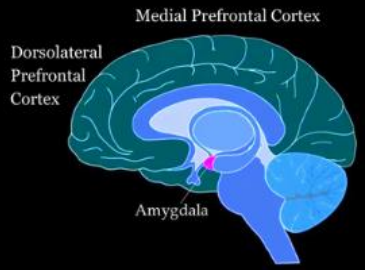
Very Easy Meditation

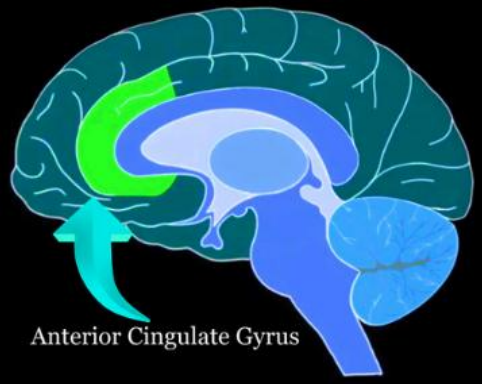
by Dzogchen Lama: Jigme Gyatso
27oct26a

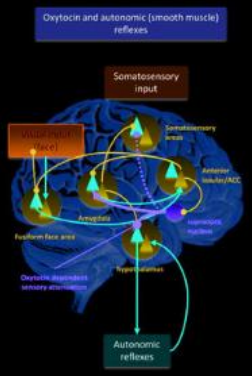
When the
Competition and Cruelty
of our Survival Oriented



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

However, authentically training
in Mindfulness and Meditation
once every 12 hours or so





in a manner that is
distinctly fulfilling!

Let Us
Meditate
like a
Jedi

Matriarchy's Path of Enlightenment

Yin Lam Rim

Let us SEIZE this chance
to use our INTERDEPENDENCE
to act upon the IMPERMANENT potential
of our neighbors' SUFFERINGS

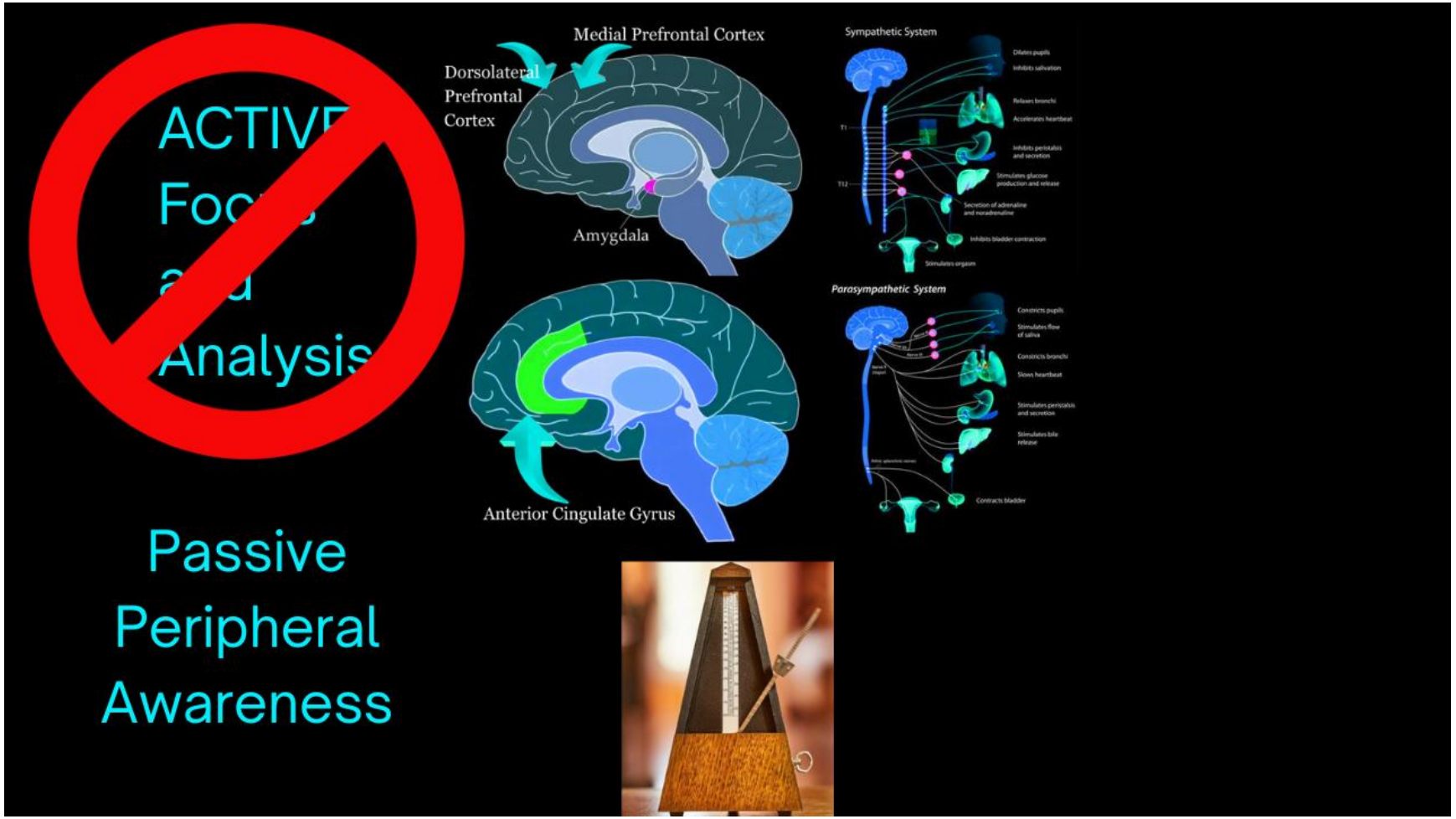
by relying upon the Buddha's:

- example,
- instructions, and
- students

to liberate all beings

from the tyranny of:

- dread,
- desire,
- confusion,
- competition, and
- conceit!


ACTIVE
Foc
a
Analysis
Medial Prefrontal Cortex
Dorsolateral
Prefrontal
Cortex
Amygdala
Anterior Cingulate Gyrus
Sympathetic System
Parasympathetic System
Passive
Peripheral
Awareness

Utilitarian Mental Exercises

Anicca

Watching LOT/ **always change**
Feeling FORM/ **always change**
Hearing SPEECH/ **always change**
Notice MIND/ **always change** Tram

Sati

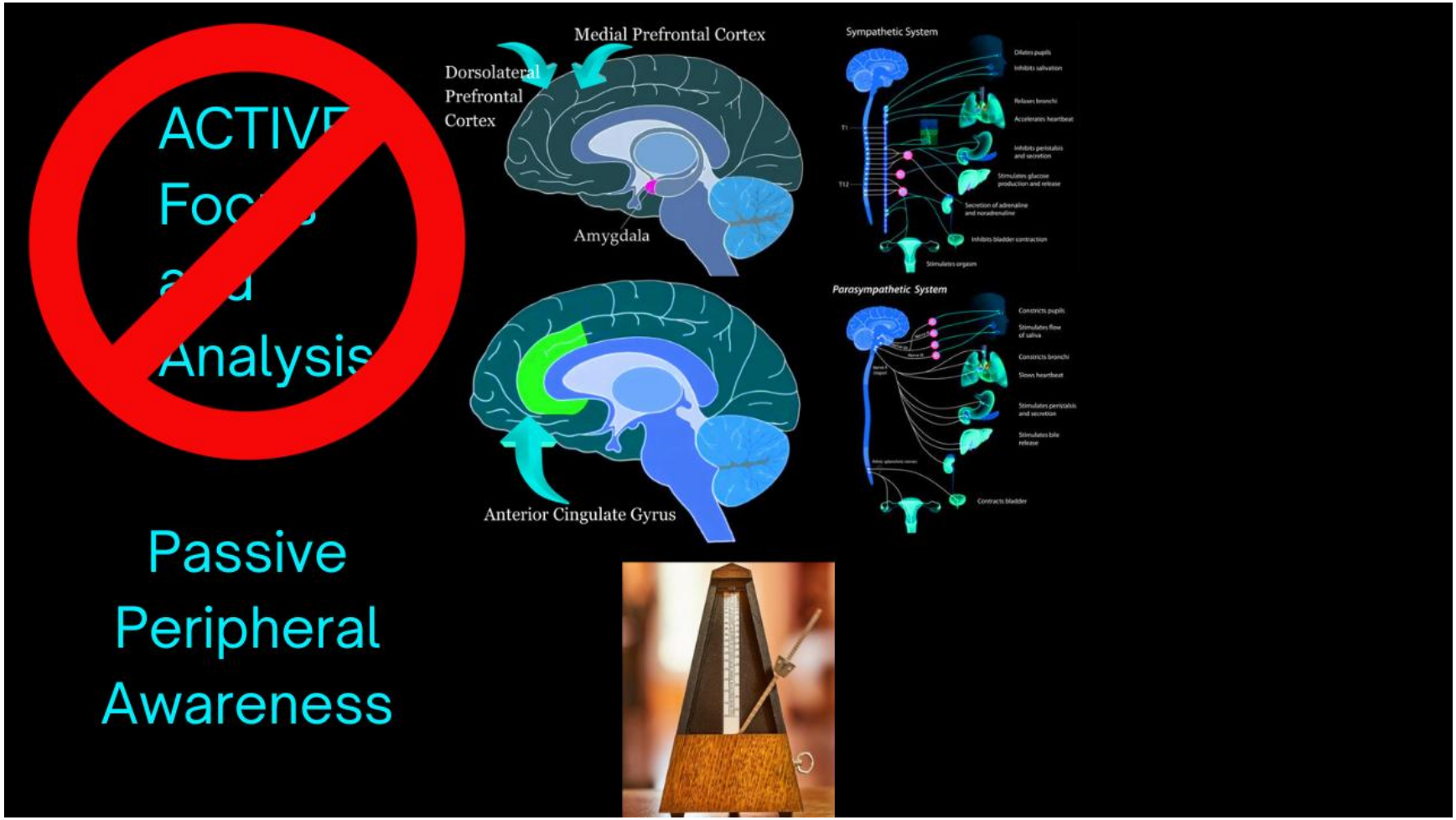
Feeling THIS/ **relaxing** (*Feel/* **rest**)

Bhavana

Watching THIS/ **relaxing** (*Watch/* **rest**)

Metta

Great WISDOM/ **for all MIND**s Om
Profound LOVE/ **for all SPEECH**
Super HEALTH/ **for all FORM**s
Good FORTUNE/ **for all LOT**s


ACTIV
Foc
a
Analysis
Medial Prefrontal Cortex
Dorsolateral Prefrontal Cortex
Amygdala
Anterior Cingulate Gyrus
Sympathetic System
Dilates pupils
Inhibits salivation
Relaxes bronchi
Accelerates heartbeat
Inhibits peristalsis and secretion
Stimulates glucose production and release
Secretion of adrenaline and noradrenaline
Inhibits bladder contraction
Stimulates orgasm
Parasympathetic System
Constricts pupils
Stimulates flow of saliva
Constricts bronchi
Slows heartbeat
Stimulates peristalsis and secretion
Stimulates bile release
Contracts bladder
Passive
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Good FORTUNE/ **for all LOT**s

CIRCUMSTANTIAL change

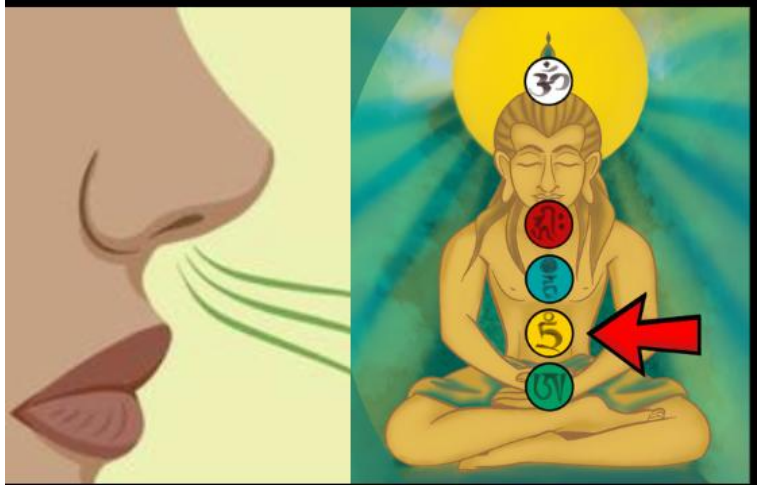
Grounding Tummo Energy Latent within our Abdomen

inhalation

exhalation

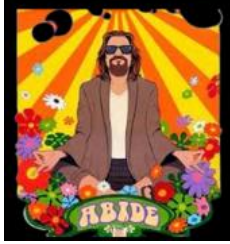
Watching LOT

always CHANGE

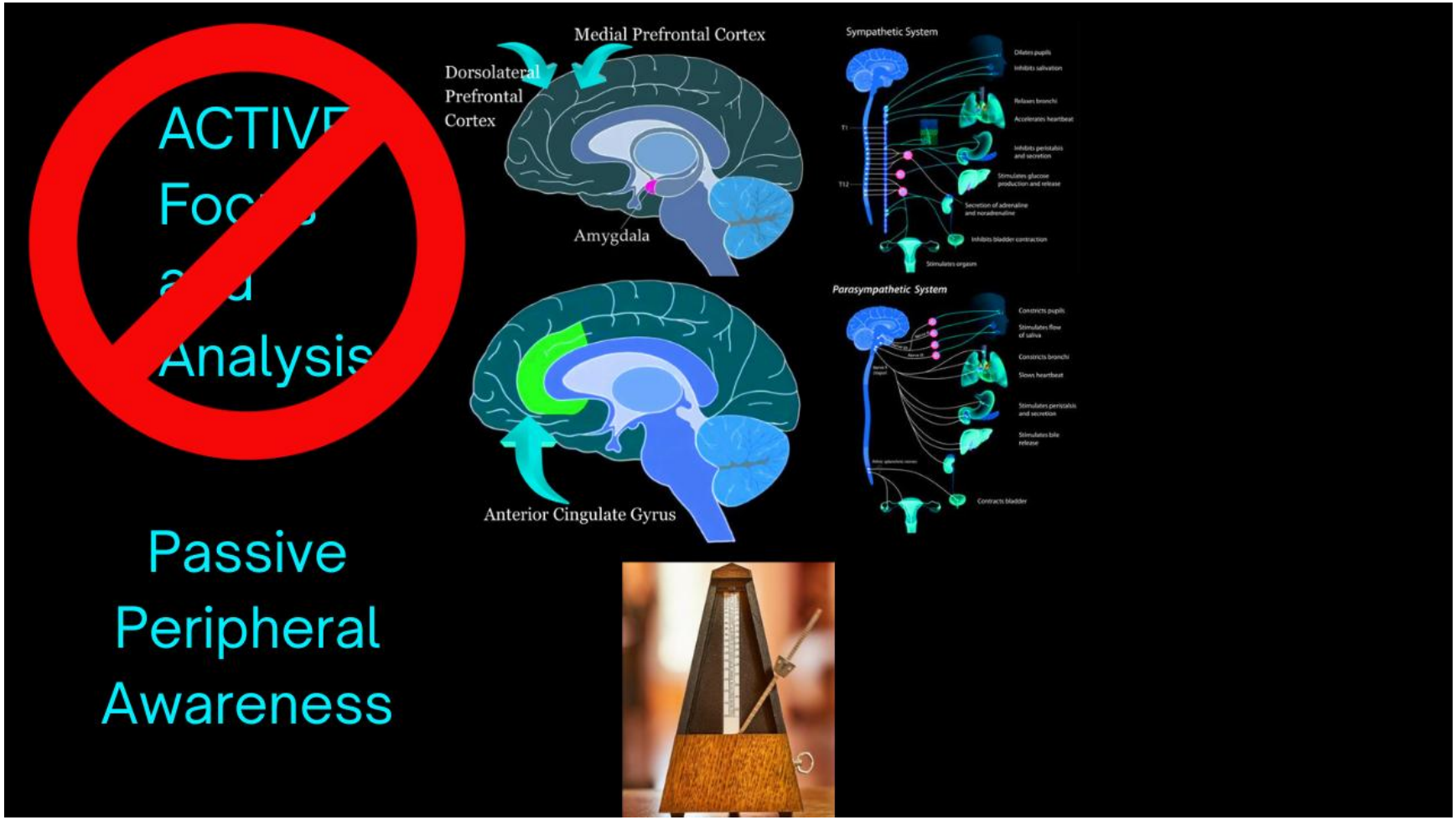


What is the difference between
Proto Buddhism and Institutional Buddhism?

Sturgeon's Law
Ninty-percent of everything Sucks!



