

Chanting (buddha) to help us Meditate like a Jedi

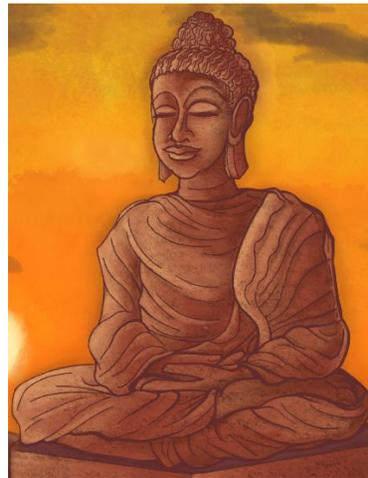
# Tantric Chanting to Help us Meditate like a Jedi

*by Lama: Jigme Gyatso*

*inspired by the teachings of:*

*Garab Dorje, Dza Patrul Rinpoche, and Dudjom Lingpa Rinpoche*

*4mar26a*



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# Overview

Channels, Winds, & DROPS (*Energy-work*)  
Slice-through (*Mindfulness & Meditation*)  
Leap-over (*Passive Contemplations*)



Chanting (buddha) to help us Meditate like a Jedi

# Channels, Winds, and DROPs

**Thik-le**

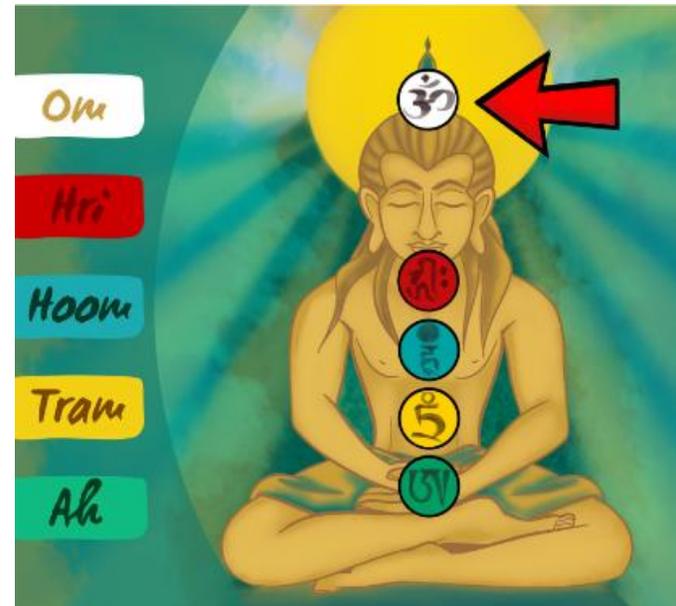
Bliss & Letting-go

**Energy-work**

Anu-yoga

Completion stage

Bindu Mahamudra



Chanting (buddha) to help us Meditate like a Jedi

As the tip of our left **index** finger supports the great knuckle of our right index finger, palms up, in our lap  
Let us the Practice the THIRD enlightenment factor's **Energy-work** also known as **Bliss and Letting-go**  
in such a manner that it feels as if the Force itself  
is giving us a kiss upon the top of our head



Lá-ma come  
to Péy (*snap*) crown!



Chanting (buddha) to help us Meditate like a Jedi  
**Top-of-the-head Oriented Energy-work also known as  
Bindu mahamudra or Anu-yoga in Sanskrit,  
Thig-le or Lama Khyenno in Tibetan and  
Bliss and Letting-go, Completion-stage or Calling the Lama from Afar in English**



Lá-ma COME  
to Péy (*snap*) crown!

Chanting (buddha) to help us Meditate like a Jedi

# Slice-through ( *the Tyranny of Duality's Obscuring Emotions of Dread & Desire* )

## Trekchö<sub>d</sub>

Awareness and Letting-go

Mindfulness and Meditation

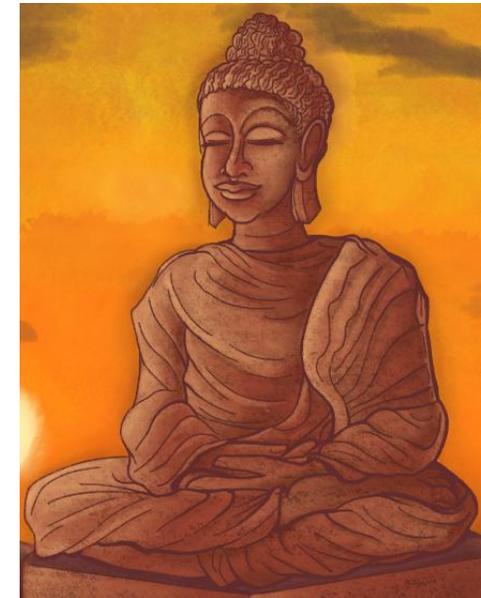
Ati-yoga

Mahasandhi

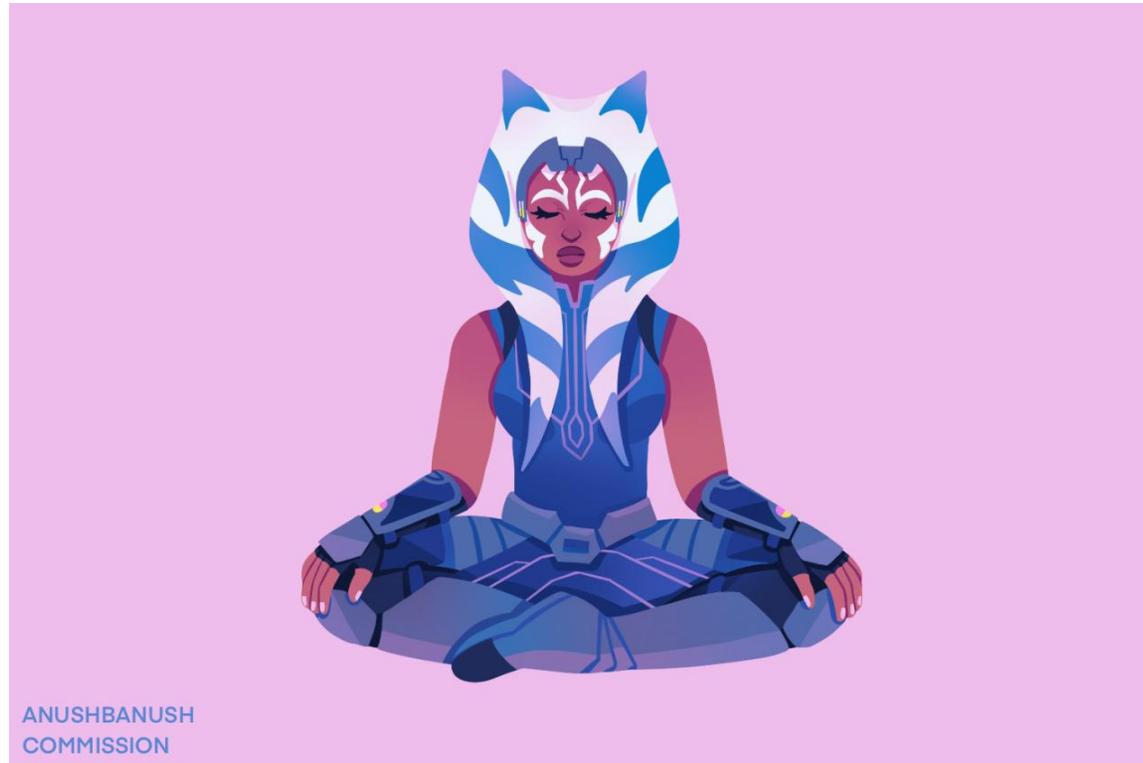
Great Completion stage

Dzogchen

Sutra Mahamudra



Chanting (buddha) to help us Meditate like a Jedi  
Let's Practice the **FIRST** set of the **Awareness and Letting-go** that is **Meditating Like a Jedi**  
*the Seventh and Eighth folds of the Buddha's eight-fold path*



