

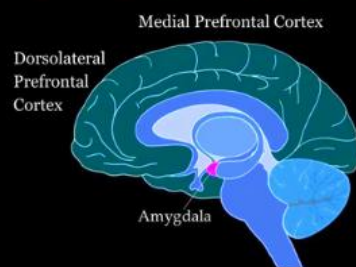
Dudjom Jigdral Rinpoche's "Spontaneous Song of the True Nature" A Calling of the Lama as if from Afar

Very Easy Meditation

by Dzogchen Lama: Jigme Gyatso

8aug26c

When the Competition and Cruelty of our Survival Oriented



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

Let Us
Meditate
like a
Jedi

Transmuting
Selfish Dread
into
Universal
Compassion

Bringing the Circumstantial

into the path of Universal Compassion

inhalation **Soothe peril**

exhalation **for ALL lots**

Bringing the Physical

into the path of Universal Compassion

inhalation

Soothe illness

exhalation

for ALL forms

Bringing the Interpersonal

into the path of Universal Compassion

inhalation **Soothe cruelty**

exhalation **for ALL speech**

Bringing the Mental

into the path of Universal Compassion

inhalation **Soothe dullness**

exhalation **for ALL minds**

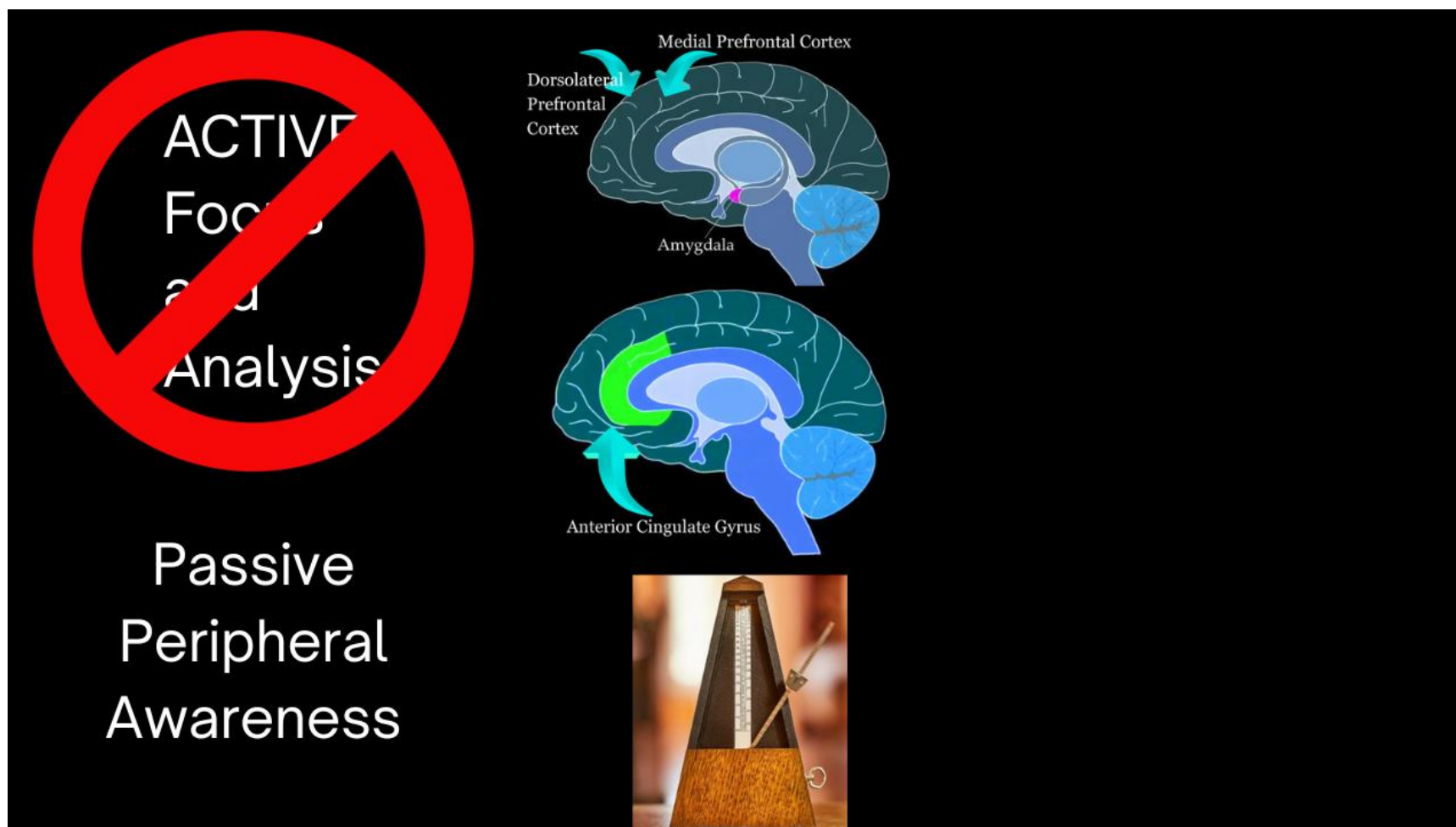