Yin's Spiritual Matriarchy	Yang's Religious Patriarchy
Flexible,	Rigid,
Loving,	Fearful,
Rational,	Superstitious,
Laid-back,	Controlling,
Egalitarian,	Elitist,
Lucid,	Cryptic,
Cooperative, &	Competitive, &
Kind	Cruel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Grounding Tummo Energy Latent within our Abdomen

inhalation

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Watching LOT

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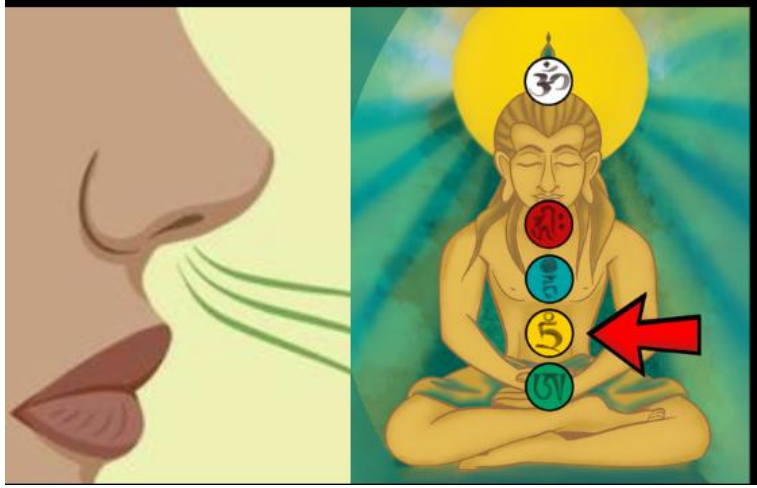


PHYSICAL change

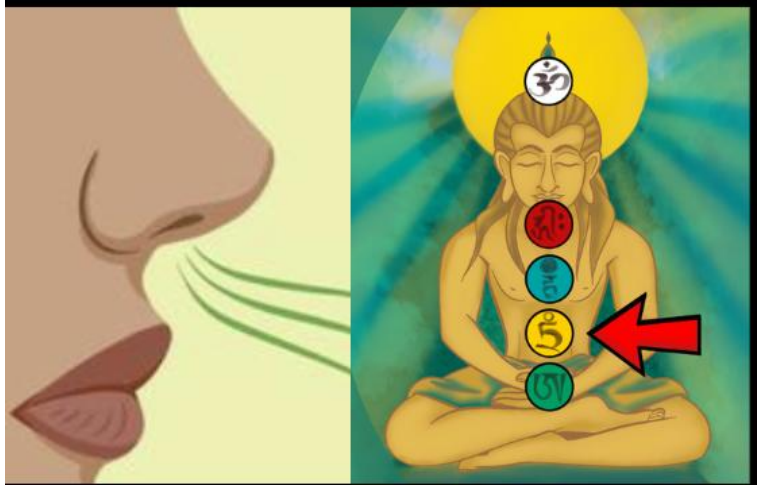
Utilitarian Set of Mental Exercises

inhalation

exhalation

Feeling FORM

always CHANGE

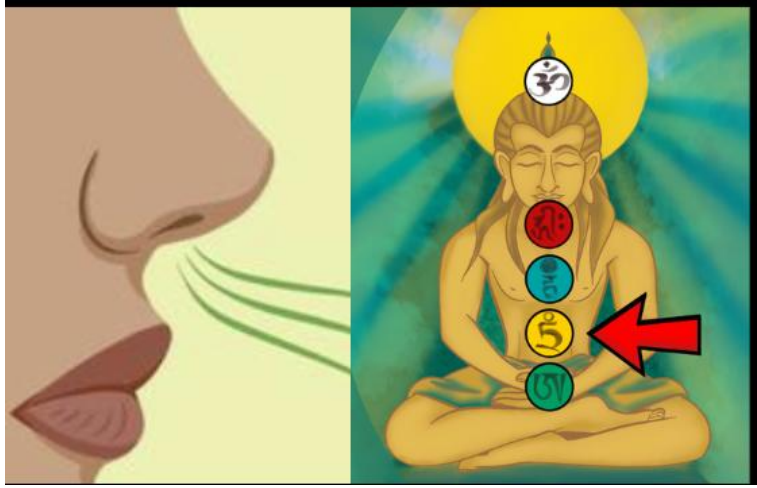


INTERPERSONAL change

Utilitarian Set of Mental Exercises

inhalation *Hearing SPEECH*

exhalation **always CHANGE**



MENTAL change

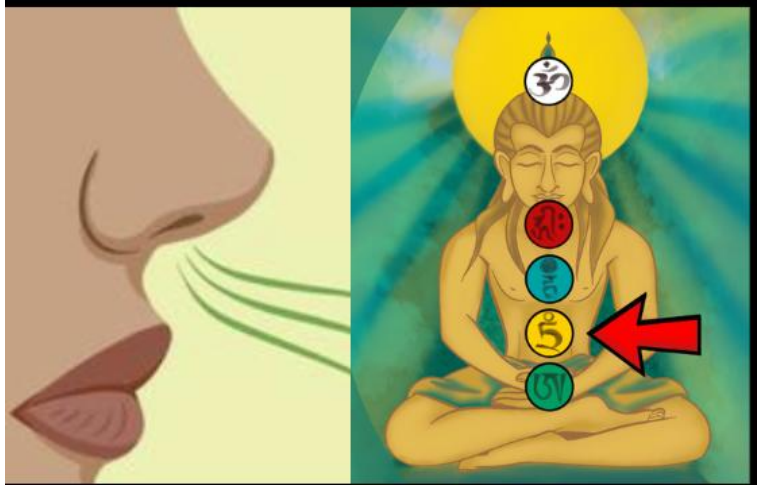
Utilitarian Set of Mental Exercises

inhalation

exhalation

Notice MIND

always CHANGE

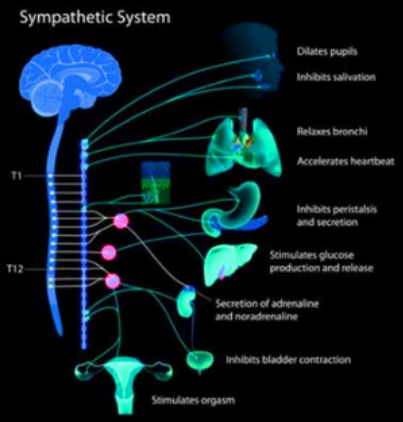


Grounding MEDITATION
Grounding Tummo Energy Latent within our Abdomen
inhalation
Tasting THIS
exhalation
relaxing

MINDFULNESS

- Vulnerably,
- Pasively,
- 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

Mindfulness *Taste* inhalation

Meditation **rest** exhalation

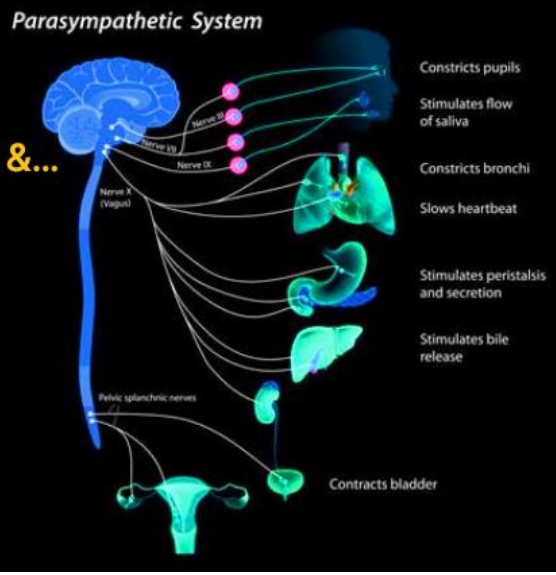
Meditation

Mindfulness ***Taste*** inhalation

Meditation **rest** exhalation

Fleetingly:

- **LESS stressful,**
- **LESS permanent,**
- **LESS defining (*NOT-self*) &...**
- **as NON-graspable as a vast, EMPTY void.**



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inhalation
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Utilitarian Mental Exercises

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Watching LOT/ **always change**
Feeling FORM/ **always change**
Hearing SPEECH/ **always change**
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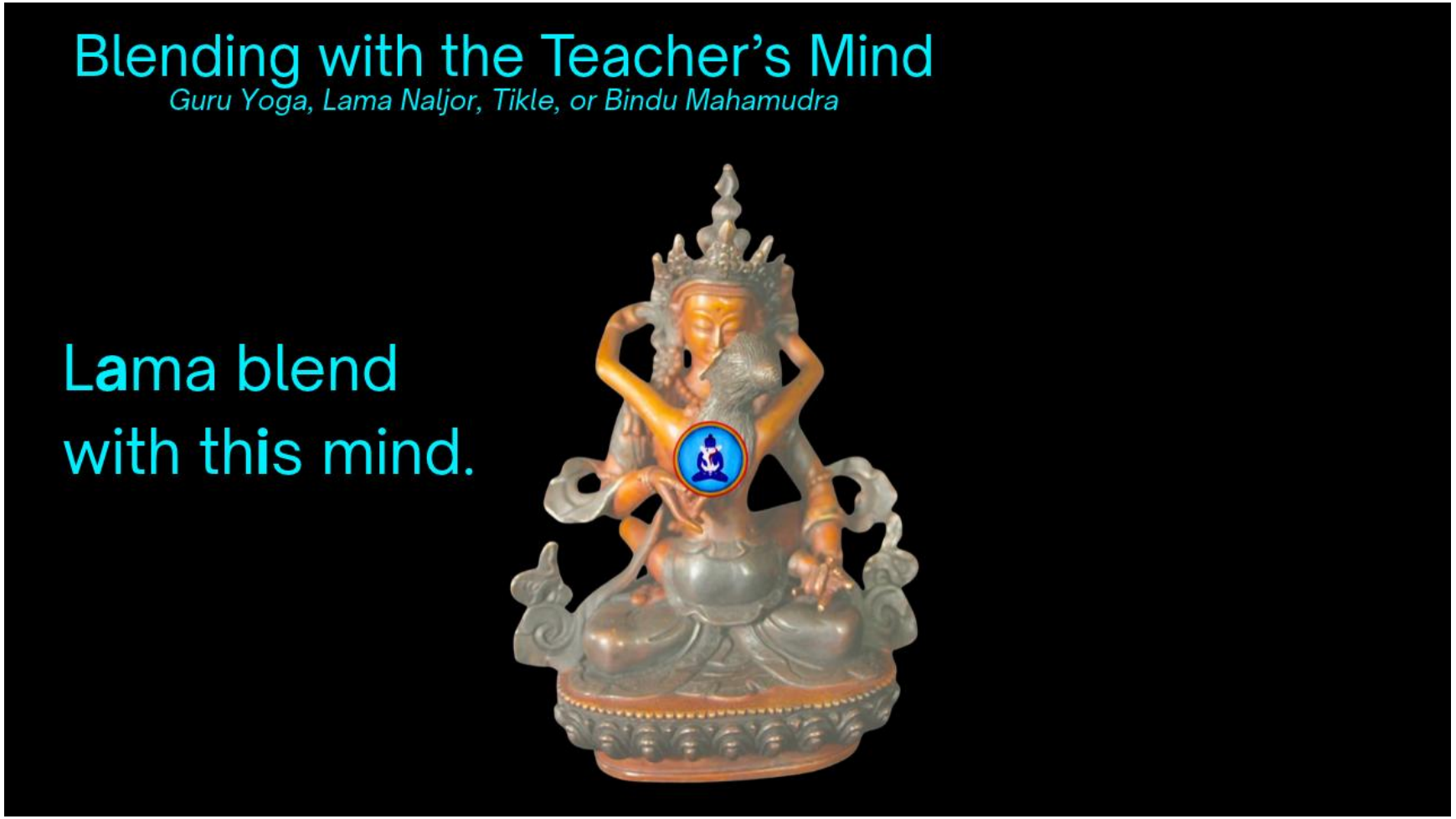
Blending with the Teacher's Mind
Guru Yoga, Lama Naljor, Tikle, or Bindu Mahamudra
Lama blend
with this mind.

What is the difference between
Proto Buddhism and Institutional Buddhism?

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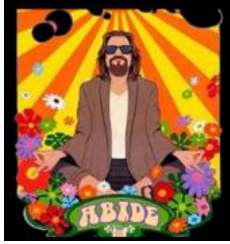

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Flexible,	Rigid,
Loving,	Fearful,
Rational,	Superstitious,
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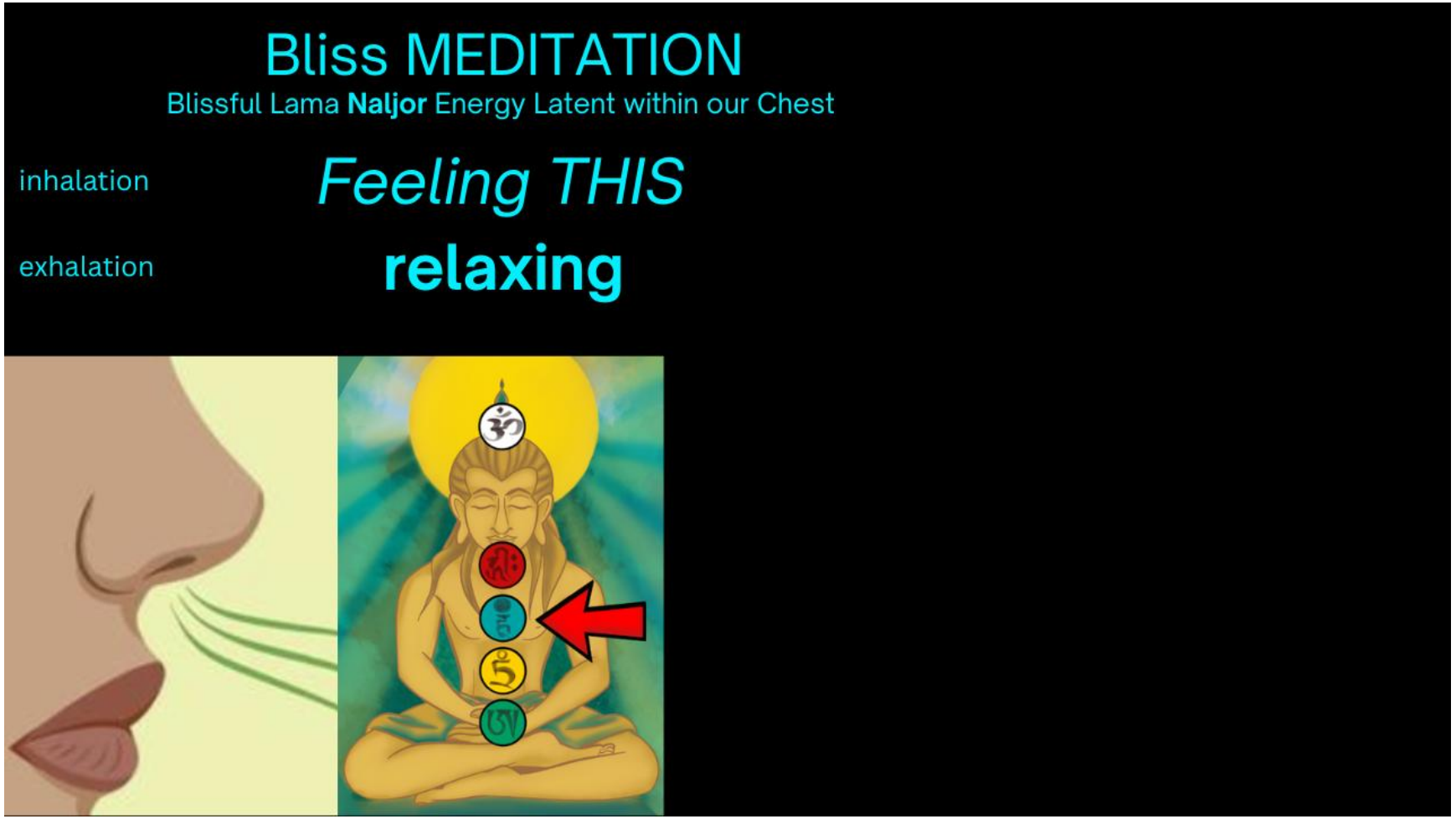
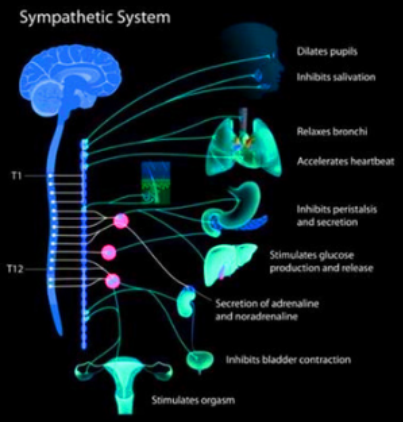

Bliss MEDITATION
Blissful Lama **Naljor** Energy Latent within our Chest
inhalation
exhalation
Feeling THIS
relaxing

MINDFULNESS

- Vulnerably,
- Pasively,
- Viscerally,
- Randomly, and
- Fleetingly

Notice



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Mindfulness *Feel* inhalation

Meditation **rest** exhalation

Meditation

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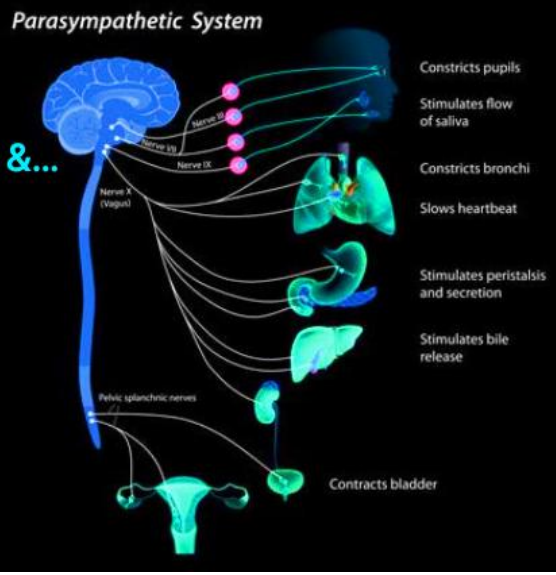

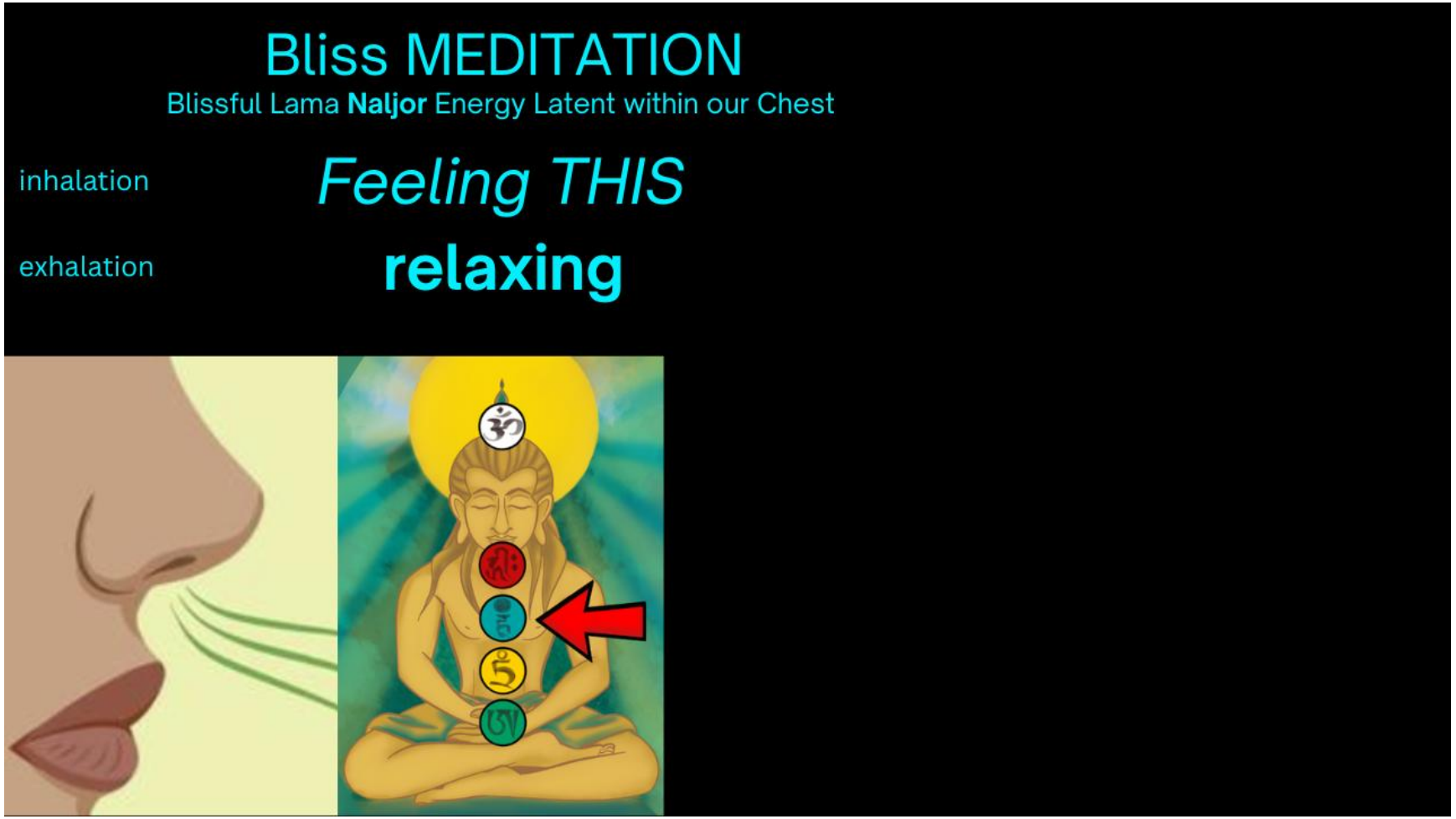
Bliss MEDITATION
Blissful Lama **Naljor** Energy Latent within our Chest
inhalation
exhalation
Feeling THIS
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Utilitarian Mental Exercises

Anicca

Watching LOT/ **always change**
Feeling FORM/ **always change**
Hearing SPEECH/ **always change**
Notice MIND/ **always change** Tram

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Great WISDOM/ **for all MIND**s Om
Profound LOVE/ **for all SPEECH**
Super HEALTH/ **for all FORM**s
Good FORTUNE/ **for all LOT**s

Calling the Teacher as from Afar

Lama Khyenno, Tikle, or Bindu Mahamudra

Lama come
to this crown.

