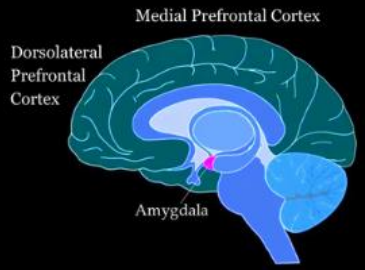
Very Easy Meditation

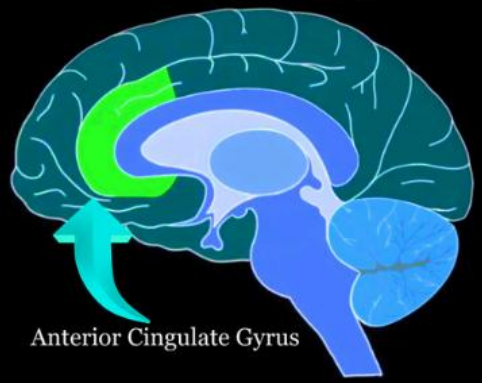
by Dzogchen Lama: Jigme Gyatso
13sep26b

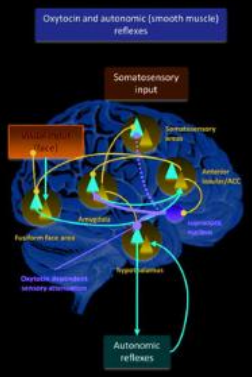
When the
Competition and Cruelty
of our Survival Oriented



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

Bodhi Vada

Anicca

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

Bhavana

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

Sati

Feeling THIS/ **relaxing** (*Feel/* **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

Dilgo Dzogchen

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** Om

Trekcho's Slice-through Duality

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

Tikle's Channels, Winds, & Drops

Feeling THIS/ **relaxing** (*Feel/* **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

Paltrul Dzogchen

Tokal's Leap-over Conceit

LOT like Va-ti/ Seen yet **Empty**
FORM like Yi-dam/ Felt yet **Empty**
SPEECH like Man-tra/ Heard yet **Empty**
MIND like Bi-ja/ Clear yet **Empty** Om

Trekcho's Slice-through Duality

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

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

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Bodhi Vada

Anicca
Watching LOT/ **relaxing**
Feeling FORM/ **relaxing**
Hearing SPEECH/ **relaxing**
Notice MIND/ **relaxing** Om

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

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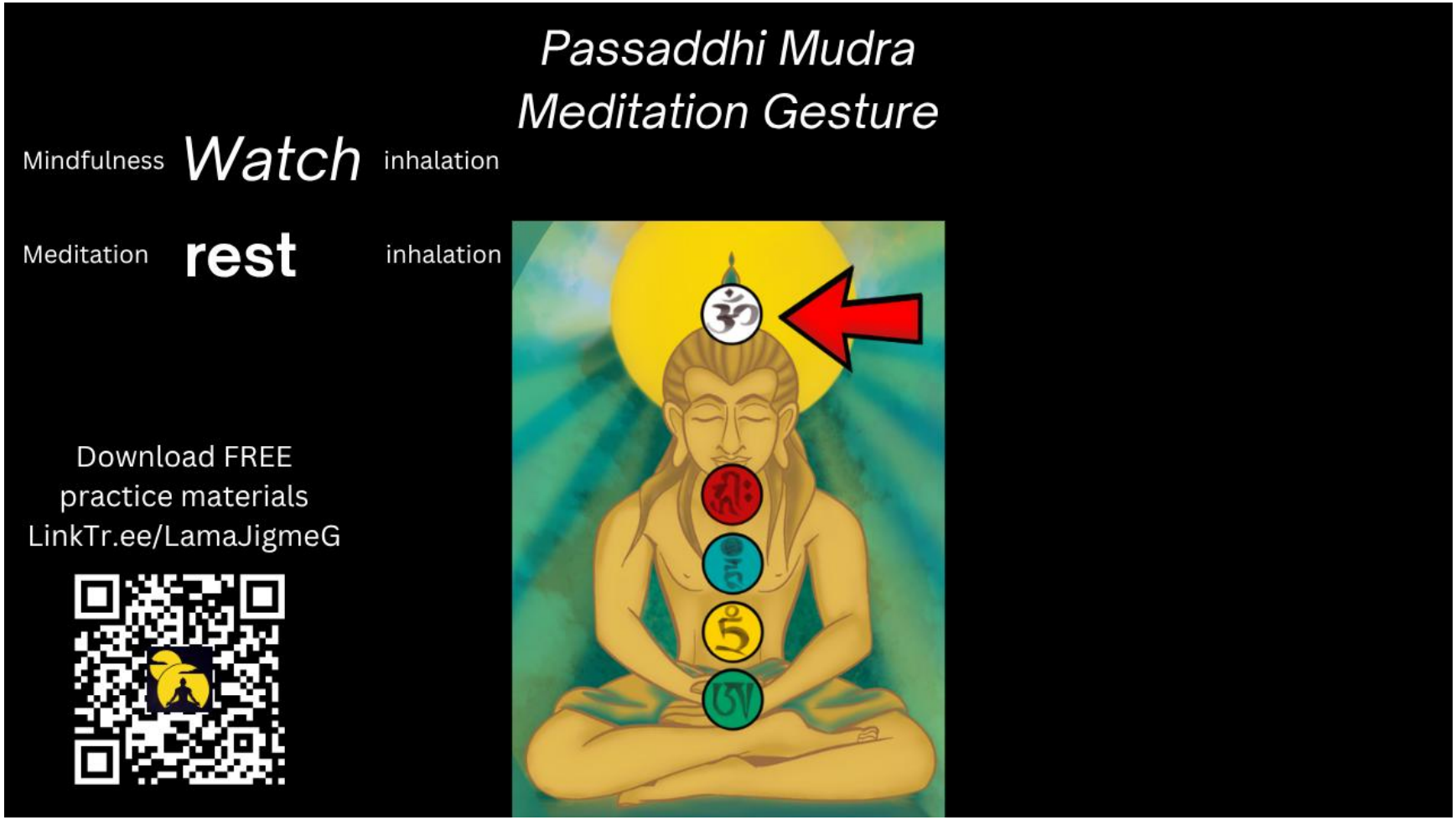
Passaddhi Mudra
Meditation Gesture
Mindfulness Watch inhalation
Meditation rest inhalation
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practice materials
LinkTr.ee/LamaJigmeG