Chanting (buddha) to help us Meditate like a Jedi  
*This session's First set of Mindfulness and Meditation:  
the Seventh and Eighth folds of the Buddha's eight-fold path*

# Slice-through the Obscurations to our Buddha Nature

Chanting (buddha) to help us Meditate like a Jedi

# Sturgeon's Law

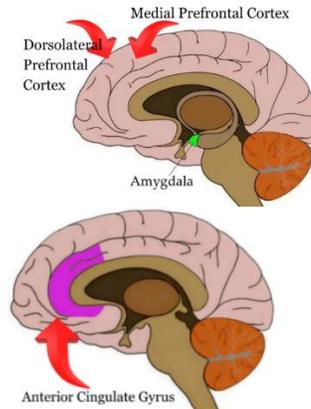
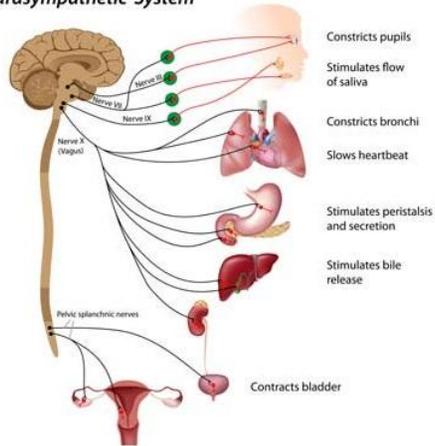
Ninety-percent of everything Sucks

Content	<b>Yin's Spiritual Matriarchy</b> <b>Flexible,</b> <b>Loving,</b> <b>Rational,</b> <b>Laid-back,</b>	<b>Yang's Religious Patriarchy</b> <b>Rigid,</b> <b>Fearful,</b> <b>Superstitious,</b> <b>Controlling,</b>	Cowardly
Compassionate	<b>Egalitarian,</b> <b>Lucid,</b> <b>Cooperative, &amp;</b> <b>Kind</b>	<b>Elitist,</b> <b>Cryptic,</b> <b>Competitive, &amp;</b> <b>Cruel</b>	Cranky
Cooperative			Competitive

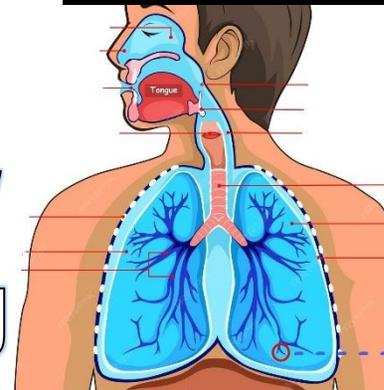
# Chanting (buddha) to help us Meditate like a Jedi Sutra mahamudra, Ati-yoga, or Mahasandhi in Sanskrit, Trekchö in Tibetan and

Awareness and Letting-go, Great completion-stage, or Slicing through Obscuring Emotions of Hope and Fear in English

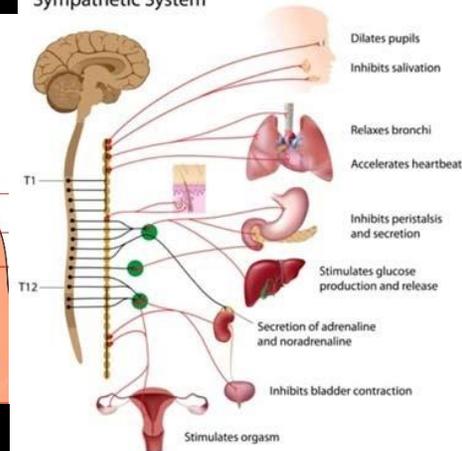
Parasympathetic System



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



Sympathetic System



*Mindfulness noticing inhalation*

*Meditation relaxing exhalation*

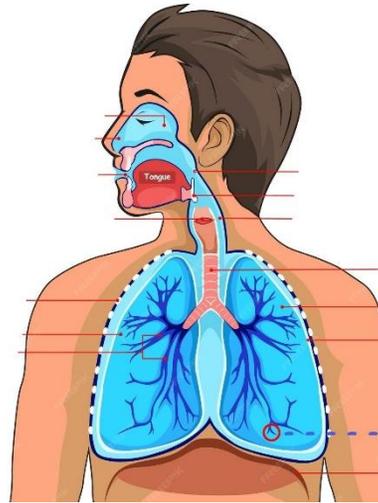
*Noticing  
relaxing*

**Fleetingly LESS stressful, LESS permanent, and LESS defining**

Chanting (buddha) to help us Meditate like a Jedi

*Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems*

**Mind's Antics of  
Perception,  
Emotion,  
Intention,  
Cognition,  
Recollection, &  
Imagination**



**All Manner of Phenomena:  
External to Internal,  
Physical to Mental,  
Pleasurable to Painful,  
Interesting to Boring,  
Glorious to Grotesque**

*Mindfulness noticing inhalation*

*Meditation relaxing exhalation*

*This  
rest*

**As NON-graspable as a Vast, Empty Void  
like the Illusion of the Infinite, Azure Sky**

Chanting (buddha) to help us Meditate like a Jedi  
What if Enlightenment was simply  
the spontaneous, habitual, easy, and effective practice  
of (*Gautama or Shakyamuni*) Buddha's Eight fold path?

Wise VIEW supporting release

- 1 - Right View of Impermanence and Emptiness
- 2 - Right Mentally Kind Intention (*essence of the Bodhisattva Vows*)

Compassionate ACTION

- 3 - Right Interpersonally Kind Communication
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- 5 - Right Circumstantially Kind Commerce (*competition & cruelty transformed into compassion & cooperation*)
- 6 - Right Effortless Effort (*that is Joyful Love's Centered Spontaneity*) 4 & 3

Liberating MEDITATION as described by the seven enlightenment factors

- 7 - Right Mindfulness (*during inhalation that is **vulnerable**, passive, visceral, random & fleeting*) 1, 2, & 6
- 8 - Right **Meditation** (*during **exhalation** that physically relaxes & mentally releases the duality of aversion & avarice*) 5 & 7

