

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

Dudjom Jigdral Rinpoche's
Spontaneous Song
of our
True Nature

Adapted by Dzogchen Lama: Jigme Gyatso
6aug26b

Dud-jom Jig-dral Rinpoche's **"Spontaneous Song of our True Nature;"**

*adapted by
the Dzokchen Lama:
Jigme Gyatso.*



The essence,
never changing,

the natural,
unelaborated condition,

primordially pure,
profoundly luminous,

you who dwell
in the youthful vase body,

Dhar-ma-ka-ya La-ma
Kuntuzangpo Yab yum,
care for me!

Inspire me to gain
the vast assurance
of the VIEW.



The nature,
unceasing;

the Man-da-la gathering
the union

of
(*the*) luminosity
(*of awareness*)

You who dwell in
the spontaneously
perfect display

complete with the
five certainties

*(of time, place, teacher,
teaching, and students),*

Sam-bho-ga-ka-ya La-ma
Dor-je Sem-pa,
care for me!



Inspire me to perfect
the great strength
of MEDITATION!

The compassionate
capacity,
unlimited,

is wisdom
free from extremes...

you who dwell
in the essence

of all-pervasive,
naked awareness
and emptiness

Nir-ma-na-ka-ya La-ma
Ga-rab Dor-je,
care for me!



Inspire me to master
the great enhancement
of kind **ACTION**.

The primordial ground
of self awareness

is UNmoving
and UNchanging.

Whatever arises
as the play
of the Dhar-ma-ka-ya

is neither
good nor bad.

Since this present awareness
is the actual buddha,

I find the (*inner*) La-ma
of openness & ease
within this heart.

When I realize
that this genuine mind

is the very nature
of the La-ma,

There is NO need
for prayers
of dread or desire.

By relaxing
in uncontrived awareness,

(of) the free and open
natural state,

we obtain the blessing
of the aimless self-liberation
of whatever arises.

Buddhahood is NOT attained
by fabricated Dhar-mas;

contrivances of concentration
(*and*) contemplation,

fabricated by the intellect,
are the deceiving enemy.

Now clinging
to style and manner

is destroyed
with crazy abandon.

Clap!

May this life be spent
in this state

of uninhibited
naked ease.

Joyful in all action,
the Dzok-chen Yo-gi,

happy in any company,
child of Pad-ma-ka-ra.

Lord who has NO peer,
great treasure-revealing
La-ma

Dhar-ma without equal,
heart essence
of the Khan-dros.

Having naturally purified
the great delusion,
the heart's darkness,

the radiant light
of the unobscured sun
continuously arises.

This good fortune
is the kindness

of the (*inner*) La-ma
(*of our awareness and release*),
our only mother and father.

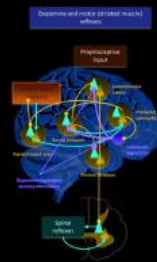
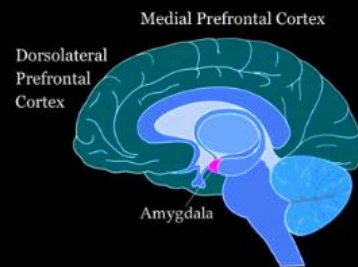
*(Oh inner) La-ma (of our
awareness and release)*

such unrepayable kindness,
I treasure only you!

end of recitation

Let Us
Meditate
like a
Jedi

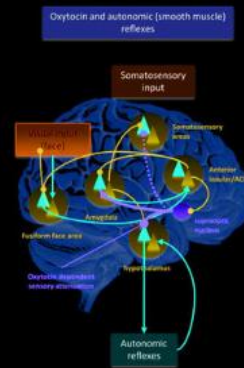
When the Competition and Cruelty of our Survival Oriented



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

Anterior Cingulate Gyrus

Diagram illustrating the brain structure and connections related to the Anterior Cingulate Gyrus (ACG). The ACG is highlighted in green. The diagram shows the ACG's connections to the Amygdala and Hypothalamus, which are involved in processing emotional and physiological responses. The text "Oxytocin and autonomic (smooth muscle) reflexes" is present in the top right corner.



in a manner that is
distinctly fulfilling!



What is the difference between Proto Buddhism and Institutional Buddhism?



Sturgeon's Law

Ninty-percent of everything Sucks!

Yin's Spiritual Matriarchy

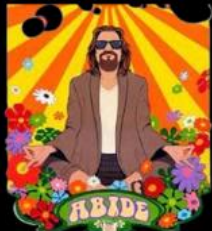
Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

Yang's Religious Patriarchy

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



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

All Mind's Antics of:

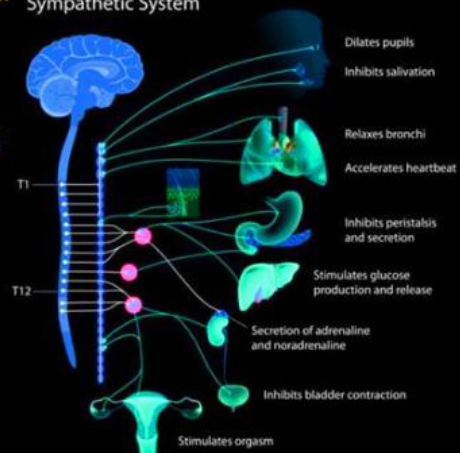
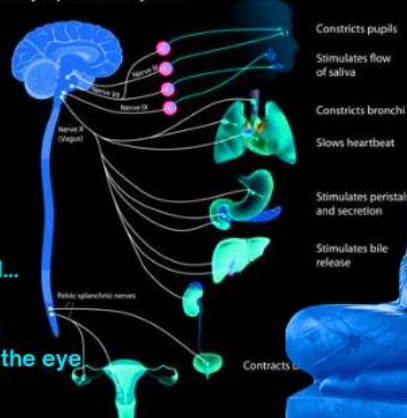
- Perception,
- Emotion,
- Intention,
- Cognition,
- Recollection, and
- Imagination

All Manner of Phenomena:

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

inhalation *This*
exhalation *ease*

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.

Sympathetic System**Parasympathetic System**

Passaddhi Mudra Meditation Gesture

inhalation *Watch*

exhalation **rest**

Download FREE
practice materials
LinkTr.ee/LamaJigmeG



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**

Sati Mudra *Mindfulness Gesture*

inhalation *Feel*

exhalation **rest**

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Senior Citizen Squat-thrusts