Dilgo Mahamudra

Anicca yoga

Into Form/ All LOTs **melt**
Into Speech/ All FORMs **melt**
Into Mind/ All SPEECH **melts**
Into Void/ All MINDs **melt** Om

Sutra Mahamudra

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

Bindu Mahamudra

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

Tantra Mahamudra

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

Paltrul Mahamudra

Shunyata yoga

LOT like Va-ti/ Seen yet **Empty**
FORM like Yi-dam/ Felt yet **Empty**
SPEECH like Man-tra/ Heard yet **Empty**
MIND like Bi-ja/ Clear yet **Empty** Om

Sutra Mahamudra

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

Bindu Mahamudra

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

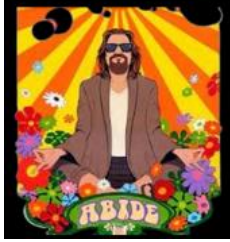
Tantra Mahamudra

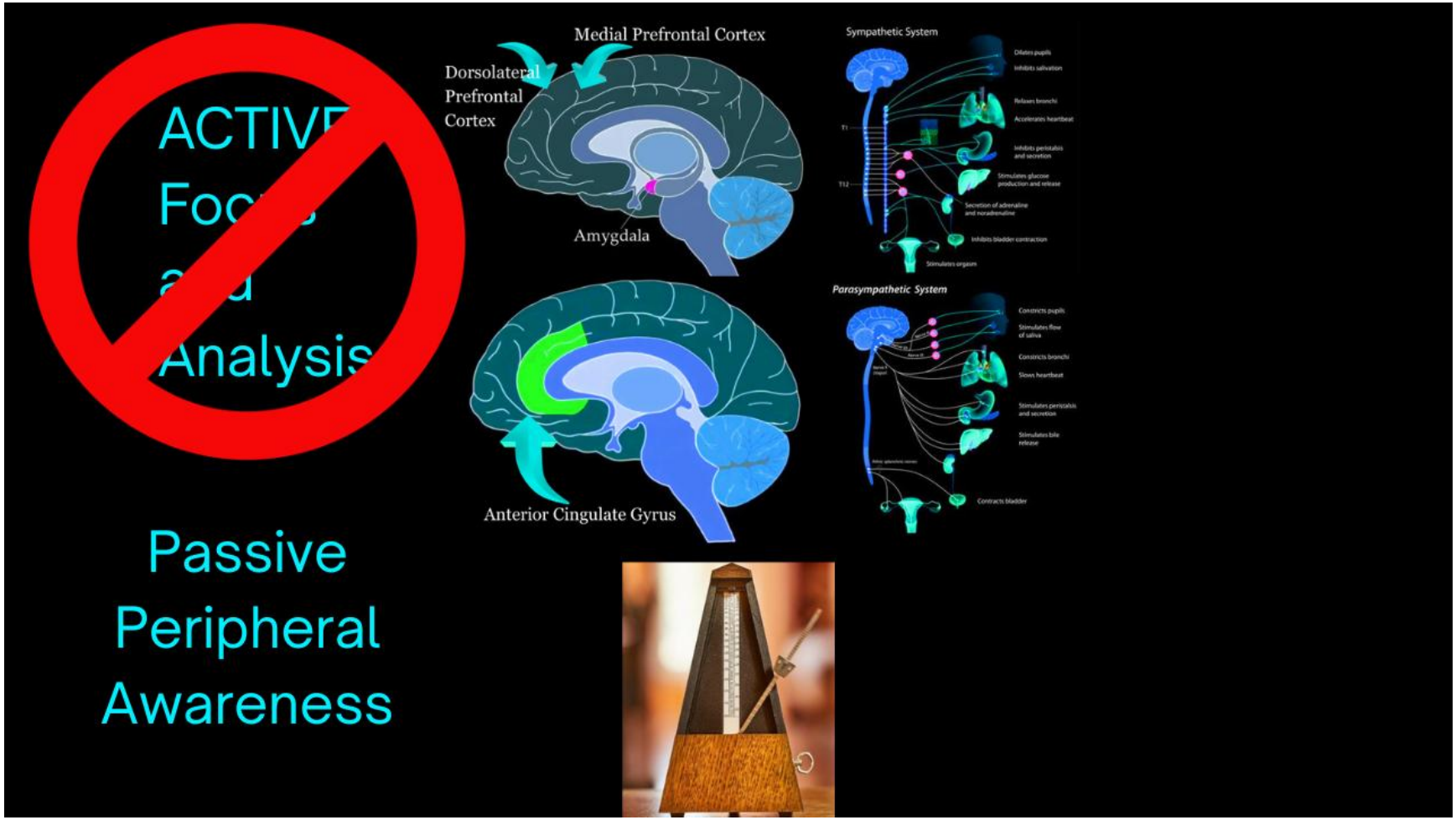
Bi-ja WISE/ **for all MIND**s Om
Man-tra LOVE/ **for all SPEECH**
Yi-dam HEALTH/ **for all FORM**s
Va-ti BOONE/ **for all LOT**s

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

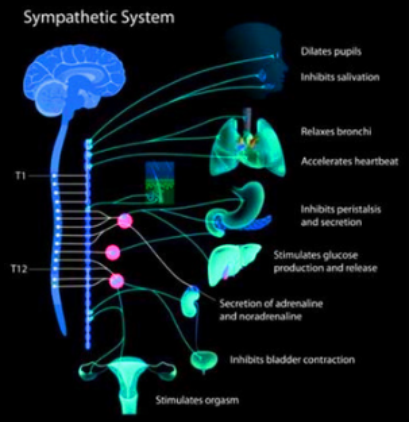



ACTIVE
Foc
a
Analysis
Medial Prefrontal Cortex
Dorsolateral Prefrontal Cortex
Amygdala
Anterior Cingulate Gyrus
Sympathetic System
Parasympathetic System
Passive
Peripheral
Awareness

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 *Watch* inhalation

Meditation **rest** exhalation

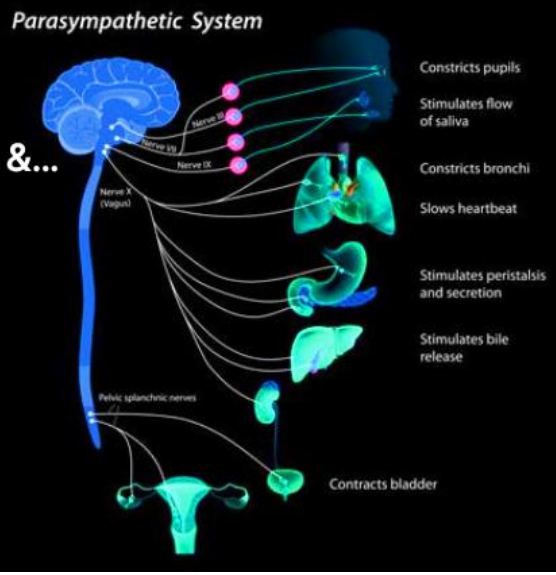
Meditation

Mindfulness ***Watch*** inhalation

Meditation **rest** exhalation

Fleetingly:

