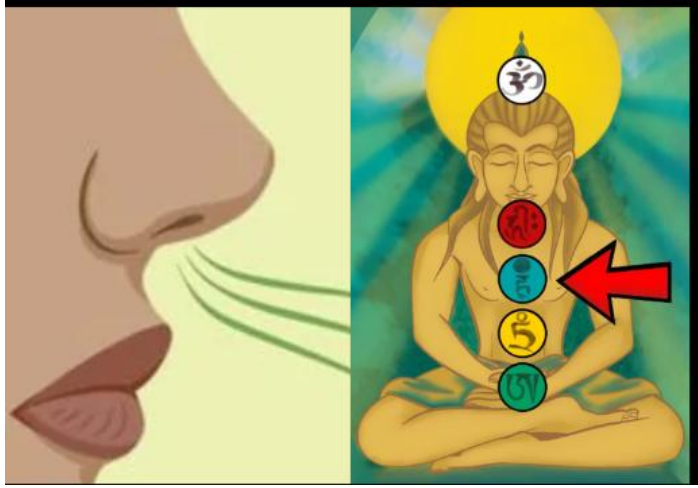
Blissful Lama **Naljor** Energy Latent within our Chest
Completion-stage's Union of Bliss and **Emptiness**

inhalation

exhalation

Feeling THIS

relaxing



Philosophical Mental Exercises

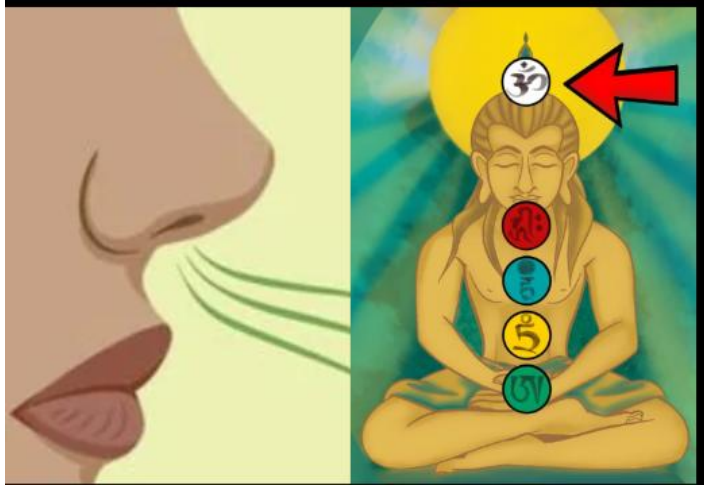
Tokal's Leap-over Conceit	*Va-ti LOT/* Seen yet **Void**	
	Yi-dam FORM/ Felt yet **Void**	
	Man-tra SPEECH/ Heard yet **Void**	
	Bi-ja MIND/ Clear yet **Void**	Tram
Tikle's Channels, Winds & Drops	*Feeling THIS/* **relaxing** (*Feel/* **rest**)	
Trekcho's Slice-through Duality	*Watching THIS/* **relaxing** (*Watch/* **rest**)	
	Bi-ja WISE/ **for all MIND**s	Om
Tokal's Leap-over Competition	*Man-tra LOVE/* **for all SPEECH**	
	Yi-dam HEALTH/ **for all FORM**s	
	Va-ti BOONE/ **for all LOT**s	

Peace MEDITATION

Peaceful Lama **Khyenno** Energy Latent within the Summit of our Scalp
Great Completion-stage, Maha-sandhi, or Dzogchen's Union of Awareness & **Emptiness**

inhalation *Watching THIS*

exhalation **relaxing**



Philosophical Mental Exercises

Tokal's Leap-over Conceit

Va-ti LOT/ Seen yet **Void** 

Yi-dam FORM/ Felt yet **Void** 

Man-tra SPEECH/ Heard yet **Void** 

Bi-ja MIND/ Clear yet **Void** Tram

Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (*Watch/* **rest**)