Chanting (buddha) to help us Meditate like a Jedi

# Leap-over Pride's ( *Obstructions to Omniscience* )

**Tokal**

Passive Contemplation

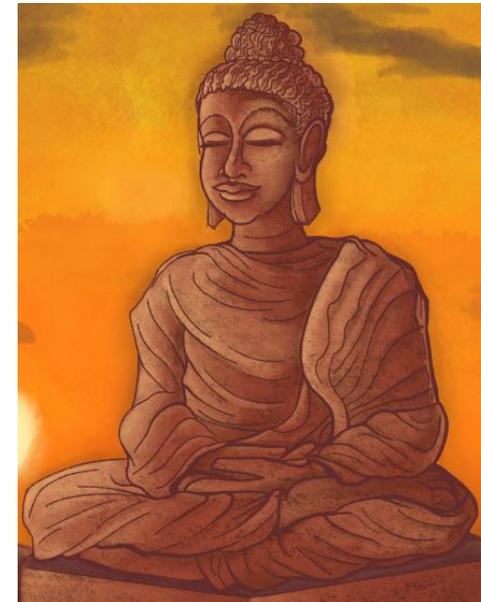
Wisdom of Letting-go

Maha-yoga

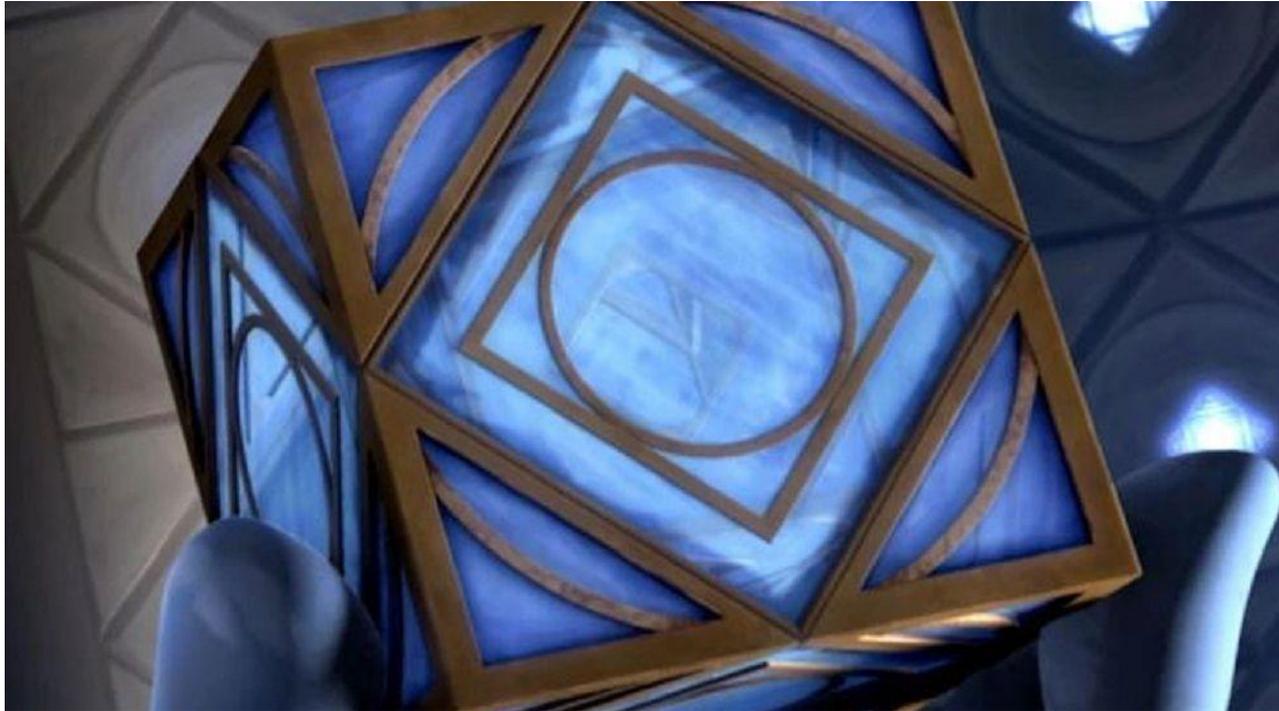
Generation stage

Creation stage

Tantra Mahamudra



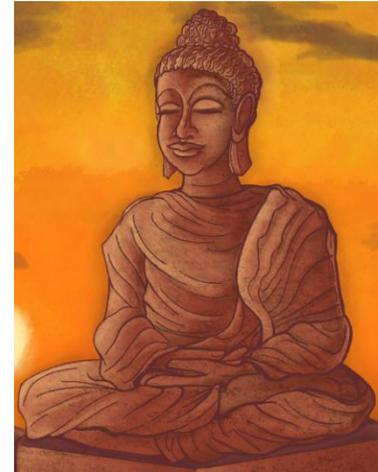
Chanting (buddha) to help us Meditate like a Jedi  
Let us Practice **Holocron**-like exercises of **Impermanence, Interdependence, and Emptiness**,  
*the FIRST fold of the Buddha's Eight-fold Path*



Chanting (buddha) to help us Meditate like a Jedi

Ráther than indulge our controlling tendencies with the follies of ACTIVE: visualization, emotion, magick, & béliéf;

wé could just recite these **wise** words in harmony with our breathing and allow our subconscious to do the heavy lífting!



Chanting (buddha) to help us Meditate like a Jedi

Lét us therefore side-step the rigidity,  
that confuses metaphors  
for statements litéral;

ánd instead relax into the flexibility  
that savors the chants  
explaining metaphors as simíles!



## Chanting (buddha) to help us Meditate like a Jedi

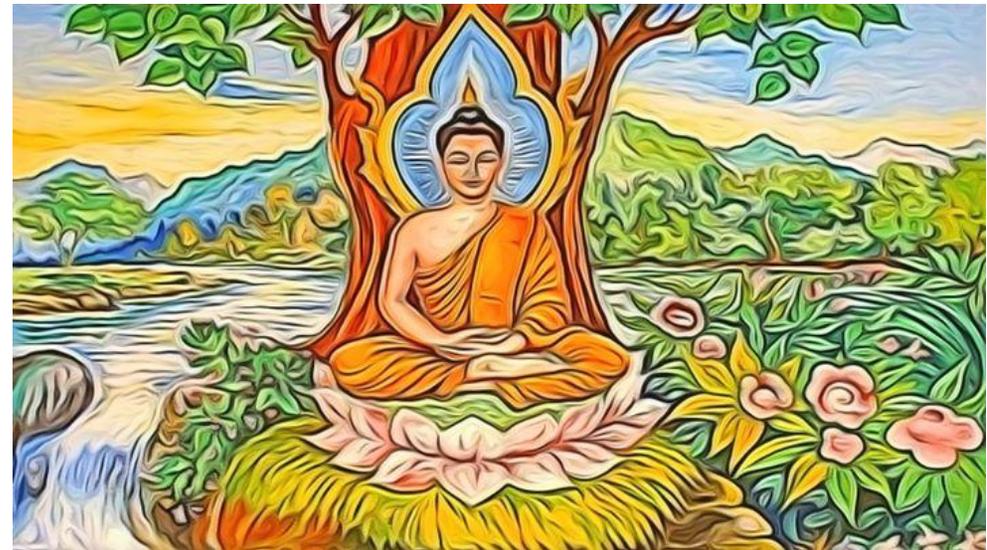
Tantra mahamudra or Maha-yoga in Sanskrit,

Togal in Tibetan and

Awareness and Letting-go, Creation-stage, Leaping-over Pride's Obstructions to Omniscience, or **Bringing the Circumstantial into the Wisdom of Letting-go** in English

As we **relax** into our exhalation  
the circumstances or LOTs we saw  
during our previous inhalation

could feel  
**as** impermanent  
and interdependent



Chanting (buddha) to help us Meditate like a Jedi

**ás** if they could blissfully  
**melt** into **rainbów** light

thát could delightfully  
absorb into  
THIS body **ór** form!



Chanting (buddha) to help us Meditate like a Jedi  
*Let us divide  
the silent and mental recitation  
of this six-syllable-synopses  
between our inhalation and our exhalation*



*Into form  
all LOTs melt*

Chanting (buddha) to help us Meditate like a Jedi

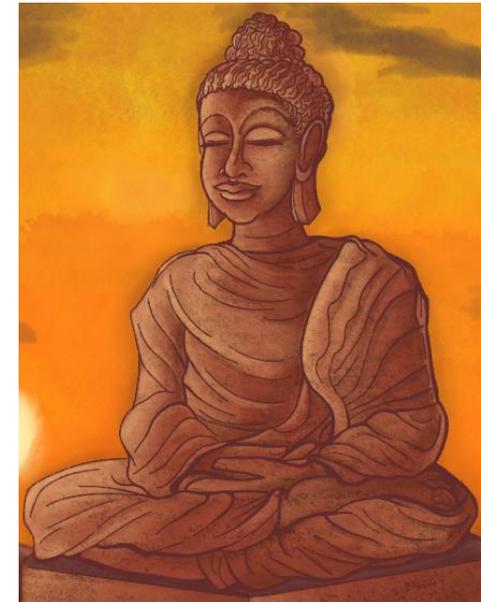
Tantra mahamudra or Maha-yoga in Sanskrit,

