

Easy Dao

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13dec22b



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I. Tao Te Ching Weekly Syllabus

| Day | Time | Chapters | Day | Time | Chapters |
|-----------|------|-------------------------------------|----------|------|-------------------------------------|
| Monday | AM | 1 st – 6 th | Friday | AM | 49 th – 54 th |
| Monday | PM | 7 th – 12 th | Friday | PM | 55 th – 60 th |
| Tuesday | AM | 13 th – 18 th | Saturday | AM | 61 st – 66 th |
| Tuesday | PM | 19 th – 24 th | Saturday | PM | 67 th – 72 nd |
| Wednesday | AM | 25 th – 30 th | Sunday | AM | 73 rd – 77 th |
| Wednesday | PM | 31 st – 36 th | Sunday | PM | 78 th – 81 st |
| Thursday | AM | 37 th – 42 nd | | | |
| Thursday | PM | 43 rd – 48 th | | | |

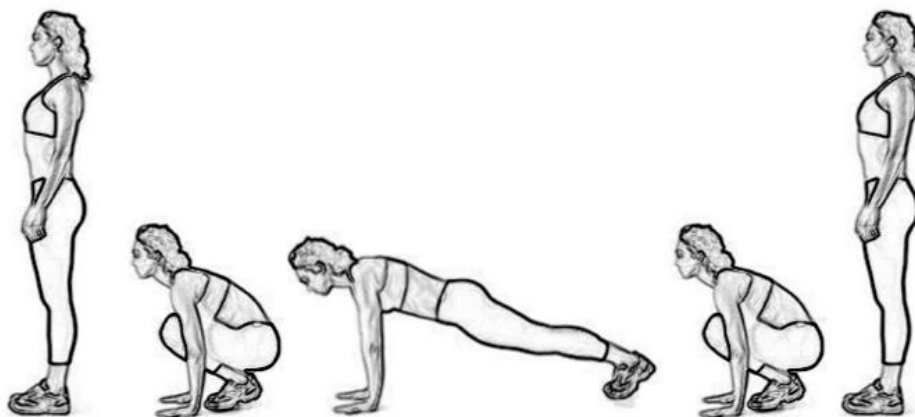
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II. Opening Intention



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Enlightened Fitness



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Opening Intention

Máy ALL beings master the Dao
of: simplicity, patience, and compásson
thát all may be
spontaneous, carefree, and át ease.

three repetitions

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III. Chanting the Tao Te Ching



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Awareness

15:04

**Whó can (make)
the muddy watér (clear)?**

15:05

**Lét it be still,
and it will gradually
becóme clear.**

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Release

15:06

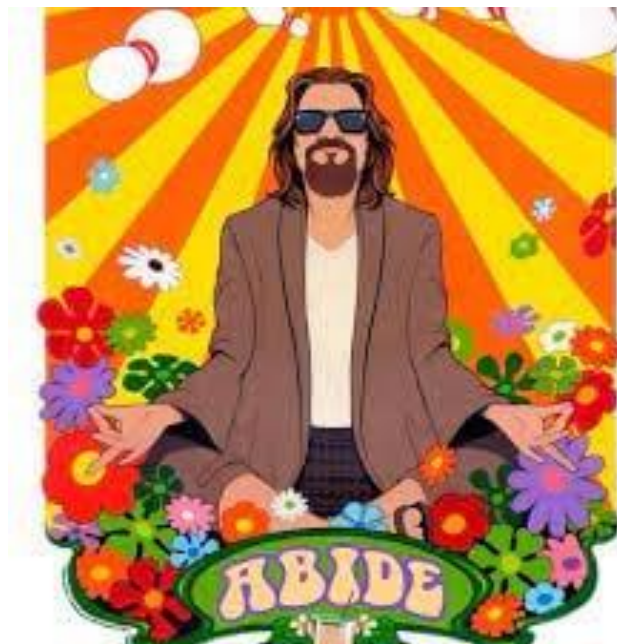
**Whó can secure
the condition óf rest?**

15:07

**Lét movement go on,
and the condition of rest
will gradually árise.**

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IV. Silent Meditation



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| | | |
|-------------------------------------|------------------------------|-------------------------|
| <i><u>Observant</u> inhalation:</i> | <i>Notice <u>this</u>...</i> | <i>(<u>This</u>...)</i> |
| <i>Releasing exhalation:</i> | <i>relaxing!</i> | <i>(ease!)</i> |

*1st sixteen sets of sixteen breaths
 count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:
 lower, middle, & higher creases, & their tips.
 count sixteen SETs upon the right **little, ring, middle, and index** finger's
 lower, middle, & higher crease sets & tip*

