Easy Enlightenment COURSE

30oct26a

Meditate Like a Jedi

Four Noble Truths…… 4
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Treat PTSD with Walking Meditation... 110
The Ease of NON-duality…….. 120



Why Your Brain was Built to Meditate

Four Noble Truths

What is the difference between

Proto Buddhism and Institutional Buddhism?



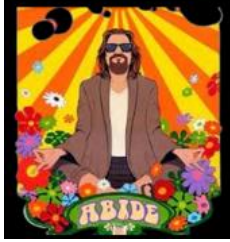




Sturgeon's Law

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



Astrophysicist

Neil deGrasse Tyson



1st STRESS

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

2nd CAUSE

or the desires and dreads of our survival response

Fuck it?

Feed on it?

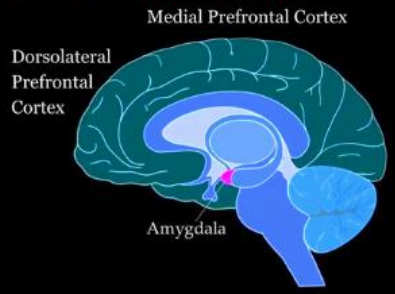
Fight it?

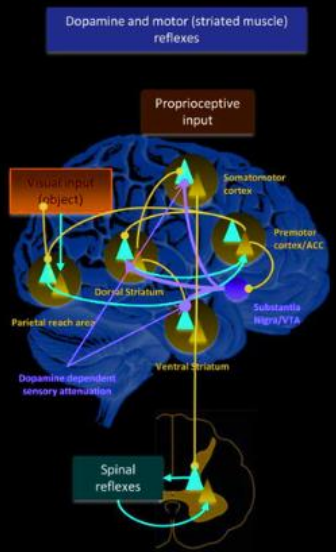


Flee from it?

Faint before it?

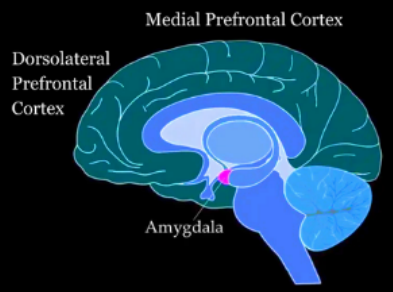
Fawn over it?





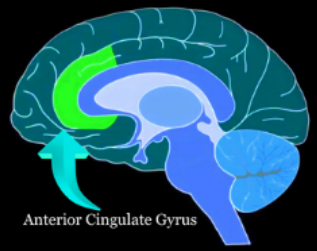
3rd LIBERATION

from the Tyranny of Survival's Instincts

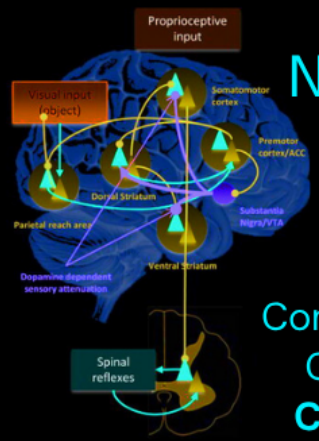


Dopamine and motor (striated muscle) reflexes

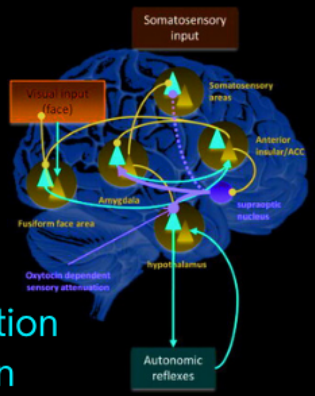
Samsara Nature



Oxytocin and autonomic (smooth muscle) reflexes



Nirvana/Buddha Nature



Competition vs. Cooperation

Cruelty vs. Compassion

Craving vs. Contentment

4th PATH

the Eight-fold Path of Enlightenment

Wise VIEW supporting release

1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over pride's obstructions to omniscience)

Compassionate ACTION

2 - Right Mentally Kind Intention
(the essence of the Bodhisattva Vows
that leaps over jealously's obstructions to omniscience)

3 - Right Interpersonally Kind Communication

4 - Right Physically Kind Conduct
(non-violent essence of the Pratimoksha Vows)

5 - Right Circumstantially Kind Commerce
(cruelty & competition transformed into compassion & cooperation)

Liberating MEDITATION (as described by the seven enlightenment factors)

6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) **4 & 3**

7 - Right Mindfulness 1, 2, & 6

8 - Right Meditation
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

end



The Meditation that Unlocks Inner Freedom

Eight-fold Path of Enlightenment

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Proto Buddhism and Institutional Buddhism?



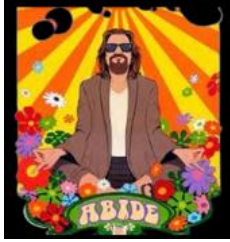




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Egalitarian,	Elitist,
Lucid,	Cryptic,
Cooperative, &	Competitive, &
Kind	Cruel



What is Enlightenment?

