

Very Easy Meditation – visual aids
Dzokchen Semde Lama: Jigme Gyatso's
Very Easy Meditation
visual aids
2jan26a



Sturgeon's Law

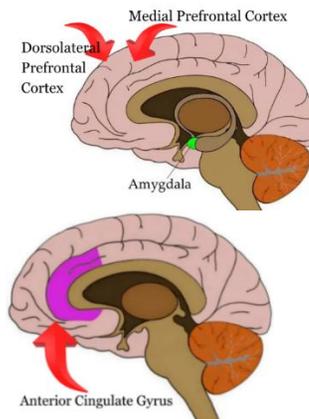
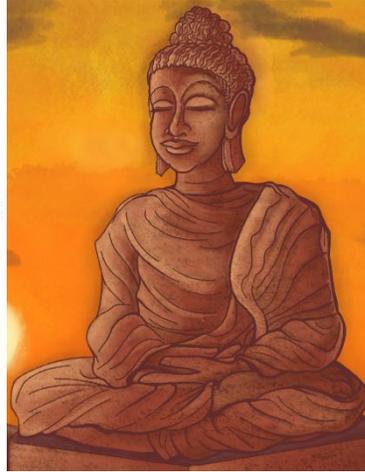
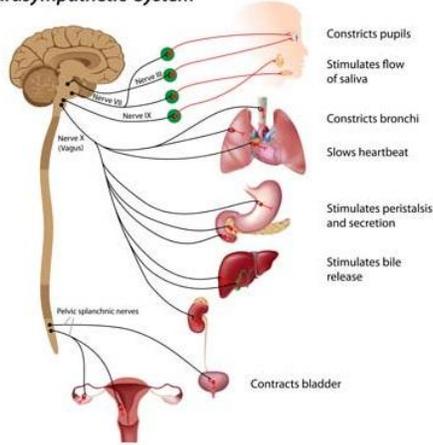
Ninety-percent of everything Sucks

Content	Yin's Spiritual Matriarchy Flexible, Loving, Rational, Laid-back,	Yang's Religious Patriarchy Rigid, Fearful, Superstitious, Controlling,	Cowardly
Compassionate	Egalitarian, Lucid, Cooperative, & Kind	Elitist, Cryptic, Competitive, & Cruel	Cranky
Cooperative			Competitive

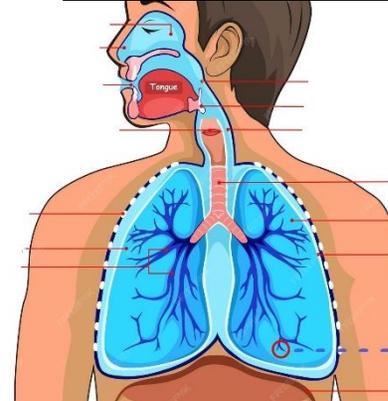
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Ati-yoga's (Trekchö's or Sutra-mahamudra's) Mindfulness and Meditation

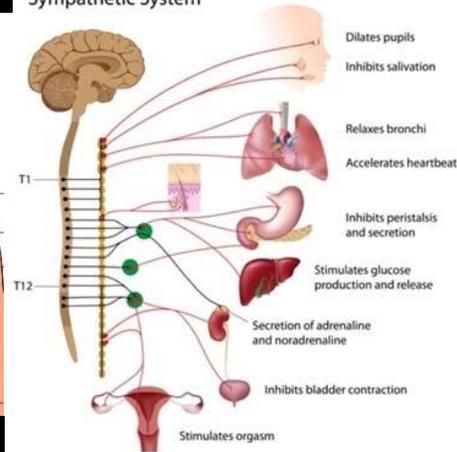
Parasympathetic System



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



Sympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation

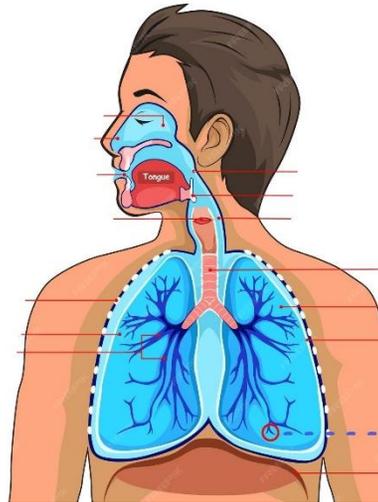
This rest

Fleetingly LESS stressful, LESS permanent, and LESS defining

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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 perception inhalation

**This
ease**

Meditation cessation exhalation

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.**

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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

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