

Green
Heroiné's
Easy
Tantra

15jun26b

Green
Heroine's
Easy
Tantra

Standard Table of Contents

I Contemplation of **Emptiness**

II Meditation of **Clarity**

III Meditation of **Bliss**

IV Contemplation of **Kindness**



Mahamudra's Table of Contents

- I **Emptiness' Tantra Mahamudra**
- II **Clarity's Sutra Mahamudra**
- III **Bliss' Bindu Mahamudra**
- IV **Kindness' Tantra Mahamudra**



Fresh & Simple

Ati-yoga's Table of Contents

I **Emptiness'** Maha-yoga

II **Clarity's** Ati-yoga

III **Bliss'** Anu-yoga

IV **Kindness'** Maha-yoga



English's Table of Contents

- I **Emptiness'** Creation stage
- II **Clarity's** Great-completion stage
- III **Bliss'** Completion stage
- IV **Kindness'** Creation stage



Dzogchen's Table of Contents

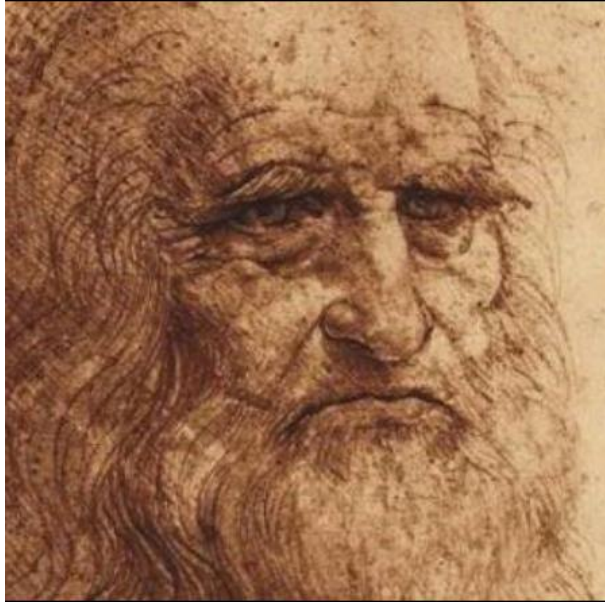
- I **Ultimate** Bodhichitta's (*Tokal*) Leap-over pride's obstructions to Omniscience
- II **Clarity's** (*Trekcho*) Slice-through dread and desire's obscuring emotions
- III **Bliss'** (*Tikle*) Channels, Winds, and **Drops**
- IV **Conventional** Bodhichitta's (*Tokal*) Leap-over jealousy's obstructions to Omniscience



Passively
Contemplate
Emptiness

Wisdom of Letting-go...

The FIRST fold
of the Buddha's
Eight-fold path
of Enlightenment



*“Simplicity is
the ultimate
sophistication.”*

Leonardo da Vinci

Four Bases of Mindfulness

- I The Mental
- II The Interpersonal
- III The Physical
- IV The Circumstantial

As we relax into our exhalation
all the stressful circumstances



or lots we saw during our
previous inhalation...

...could feel as non-graspable,
empty, or void as an



archetype's real or imagined
paradise, pure-land or Va-ti
comprised only of light.

inhalation

LOTs, like Va-ti,
seen yet **empty!**

intonation

Om Ta-re Tu-ta-re
Tu-re So-ha



As we relax into our exhalation
all the stressful bodies or forms



we felt during our
previous inhalation...

...could feel as non-graspable,
empty, or void as an



archetype's real or imagined
body, De-va, or Yi-dam
comprised only of light.

inhalation

FORMs, like Yi-dam,
felt yet empty

intonation

Om Ta-re Tu-ta-re
Tu-re So-ha



As we relax into our exhalation
all the stressful relationships,
communication or speech

So-ha Om Ta-re
Tu-ra Tu-ta-re

we heard during our
previous inhalation...

...could feel as non-graspable,
empty, or void as an

So-ha Om Ta-re
Tu-ta-re Tu-ta-re

archetype's real or imagined
speech or Man-tra
comprised only of light.

inhalation

SPEECH, like Man-tra,
heard yet **empty!**

intonation

Om Ta-re Tu-ta-re
Tu-re So-ha

Om Ta-re Tu-ta-re
Tu-re So-ha

As we relax into our exhalation all
the stressful Perceptions, Emotions,
Intentions, Cognitions, Memories,

Om

Imaginings, or MINDs we noticed
during our previous inhalation...

...could feel as non-graspable,
empty, or void as an

Om

archetype's mind symbolized
by a syllable or Bi-ja
comprised only of light.

inhalation

MINDs, like Bi-ja,
clear yet **empty!**

intonation

Om Ta-re Tu-ta-re
Tu-re So-ha

Om

Mindfulness &
Meditation of
Clarity & Letting-go

Lama Khyenno

Teacher come
to this CROWN!



~~Active
Focus~~

Passive
Peripheral
Awareness



Union of Awareness and Letting-go

inhalation **Watch**

exhalation **Rest**

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Mindfulness &
Meditation of
Bliss & Letting-go

Lama Naljor

Teacher blend
with this MIND!

