

Chanting (tantric) 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

28dec25a



Chanting (tantric) to help us Meditate like a Jedi

Overview

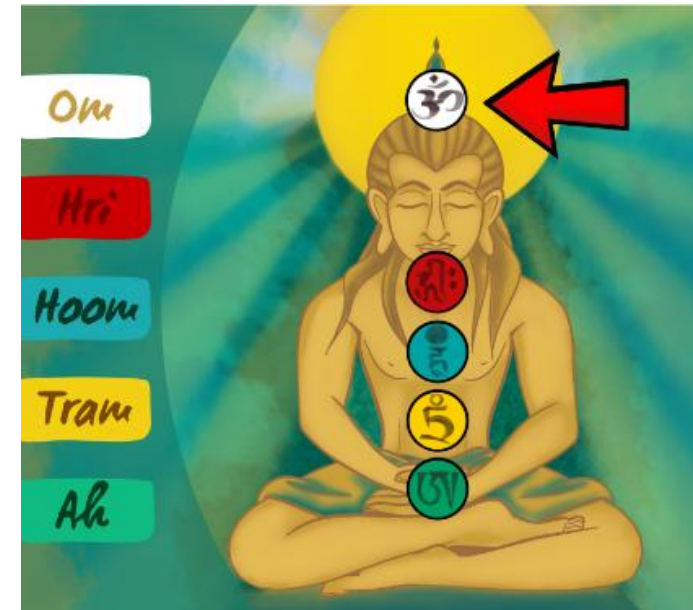
Channels, Winds, & DROPS (*Energy-work*)
Slice-through (*Mindfulness & Meditation*)
Leap-over (*Passive Contemplations*)



Chanting (tantric) 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 (tantric) 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 (tantric) 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 (tantric) to help us Meditate like a Jedi

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

Trekchö_d

Awareness and Letting-go

Mindfulness and Meditation

Ati-yoga

Mahasandhi

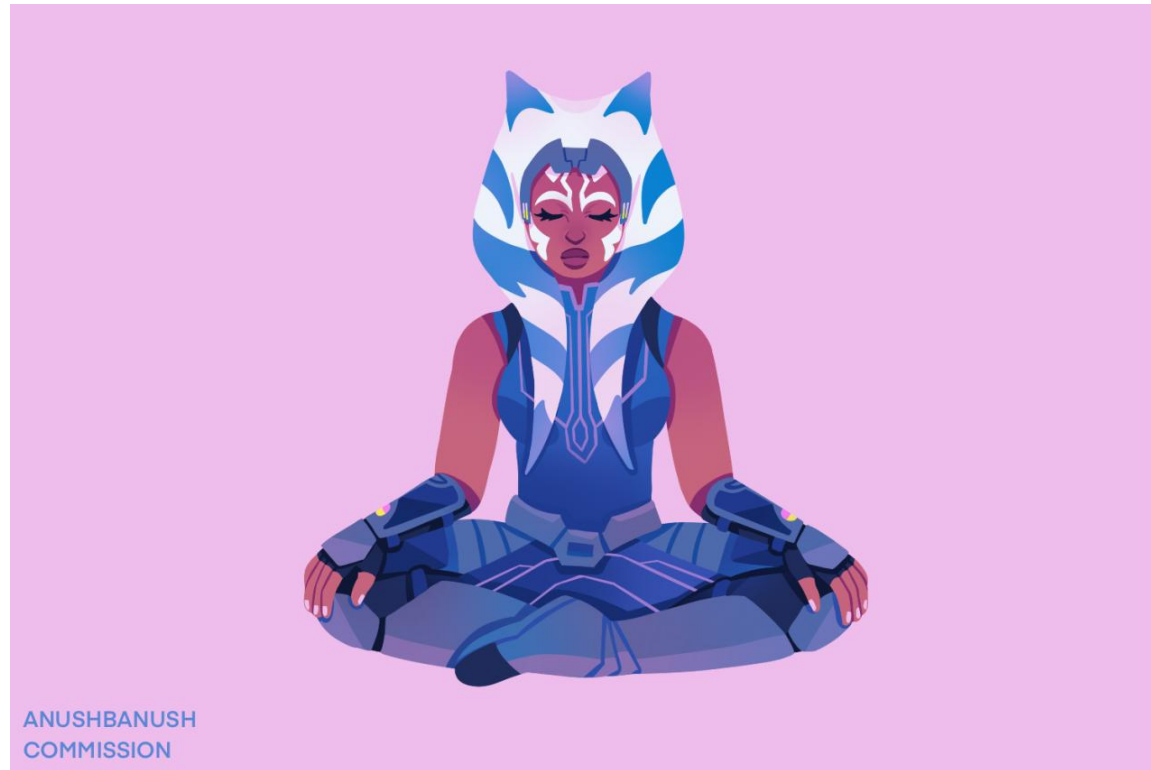
Great Completion stage

Dzogchen

Sutra Mahamudra



Chanting (tantric) 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 (tantric) 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 (tantric) to help us Meditate like a Jedi

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,
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**Elitist,
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Competitive, &
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Cowardly