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

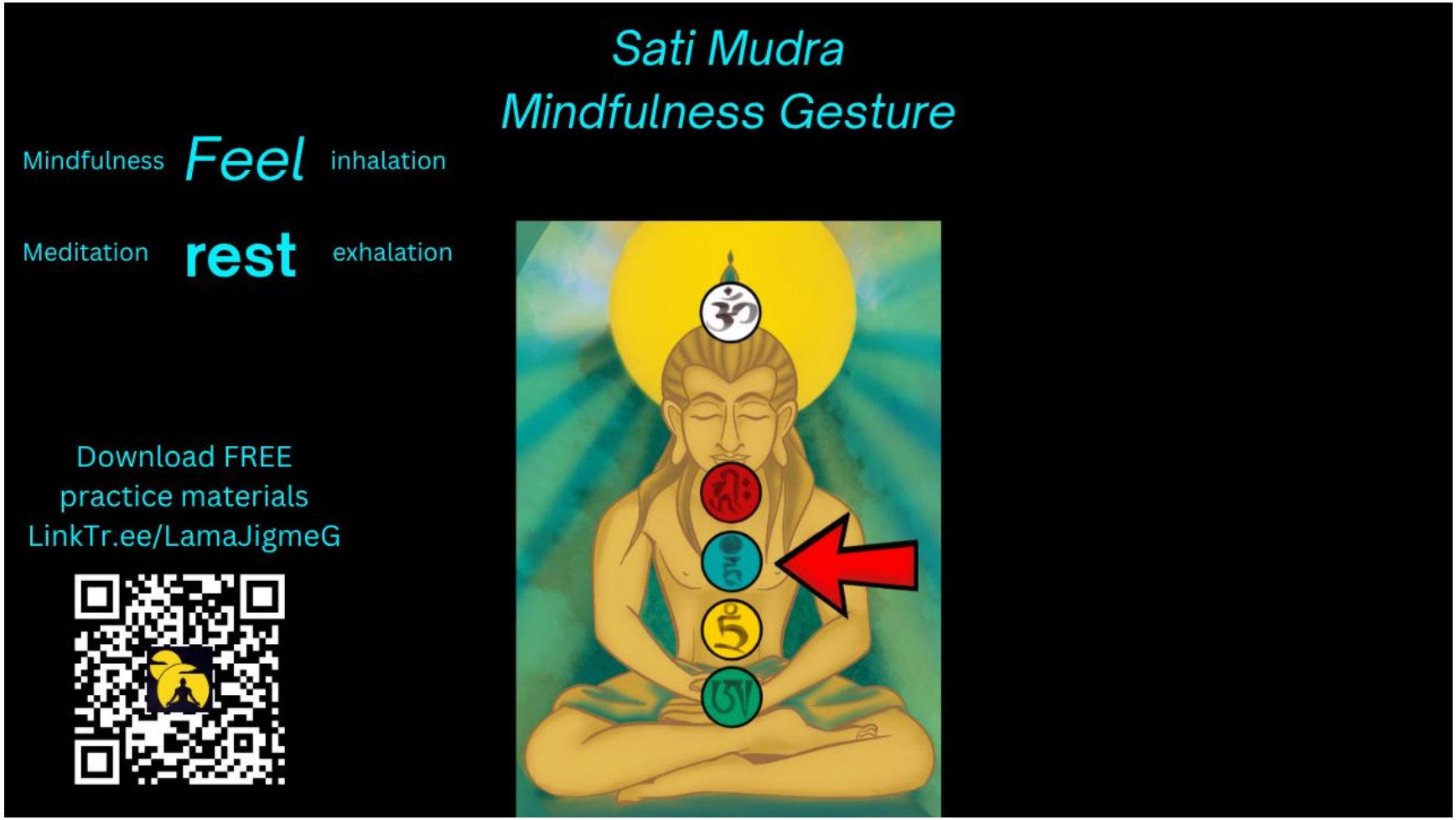


What is Enlightenment?

