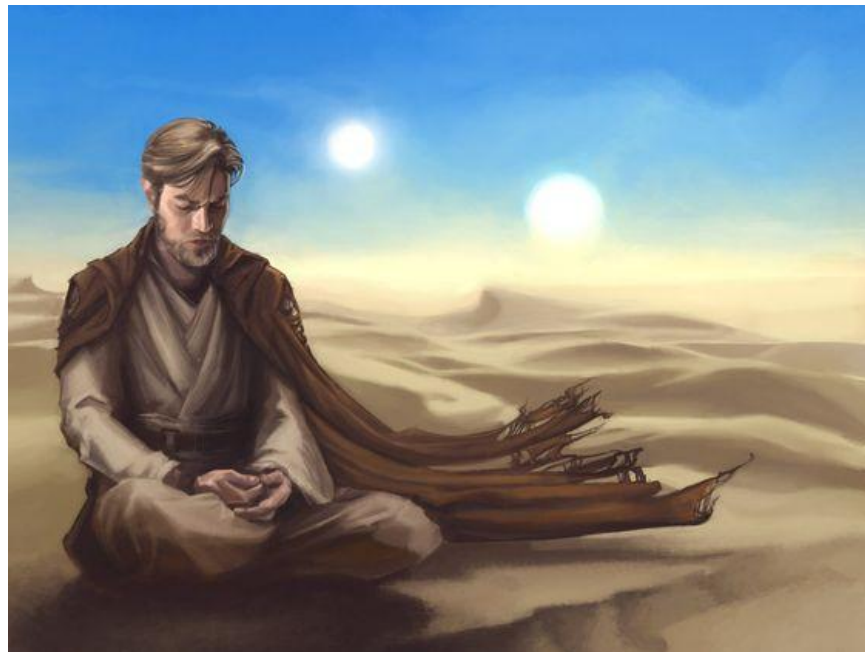


Visual aids and the Cuckoo's Song of Awareness
Dzokchen Semde Lama: Jigme Gyatso's

Visual Aids and excerpts from the Mindfulness with Breathing Discourse

1dec25b



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

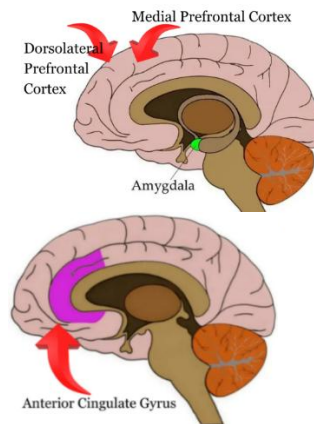
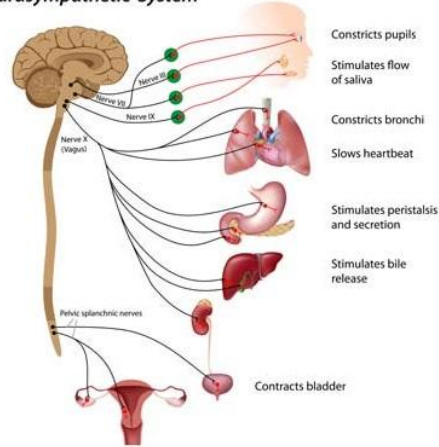
Cooperative

Competitive

Visual aids and the Cuckoo's Song of Awareness

Ati-yoga's (Trekchö's or Sutra-mahamudra's) Mindfulness and Meditation

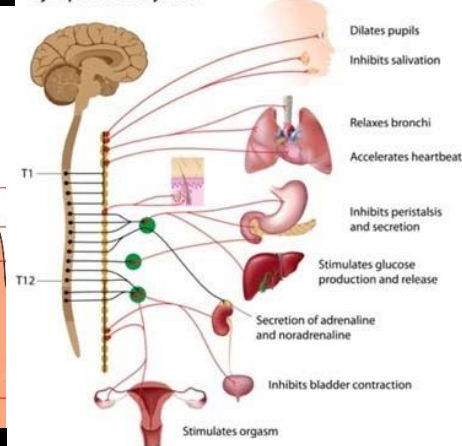
Parasympathetic System



Notice

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

Sympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation

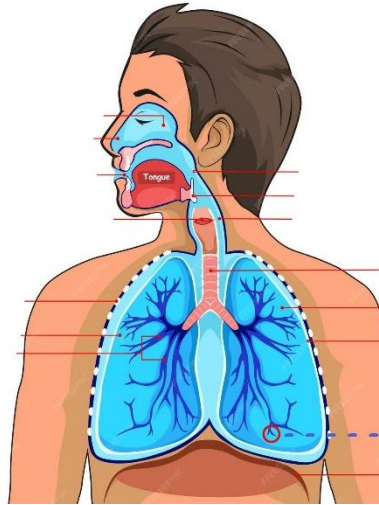
*Watch
rest*

Fleetingly LESS stressful, LESS permanent, and LESS defining

Visual aids and the Cuckoo's Song of Awareness

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 and the Cuckoo's Song of Awareness

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 and the Cuckoo's Song of Awareness

excerpts from the Mindfulness with Breathing Discourse (Anapanasati Sutta)

found in Gau-ta-ma the Buddha's collection of Connected Discourses 54:13 V328-333 (or Sam-yut-ta Ni-ka-ya in Pali)

adapted and (*amplified*) by Dzogchen Semde Lama: Jigme Gyatso

Mindfulness (*which is*) *watching* and
Meditation (*which is*) *resting*

(*when practiced in harmony*
with our spontaneous and uncontrived) breathing,

(quickly lead to the) mastery
(of) the four bases of mindfulness.

Watching and resting (in harmony)
with the (*spontaneous arising*
of the) **FOUR** *bases* of mindfulness

(*that are the*

- *circumstantial,*
- *physical,*
- *interpersonal, and*
- *mental)*

(quickly lead to the) mastery
of the seven enlightenment factors....”

Visual aids and the Cuckoo's Song of Awareness

(which although are classically enumerated as

- 1. mindfulness,*
- 2. investigation,*
- 3. energy,*
- 4. joy,*
- 5. tranquility,*
- 6. coalescence, and*
- 7. equanimity*

Visual aids and the Cuckoo's Song of Awareness

*are more pragmatically understood
as enlightenment's method by which*

*we [3] enthusiastically and [4] joyfully:
[1] **watch**, as well as*

*[2] {vulnerably, passively, viscerally, randomly, and fleetingly} investigate,
while our inhalation [6] **coalesces** in our lungs
[5] and then **rest** as we exhale*

Visual aids and the Cuckoo's Song of Awareness

*[7] as a response to **ALL** that we*

- *perceive,*
- *emote,*
- *intend,*
- *reason,*
- *recall, and*
- *imagine;*

Visual aids and the Cuckoo's Song of Awareness

be they

- *external or internal,*
- *physical or mental,*
- *pleasurable or painful,*
- *interesting or boring,*
- *glorious or grotesque.)*

(Thus) watching and resting
(which are also known
*as) these **seven** enlightenment factors,*

(quickly lead to the) mastery of (a buddha's)
true knowledge and liberation."



Visual aids and the Cuckoo's Song of Awareness



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

Visual aids and the Cuckoo's Song of Awareness
Spiritual Squat Thrusts

Gu-ru, Founder, Blessed One,
Ta-tha-ga-ta, and Ar-hat,
Great Victor, Shak-ya-mu-ni Lord:

to you we bow,
go for refuge,
and offer gifts,
oh please bless us!