Togal in Tibetan and

Awareness & Letting-go, Creation-stage, Leaping-over Pride's Obstructions to Omniscience, or **Bringing the Physical into the Path of the Wisdom of Letting-go** in English

As we **relax** into our exhalation the  
bodies or FORMs we felt  
during our previous inhalation

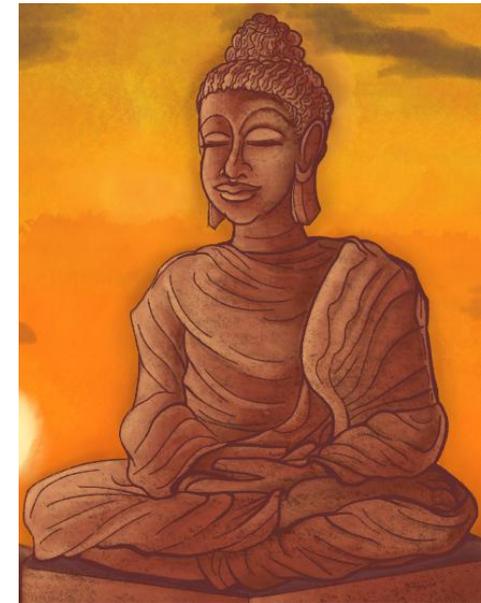
could feel **as** impermanent  
and interdependent



Chanting (buddha) to help us Meditate like a Jedi

**ás** if they could blissfully  
melt into rainbow light

thát could delightfully absorb into  
THIS communication ór speech!



Chanting (buddha) to help us Meditate like a Jedi

*Let us divide  
the silent and mental recitation  
of this six-syllable-synopses  
between our inhalation and our exhalation*



*Into speech  
all FORMs melt*

## Chanting (buddha) to help us Meditate like a Jedi

Tantra mahamudra or Maha-yoga in Sanskrit,

Togal in Tibetan and

Awareness & Letting-go, Creation-stage, Leaping-over Pride's Obstructions to Omniscience, or **Bringing the Interpersonal into the Wisdom of Letting-go** in English

Ás we **relax** into our exhalation  
the experíence

óf the interpersonal, SPEECH,  
or communication, we heard  
during our previous inhalátion

So-ha Om Mu-ni  
Mu-ni-ye Ma-ha Mu-ni

Chanting (buddha) to help us Meditate like a Jedi

could feel **as** **impermanent**  
and interdepéndent

**ás** if it could blissfully  
melt into **rainbów** light

Mu-ni-ye So-ha Om Mu-ni Mu-ni Ma-ha

Chanting (buddha) to help us Meditate like a Jedi

that could delightfully  
absorb into **THIS** mind!

**Mu-ni-ye So-ha Om Mu-ni  
Ma-ha Mu-ni**

Chanting (buddha) to help us Meditate like a Jedi

*Let us divide*

*the silent and mental recitation*

*of this six-syllable-synopses*

*between our inhalation and our exhalation*

So-ha Om Mu-ni  
Mu-ni Ma-ha  
Mu-ni

*Into mind*

*all SPEECH melts*

Chanting (buddha) to help us Meditate like a Jedi

Tantra mahamudra or Maha-yoga in Sanskrit,

Togal in Tibetan and

Awareness & Letting-go, Creation-stage, Leaping-over Pride's Obstructions to Omniscience, or **Bringing the Mental into the path of the Wisdom of Letting-go** in English

Ás we relax into our exhalation  
these minds could feel **as** impermanent  
and interdepéndent

**ás** if they could blissfully  
melt into rainbów light

**Hoong**

Chanting (buddha) to help us Meditate like a Jedi

thát could delightfully  
absorb into a vast, empty void...

**Hoong**

Chanting (buddha) to help us Meditate like a Jedi

líke the illusion  
of the infinite azúre sky

ón a bright  
and beautiful  
cloudléss morn



Chanting (buddha) to help us Meditate like a Jedi

which although could look  
tantalizing to the eye

could feel  
**non-graspable**  
to the hand!



Chanting (buddha) to help us Meditate like a Jedi  
*Let us divide  
the silent and mental recitation  
of this six-syllable-synopses  
between our inhalation and our exhalation*

# Hoong

*Into* **void**  
*all MINDs melt*

Chanting (buddha) to help us Meditate like a Jedi

# Slice-through ( *the Tyranny of Duality's Obscuring Emotions of Dread & Desire* )

## Trekchö<sub>d</sub>

Awareness and Emptiness

Mindfulness and Meditation

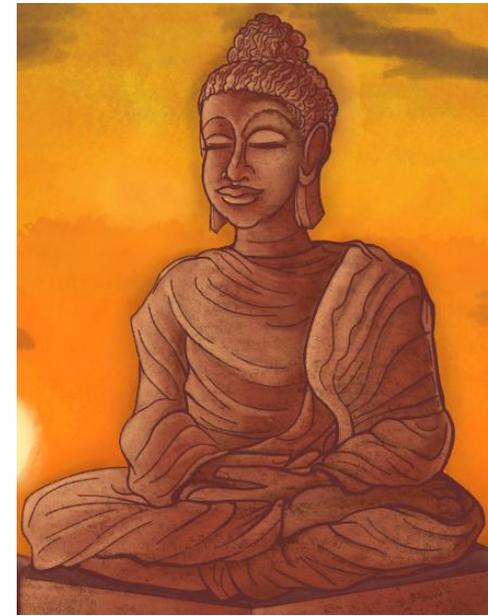
Ati-yoga

Mahasandhi

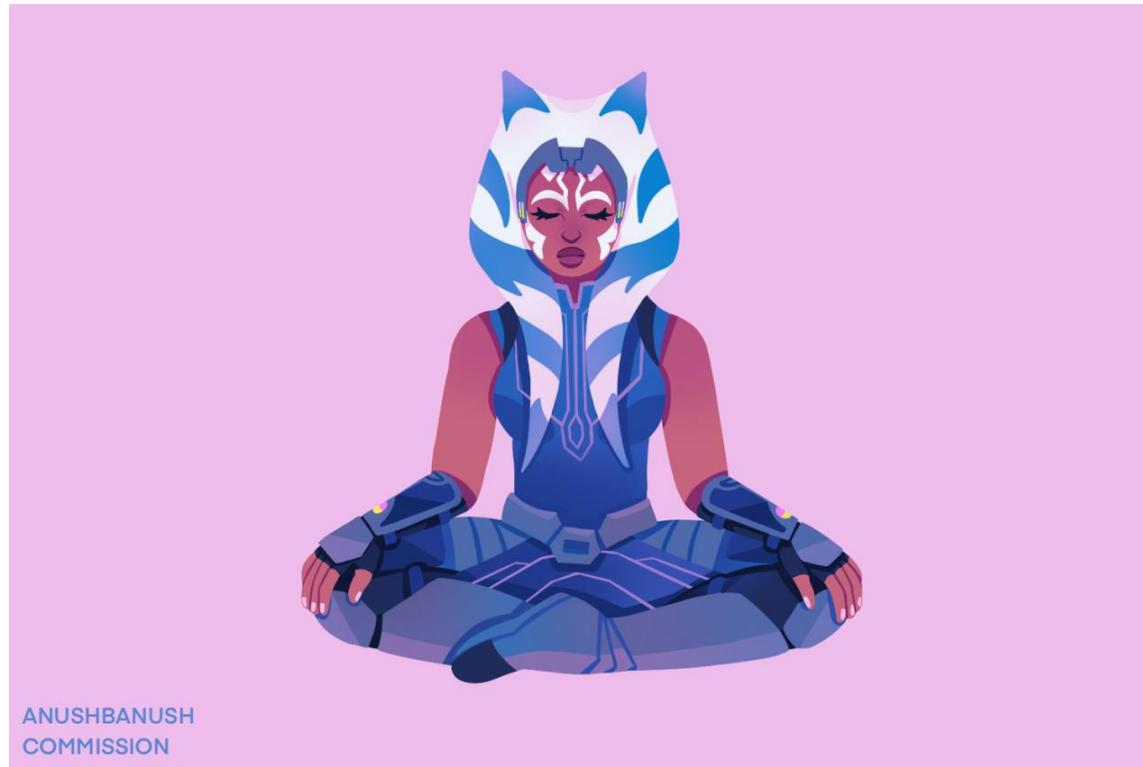
Great Completion stage

Dzogchen

Sutra Mahamudra



Chanting (buddha) to help us Meditate like a Jedi  
Let's Practice the **SECOND** Set of the **Awareness and Letting-go** that is **Meditating Like a Jedi**  
*the Seventh and Eighth folds of the Buddha's eight-fold path*