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

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

Liberating MEDITATION (as described by the seven enlightenment factors)
6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) **4 & 3**
7 - Right **Mindfulness** **1, 2, & 6**
8 - Right **Meditation**
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**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almost end

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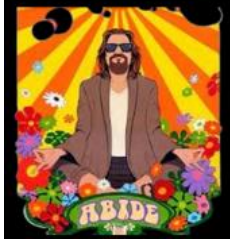

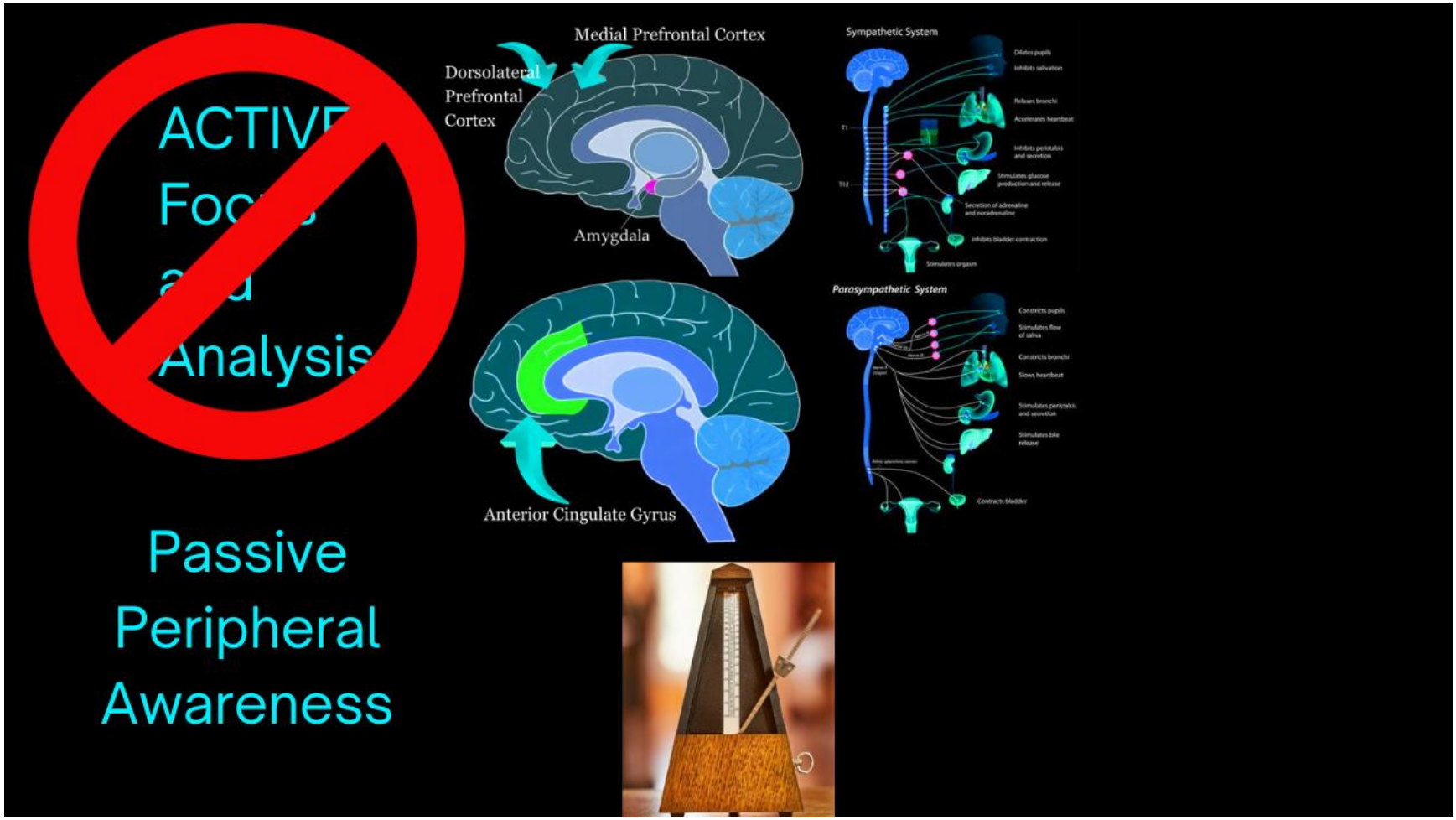
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Sympathetic System
Dilates pupils
Inhibits salivation
Relaxes bronchi
Accelerates heartbeat
T1
Inhibits peristalsis and secretion
T12
Stimulates glucose production and release
Secretion of adrenaline and noradrenaline
Inhibits bladder contraction
Stimulates 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