1. Mastery of Eight-fold Path
2. Mastery's Definition
3. Mastery's Examples
4. Buddha's Promise

The Dynamos of the Path

Wise VIEW supporting release

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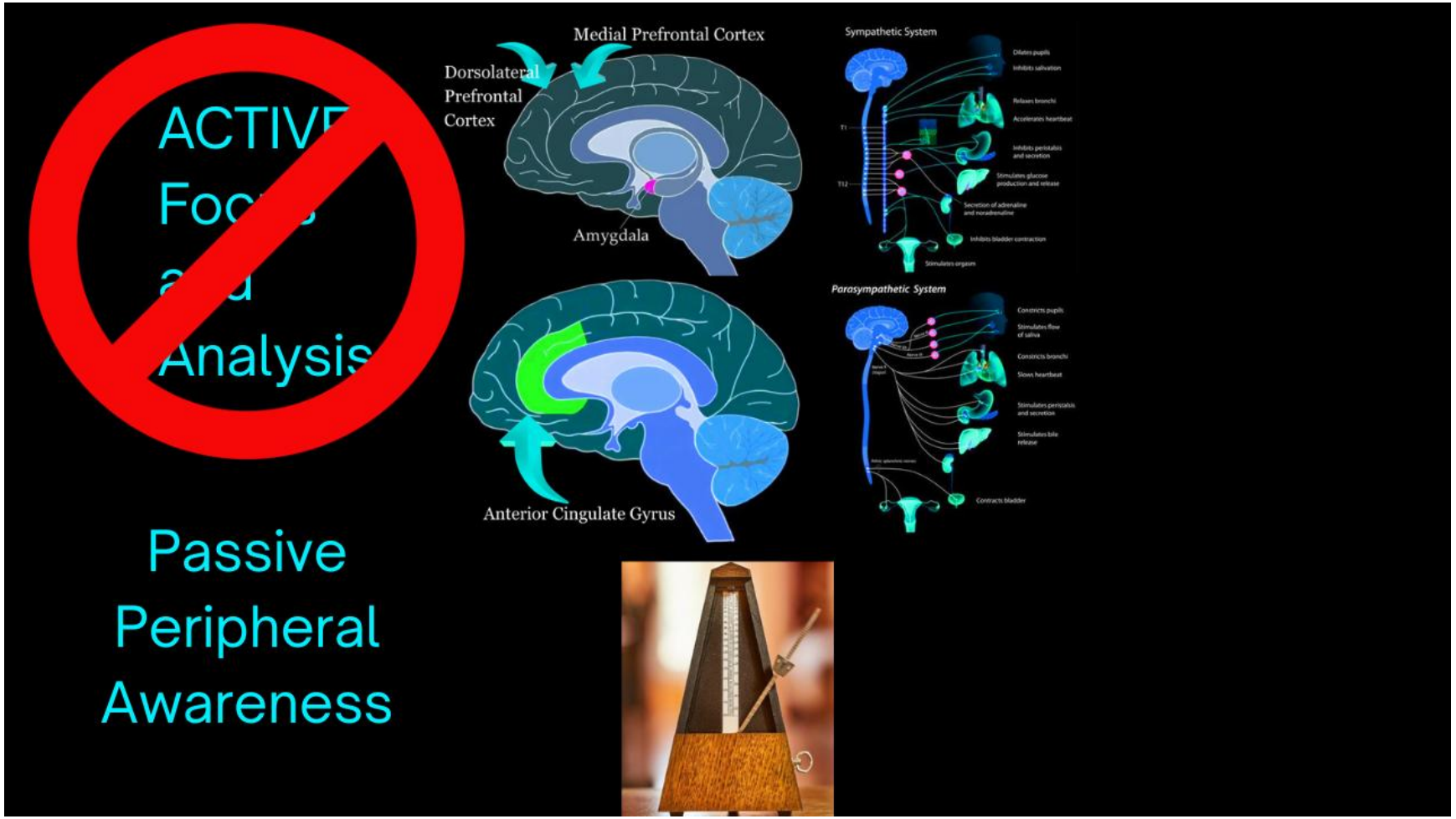
5 - Right Circumstantially Kind Commerce
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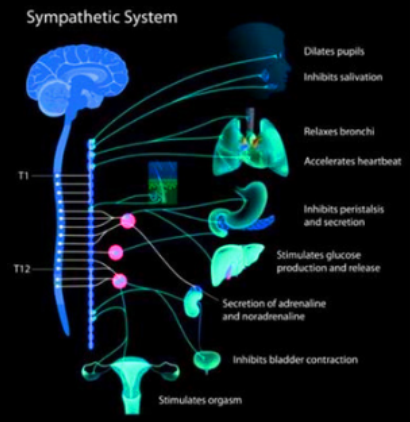
8 - Right Meditation
(*that slice through duality's obscuring emotions of dread and desire*) **5 & 7**