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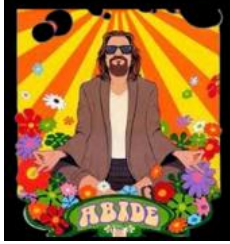


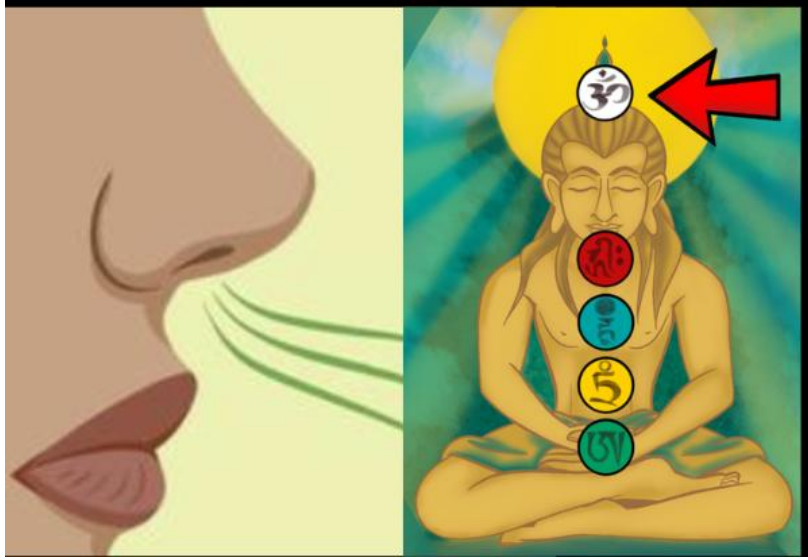
Yin's Spiritual Matriarchy	Yang's Religious Patriarchy
Flexible,	Rigid,
Loving,	Fearful,
Rational,	Superstitious,
Laid-back,	Controlling,
Egalitarian,	Elitist,
Lucid,	Cryptic,
Cooperative, &	Competitive, &
Kind	Cruel

Peace MEDITATION

Peaceful Lama **Khyenno** Energy Latent within the Summit of our Scalp

inhalation *Watching THIS*

exhalation **relaxing**



MINDFULNESS

- Vulnerably,
- Pasively,
- Viscerally,
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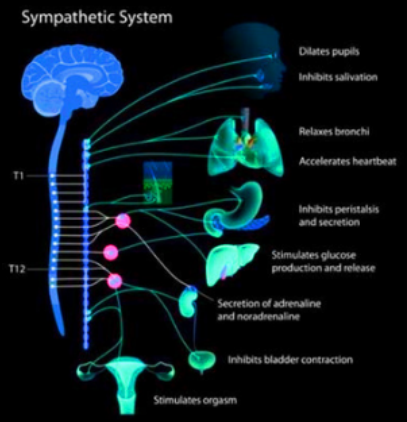
Notice



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Mindfulness *Watch* inhalation

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Meditation

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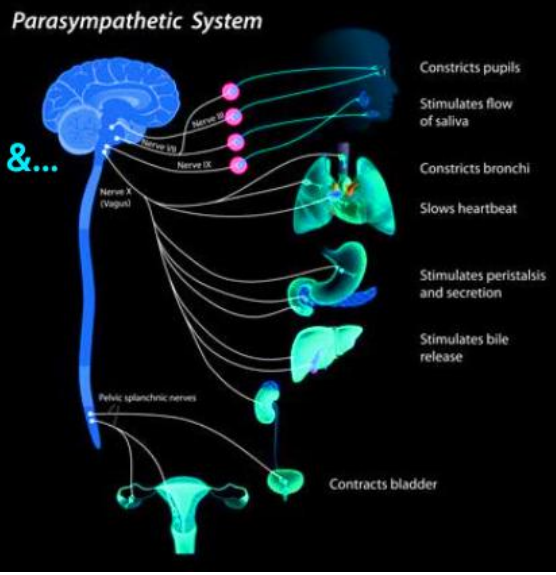

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inhalation

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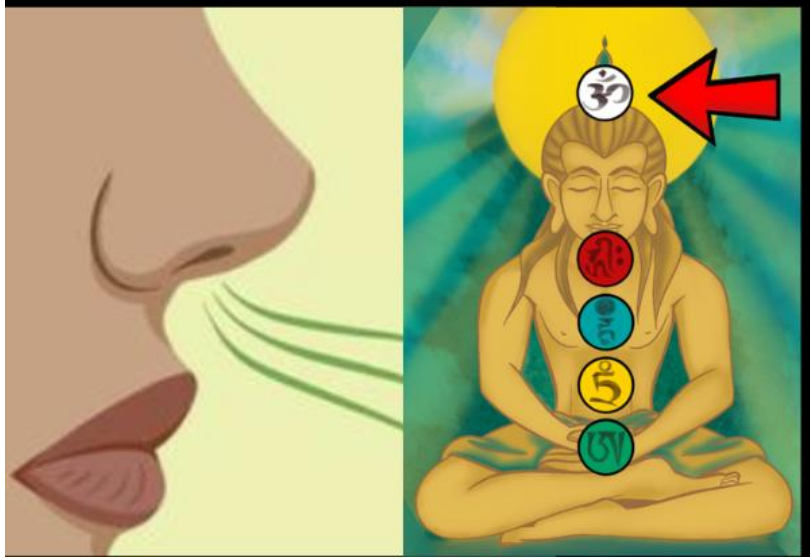

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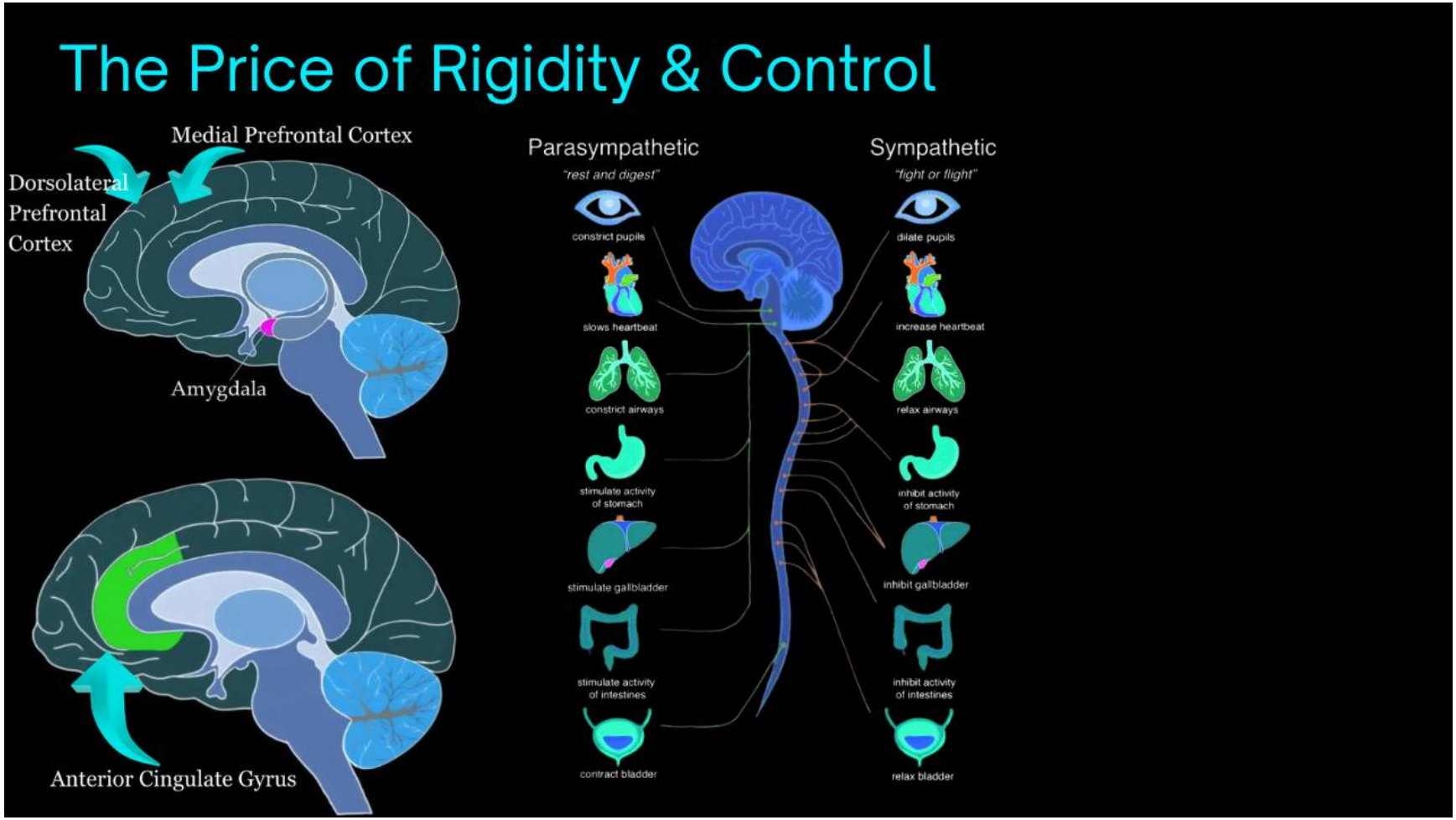
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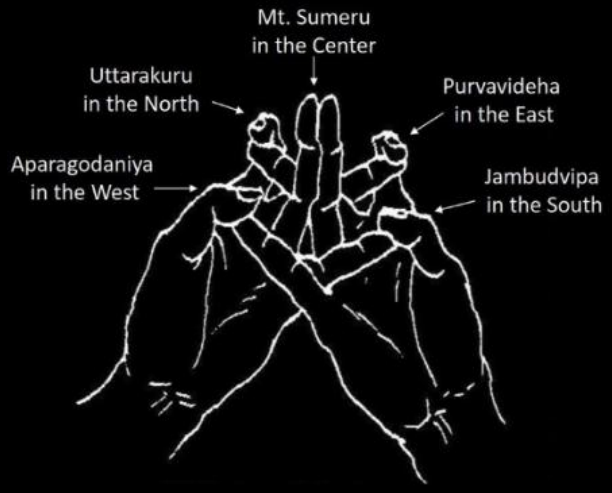
Universal Generosity

Mandala or Cho Offering

All I have and crave
I give t**o** ALL!



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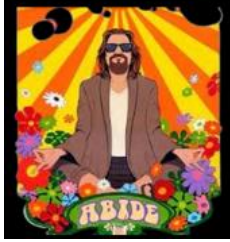

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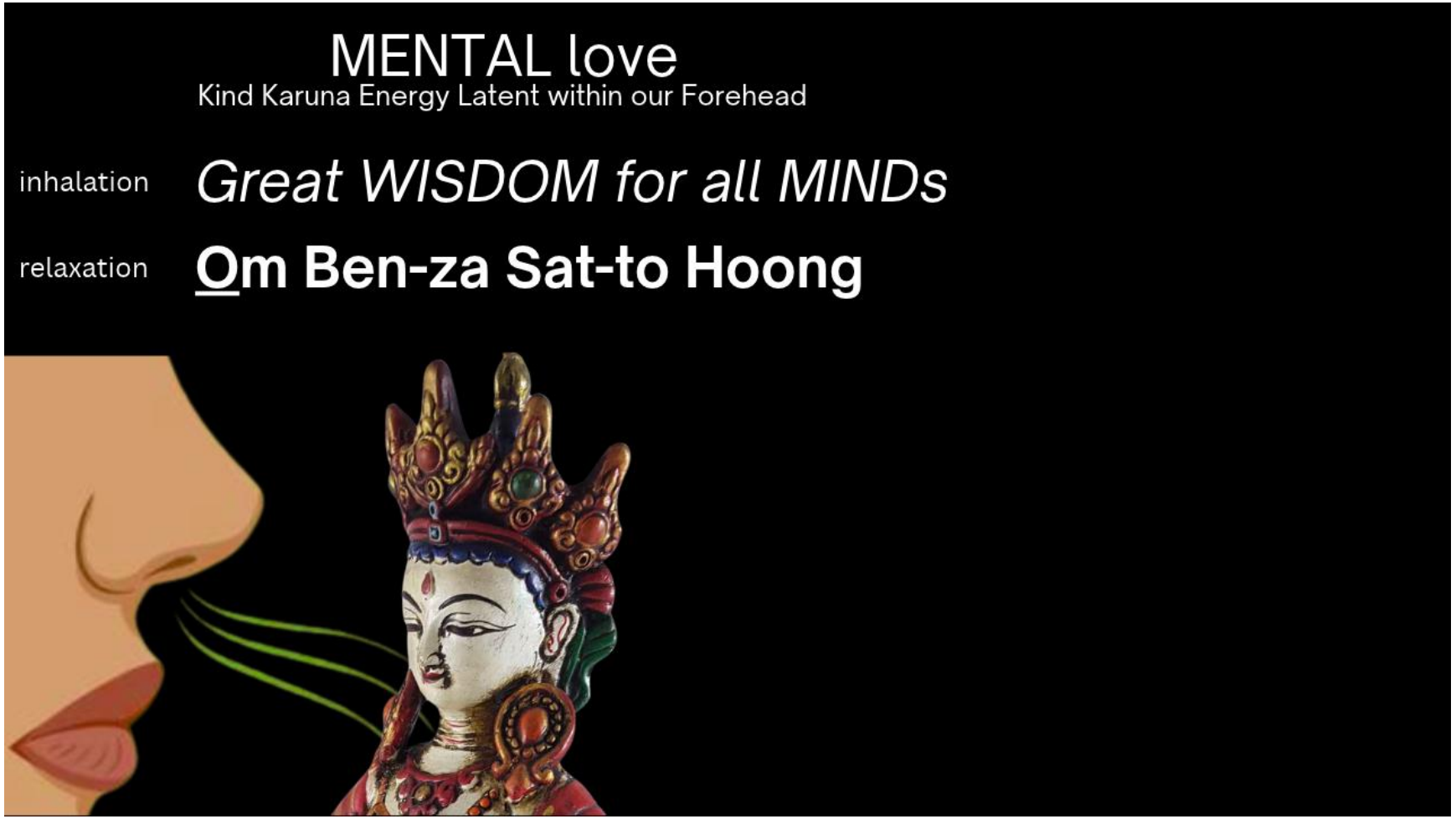
MENTAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Great WISDOM
for all MINDs


MENTAL love
Kind Karuna Energy Latent within our Forehead
inhalation
Great WISDOM for all MINDs
relaxation
Om Ben-za Sat-to Hoong

INTERPERSONAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Profound LOVE
for all SPEECH