Compassionate

Cranky

Cooperative

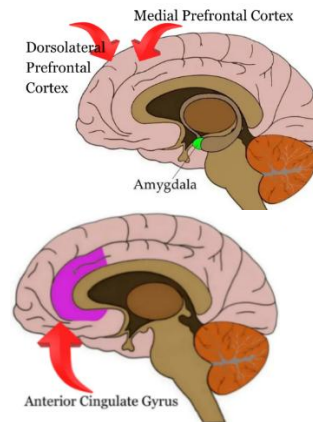
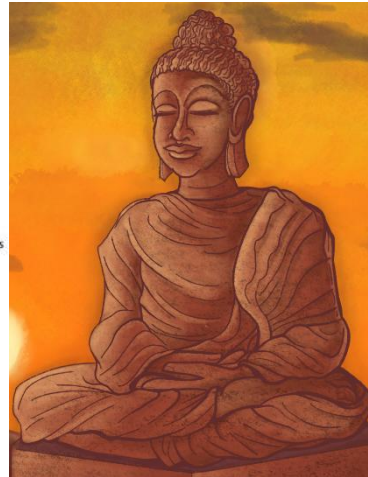
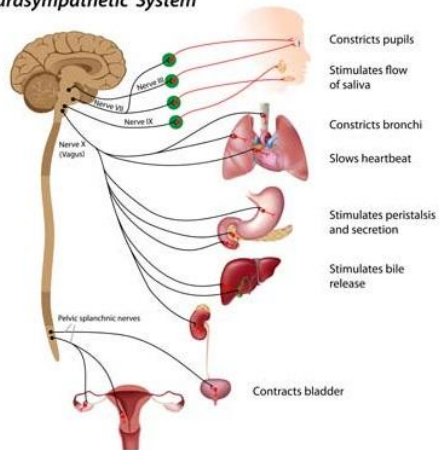
Competitive

Chanting (tantric) to help us Meditate like a Jedi

Sutra mahamudra, Ati-yoga, or Mahasandhi in Sanskrit,
Trekchö in Tibetan and

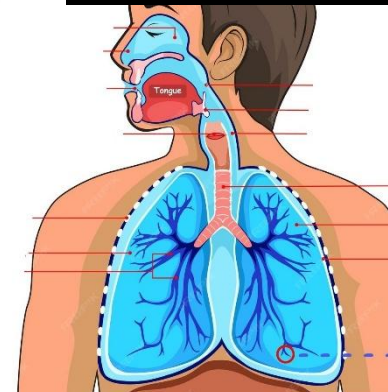
Awareness and Letting-go, Great completion-stage, or Slicing through Obscuring Emotions of Hope and Fear in English

Parasympathetic System

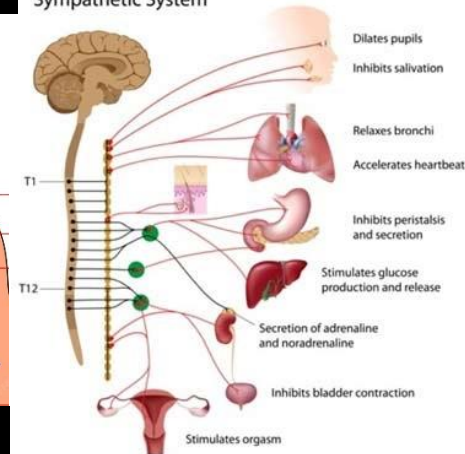


Notice

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



Sympathetic System



Mindfulness noticing inhalation

*Meditation **relaxing** exhalation*

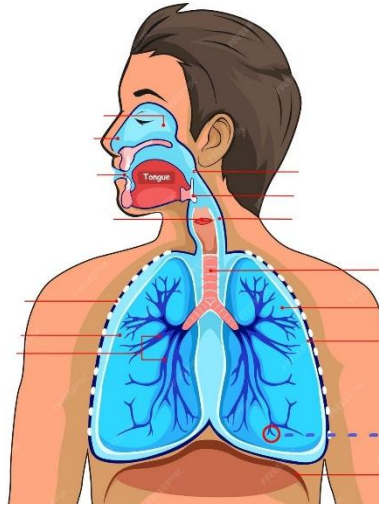
*This
rest*

Fleetingly LESS stressful, LESS permanent, and LESS defining

Chanting (tantric) 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
ease

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

Chanting (tantric) 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
- 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