Passaddhi Mudra Meditation Gesture

inhalation *Watch*

exhalation **rest**

Download FREE
practice materials
LinkTr.ee/LamaJigmeG



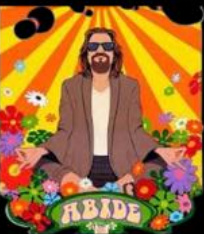


What is the difference between Proto Buddhism and Institutional Buddhism?



Sturgeon's Law

Ninty-percent of everything Sucks!



Yin's Spiritual Matriarchy

Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

Yang's Religious Patriarchy

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



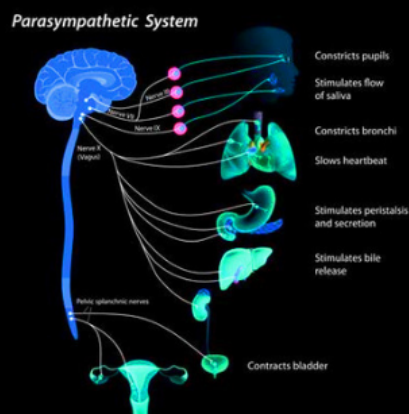
Meditation

Mindfulness *Watch* inhalation

Meditation *rest* exhalation

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

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



What is Enlightenment?

Wise VIEW supporting release

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

Compassionate ACTION

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

Liberating MEDITATION (as described by the seven enlightenment factors)