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| | | |
|-------------------------------------|------------------------------|-------------------------|
| <i><u>Observant</u> inhalation:</i> | <i>Notice <u>this</u>...</i> | <i>(<u>This</u>...)</i> |
| <i>Releasing exhalation:</i> | <i>relaxing!</i> | <i>(ease!)</i> |

2nd sixteen sets of sixteen breaths
 count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:
 lower, middle, & higher creases, & their tips.
 count sixteen SETs upon the right **little, ring, middle, and index** finger's
 lower, middle, & higher crease sets & tip

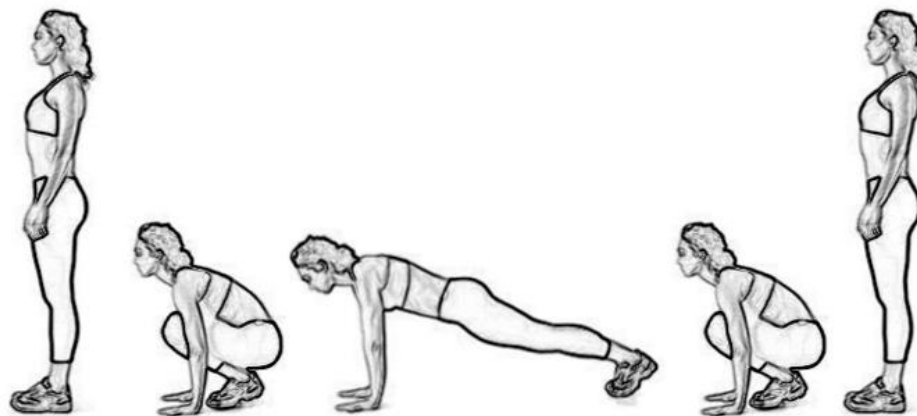
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| | | |
|-------------------------------------|------------------------------|-------------------------|
| <i><u>Observant</u> inhalation:</i> | <i>Notice <u>this</u>...</i> | <i>(<u>This</u>...)</i> |
| <i>Releasing exhalation:</i> | <i>relaxing!</i> | <i>(ease!)</i> |

3rd sixteen sets of sixteen breaths
 count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:
 lower, middle, & higher creases, & their tips.
 count sixteen SETs upon the right **little, ring, middle, and index** finger's
 lower, middle, & higher crease sets & tip

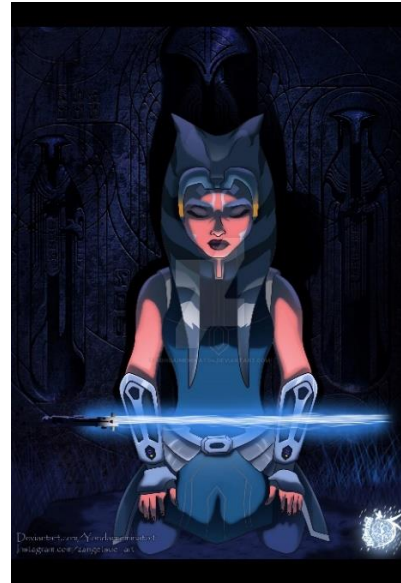
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Enlightened Fitness



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V. Universal Love



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Universal Love

Máy ALL beings master the Dao
of: simplicity, patience, and compásson
thát all may be
spontaneous, carefree, and át ease.



three repetitions

V. Appendix

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A. *Two Paths*

*In the Tao Te Ching we read of two paths in any endeavor,
Lao Tzu warned against the former and encouraged the latter:*

*the path of yang or the path of yin,
the path of patriarchy or the path of matriarchy,
the path of rigidity or the path of flexibility,
the path of elitism, or the path of egalitarianism,*

*the path of control or the path of permissiveness,
the path that craves certitude or the path that embraces ambiguity,
the path with authority as the source of truth
or the path with truth as the source of authority,*

*the direct path or the circuitous path,
the active path or the passive path,
the path of competition or the path of cooperation,
the path of cruelty or the path of compassion...*

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*the path of pride or the path of love,
the path of ego or the path of NO-self (aka NOT-self),
the path of scatteredness or the path of centeredness,
the path of contrivance or the path of spontaneity,
the path of effort or the path of ease.*

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B. Four Levels of Practice

- Browsers – come to class but do NO homework and see NO transformation.*
- Students – come to class AND do their homework every morning AND every evening; they evolve.*
- Yogis – students who perform one-day retreats every quarter, month or week, practicing four times that day (i.e.: 6am, 10am, 2pm & 6pm).*
- Monastics – students who live as if on permanent retreat, practicing four times every day (i.e.: 6am, 10am, 2pm & 6pm).*