Chanting (buddha) to help us Meditate like a Jedi  
*This Session's Second Set of Mindfulness and Meditation:  
the Seventh and Eighth folds of the Buddha's eight-fold path*

# Slice-through the Obscurations to our Buddha Nature

Chanting (buddha) to help us Meditate like a Jedi

# Sturgeon's Law

Ninety-percent of everything Sucks

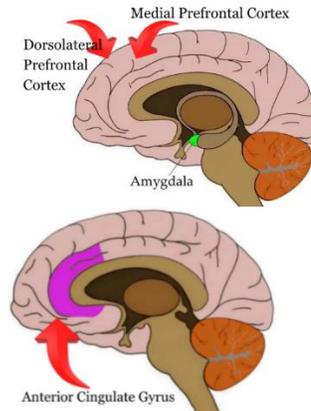
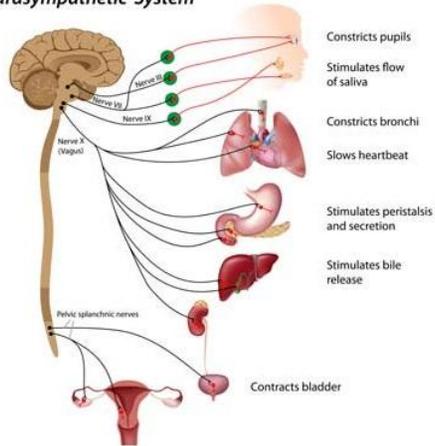
Content	<b>Yin's Spiritual Matriarchy</b> Flexible, Loving, Rational, Laid-back,	<b>Yang's Religious Patriarchy</b> Rigid, Fearful, Superstitious, Controlling,	Cowardly
Compassionate	Egalitarian, Lucid, Cooperative, & Kind	Elitist, Cryptic, Competitive, & Cruel	Cranky
Cooperative			Competitive

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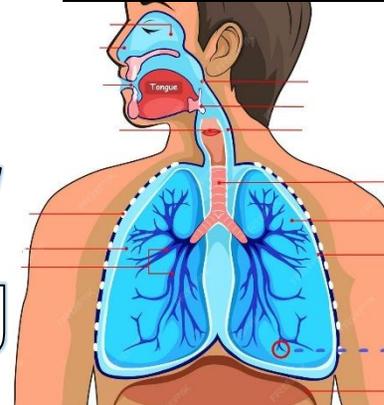
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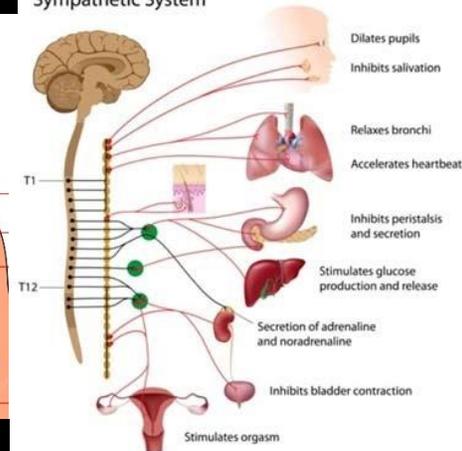
Parasympathetic System



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



Sympathetic System



*Mindfulness noticing inhalation*

*Meditation **relaxing** exhalation*

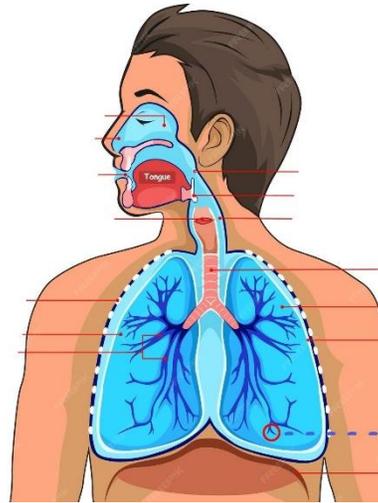
*Noticing  
relaxing*

**Fleetingly LESS stressful, LESS permanent, and LESS defining**

Chanting (buddha) to help us Meditate like a Jedi

*Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems*

**Mind's Antics of  
Perception,  
Emotion,  
Intention,  
Cognition,  
Recollection, &  
Imagination**



**All Manner of Phenomena:  
External to Internal,  
Physical to Mental,  
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Interesting to Boring,  
Glorious to Grotesque**

*Mindfulness noticing inhalation*

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*This  
rest*

**As NON-graspable as a Vast, Empty Void  
like the Illusion of the Infinite, Azure Sky**

Chanting (buddha) to help us Meditate like a Jedi  
What if Enlightenment was simply  
the spontaneous, habitual, easy, and effective practice  
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Wise VIEW supporting release

- 1 - Right View of Impermanence and Emptiness
- 2 - Right Mentally Kind Intention (*essence of the Bodhisattva Vows*)

Compassionate ACTION

- 3 - Right Interpersonally Kind Communication
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# Channels, Winds, & DROPS

**Thikle**

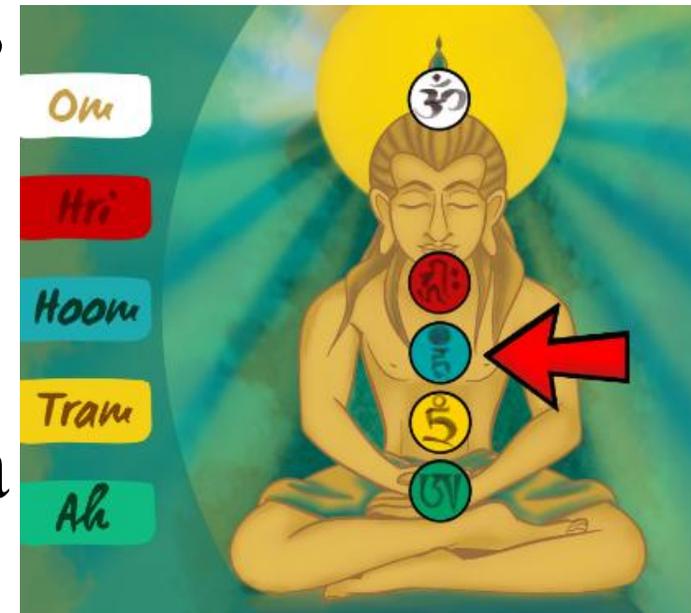
Bliss & Emptiness

**Energy-work**

Anu-yoga

Completion stage

Bindu Mahamudra



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Let us Practice the THIRD enlightenment factor's **Energy-work** also known as **Bliss and Letting-go**  
in such a **Manner** that it could Feel like the Force itself  
is Giving us a Hug

Lá-ma **BLEND**  
with thís mind!