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

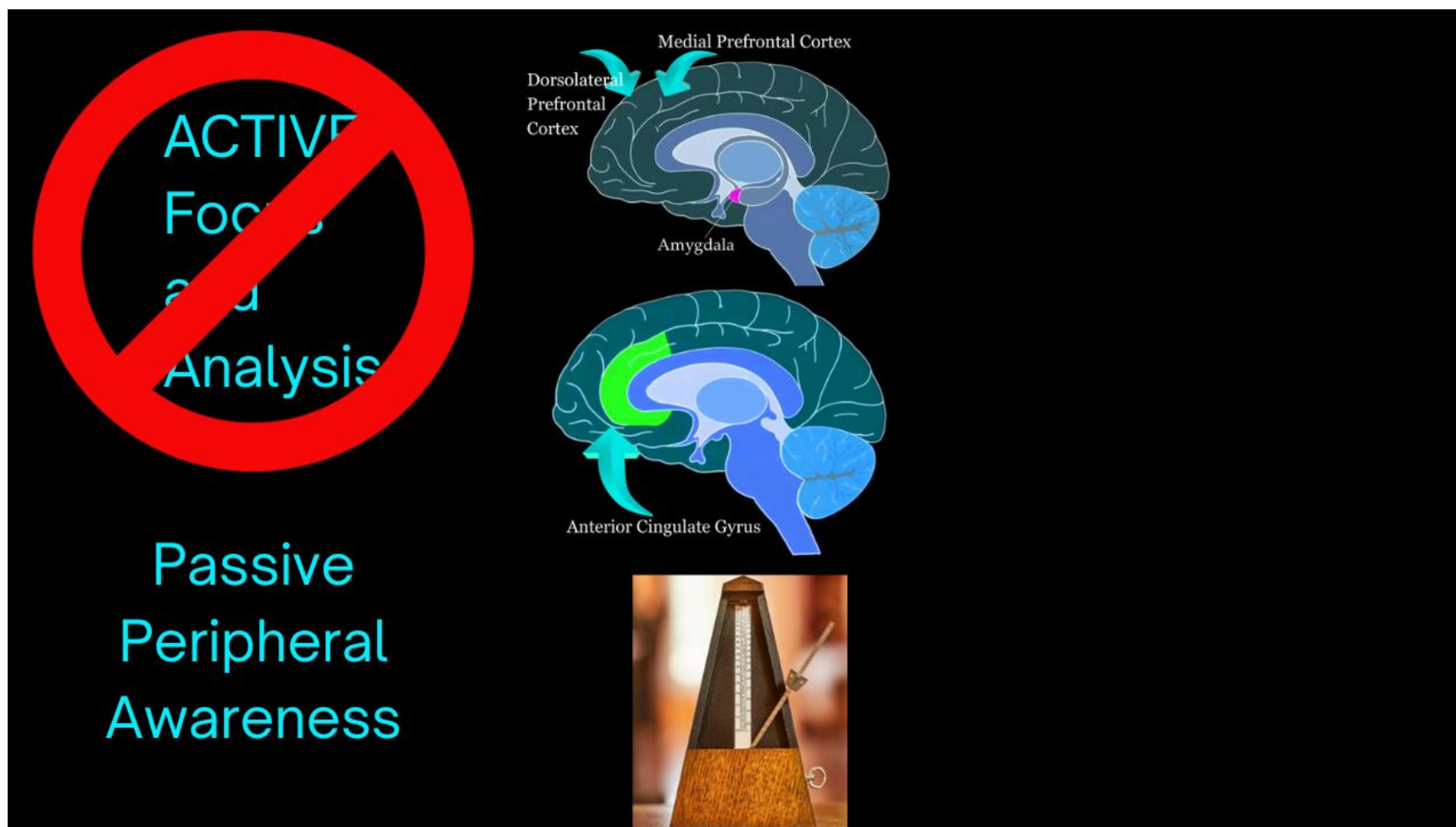
Sati Mudra *Mindfulness Gesture*

inhalation *Feel*

exhalation **rest**

Download FREE
practice materials
LinkTr.ee/LamaJigmeG

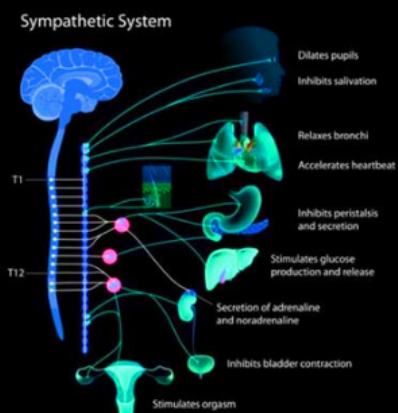




MINDFULNESS

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

Watch



All Mind's Antics of:

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

All Manner of Phenomena:

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

Mindfulness

Feel

inhalation

Meditation

Rest

exhalation

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

Transmuting
Selfish Desire
into
Universal
Love

Bringing the Mental

into the path of Universal Love

inhalation

Great wisdom

exhalation

for ALL minds

Bringing the Interpersonal

into the path of Universal Love

inhalation **Profound love**
exhalation **for ALL speech**

Bringing the Physical

into the path of Universal Love

inhalation **Profound health**
exhalation **for ALL forms**

Bringing the Circumstantial

into the path of Universal Love

inhalation **Good fortune**

exhalation **for ALL lots**

Senior Citizen Squat-thrusts