INTERPERSONAL love
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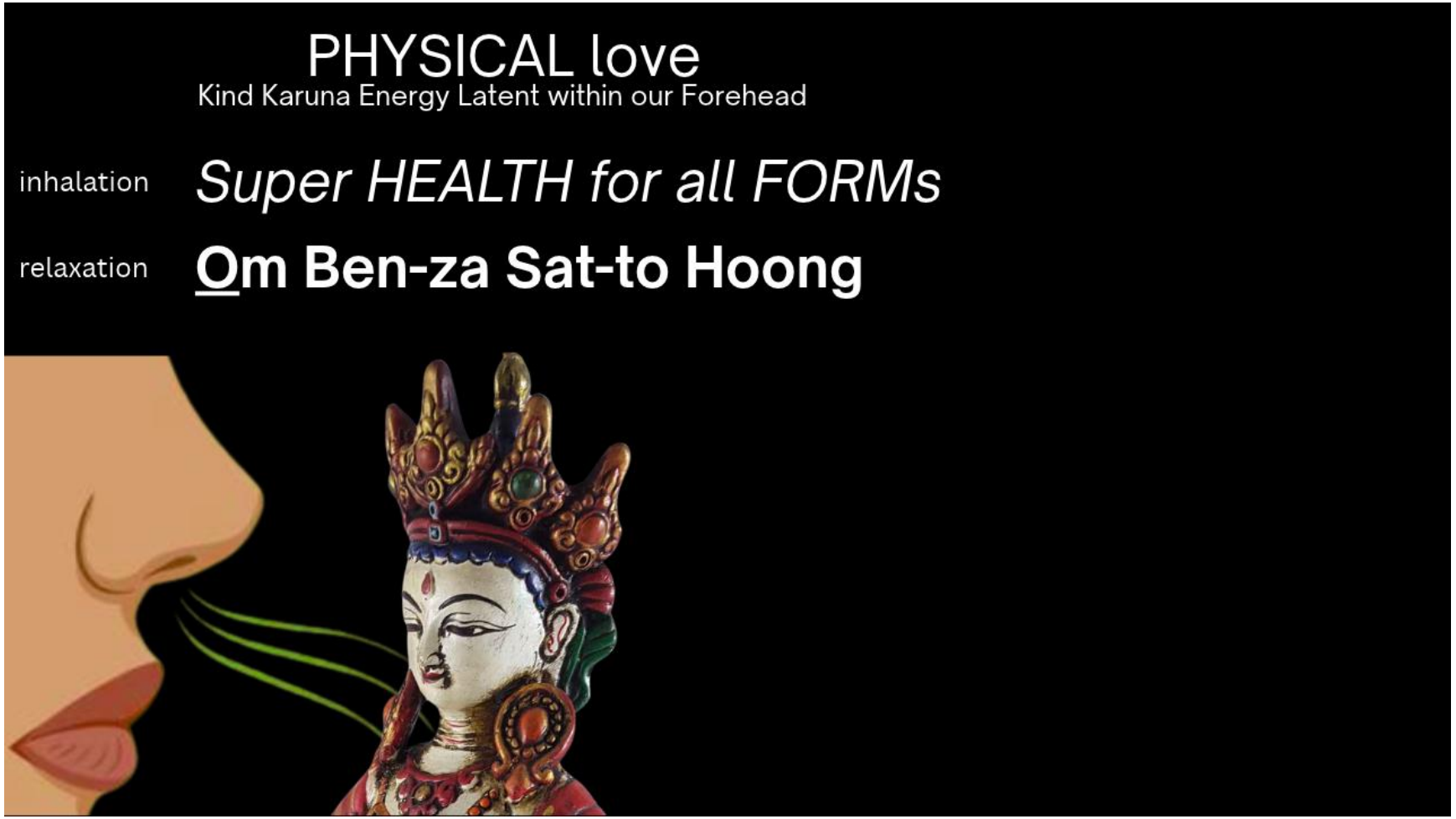
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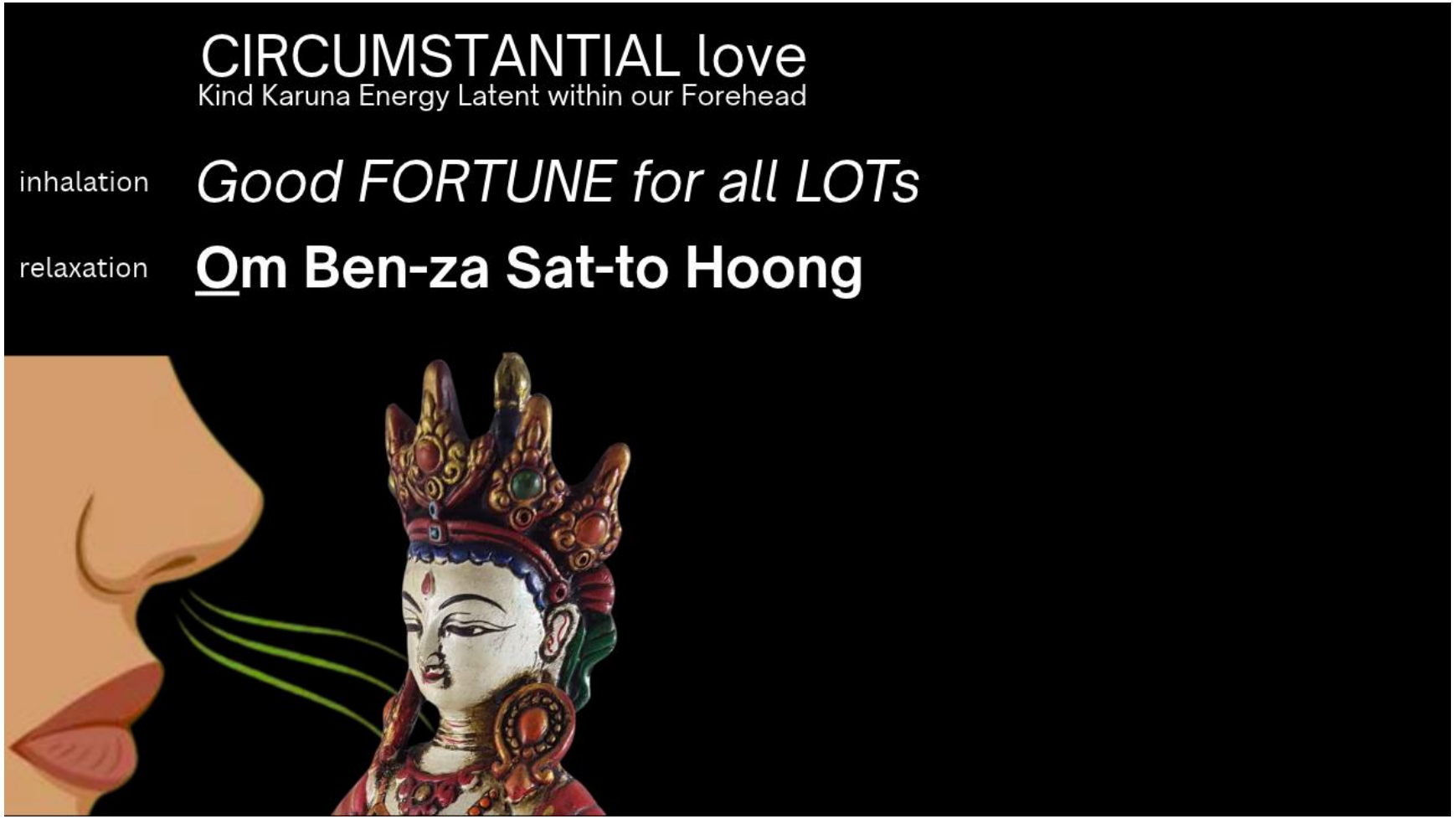
Good FORTUNE
for all LOTs


CIRCUMSTANTIAL love
Kind Karuna Energy Latent within our Forehead
inhalation
Good FORTUNE for all LOTs
relaxation
Om Ben-za Sat-to Hoong

Poetic Mental Exercises

Tokal's Leap-over Conceit

Into Form/ All LOTs **melt**
Into Speech/ All FORMs **melt**
Into Mind/ All SPEECH **melts**
Into Void/ All MINDs **melt** Tram

Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (Watch/ **rest**)

Tokal's Leap-over Competition

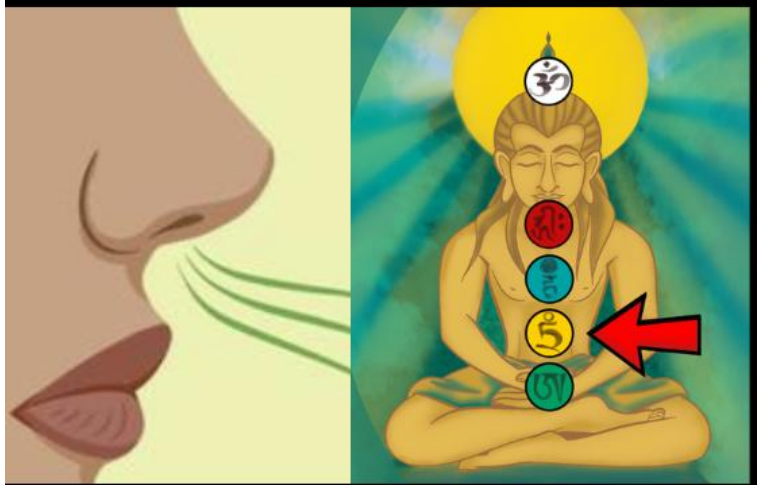
Bi-ja WISE/ **for all MIND**s Om
Man-tra LOVE/ **for all SPEECH**
Yi-dam HEALTH/ **for all FORM**s
Va-ti BOONE/ **for all LOT**s

CIRCUMSTANTIAL wisdom

Grounding Tummo Energy Latent within our Abdomen

inhalation — *Into Form*

exhalation — all LOTs **melt**



PHYSICAL wisdom

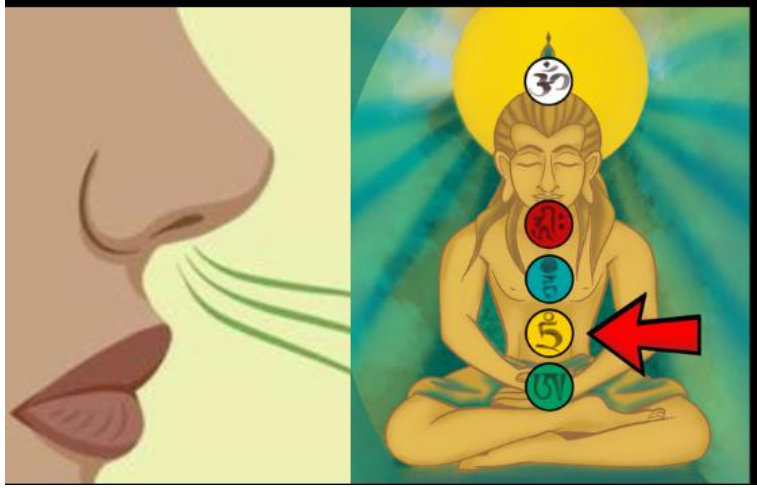
Poetic Set of Mental Exercises

inhalation

exhalation

Into Speech

all FORMs **melt**

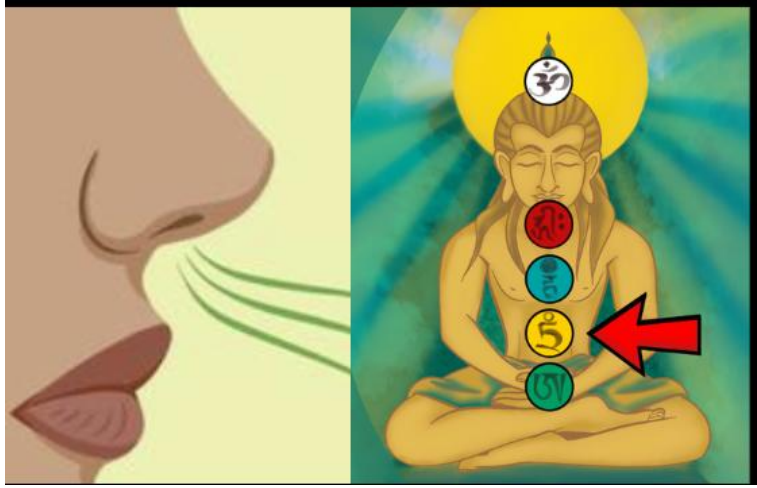


INTERPERSONAL wisdom

Poetic Set of Mental Exercises

inhalation *Into Mind*

exhalation all SPEECH **melts**



MENTAL wisdom

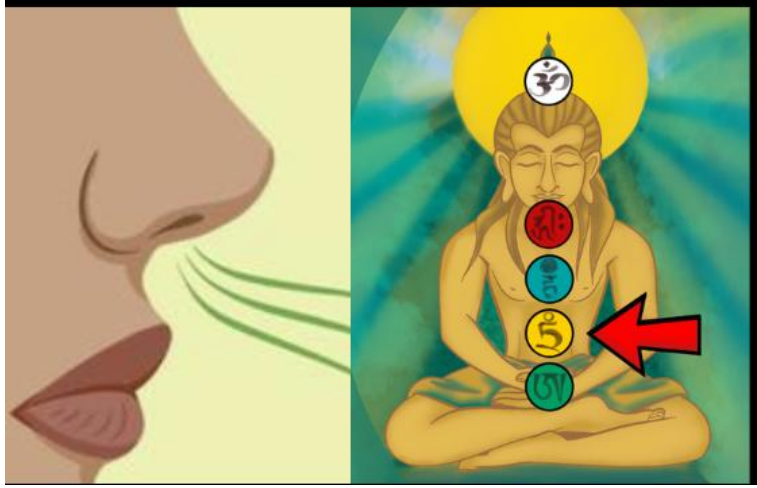
Poetic Set of Mental Exercises

inhalation

exhalation

Into Void

all MINDs **melt**



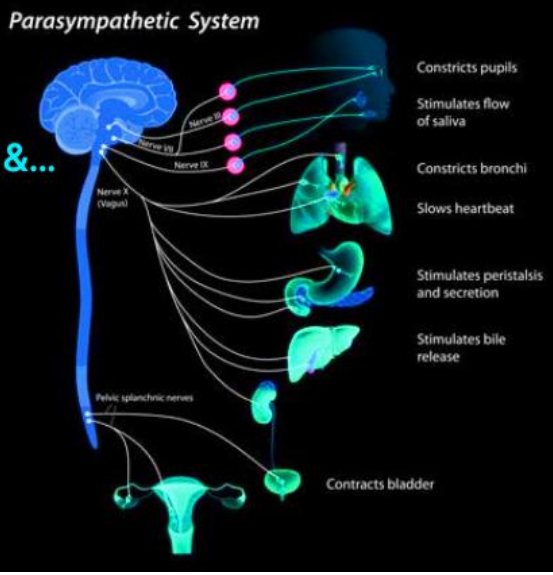
Meditation

Mindfulness ***Watch*** inhalation

Meditation **rest** exhalation

Fleetingly:

- **LESS stressful,**
- **LESS permanent,**
- **LESS defining (*NOT-self*) &...**
- **as NON-graspable as a vast, EMPTY void.**



MENTAL wisdom

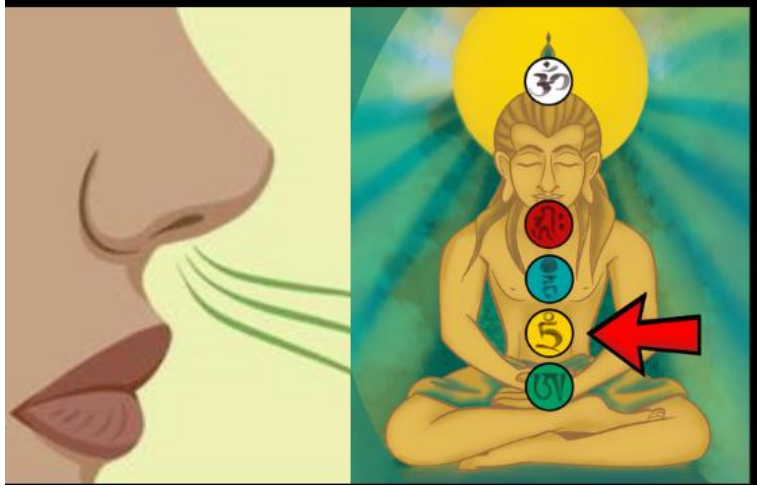
Poetic Set of Mental Exercises

inhalation

exhalation

Into Void

all MINDs **melt**



Grounding MEDITATION
Grounding Tummo Energy Latent within our Abdomen
inhalation
Tasting THIS
exhalation
relaxing

Poetic Mental Exercises

Tokal's Leap-over Conceit

Into Form/ All LOTs **melt**
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Into Void/ All MINDs **melt** Tram

Tikle's Channels, Winds & Drops

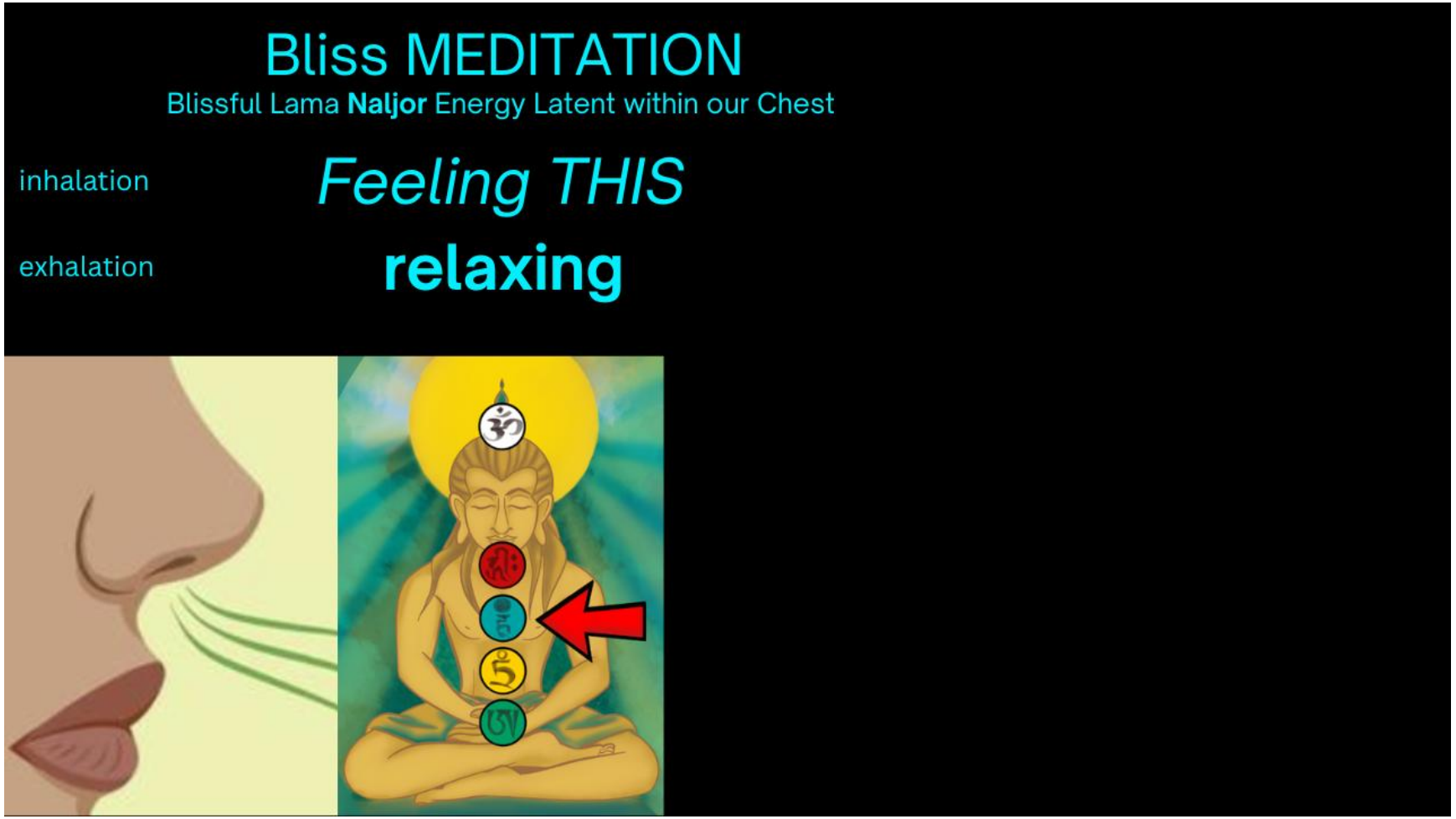
Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (Watch/ **rest**)

Tokal's Leap-over Competition

Bi-ja WISE/ **for all MINDs** Om
Man-tra LOVE/ **for all SPEECH**
Yi-dam HEALTH/ **for all FORMs**
Va-ti BOONE/ **for all LOTs**


Bliss MEDITATION
Blissful Lama **Naljor** Energy Latent within our Chest
inhalation
exhalation
Feeling THIS
relaxing

Poetic Mental Exercises

Tokal's Leap-over Conceit

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Tokal's Leap-over Competition