Chanting (buddha) to help us Meditate like a Jedi  
**Chest Oriented Energy-work also known as  
Bindu mahamudra or Anu-yoga in Sanskrit,  
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Bliss and Letting-go, Completion-stage or Guru Yoga in English**



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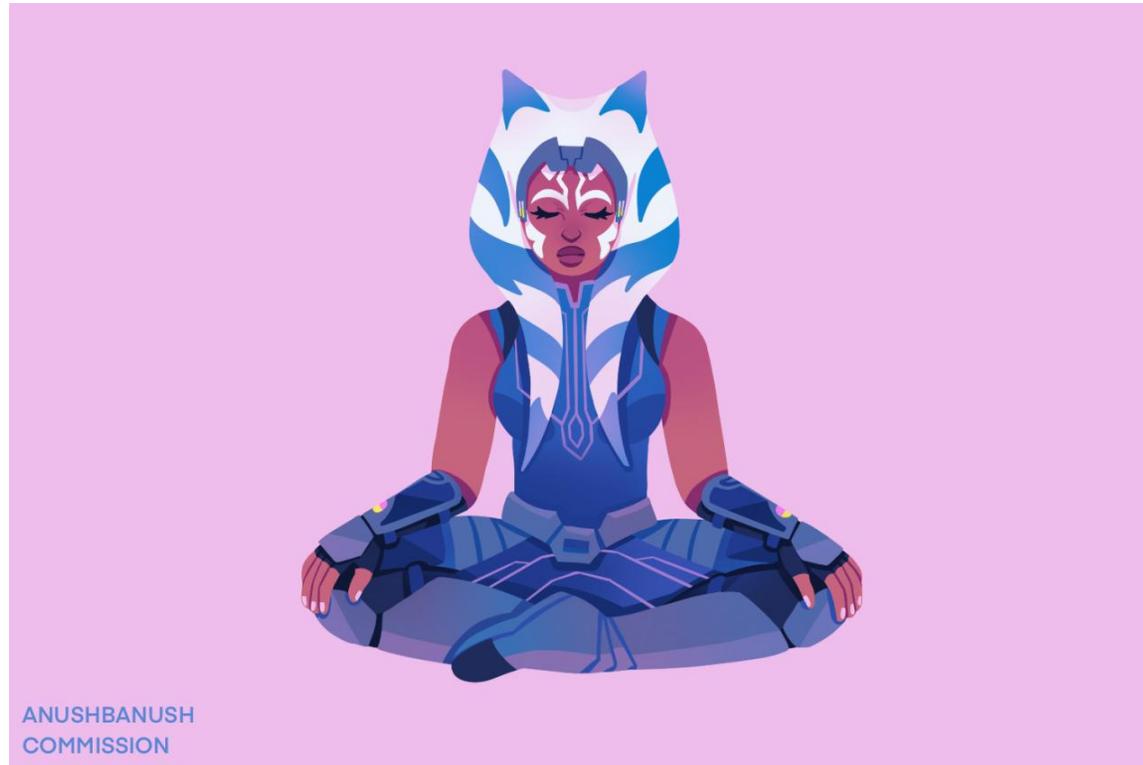
Great Completion stage

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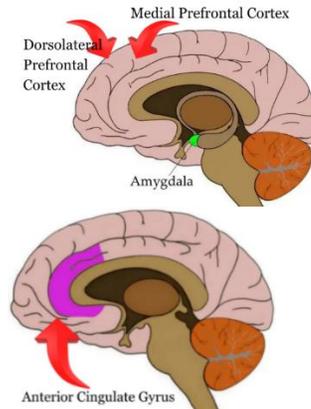
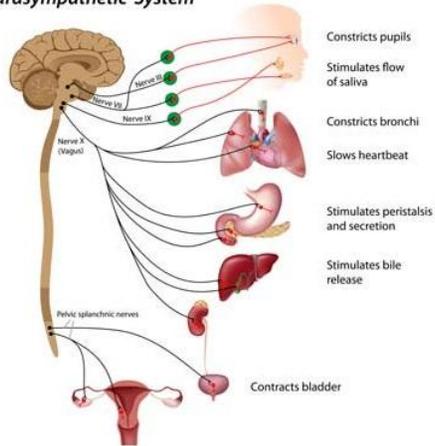
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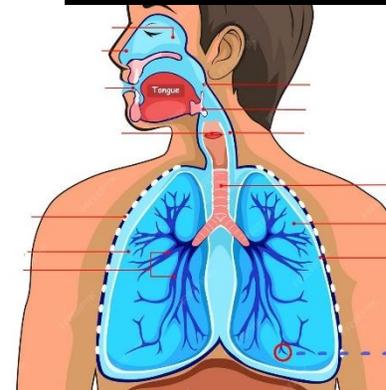
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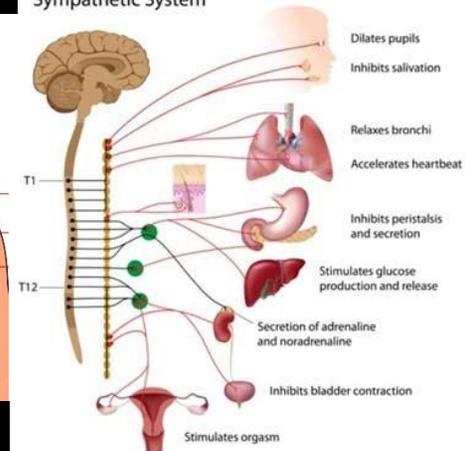
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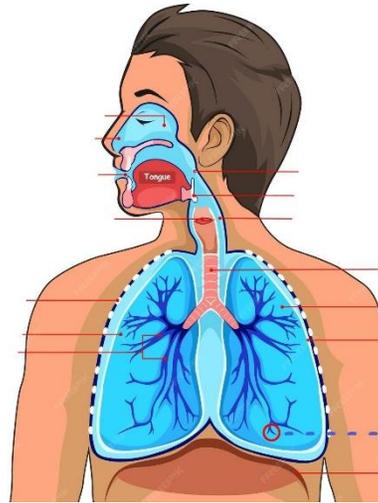
# This rest

**Fleetingly LESS stressful, LESS permanent, and LESS defining**

Chanting (buddha) to help us Meditate like a Jedi

*Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems*

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- 6 - Right Effortless Effort (*that is Joyful Love's Centered Spontaneity*) 4 & 3

Liberating MEDITATION as described by the seven enlightenment factors

- 7 - Right Mindfulness (*during inhalation that is **vulnerable**, passive, visceral, random & fleeting*) 1, 2, & 6
- 8 - Right **Meditation** (*during **exhalation** that physically relaxes & mentally releases the duality of aversion & avarice*) 5 & 7