Chanting (tantric) to help us Meditate like a Jedi

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

Tokal

Passive Contemplation

Wisdom of Letting-go

Maha-yoga

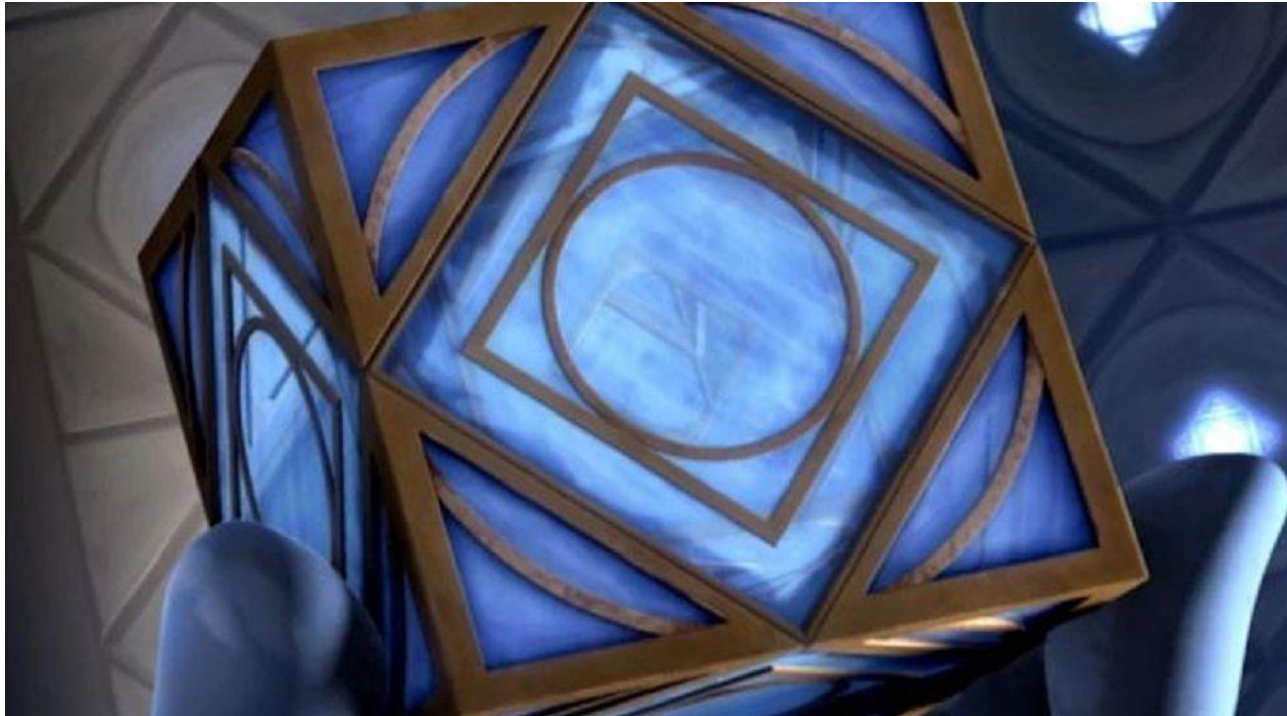
Generation stage

Creation stage

Tantra Mahamudra



Chanting (tantric) 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 (tantric) to help us Meditate like a Jedi

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



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

Chanting (tantric) 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 (tantric) 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 (tantric) 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 (tantric) 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 (tantric) 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 (tantric) 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 (tantric) 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 (tantric) 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

As we **relax** into our exhalation
the experience

of the interpersonal, SPEECH,
or communication, we heard
during our previous inhalation

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

Chanting (tantric) to help us Meditate like a Jedi

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

ás if it could blissfully
melt into rain**bow** light

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

Chanting (tantric) to help us Meditate like a Jedi

thát could delightfully
absorb into THÍS mind!

So-ha Om Tere
Ture Tu-ta-re

Chanting (tantric) 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 Ta-re
Tu-re Tu-ta-re

Into **mind**
all SPEECH melts

Chanting (tantric) 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

Tam

Chanting (tantric) to help us Meditate like a Jedi

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

Tam

Chanting (tantric) to help us Meditate like a Jedi

líke the illusion
of the infinite azúre sky

ón a bright
and beautiful
cloudléss morn



Chanting (tantric) to help us Meditate like a Jedi

which although could look
tantalizing to the eye

could feel
non-graspable
to the hand!



Chanting (tantric) 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*

Tam

*Into **void**
all MINDs melt*

Chanting (tantric) to help us Meditate like a Jedi

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

Trekchö_d

Awareness and Emptiness

Mindfulness and Meditation

Ati-yoga

Mahasandhi

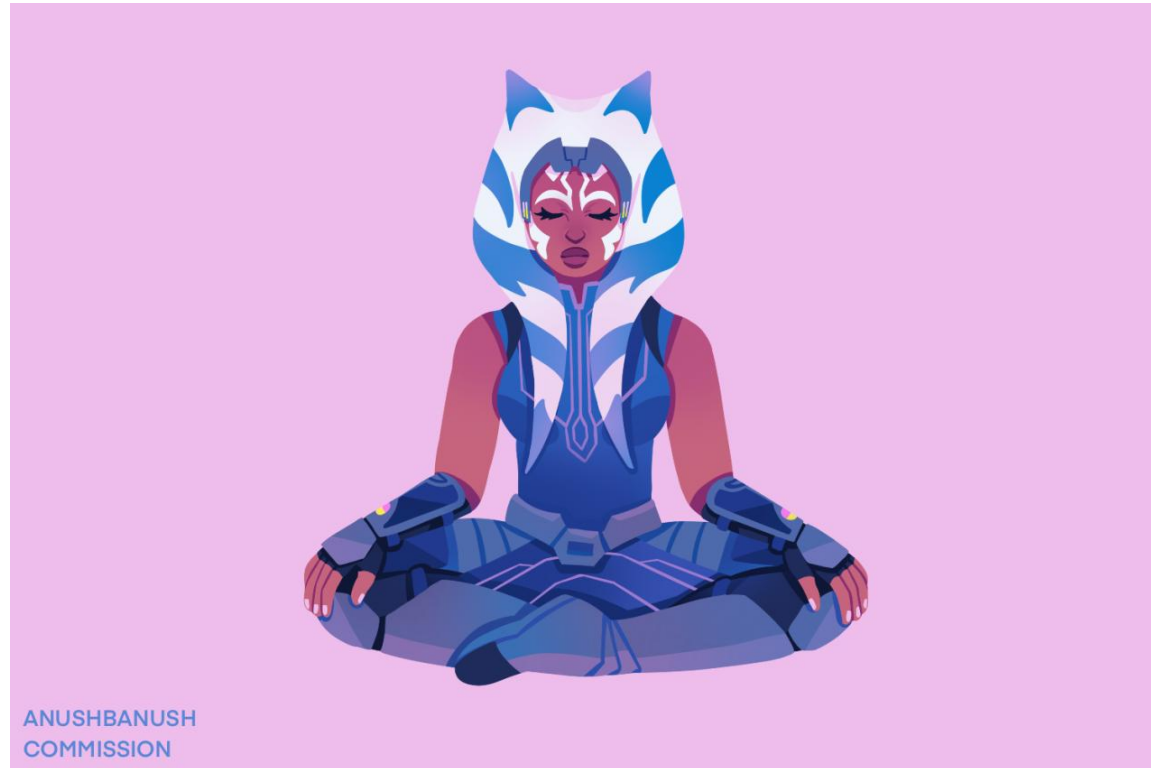
Great Completion stage

Dzogchen

Sutra Mahamudra



Chanting (tantric) 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 (tantric) 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 (tantric) to help us Meditate like a Jedi