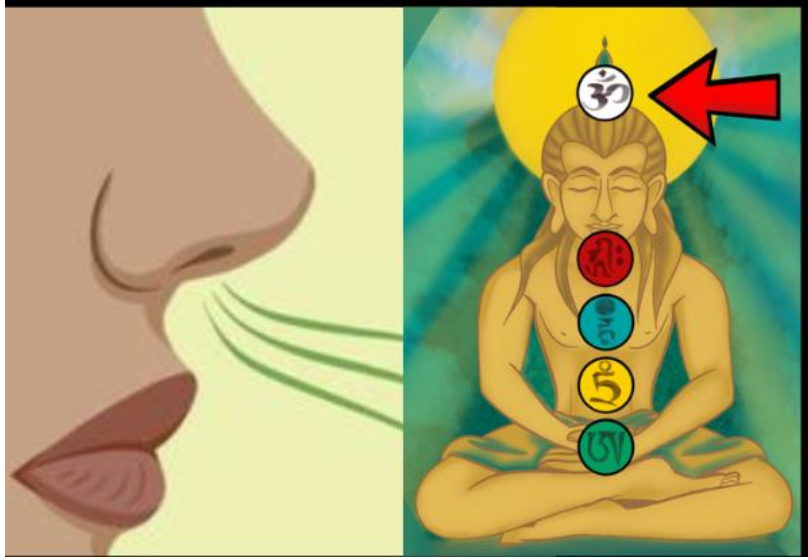
Bi-ja WISE/ **for all MIND**s Om
Man-tra LOVE/ **for all SPEECH**
Yi-dam HEALTH/ **for all FORM**s
Va-ti BOONE/ **for all LOT**s

Peace MEDITATION

Peaceful Lama **Khyenno** Energy Latent within the Summit of our Scalp

inhalation *Watching THIS*

exhalation **relaxing**



Poetic Mental Exercises

Tokal's Leap-over Conceit

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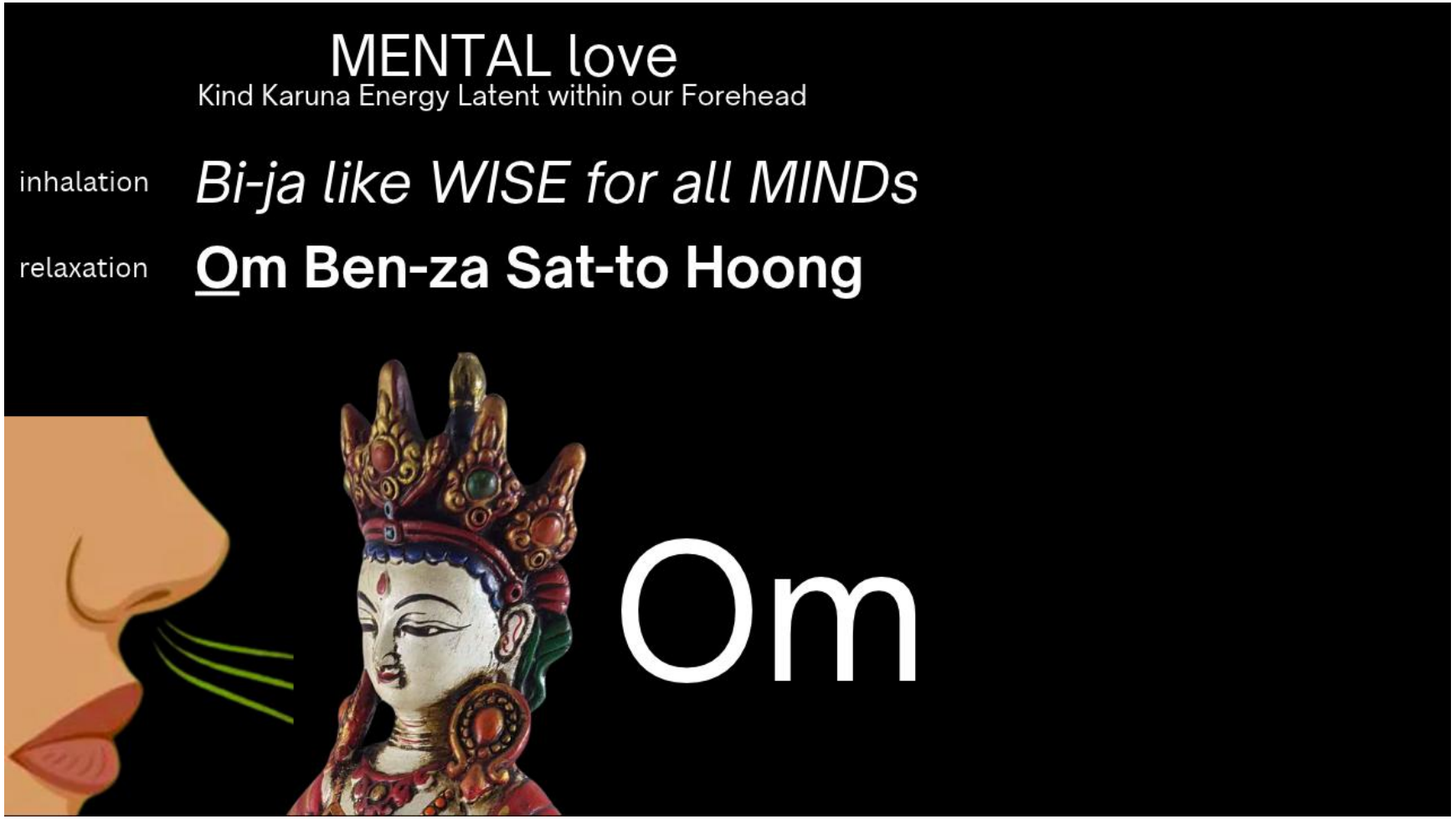
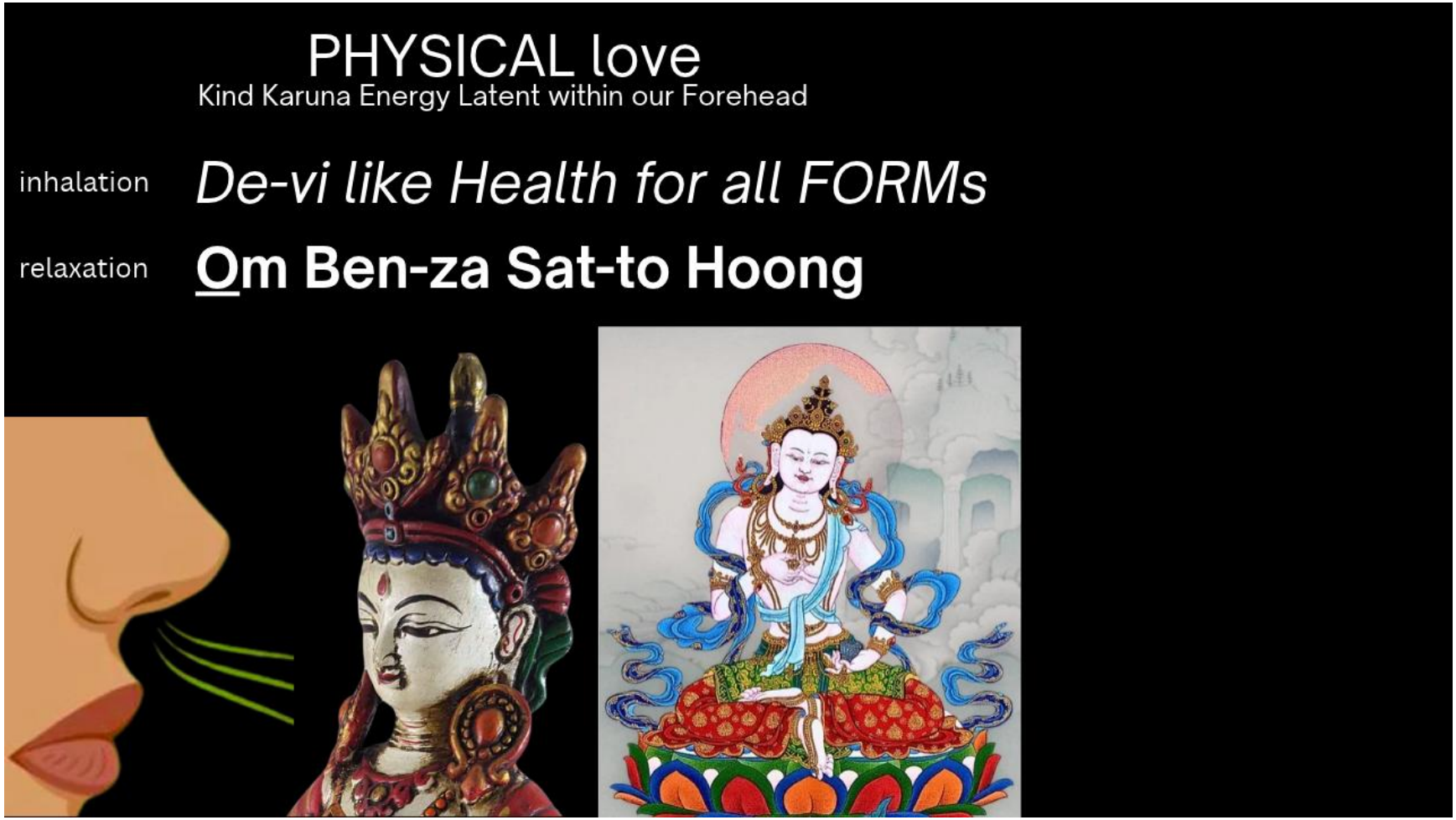
Man-tra LOVE/ **for all SPEECH**
Yi-dam HEALTH/ **for all FORMs**
Va-ti BOONE/ **for all LOTs**
MENTAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Bi-ja WISE
for all MINDs
Om


MENTAL love
Kind Karuna Energy Latent within our Forehead
inhalation
Bi-ja like WISE for all MINDs
relaxation
Om Ben-za Sat-to Hoong
Om

INTERPERSONAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Man-tra LOVE
for all SPEECH
Om Ben-za Sat-to Hoong

INTERPERSONAL love
Kind Karuna Energy Latent within our Forehead
inhalation
Man-tra like LOVE for all SPEECH
relaxation
Om Ben-za Sat-to Hoong
Om Ben-za Sat-to Hoong

PHYSICAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
De-vi HEALTH
for all FORMs


PHYSICAL love
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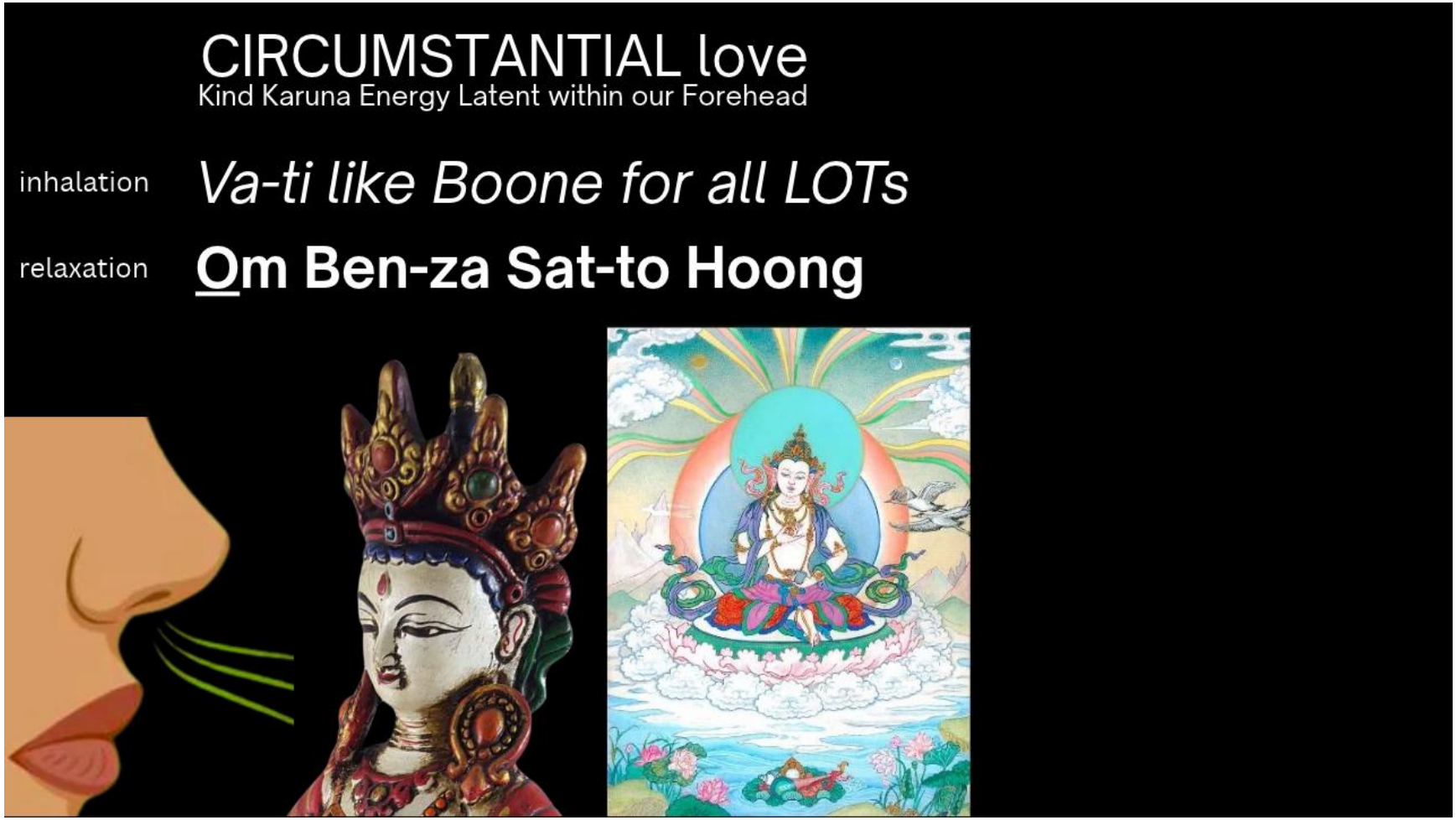
inhalation
De-vi like Health for all FORMs
relaxation
Om Ben-za Sat-to Hoong

CIRCUMSTANTIAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Va-ti BOONE
for all LOTs


CIRCUMSTANTIAL love
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inhalation
Va-ti like Boone for all LOTs
relaxation
Om Ben-za Sat-to Hoong

Philosophical Mental Exercises

Tokal's Leap-over Conceit

Va-ti LOT/ Seen yet **Void**
Yi-dam FORM/ Felt yet **Void**
Man-tra SPEECH/ Heard yet **Void**
Bi-ja MIND/ Clear yet **Void** Tram

Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (*Watch/* **rest**)

Tokal's Leap-over Competition

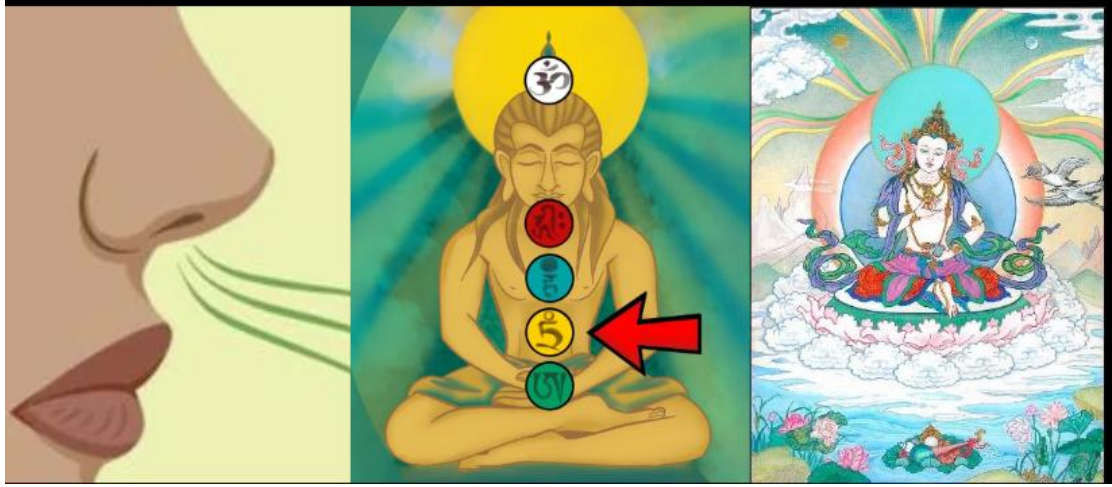
Bi-ja WISE/ **for all MIND**s Om
Man-tra LOVE/ **for all SPEECH**
Yi-dam HEALTH/ **for all FORM**s
Va-ti BOONE/ **for all LOT**s