Chanting (buddha) to help us Meditate like a Jedi

# Leap-over Jealousy's ( *Obstructions to Omniscience* )

## Tokal

Love and Emptiness

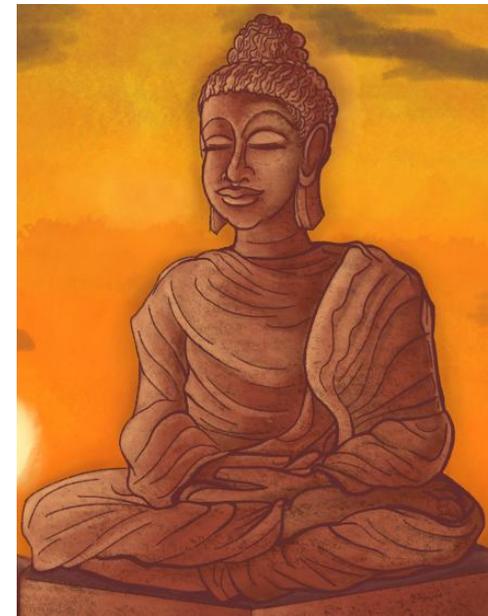
Passive Contemplation

Maha-yoga

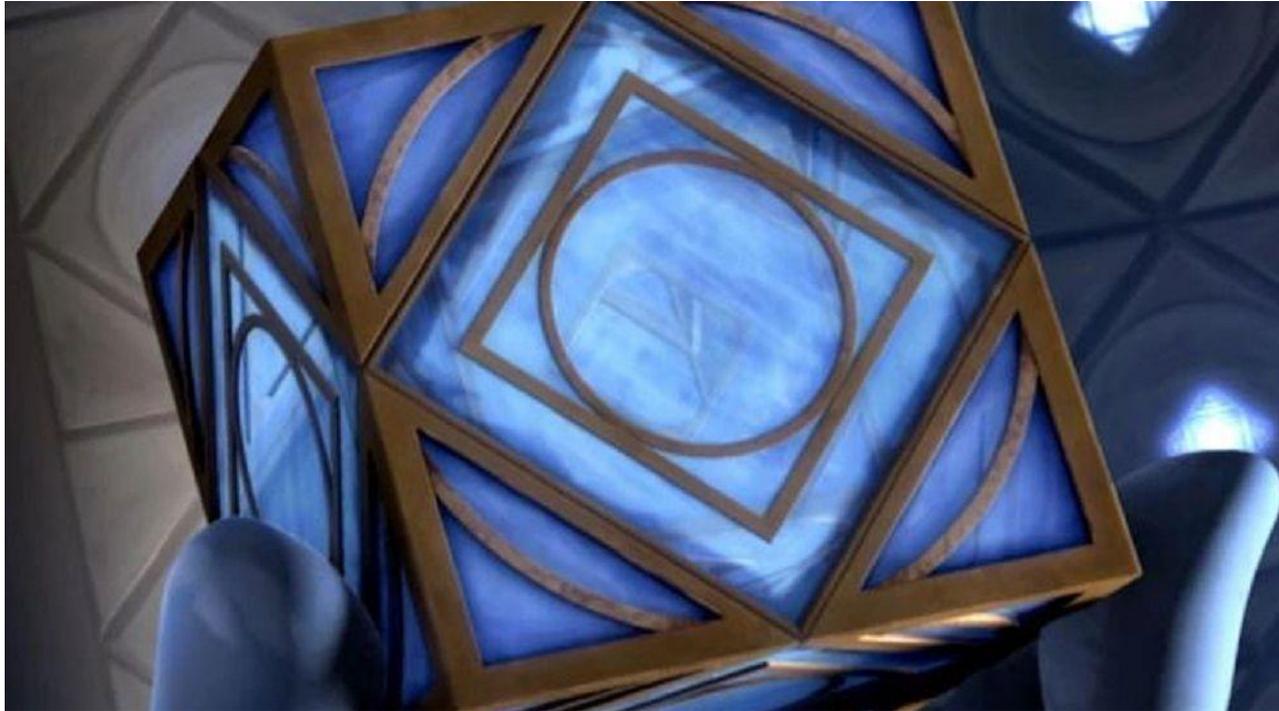
Generation stage

Creation stage

Tantra Mahamudra



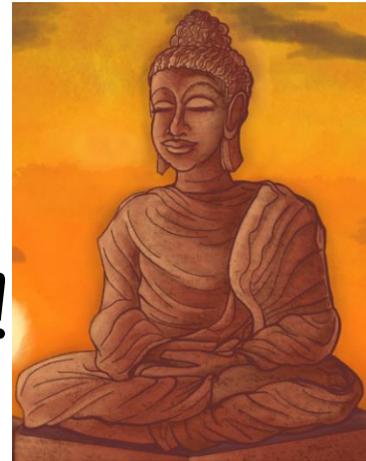
Chanting (buddha) to help us Meditate like a Jedi  
Let us Practice the **Holocron**-like exercises of **Love and Letting-go**  
*the SECOND through FIFTH folds of the Buddha's Eight-fold Path*



Chanting (buddha) to help us Meditate like a Jedi

Ráther than indulge our controlling tendencies with the follies of ACTIVE: visualization, emotion, magick, & béliéf;

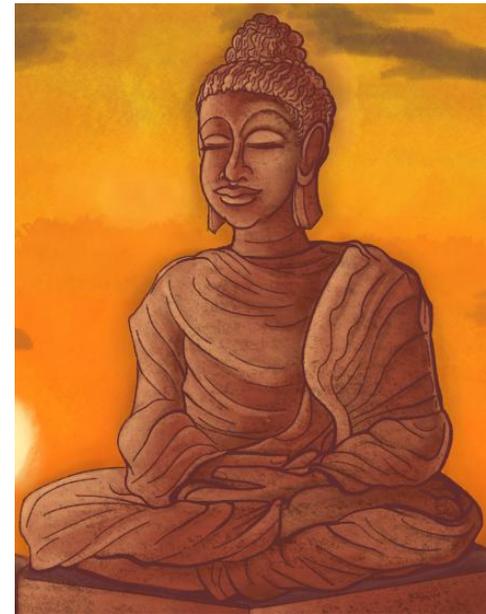
wé could just recite these kind words in harmony with our breathing and allow our subconscious to do the heavy lífting!



Chanting (buddha) to help us Meditate like a Jedi

Lét us therefore side-step the rigidity,  
that confuses metaphors  
for statements litéral;

ánd instead relax into the flexibility  
that savors the chants  
explaining metaphors as simíles!



Chanting (buddha) to help us Meditate like a Jedi

*We'll Begin by Chanting an Explanation  
of this Ten Syllable Mantra*

**So-ha Om Mu-ni  
Mu-ni-ye Ma-ha Mu-ni**

Chanting (buddha) to help us Meditate like a Jedi

(**Óm**) symbolizes mindfulness,  
(Mu-ni) symbolizes wisdom  
(Mu-ni) symbolizes wísdom

(**Má**-ha) symbolizes greatness  
(Mu-ni-ye) symbolizes meditátion

Mu-ni-ye So-ha Om Mu-ni  
Ma-ha Mu-ni

Chanting (buddha) to help us Meditate like a Jedi

(**Só-ha**)

symbolizes the **wish**  
that **all beings master** such  
mindfulness and meditation!

Mu-ni-ye So-ha Om Mu-ni  
Ma-ha Mu-ni

Chanting (buddha) to help us Meditate like a Jedi

Tantra mahamudra or Maha-yoga in Sanskrit,

Togal in Tibetan and

Awareness and Letting-go, Creation-stage, Leaping-over Jealousy's Obstructions to Omniscience, or **Bringing the Mental into the Path of Love** in English

**Máy** all minds of all beings now be **as**  
**Joyfully** enlightened, or Bo-dhi,  
**as** the mínd of

á real or imagined Buddha  
symbolized by a Bi-ja, one syllable  
seed mantra Hoong, or Thik-lé drop!