Tokal's Leap-over Competition

Bi-ja WISE/ **for all MIND**s Om

Man-tra LOVE/ **for all SPEECH** 

Yi-dam HEALTH/ **for all FORM**s 

Va-ti BOONE/ **for all LOT**s 


MENTAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Bi-ja like WISE
for all MINDs
Om


MENTAL love
Kind Karuna Energy Latent within our Forehead
Generation or Creation-stage's Conventional Union of Love and Emptiness
inhalation
Bi-ja like WISE for all MINDs
relaxation
Om Ta-re Tut-ta-re Tu-re So-ha
Om


INTERPERSONAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Man-tra like LOVE
for all SPEECH
Om Ta-re Tut-ta-re Tu-re So-ha


INTERPERSONAL love
Kind Karuna Energy Latent within our Forehead
inhalation
Man-tra like LOVE for all SPEECH
relaxation
Om Ta-re Tut-ta-re Tu-re So-ha
Om Ta-re Tut-ta-re Tu-re So-ha


PHYSICAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
De-va like HEALTH
for all FORMs


PHYSICAL love
Kind Karuna Energy Latent within our Forehead
inhalation
De-va like HEALTH for all FORMs
relaxation
Om Ta-re Tut-ta-re Tu-re So-ha


CIRCUMSTANTIAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Va-ti like BOONE
for all LOTs

CIRCUMSTANTIAL love

Kind Karuna Energy Latent within our Forehead

inhalation *Va-ti like BOONE for all LOTs*

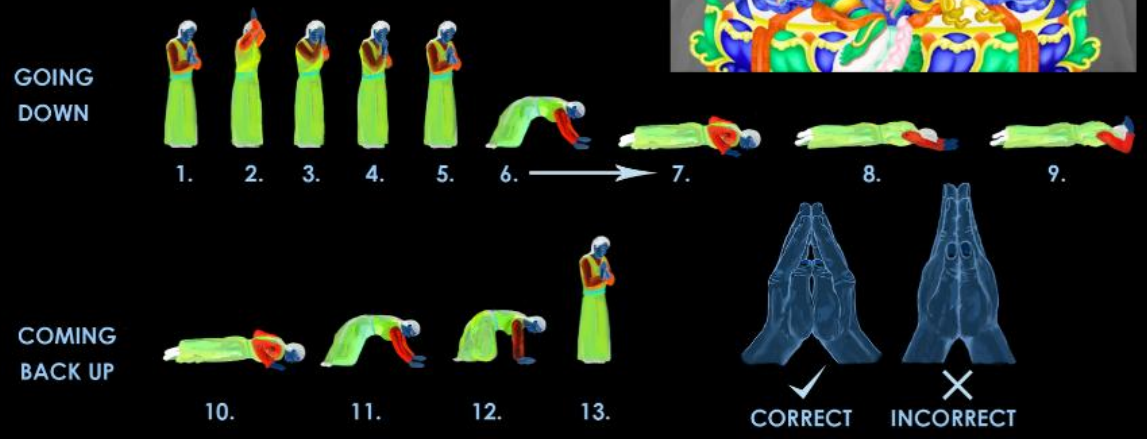
relaxation **Om Ta-re Tut-ta-re Tu-re So-ha**



Tibetan Squat Thrusts

May we
free ALL
through the
three jewels.





Refuge part 2

- f**o**llowing the Buddha's example,
- applying his instructions, and
- cooperating with his st**u**dents.