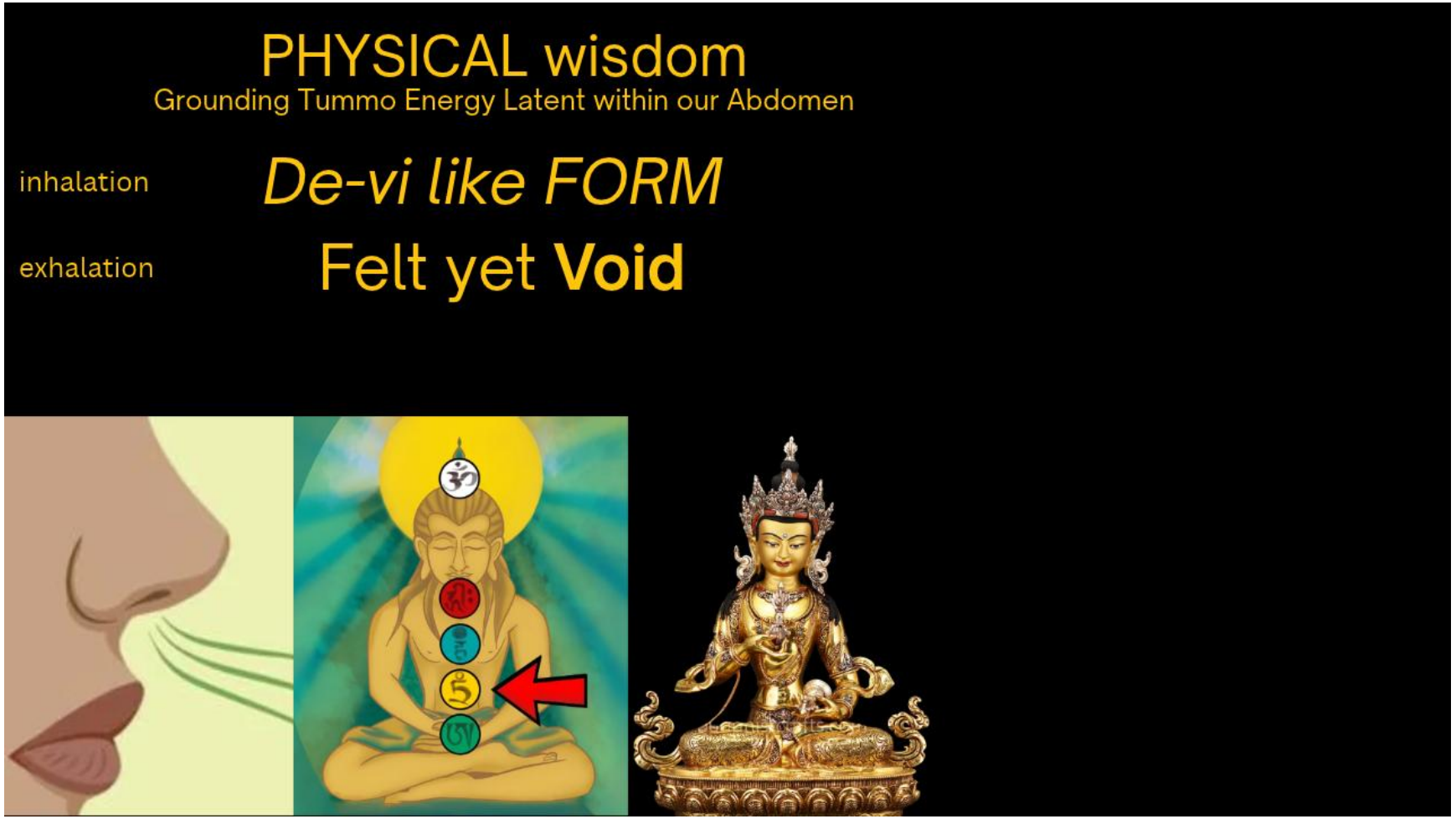
CIRCUMSTANTIAL wisdom

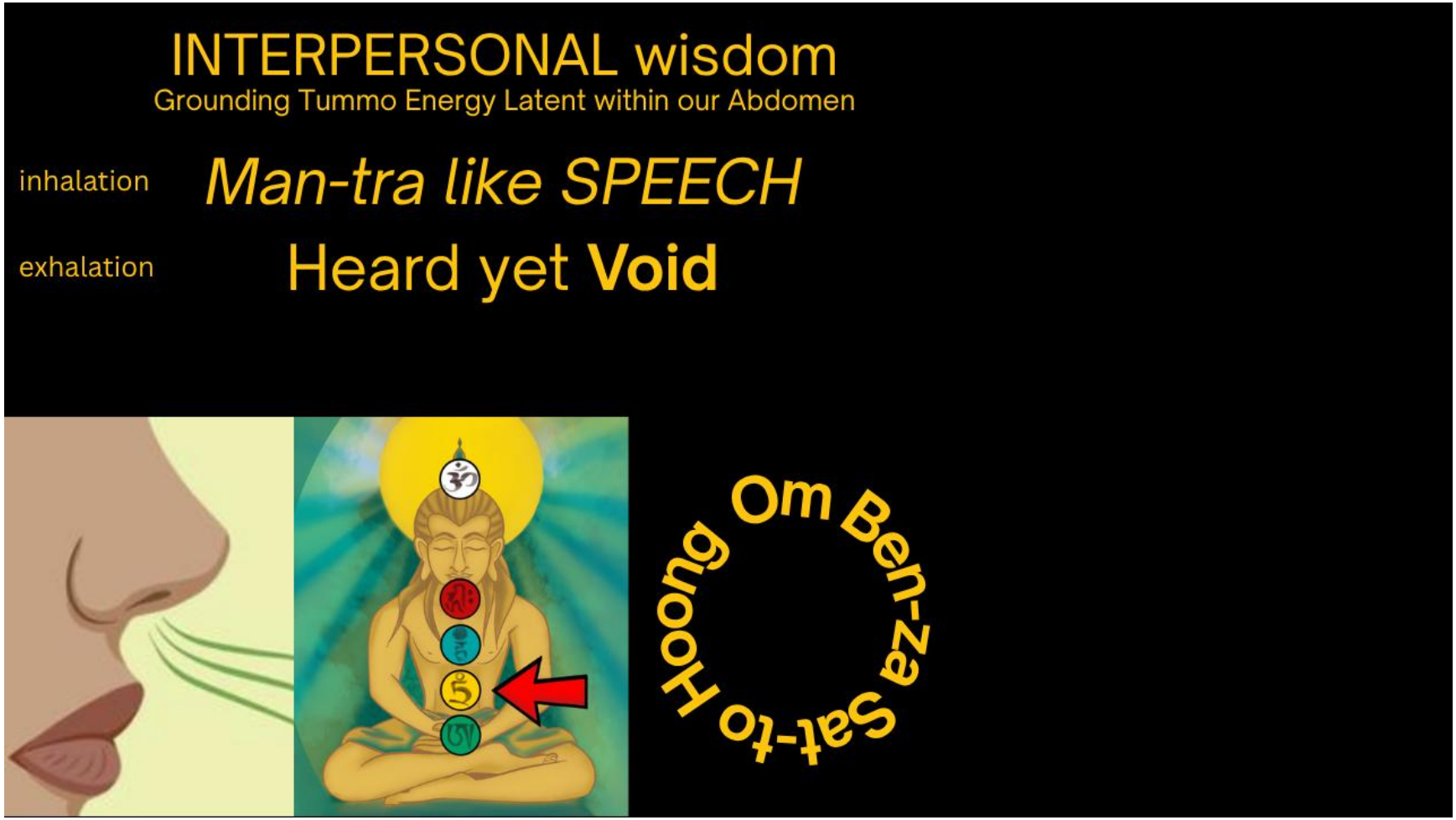
Grounding Tummo Energy Latent within our Abdomen

inhalation *Va-ti like LOT*

exhalation seen yet **Void**




PHYSICAL wisdom
Grounding Tummo Energy Latent within our Abdomen
inhalation
De-vi like FORM
exhalation
Felt yet Void

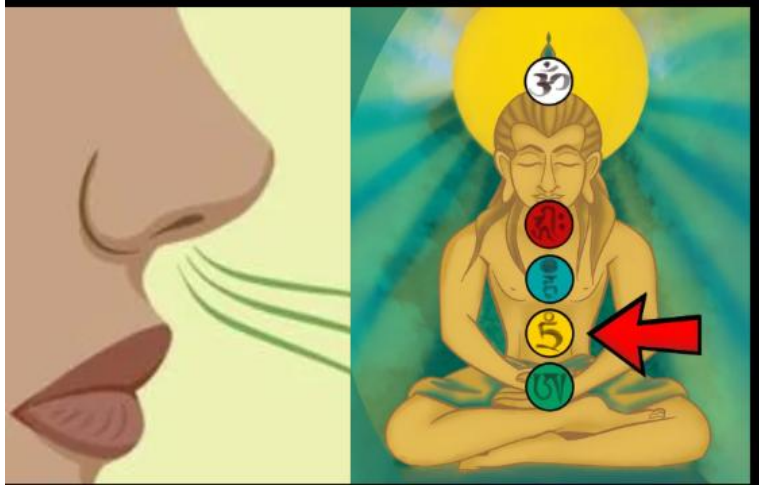

INTERPERSONAL wisdom
Grounding Tummo Energy Latent within our Abdomen
inhalation
Man-tra like SPEECH
exhalation
Heard yet Void
Om Ben-za Sat-to Hoong

MENTAL wisdom

Grounding Tummo Energy Latent within our Abdomen

inhalation *Bi-ja like MIND*

exhalation Clear yet **Void**



Tram

Grounding MEDITATION
Grounding Tummo Energy Latent within our Abdomen
inhalation
Tasting THIS
exhalation
relaxing

Philosophical Mental Exercises

Tokal's Leap-over Conceit

Va-ti LOT/ Seen yet **Void**

Yi-dam FORM/ Felt yet **Void**

Man-tra SPEECH/ Heard yet **Void**

Bi-ja MIND/ Clear yet **Void** Tram

Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (*Watch/* **rest**)

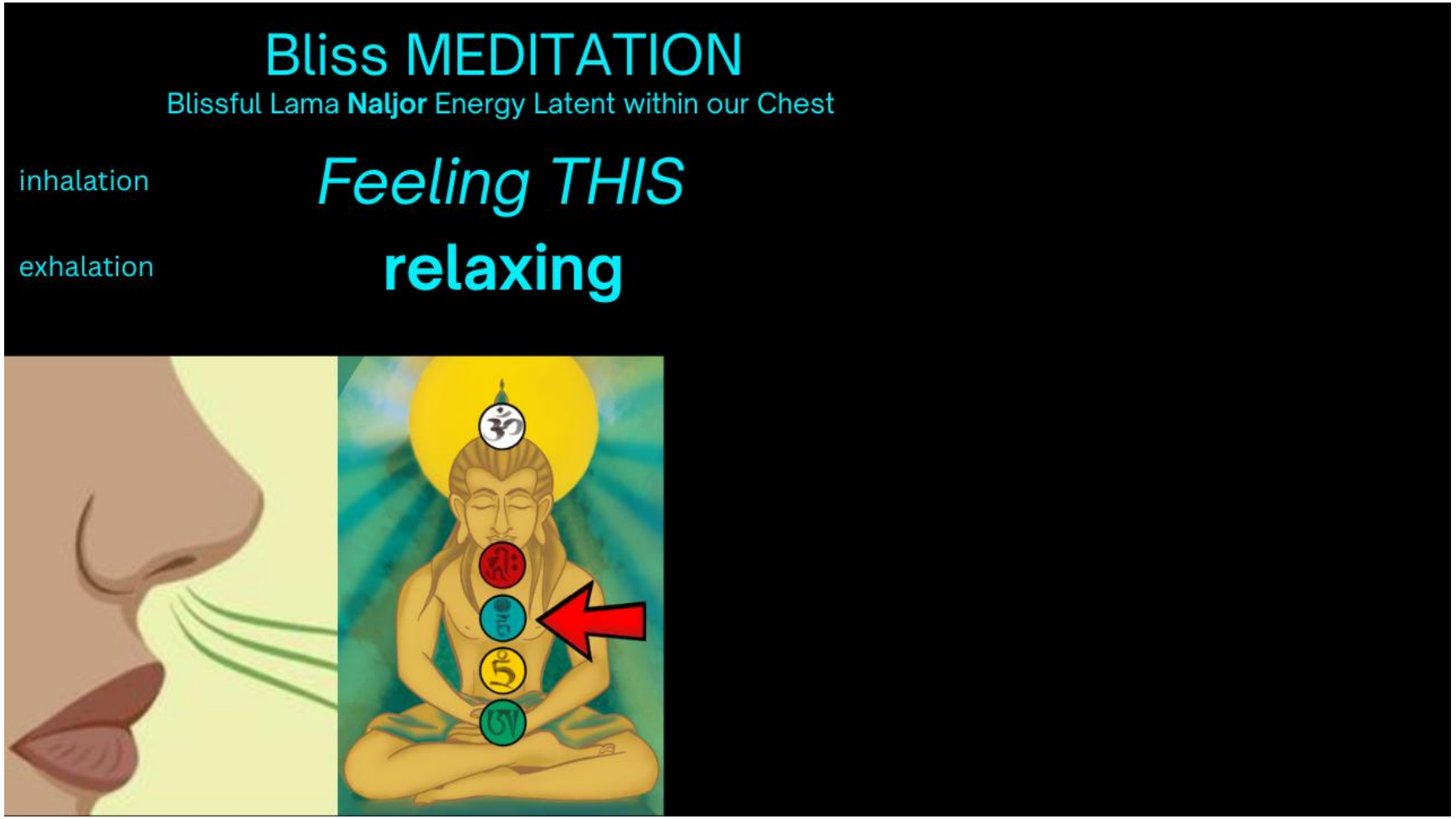
Tokal's Leap-over Competition

Bi-ja WISE/ **for all MIND**s Om

Man-tra LOVE/ **for all SPEECH**

Yi-dam HEALTH/ **for all FORM**s

Va-ti BOONE/ **for all LOT**s


Bliss MEDITATION
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inhalation
exhalation
Feeling THIS
relaxing

Philosophical Mental Exercises

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Tikle's Channels, Winds & Drops

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Tokal's Leap-over Competition

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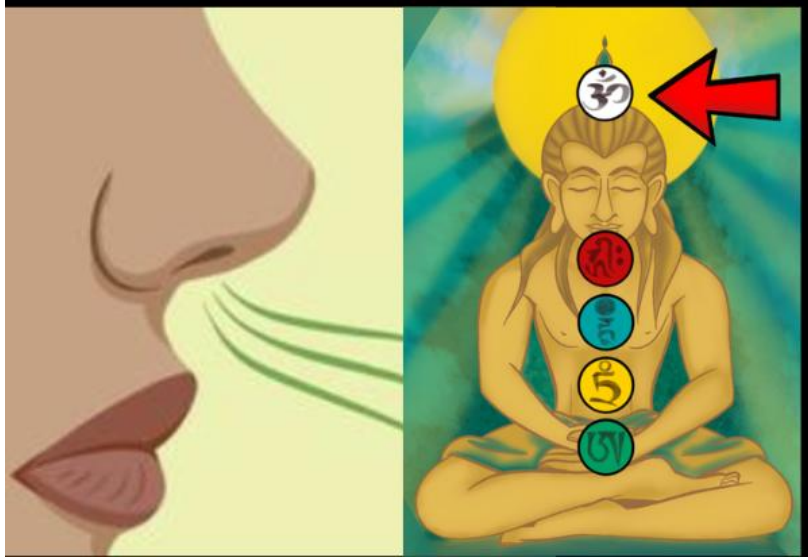
Yi-dam HEALTH/ **for all FORM**s
Va-ti BOONE/ **for all LOT**s

Peace MEDITATION

Peaceful Lama **Khyenno** Energy Latent within the Summit of our Scalp

inhalation *Watching THIS*

exhalation **relaxing**



Philosophical Mental Exercises

Tokal's Leap-over Conceit

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MENTAL love
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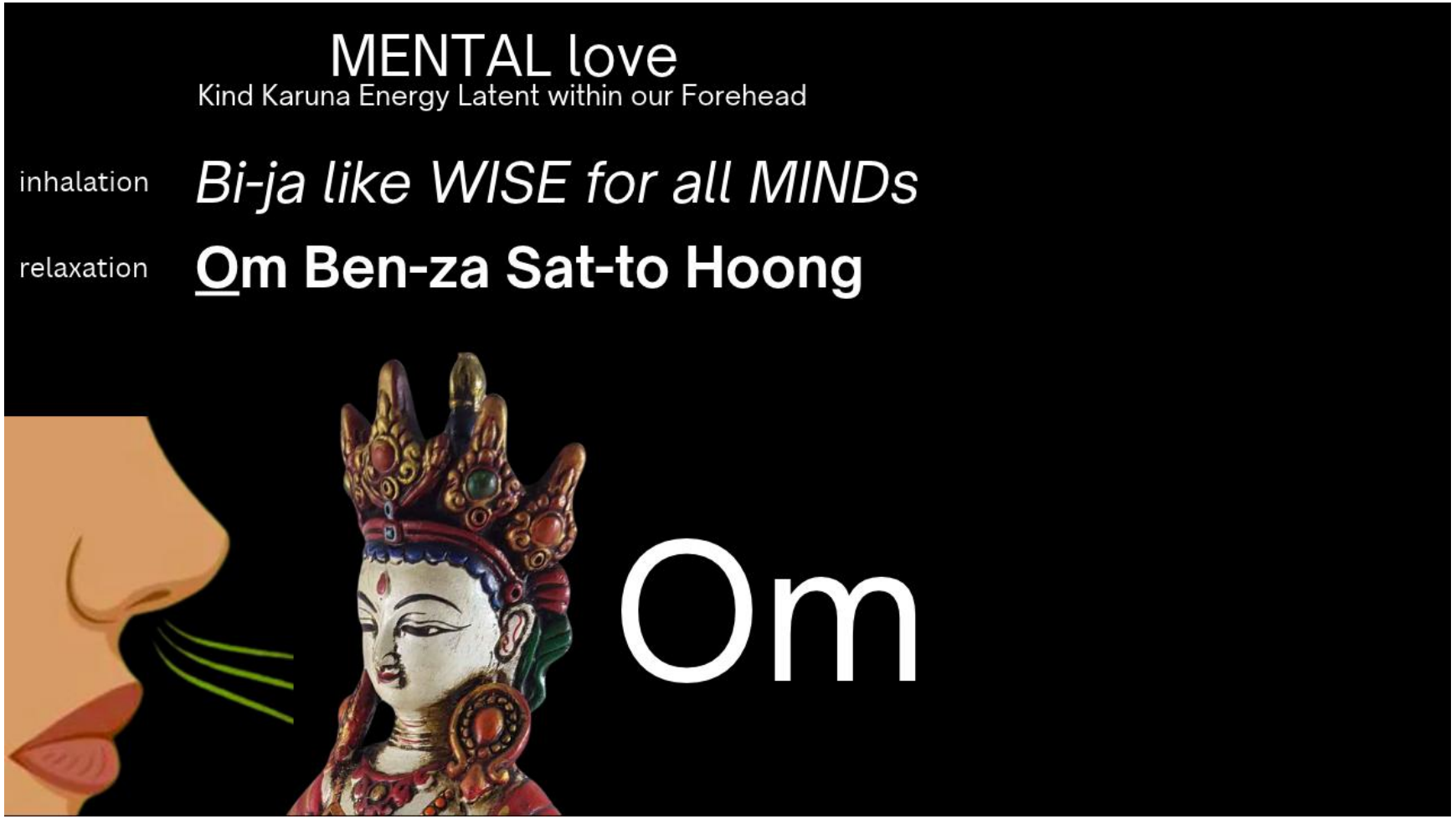
MENTAL love
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Bi-ja like WISE for all MINDs
relaxation
Om Ben-za Sat-to Hoong
Om

INTERPERSONAL love
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inhalation
exhalation
Man-tra LOVE
for all SPEECH
Om Ben-za Sat-to Hoong

INTERPERSONAL love
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inhalation
Man-tra like LOVE for all SPEECH
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Om Ben-za Sat-to Hoong
Om Ben-za Sat-to Hoong