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,
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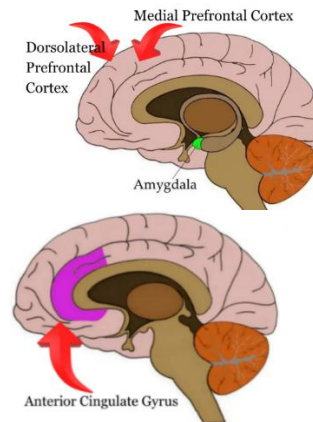
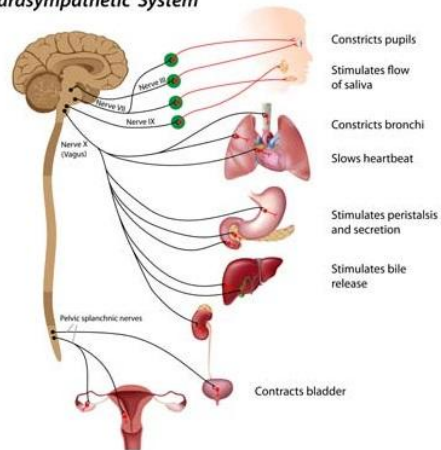
Competitive

Chanting (tantric) to help us Meditate like a Jedi

Sutra mahamudra, Ati-yoga, or Mahasandhi in Sanskrit,
Trekchöd in Tibetan and

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

Parasympathetic System



Notice

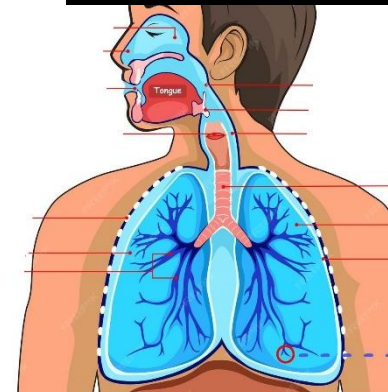
**-Vulnerably,
-Passively,
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-Randomly, and
-Fleetingly**

Mindfulness noticing inhalation

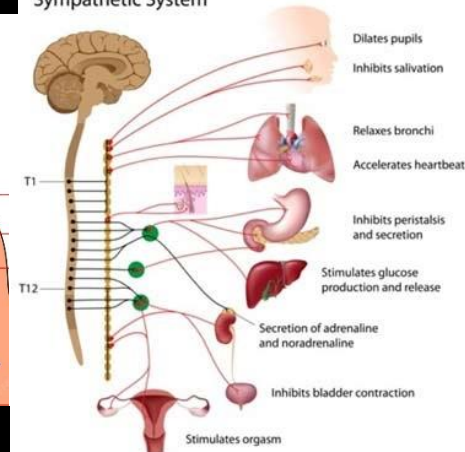
*Meditation **relaxing** exhalation*

*This
rest*

Fleetingly LESS stressful, LESS permanent, and LESS defining



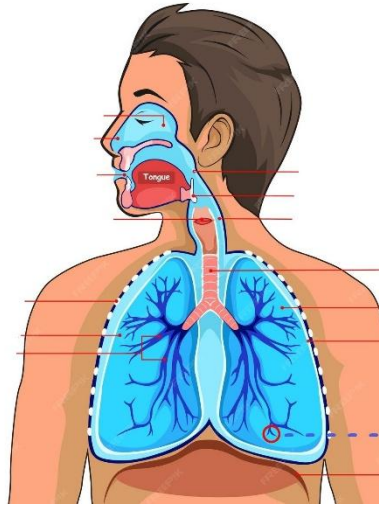
Sympathetic System



Chanting (tantric) 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, &
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**All Manner of Phenomena:
External to Internal,
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Mindfulness noticing inhalation

*Meditation **relaxing** exhalation*

This
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As NON-graspable as a Vast, Empty Void
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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

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Liberating MEDITATION as described by the seven enlightenment factors

- 7 - Right Mindfulness (*during inhalation that is **vulnerable**, passive, visceral, random & fleeting*) 1, 2, & 6
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Channels, Winds, & DROPS

Thikle

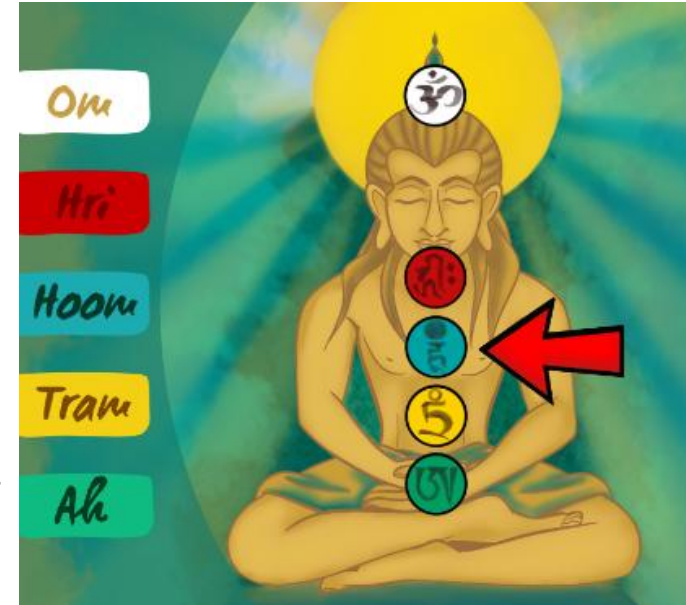
Bliss & Emptiness

Energy-work

Anu-yoga

Completion stage

Bindu Mahamudra



Chanting (tantric) to help us Meditate like a Jedi

As the tip of our left **middle** finger supports the great knuckle of our right middle finger, palms up, in our lap
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 (tantric) to help us Meditate like a Jedi
**Chest Oriented Energy-work also known as
Bindu mahamudra or Anu-yoga in Sanskrit,
Thig-le or Lama Nalgor in Tibetan and
Bliss and Letting-go, Completion-stage or Guru Yoga in English**



Lá-ma blend
with thís mind!

