

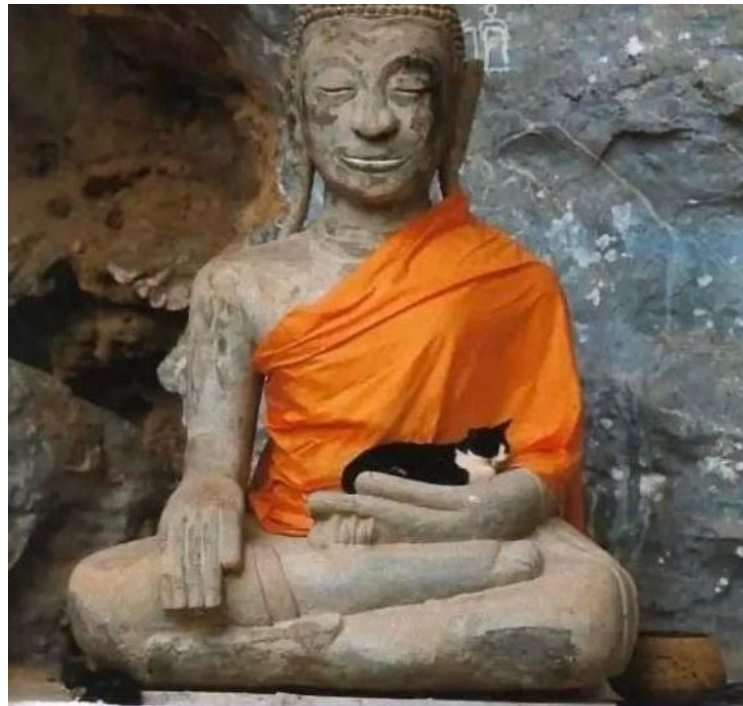
Visual Aids

Dzokchen Semde Lama: Jigme Gyatso's

Visual Aids

visual aids

12nov25



Visual Aids

Bringing the Four Bases of mindfulness into the Path of Impermanence

Dhamma Anicca Panna

Lot...
change

Kaya Anicca Panna

Form...
change

Visual Aids
Vedana Anicca Panna

Feels...
change

Chitta Anicca Panna

Mind...
change

Sturgeon's Law

Ninety-percent of everything Sucks

Content

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**

Cowardly

Compassionate

Cranky

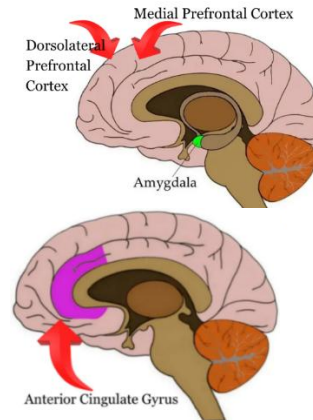
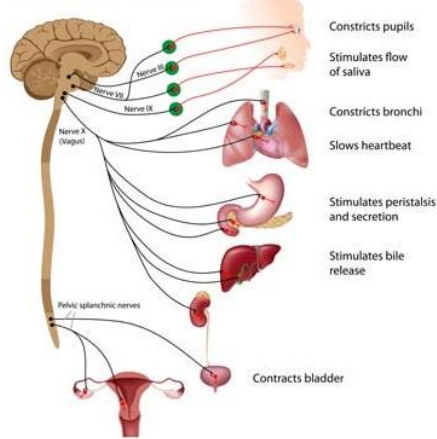
Cooperative

Competitive

Visual Aids

Sati and **Samadhi** (Awareness and **Letting-go**) Mindfulness and **Meditation**

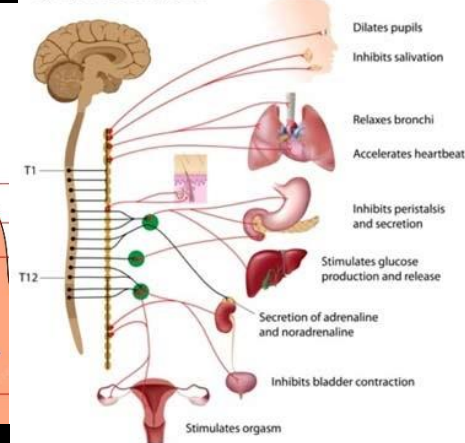
Parasympathetic System



Notice

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

Sympathetic System



Mindfulness noticing inhalation

*Meditation **relaxing** exhalation*

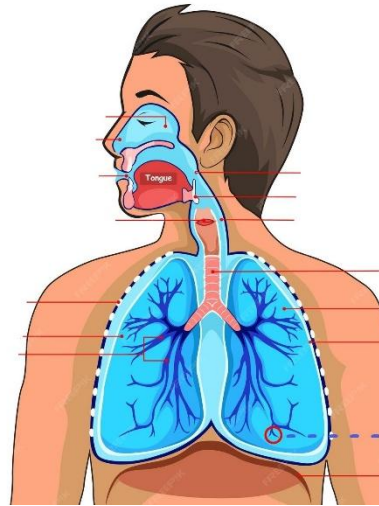
*Watch
rest*

Fleetingly LESS stressful, LESS permanent, and LESS defining

Visual Aids

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
ease

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

Visual Aids

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
- 4 - Right Physically Kind Conduct (*non-violent essence of the Pratimoksha Vows*)
- 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

Visual Aids

Bringing the Four Bases of mindfulness into the Path of Loving-kindness

Chitta Metta Sila

Joy...

ALL

Vedana Metta Sila

Peace...

ALL

Visual Aids
Kaya Metta Sila

Health...

ALL

Dhamma Metta Sila

Safe...

ALL

Visual Aids



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