PHYSICAL love
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exhalation
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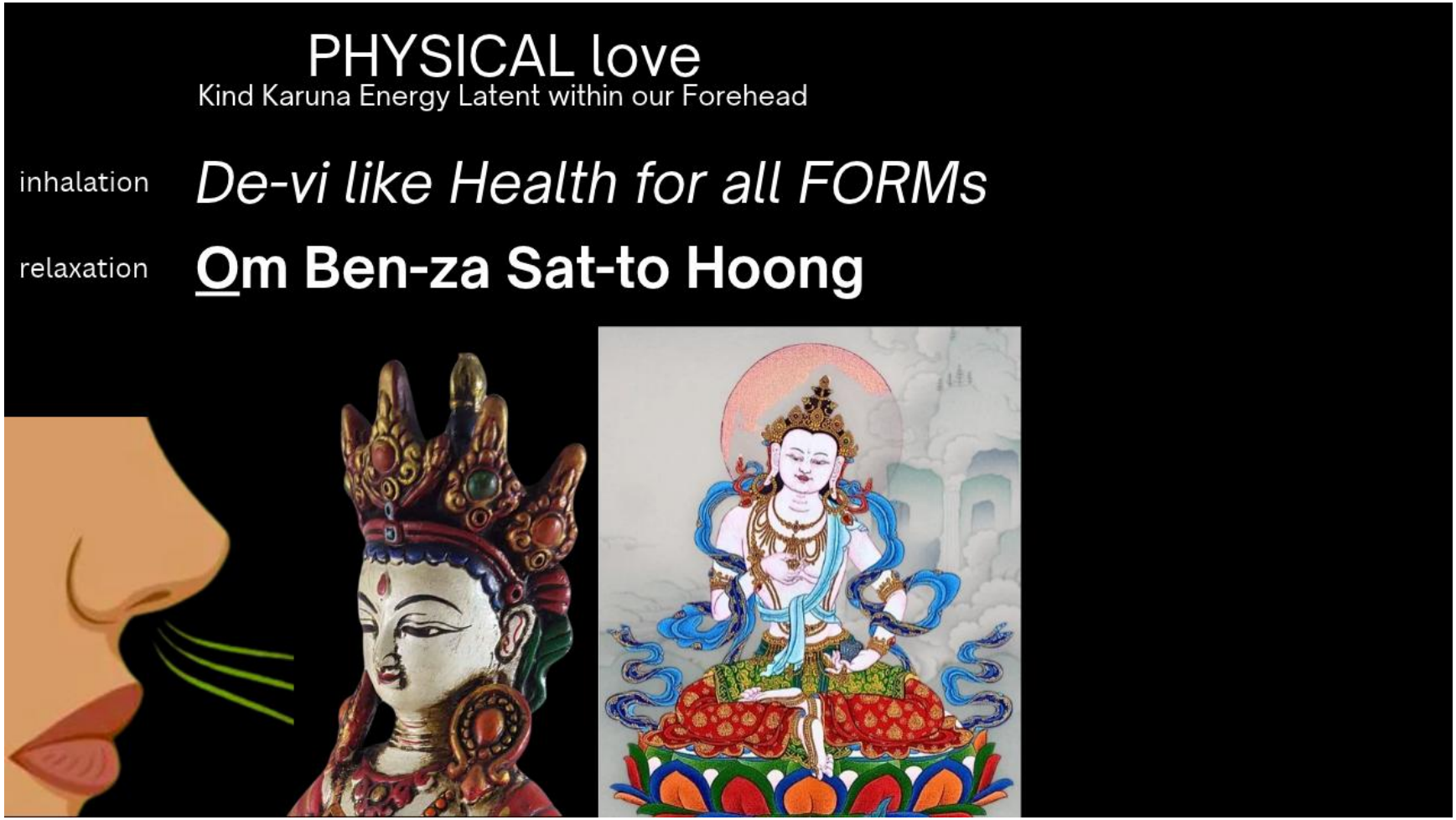
for all FORMs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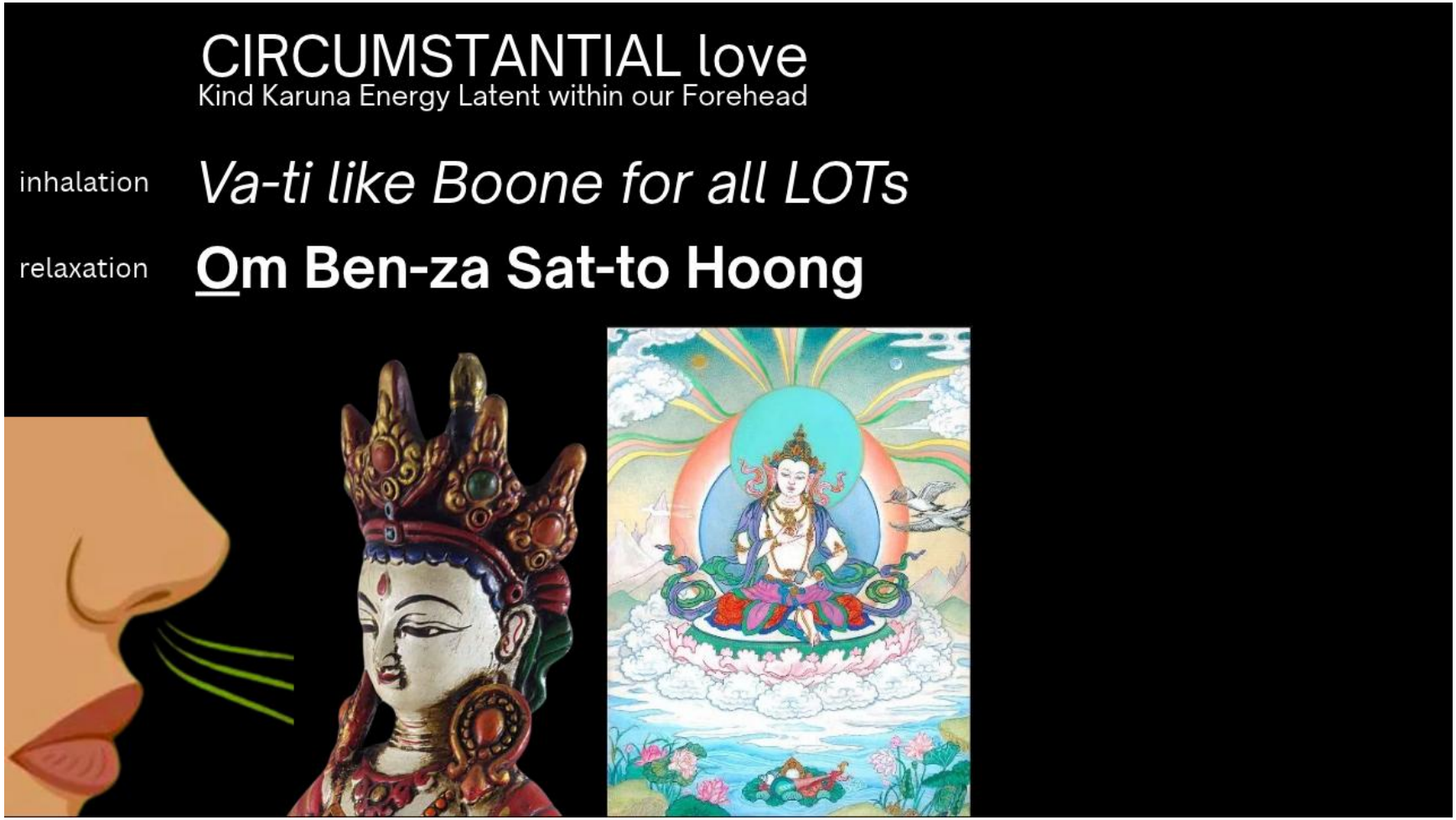
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Philosophical Mental Exercises

Tokal's Leap-over Conceit

Va-ti LOT/ Seen yet **Void**

Yi-dam FORM/ Felt yet **Void**

Man-tra SPEECH/ Heard yet **Void**

Bi-ja MIND/ Clear yet **Void** Tram

Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (*Watch/* **rest**)

Tokal's Leap-over Competition

Bi-ja WISE/ **for all MIND**s Om

Man-tra LOVE/ **for all SPEECH**

Yi-dam HEALTH/ **for all FORM**s

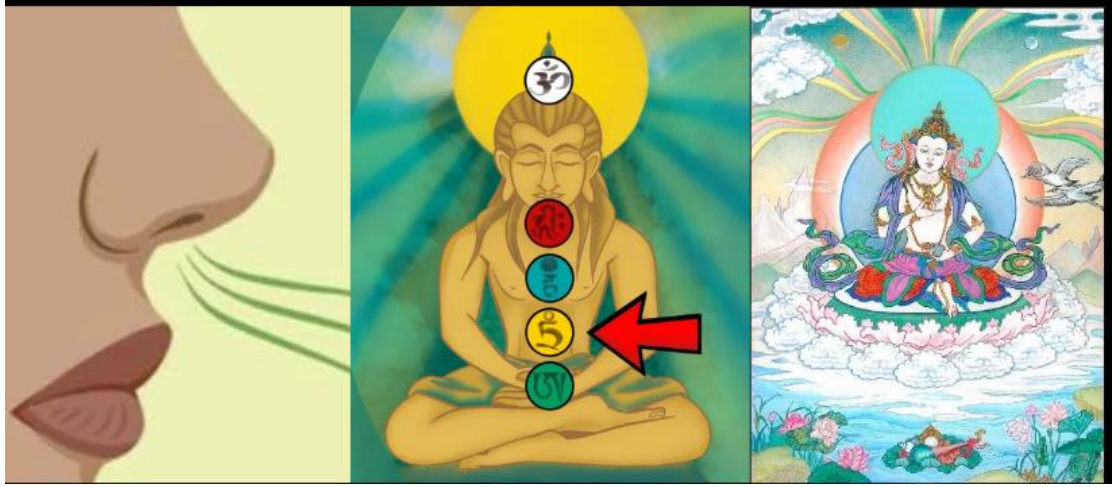
Va-ti BOONE/ **for all LOT**s

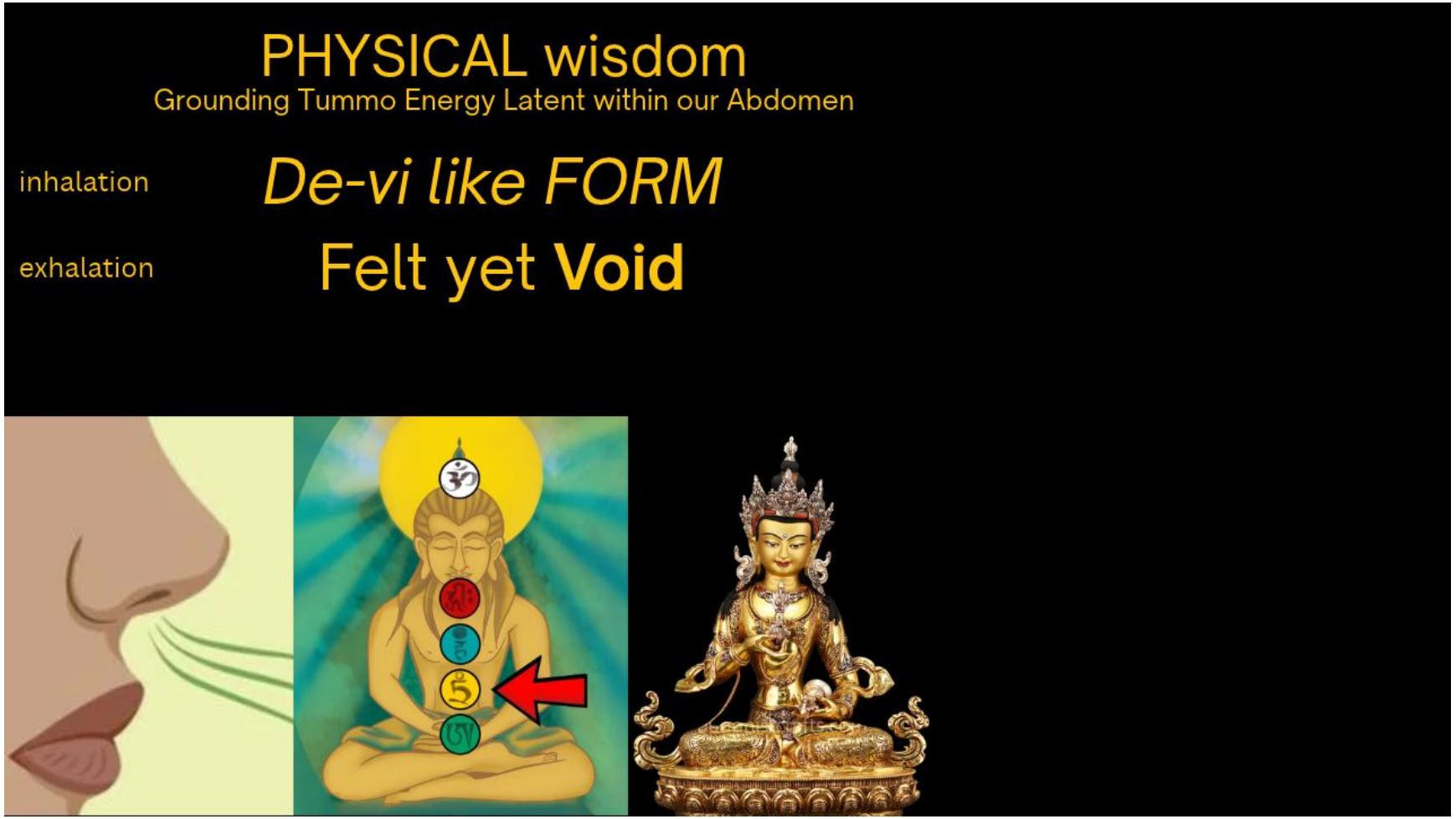
CIRCUMSTANTIAL wisdom

Grounding Tummo Energy Latent within our Abdomen

inhalation *Va-ti like LOT*

exhalation seen yet **Void**

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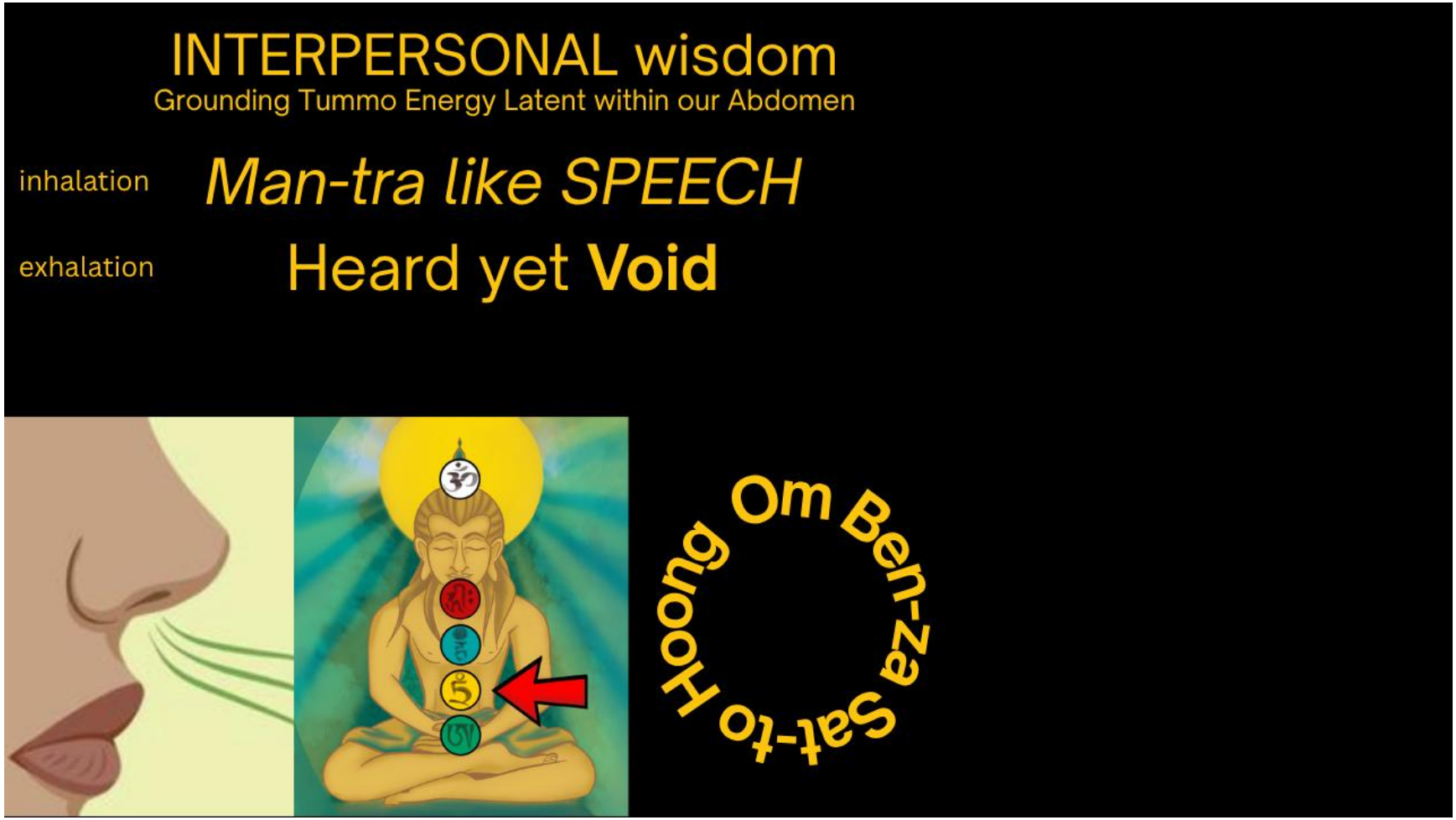
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MENTAL wisdom

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inhalation *Bi-ja like MIND*

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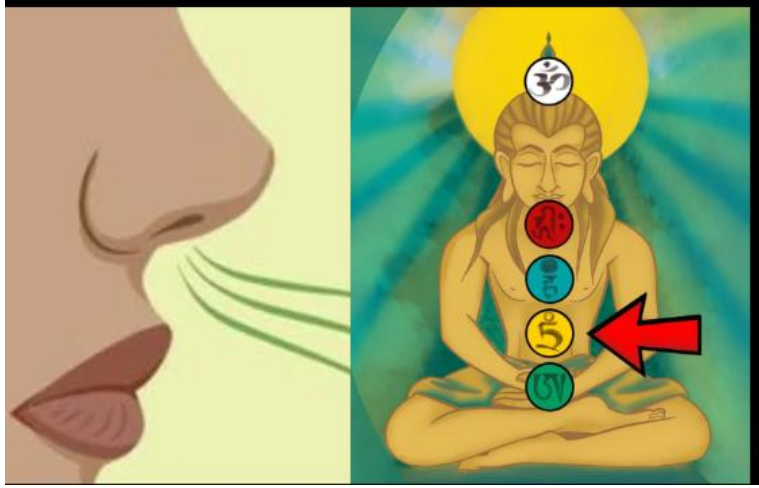