Chanting (tantric) to help us Meditate like a Jedi

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

Trekchö_d

Awareness and Emptiness

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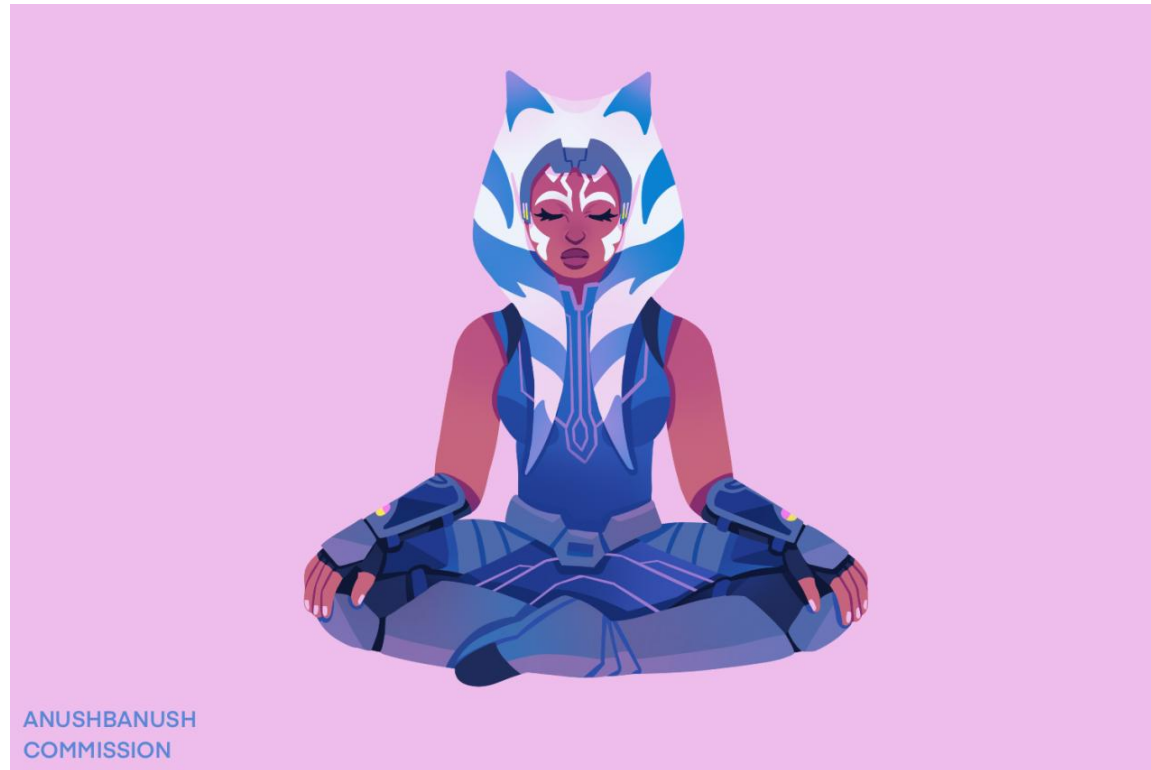
Great Completion stage

Dzogchen

Sutra Mahamudra



Chanting (tantric) to help us Meditate like a Jedi
Let's Practice the **THIRD** 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 (tantric) to help us Meditate like a Jedi
*This Session's Third 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 (tantric) to help us Meditate like a Jedi

Sturgeon's Law

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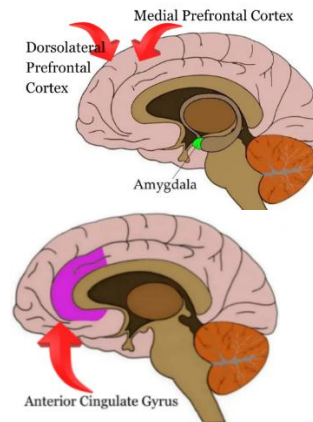
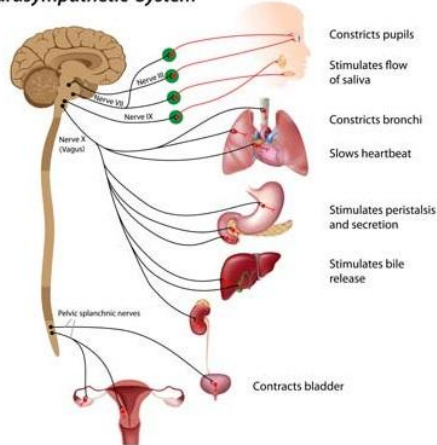
Competitive

Chanting (tantric) to help us Meditate like a Jedi

Sutra mahamudra, Ati-yoga, or Mahasandhi in Sanskrit,
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Parasympathetic System



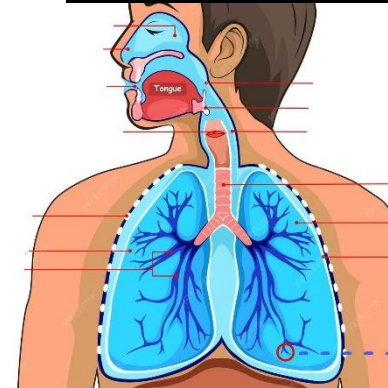
Notice

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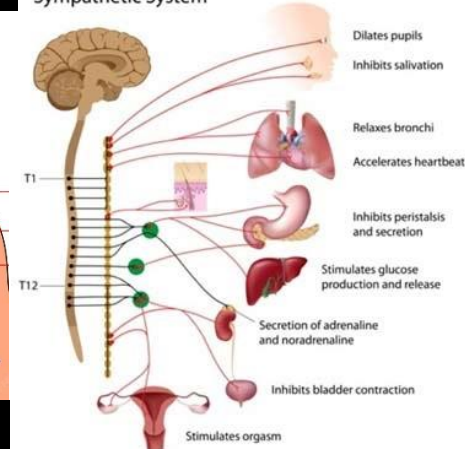
Mindfulness noticing inhalation