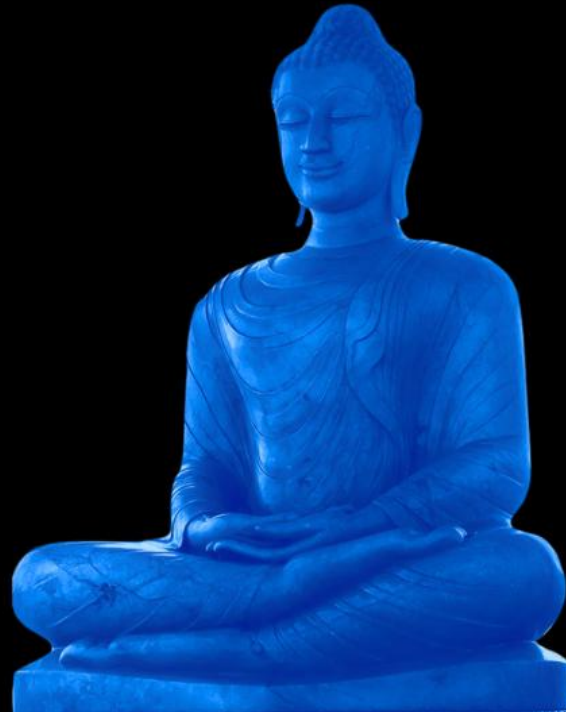


The Union of Bliss and Letting-go

inhalation **Feel**

exhalation **Rest**

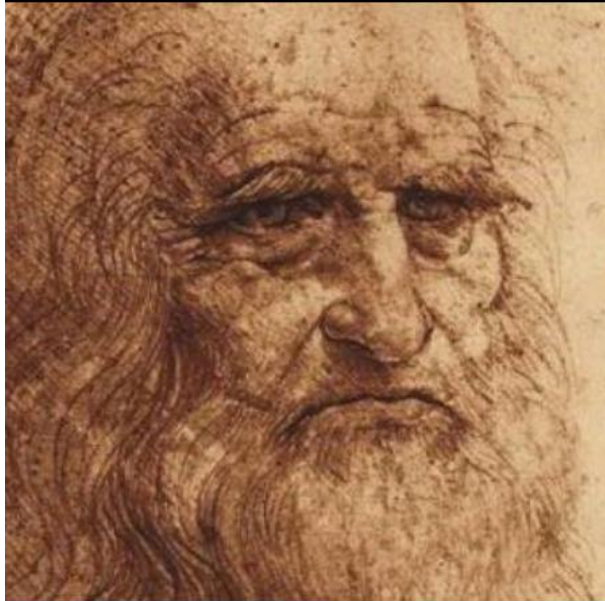
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Passively
Contemplate
the Union of
Love & Letting-go

The Union of Love and Letting-go...

Let us bring
our personal
needs and desires
into manifesting's path
of universal love



*“Simplicity is
the ultimate
sophistication.”*

Leonardo da Vinci

Four Bases of Mindfulness

- I The Mental
- II The Interpersonal
- III The Physical
- IV The Circumstantial

Mental Kindness...

The SECOND fold
of the Buddha's
Eight-fold path
of Enlightenment

May each being's experience
of the mental now be
as joyful

Hoong

as the MIND of an
archetypical Buddha symbolized
by a Bi-ja “seed” syllable!

inhalation **Bi-ja Joy**
for all minds

intonation **Om Ta-re Tu-ta-re**
Tu-re So-ha

Hoom

Interpersonal Kindness...

The THIRD fold
of the Buddha's
Eight-fold path
of Enlightenment

May each being's experience
of the interpersonal now be
as peaceful...



as the SPEECH of an
archetypical Buddha
symbolized by a Man-tra!

inhalation

Man-tra Peace
for all Speech

intonation

Om Ta-re Tu-ta-re
Tu-re So-ha

Om Ta-re Tu-ta-re
Tu-re So-ha

Physical Kindness...

The FOURTH fold
of the Buddha's
Eight-fold path
of Enlightenment

May each being's experience
of the physical now be
as healthy.



as the FORM of an
archetypical Buddha
symbolized by a Yi-dam!

inhalation

Yi-dam Health
for all Forms

intonation

Om Ta-re Tu-ta-re
Tu-re So-ha



Circumstantial Kindness...

The FIFTH fold
of the Buddha's
Eight-fold path
of Enlightenment

May each being now experience
the circumstantial
good fortune or boone...



of the LOT of an archetypical
Buddha symbolized by a
paradise, pure land, or Va-ti!

inhalation

Va-ti **Boone...**
for all Lots

intonation

Om Ta-re Tu-ta-re
Tu-re So-ha



end

Bodhichitta,
Refuge, and
Buddha Bowing

Bodhichitta

In our compassion
may we long to free all beings
from the toxic tyranny of:

dread, desire, and delusion,
metaphorically known
as the three *mental* poisons.

Refuge - a

In our pragmatism
may our liberation of all others

be fueled by the
Three wish-fulfilling Jewels of...

Refuge - b

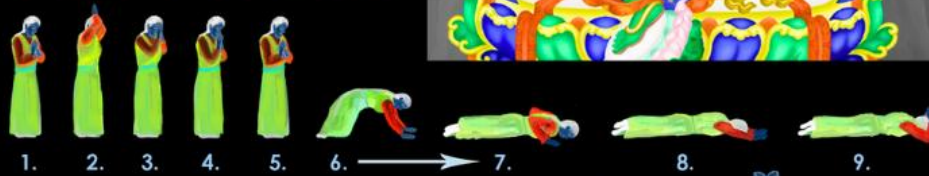
- following the buddha's example,
- applying his instructions, and
- cooperating with his students.

Spiritual Squat-thrusts

May we
free all
through the
Three Jewels.



GOING
DOWN



COMING
BACK UP



end



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