Tram

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inhalation
Tasting THIS
exhalation
relaxing

Philosophical Mental Exercises

Tokal's Leap-over Conceit

Va-ti LOT/ Seen yet **Void**
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Tikle's Channels, Winds & Drops

Feeling THIS/ **relaxing** (*Feel/* **rest**)

Trekcho's Slice-through Duality

Watching THIS/ **relaxing** (*Watch/* **rest**)

Tokal's Leap-over Competition

Bi-ja WISE/ **for all MIND**s Om
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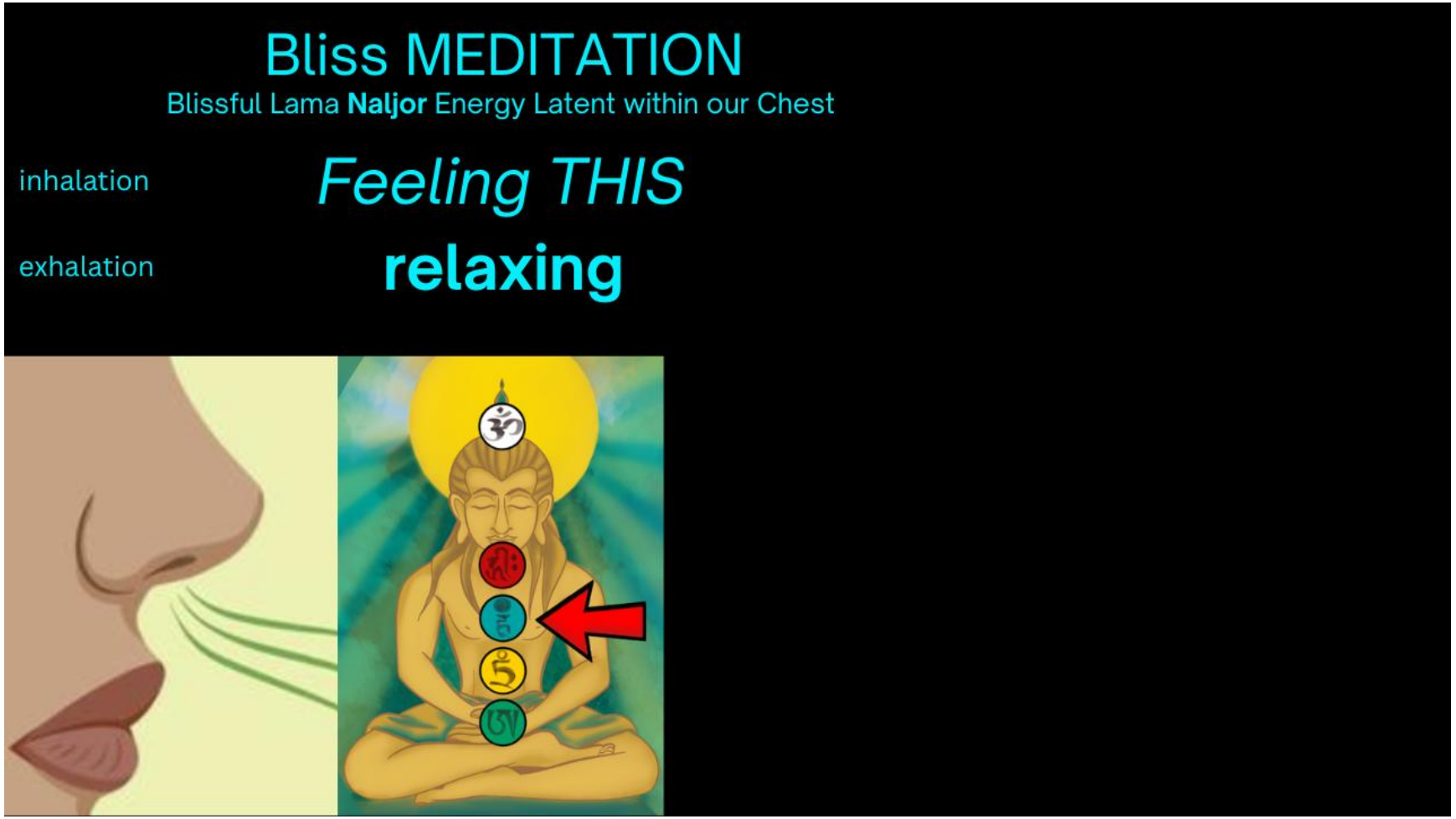
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Feeling THIS
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Philosophical Mental Exercises

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Tikle's Channels, Winds & Drops

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Trekcho's Slice-through Duality

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Tokal's Leap-over Competition

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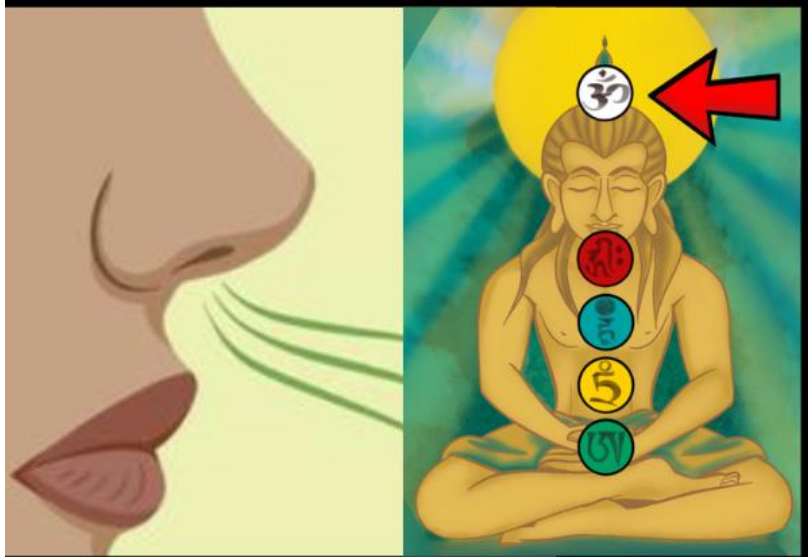
Peace MEDITATION

Peaceful Lama **Khyenno** Energy Latent within the Summit of our Scalp

inhalation *Watching THIS*

exhalation **relaxing**



Philosophical Mental Exercises

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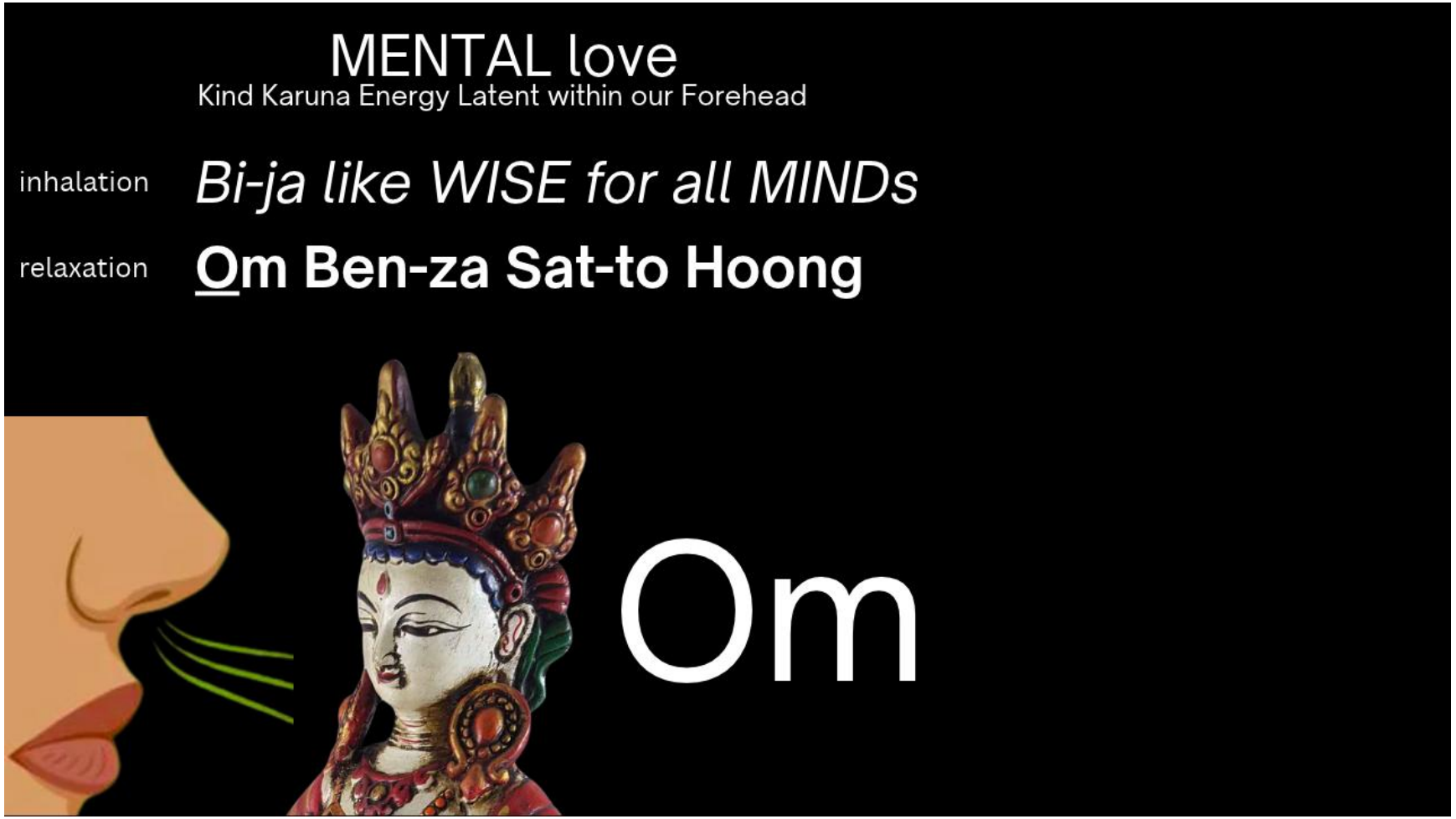
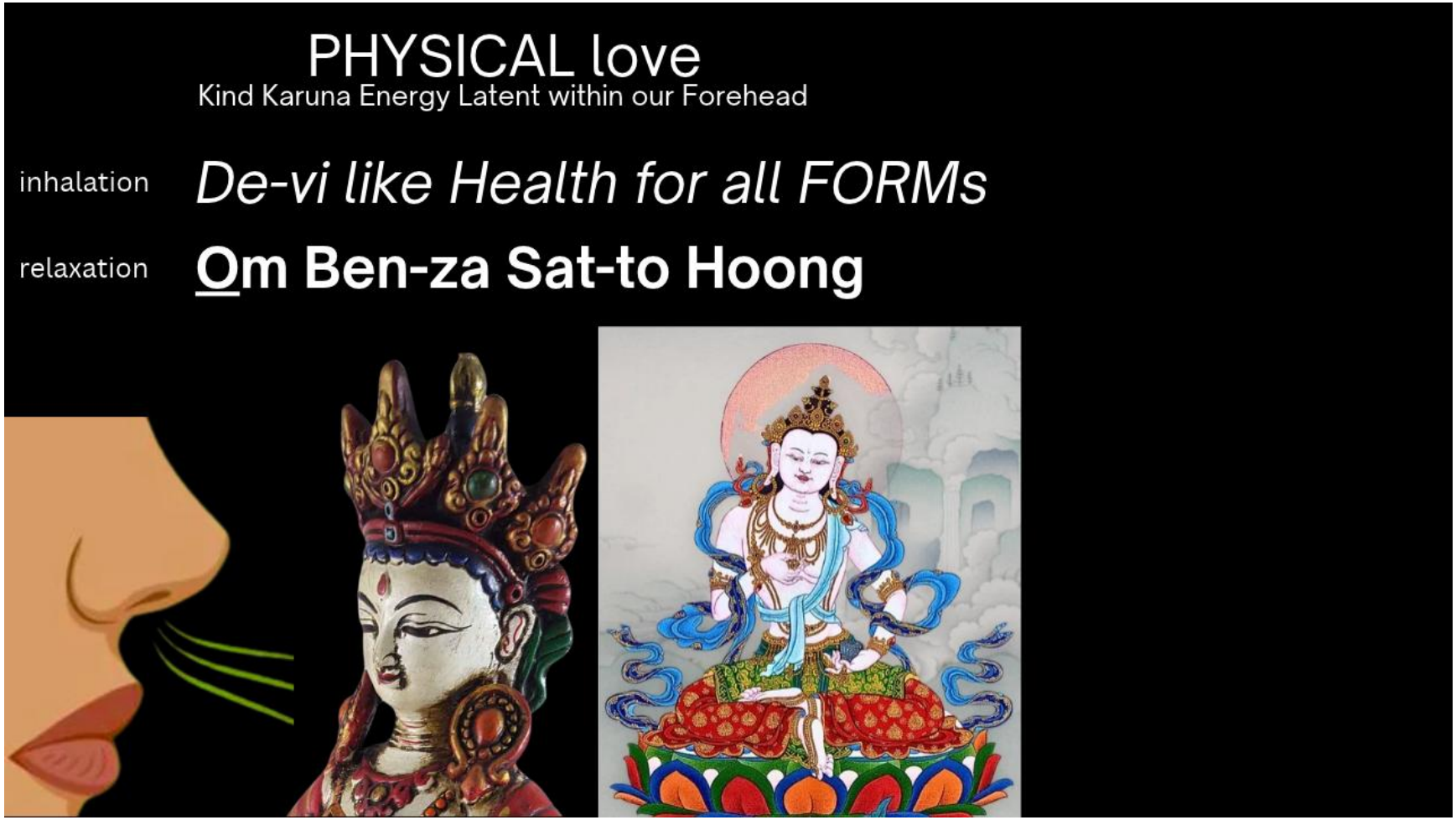
Va-ti BOONE/ **for all LOT**s
MENTAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Bi-ja WISE
for all MINDs
Om


MENTAL love
Kind Karuna Energy Latent within our Forehead
inhalation
Bi-ja like WISE for all MINDs
relaxation
Om Ben-za Sat-to Hoong
Om

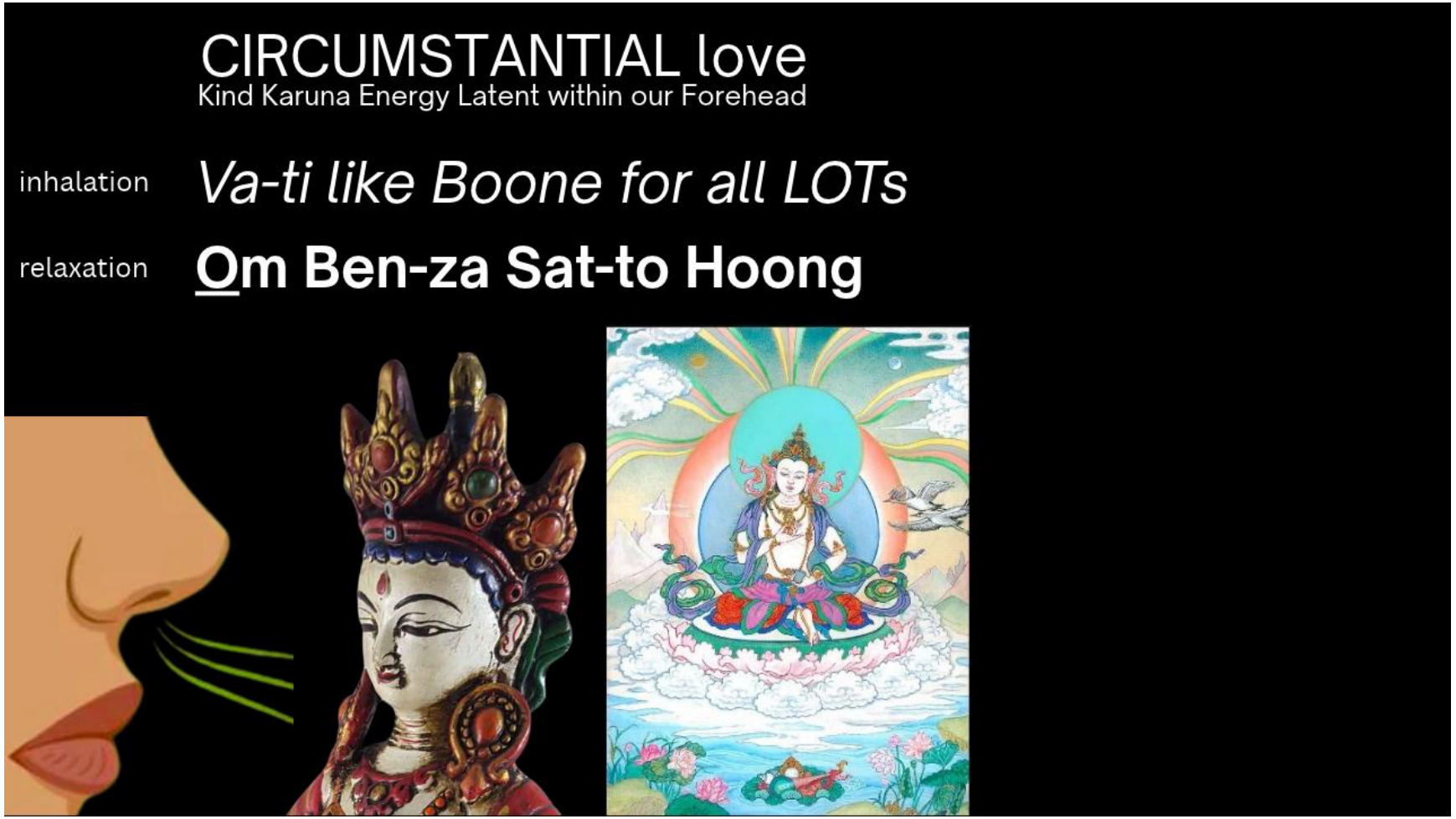
INTERPERSONAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Man-tra LOVE
for all SPEECH
Om Ben-za Sat-to Hoong

INTERPERSONAL love
Kind Karuna Energy Latent within our Forehead
inhalation
Man-tra like LOVE for all SPEECH
relaxation
Om Ben-za Sat-to Hoong
Om Ben-za Sat-to Hoong

PHYSICAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
De-vi HEALTH
for all FORMs


PHYSICAL love
Kind Karuna Energy Latent within our Forehead
inhalation
De-vi like Health for all FORMs
relaxation
Om Ben-za Sat-to Hoong

CIRCUMSTANTIAL love
Kind Karuna Energy Latent within our Forehead
inhalation
exhalation
Va-ti BOONE
for all LOTs


CIRCUMSTANTIAL love
Kind Karuna Energy Latent within our Forehead
inhalation
Va-ti like Boone for all LOTs
relaxation
Om Ben-za Sat-to Hoong

Chopping Squats