*Meditation **relaxing** exhalation*

**This
rest**



Sympathetic System

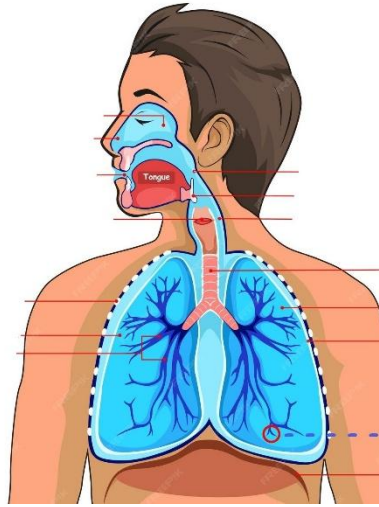


Fleetingly LESS stressful, LESS permanent, and LESS defining

Chanting (tantric) to help us Meditate like a Jedi

Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

**Mind's Antics of
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**All Manner of Phenomena:
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Liberating MEDITATION as described by the seven enlightenment factors

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Chanting (tantric) to help us Meditate like a Jedi

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

Tokal

Love and Emptiness

Passive Contemplation

Maha-yoga

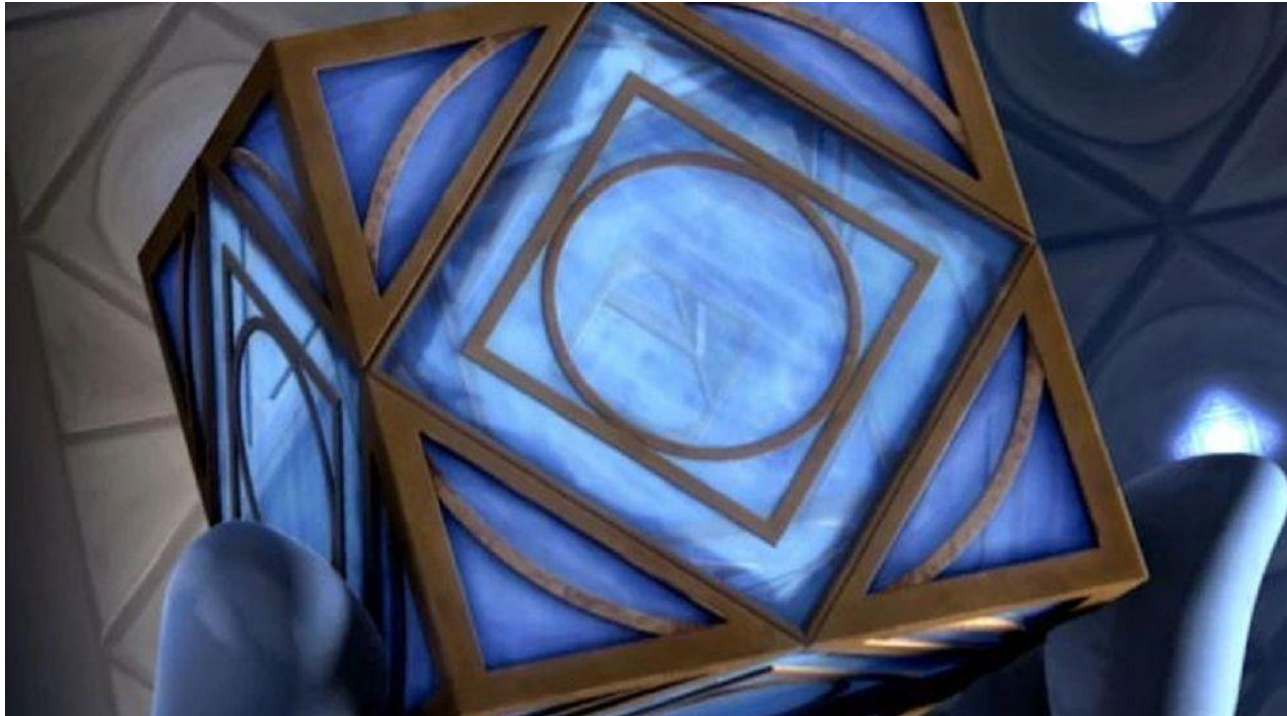
Generation stage

Creation stage

Tantra Mahamudra



Chanting (tantric) 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 (tantric) to help us Meditate like a Jedi

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



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

Chanting (tantric) 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 (tantric) to help us Meditate like a Jedi

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

**So-ha Om Tere
Ture Tu-ta-re**

Chanting (tantric) to help us Meditate like a Jedi

(**Óm**) symbolizes mindfulness,
(**Ta-re**) symbolizes
spiritual liberation,

(**Tú-ta-re**) symbolizes
physical liberation,
(**Tu-re**) symbolizes bléssing

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

Chanting (tantric) to help us Meditate like a Jedi

(Só-ha)

symbolizes the wish
that all beings master
such dynamic kíndness!

So-ha Om Tare Tu-ta-re

Chanting (tantric) 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 **Tam**, or Thik-lé drop!

Tam

Chanting (tantric) 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*

Tam

*Bo-dhi joy
for ALL minds*

Chanting (tantric) to help us Meditate like a Jedi

Tam

Bo-dhi joy for ALL minds!