# Hoong

Chanting (buddha) to help us Meditate like a Jedi  
*Let us divide  
the silent and mental recitation  
of this six-syllable-synopses  
between our inhalation and our exhalation*

# Hoong

*Thik-le joy  
for ALL minds*

Chanting (buddha) to help us Meditate like a Jedi

# Hoong

*Thik-le joy for ALL minds!*

**Óm Mu-ni Mu-ni Ma-ha Mu-ni-ye Sö-ha**

Chanting (buddha) to help us Meditate like a Jedi

Tantra mahamudra or Maha-yoga in Sanskrit,

Togal in Tibetan and

Awareness and Letting-go, Creation-stage, Leaping-over Jealousy's Obstructions to Omniscience, or **Bringing the Interpersonal into the Path of Love** in English

**Máy** all relationships,  
communication, or speech of all  
beings now be **as** **Peacefully** loving **ás** a

réal or imagined Buddha's speech or  
communication symbolized by this  
horizontal, twelve syllable **Mán-tra!**

Mu-ni-ye So-ha Om Mu-ni Mu-ni Ma-ha

Chanting (buddha) to help us Meditate like a Jedi

*Let us divide*

*the silent and mental recitation*

*of this six-syllable-synopses*

*between our inhalation and our exhalation*

So-ha Om Mu-ni  
Mu-ni-ye Ma-ha Mu-ni

*Man-tra peace  
for ALL speech*

Chanting (buddha) to help us Meditate like a Jedi

So-ha Om Mu-ni  
Mu-ni Ma-ha Mu-ni  
Mu-ni-ye

*Man-tra peace for ALL speech!*

**Óm Mu-ni Mu-ni Ma-ha Mu-ni-ye Sö-ha**

Chanting (buddha) to help us Meditate like a Jedi

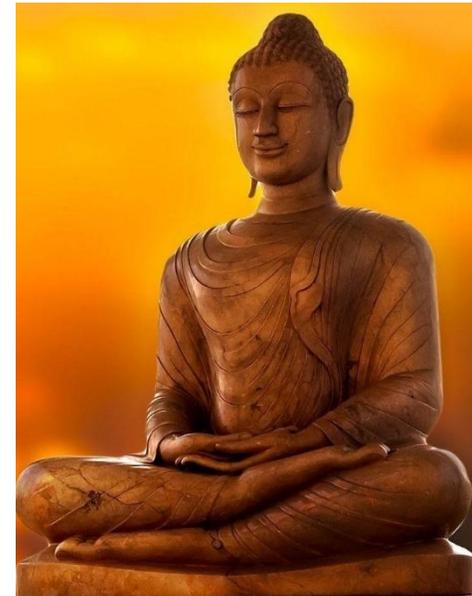
Tantra mahamudra or Maha-yoga in Sanskrit,

Togal in Tibetan and

Awareness and Letting-go, Creation-stage, Leaping-over Jealousy's Obstructions to Omniscience, or **Bringing the Physical into the Path of Love** in English

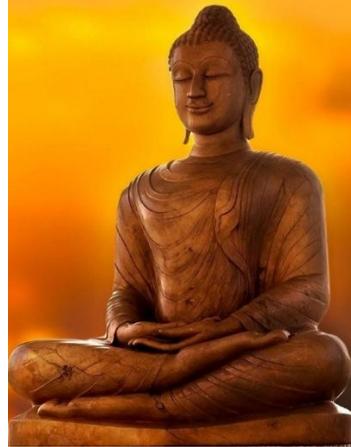
**Má**y all bodies or forms of all beings  
now enjoy the **beautiful** health  
**as** depicted in Buddhist statuáry

óf the blissful body of a **De-vi** or  
**Yi-dam**: an archetype of  
enlightenment such **as** **Búd-dha**!



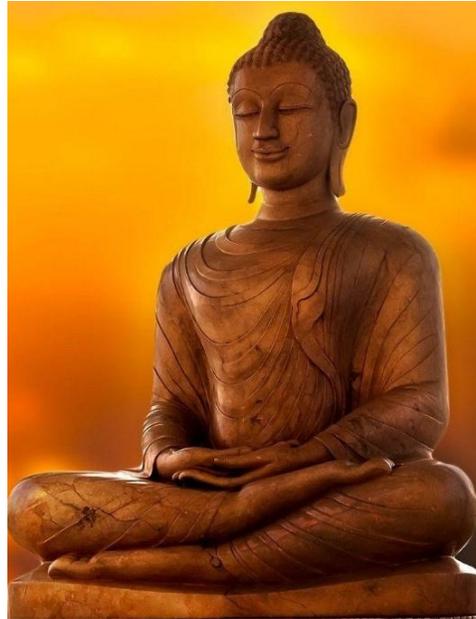
Chanting (buddha) to help us Meditate like a Jedi

*Let us divide  
the silent and mental recitation  
of this six-syllable-synopses  
between our inhalation and our exhalation*



*Yi-dam health  
for ALL forms*

Chanting (buddha) to help us Meditate like a Jedi



*Yi-dam health for ALL forms!*

**Óm Mu-ni Mu-ni Ma-ha Mu-ni-ye Sö-ha**

Chanting (buddha) to help us Meditate like a Jedi

Tantra mahamudra or Maha-yoga in Sanskrit,

Togal in Tibetan and

Awareness and Letting-go, Creation-stage, Leaping-over Jealousy's Obstructions to Omniscience, or **Bringing the Circumstantial into the Path of Love** in English

**Máy** all circumstances or lots  
of all beings now have the safety,  
great fortune **ór BOONE**

**ás** a Buddha's real or imagined  
paradise, pure land, or **Vá-ti!**



Chanting (buddha) to help us Meditate like a Jedi

*Let us divide  
the silent and mental recitation  
of this six-syllable-synopses  
between our inhalation and our exhalation*



***Va-ti boone  
for ALL lots!***

Chanting (buddha) to help us Meditate like a Jedi



*Va-ti boone for ALL lots!*

**Óm Mu-ni Mu-ni Ma-ha Mu-ni-ye Sö-ha**



Chanting (buddha) to help us Meditate like a Jedi

# Bodhichitta, Refuge, and Bowing

Chanting (buddha) to help us Meditate like a Jedi  
**Bo-dhi-chit-ta**

Ín our compassion  
may we long to **free** ALL beings  
from the toxic tyranný of:

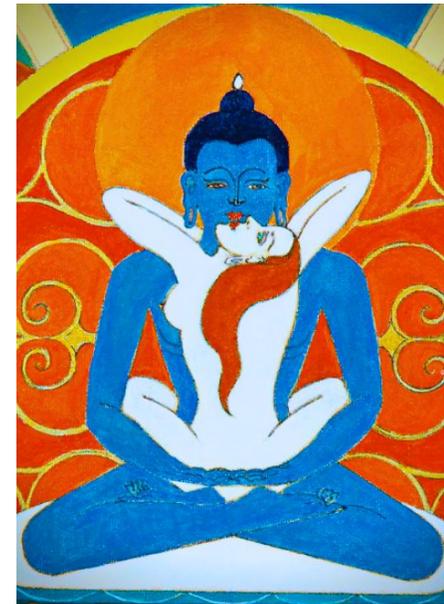
dréad, desire, and delusion  
metaphorically known  
as the three *mental* poísons.



Chanting (buddha) to help us Meditate like a Jedi  
Refuge

Ín our pragmatism may our liberation  
of all others be fueled by the  
three *wish-fulfilling* jéwels of:

- fóllowing the Buddha's example,
- applying his instructions, and
- cooperating with his stúdents.



Chanting (buddha) to help us Meditate like a Jedi  
**Refreshing, Tibetan-inspired Squat Thrusts**

(*Bo-dhi-chit-ta*) May we

free all

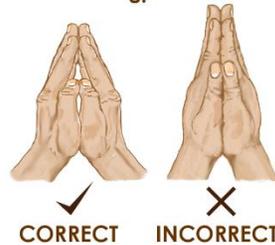
(*Refuge*) through the  
three jewels!



GOING  
DOWN



COMING  
BACK UP



Chanting (buddha) to help us Meditate like a Jedi



*You have taken your first step  
into a much larger world...*

Chanting (buddha) to help us Meditate like a Jedi  
*Lama Jigme Gyatso's*

# Wishes for the Preservation of the Buddha's Teachings



Chanting (buddha) to help us Meditate like a Jedi

**Máy** each meditation teacher truly understand the Buddha's teachings,

**ánd** practice, master, as well as share them generously, lovingly and wisely in the manner of centered spontaneíty.

Chanting (buddha) to help us Meditate like a Jedi

**Máy each meditation teacher  
spontaneously réceive:**

- **générous patrons,**
- **enthusiastic students, as well as**
- **devoted apprentíces,**

Chanting (buddha) to help us Meditate like a Jedi

and thus may many Dhar-ma centers  
be successfully:

- planted,
- nurtured, and
- flourish.