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Twenty minutes of formal silent meditation

for First Level Students – those who are seeking a “life lubricant”

Forty minutes of formal silent meditation

*for Second Level Students – those who desire a “profound evolution”
such as healing PTSD, overcoming a tragic past,
or transcending a disempowering and oft repeated pattern*

Sixty minutes of formal silent meditation

*for Third Level Students – those who yearn to rapidly master
sagehood’s simplicity, patience, and compassion to the point of practicing them:
spontaneously, habitually, easily and effectively.*

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C. The Path of Mastery

Unconscious Incompetence

Conscious Incompetence

Conscious Competence

Unconscious Competence

When have we mastered the sages' path?



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*When we practice their techniques:
spontaneously, habitually, easily and effectively;
and their practice has so defined us
that we no longer chase a goal...*

*but are so content to practice the path
that we no longer even feel the need
to ask whether or not
we have mastered it.*



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D. The Means of Mastery

Ten thousand hours of regular, lucid, strategic practice is often the minimum required to accomplish mastery needed to teach others. Any student who enthusiastically practices their homework every morning AND every evening for sixteen consecutive weeks could be considered an apprentice.

A Journeyman is an apprentice who has accumulated 5,000 hours of study and 5,000 hours meditation; ideally for eight hours daily over the course of three and a half years...

*and has demonstrated intellectual comprehension and emotional **evolution**.*

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A Master is a journeyman who has accumulated an additional 5,000 hours of study and an additional 5,000 hours of meditation; ideally for eight hours daily...

*over the course of an additional three and a half years and has demonstrated intellectual and emotional **mastery**. The 10,000 hours is a minimum, for some folks require 20,000 hours, 30,000 hours or more to demonstrate intellectual and emotional mastery.*

Although this path of mastery can be long, it is neither mysterious nor occult.

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| Week | Rumination | Appendix | Meditation |
|-------------------|--------------------------------|-------------------------|----------------------------------------------------------|
| | | | |
| First | Anapanasati Sutta | Meditation Instruction | Jing, Guan 3 up, |
| Second | Tao Te Ching, chapters 1-6 | Two Paths | Jing, Chi, Guan 6 up |
| Third | Tao Te Ching, chapters 7 – 12 | | Jing, Chi, Shen, Guan 9 up |
| Fourth | Tao Te Ching, chapters 13 – 18 | Four Levels of Practice | Jing, Chi, Shen, Guan 13 up, and Chi |
| | | | |
| Fifth | Tao Te Ching, chapters 19 – 24 | | Jing, Chi, Shen, Guan 13 up, + 3 down , and Chi |
| Sixth | Tao Te Ching, chapters 25 – 30 | | Jing, Chi, Shen, Guan 13 up, + 6 down, and Chi |
| Seventh | Tao Te Ching, chapters 31 – 36 | | Jing, Chi, Shen, Guan 13 up, + 9 down, and Chi |
| Eighth | Tao Te Ching, chapters 37 – 42 | | Jing, Chi, Shen, Guan 13 up, + 12 down, and Chi |
| | | | |
| Ninth | Tao Te Ching, chapters 43 – 48 | | Jing, Chi, Shen, Guan 13 up, +12 down, + 3 up, and Chi |
| Tenth | Tao Te Ching, chapter 49 – 54 | | Jing, Chi, Shen, Guan 13 up, + 12 down, + 6 up, and Chi |
| Eleventh | Tao Te Ching, chapter 55 – 60 | | Jing, Chi, Shen, Guan 13 up, + 12 down, + 9 up, and Chi |
| Twelfth | Tao Te Ching, chapter 61 – 66 | | Jing, Chi, Shen, Guan 13 up, + 12 down, + 12 up, and Chi |
| | | | |
| Thirteenth | Tao Te Ching, chapter 67 – 72 | | Jing, Chi, Shen, Guan 13 up, + 12 down, + 12 up, and Chi |
| Fourteenth | Tao Te Ching, chapter 73 – 78 | | Jing, Chi, Shen, Guan 13 up, + 12 down, + 12 up, and Chi |
| Fifteenth | Tao Te Ching, chapter 79 – 81 | The Path of Mastery | Jing, Chi, Shen, Guan 13 up, + 12 down, + 12 up, and Chi |
| Sixteenth | Final Q & A | The Means of Mastery | Jing, Chi, Shen, Guan 13 up, + 12 down, + 12 up, and Chi |

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