Óm Ta-re Tu-ta-re Tu-re Sö-ha

Chanting (tantric) 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, ten syllable Mán-tra!

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

Chanting (tantric) 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 Ta-re
Tu-re Tu-ta-re

*Peaceful LOVE
for ALL speech*

Chanting (tantric) to help us Meditate like a Jedi

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

Peaceful LOVE for ALL speech!
Óm Ta-re Tu-ta-re Tu-re Sö-ha

Chanting (tantric) 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

Máy 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** Green Tá-ra!



Chanting (tantric) 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*



*HEALTH beauty
for ALL forms*

Chanting (tantric) to help us Meditate like a Jedi



HEALTH beauty for ALL forms!
Óm Ta-re Tu-ta-re Tu-re Sö-ha

Chanting (tantric) 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 BOON



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

Chanting (tantric) 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*



*Great FORTUNE
for ALL lots!*

Chanting (tantric) to help us Meditate like a Jedi



Great FORTUNE for ALL lots!
Óm Ta-re Tu-ta-re Tu-re Sö-ha

Chanting (tantric) to help us Meditate like a Jedi

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

Trekchö_d

Awareness and Emptiness

Mindfulness and Meditation

Ati-yoga

Mahasandhi

Great Completion stage

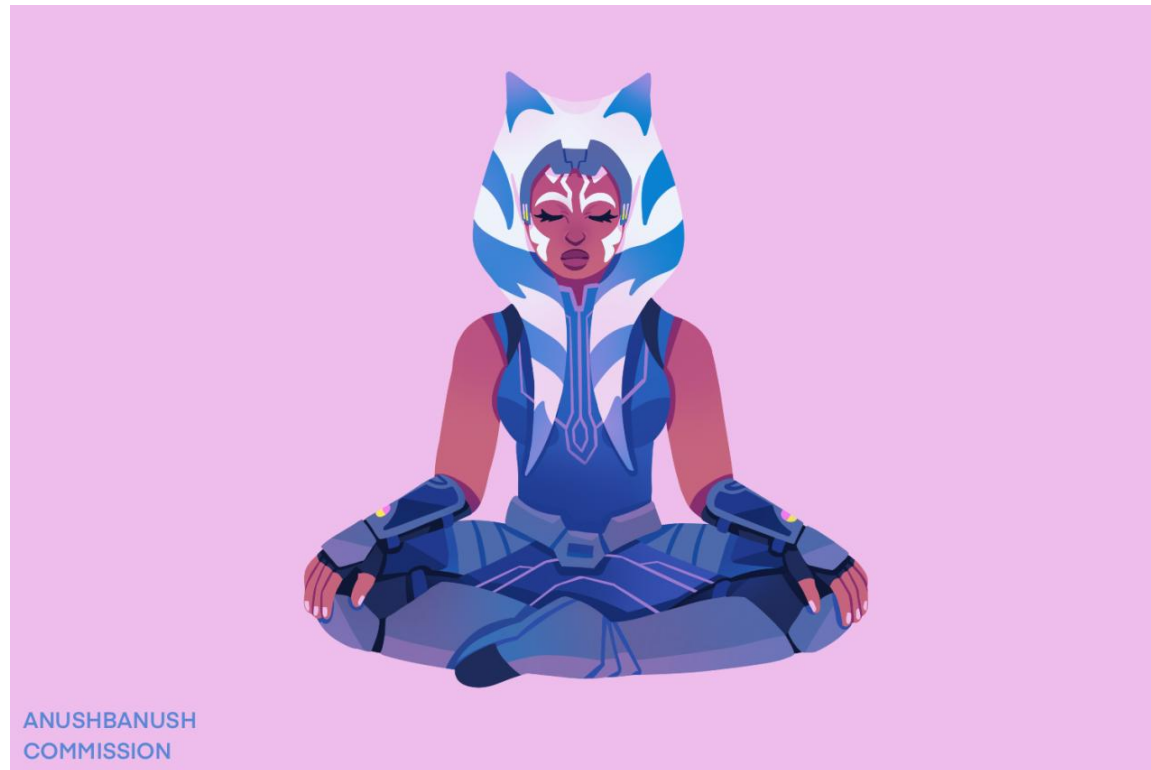
Dzogchen

Sutra Mahamudra



Chanting (tantric) to help us Meditate like a Jedi

Let's Practice the **FOURTH** 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
that generate the effortless effort or wu wei of the Sixth fold's expedient means



Chanting (tantric) to help us Meditate like a Jedi
*This Session's Fourth 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 (tantric) to help us Meditate like a Jedi

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

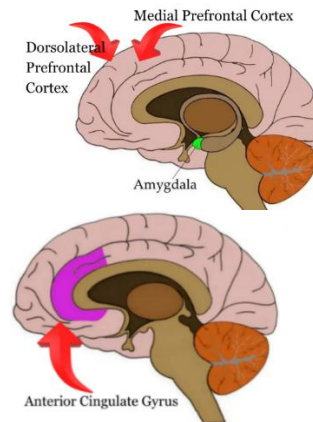
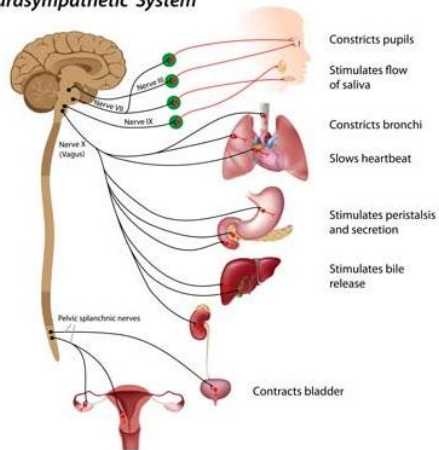
Competitive