Refuge part 1

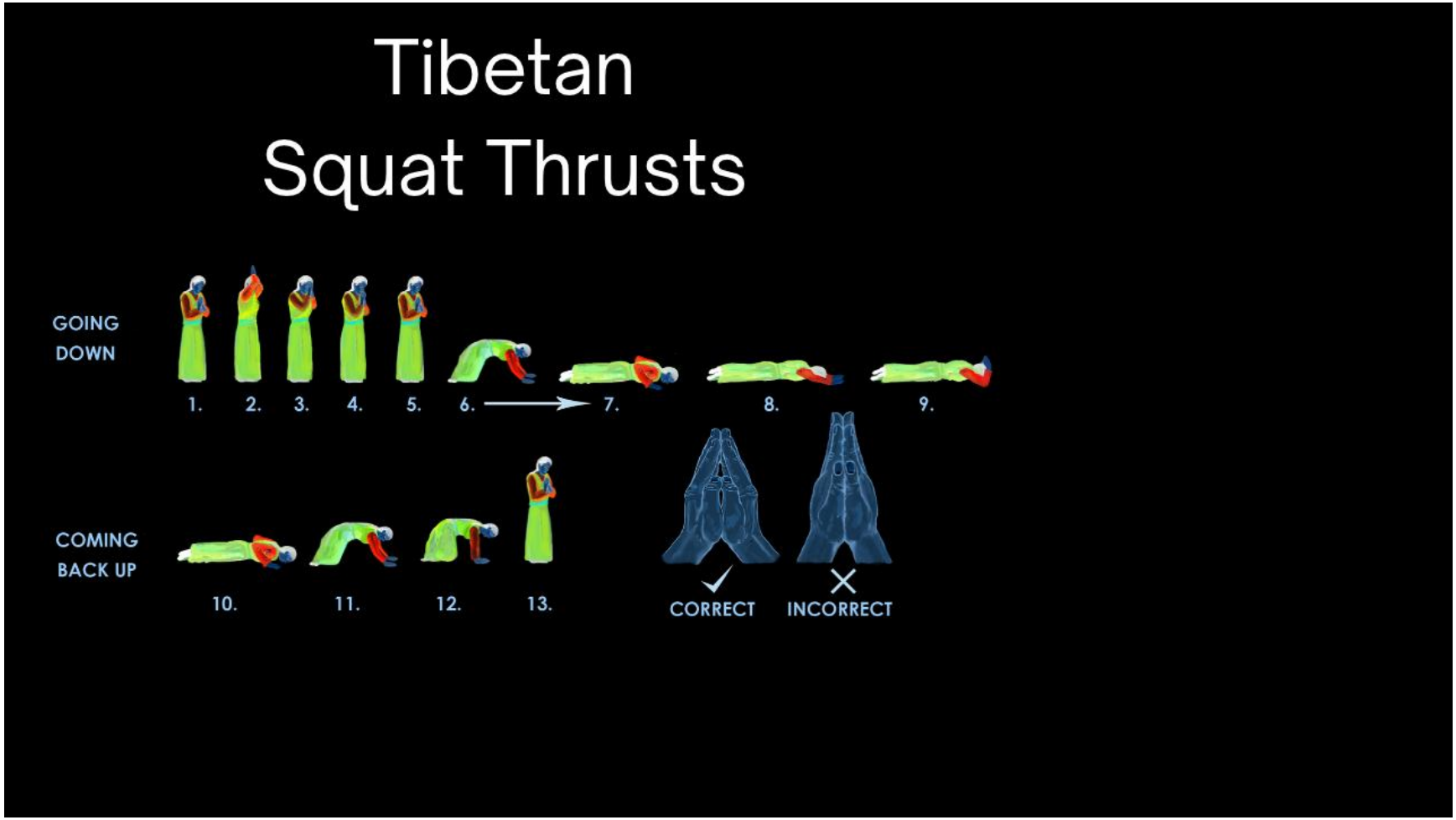
In our pragmatism
may our liberation of all **o**thers

b**e** fueled by the mastery of the
Three *wishfulfilling* J**e**wels of...

Bodhichitta

In our compassion
may we long to free all beings
from the toxic tyrann**y** of:

dr**e**ad, desire, and delusion,
metaphorically known
as the three mental po**i**sons.


Tibetan
Squat Thrusts
GOING DOWN
1.
2.
3.
4.
5.
6.
7.
8.
9.
COMING BACK UP
10.
11.
12.
13.
CORRECT
INCORRECT