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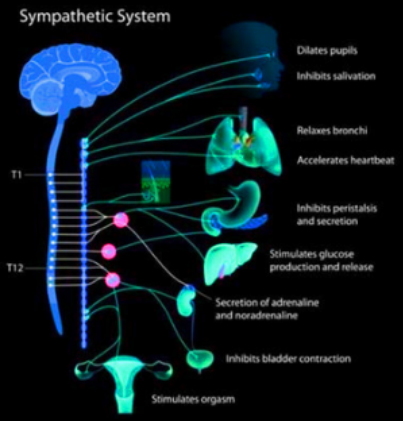

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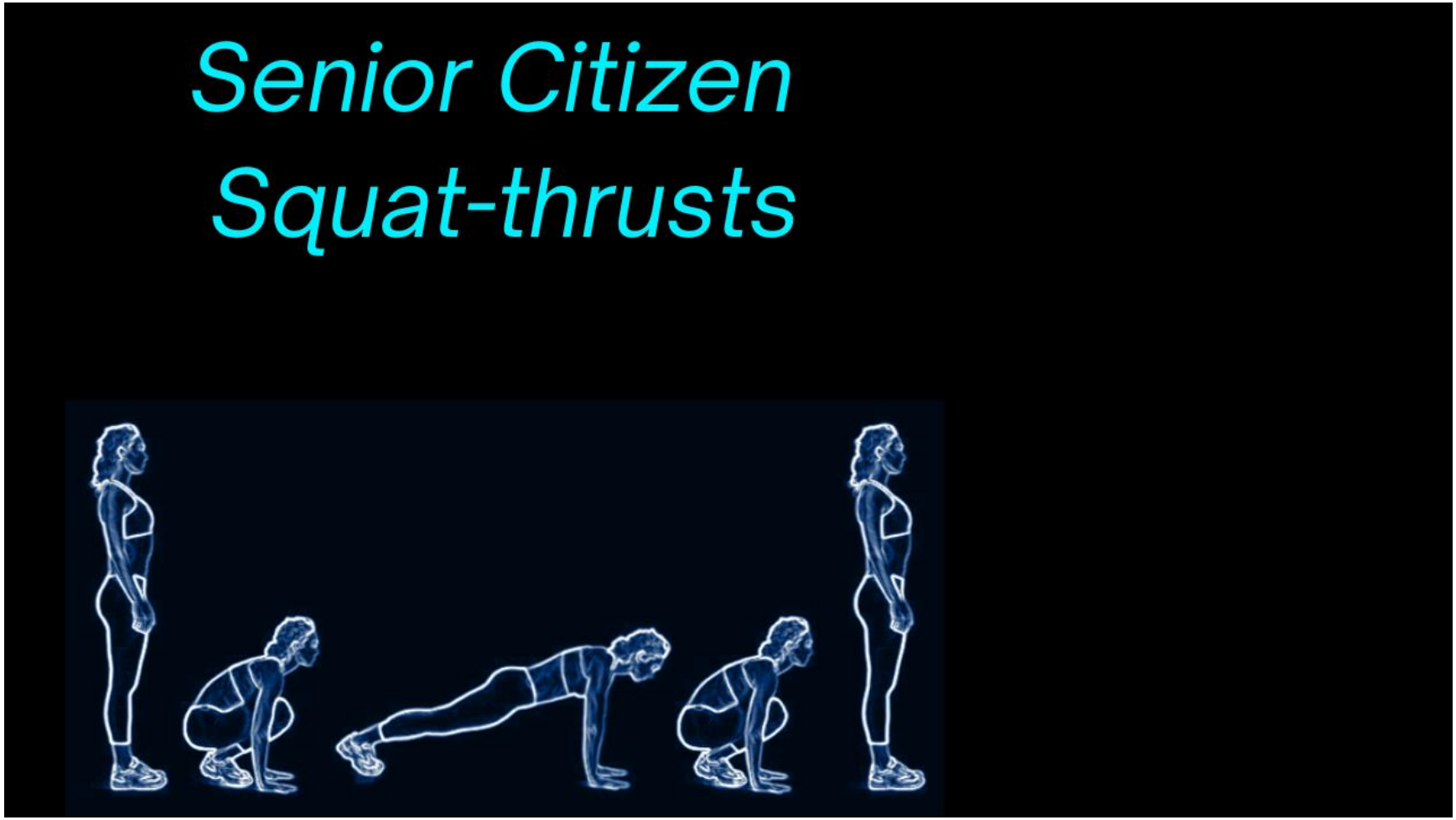

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