Chanting (tantric) to help us Meditate like a Jedi

Sutra mahamudra, Ati-yoga, or Mahasandhi in Sanskrit,
Trekchöd in Tibetan and

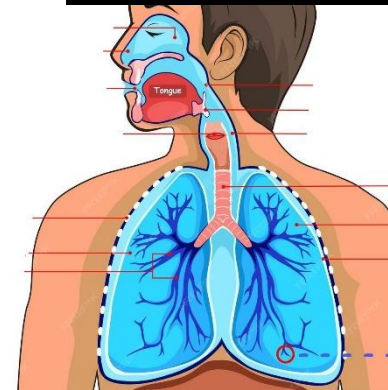
Awareness and Letting-go, Great completion-stage, or Slicing through Obscuring Emotions in English

Parasympathetic System

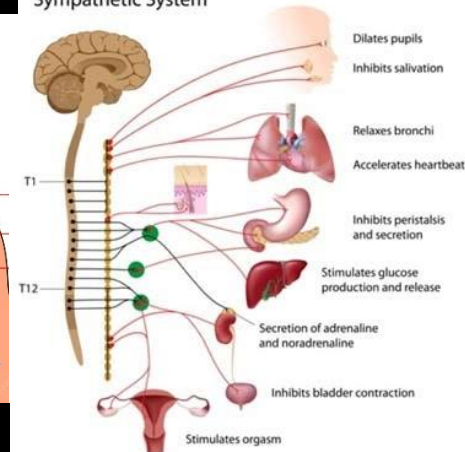


Notice

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



Sympathetic System



Mindfulness noticing inhalation

*Meditation **relaxing** exhalation*

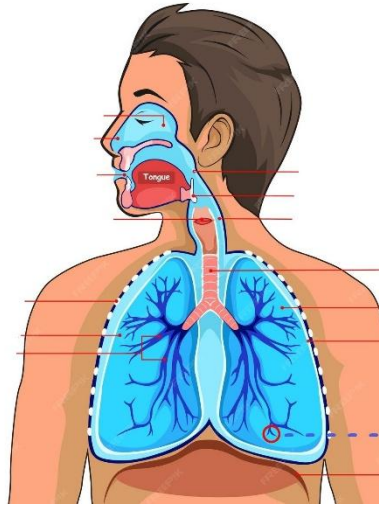
**This
rest**

Fleetingly LESS stressful, LESS permanent, and LESS defining

Chanting (tantric) 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

**Watch
rest**

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

Chanting (tantric) 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
- 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

Chanting (tantric) to help us Meditate like a Jedi

Bodhichitta, Refuge, and Bowing

Chanting (tantric) 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:

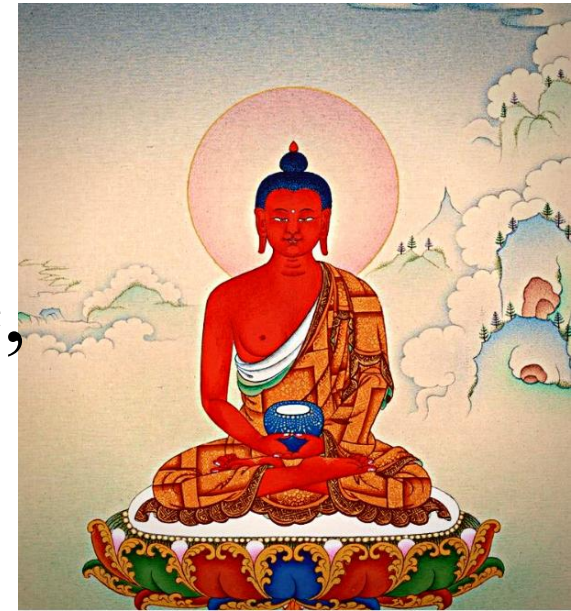
dréad, desire, and delusion
metaphorically known
as the three *mental* poísons.



Chanting (tantric) 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.

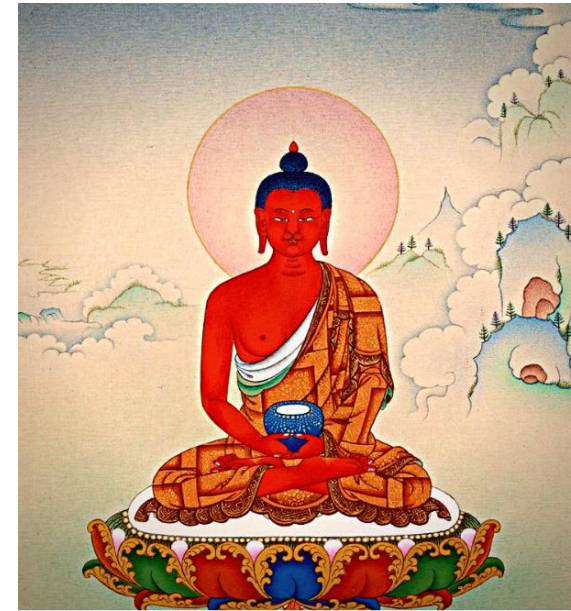


Chanting (tantric) to help us Meditate like a Jedi
Refreshing, Tibetan-inspired Squat Thrusts

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

free all

(*Refuge*) through the
three jewels!



Chanting (tantric) to help us Meditate like a Jedi



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

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

Wishes for the Preservation of the Buddha's Teachings



Chanting (tantric) to help us Meditate like a Jedi

Máy each meditation teacher truly
understand the Buddha's téachings,

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

Chanting (tantric) to help us Meditate like a Jedi

Máy each meditation teacher
spontaneously réceive:

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

Chanting (tantric) to help us Meditate like a Jedi

and thus may many Dhar-ma centers
be successfully:

- planted,
- nurtured, and
- flourish.