ACTIVE
Foc
a
Analysis
Medial Prefrontal Cortex
Dorsolateral
Prefrontal
Cortex
Amygdala
Anterior Cingulate Gyrus
Sympathetic System
Dilates pupils
Inhibits salivation
Relaxes bronchi
Accelerates heartbeat
T1
Inhibits peristalsis
and secretion
T12
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
Peripheral
Awareness

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 *Watch* inhalation

Meditation **rest** exhalation

Meditation

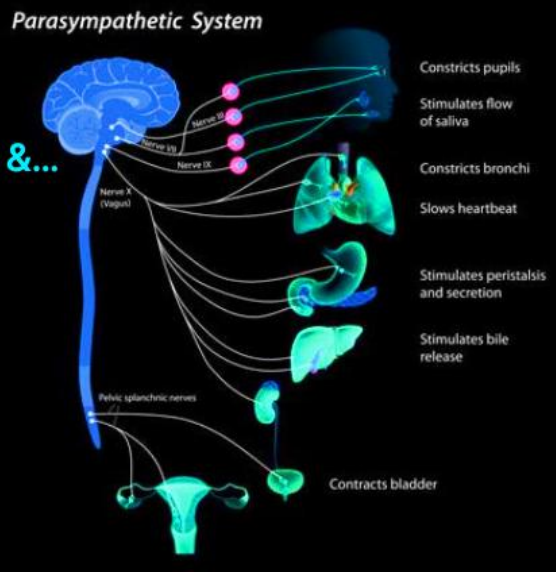
Mindfulness ***Watch*** inhalation

Meditation **rest** exhalation

Fleetingly:

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





The 1st Fold of the Path

Wise VIEW supporting release

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(*that leaps over pride's obstructions to omniscience*)

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(the essence of the Bodhisattva Vows
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7 - Right Mindfulness 1, 2, & 6

8 - Right Meditation
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

Meditation

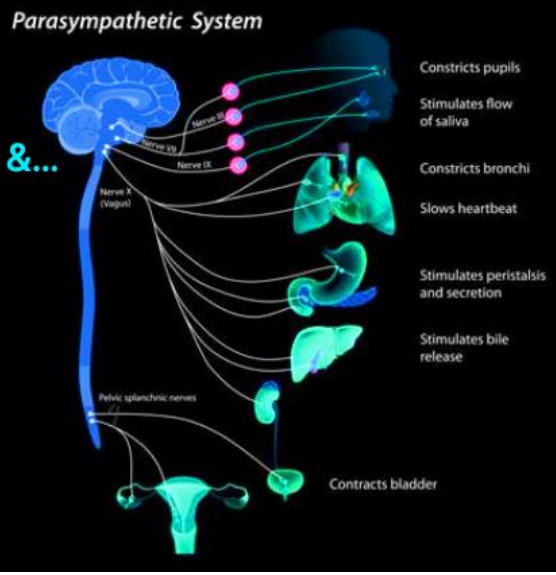
Mindfulness ***Watch*** inhalation

Meditation **rest** exhalation

Fleetingly:

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- **LESS defining (*NOT-self*) &...**
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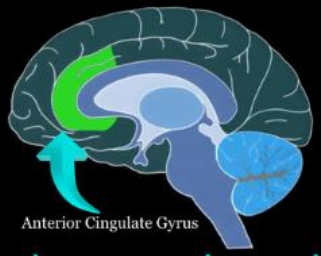


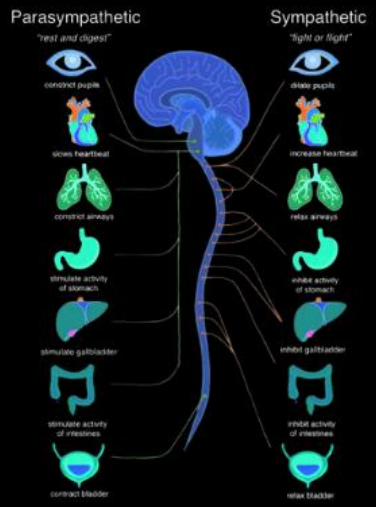






The Highest Love





is the spontaneous and uncontrived byproduct of simply:

- **sitting, and**
- **breathing, and**
- **watching and**
- **resting.**

The 2nd Fold of the Path

Wise VIEW supporting release

1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over *pride's* obstructions to omniscience)

Compassionate ACTION

2 - Right **Mentally Kind Intention**
(*the essence of the Bodhisattva Vows*
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(non-violent essence of the Pratimoksha Vows)

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The 3rd Fold of the Path

Wise VIEW supporting release

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Compassionate ACTION

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8 - Right Meditation
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

The 4th Fold of the Path

Wise VIEW supporting release

1 - Right View of Impermanence, NO-self, and Emptiness
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7 - Right Mindfulness 1, 2, & 6

8 - Right Meditation
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

The 5th Fold of the Path

Wise VIEW supporting release

1 - Right View of Impermanence, NO-self, and Emptiness
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Compassionate ACTION

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(the essence of the Bodhisattva Vows
that leaps over *jealously's* obstructions to omnicience)

3 - Right Interpersonally Kind Communication

4 - Right Physically Kind Conduct
(NON-violent essence of the Pratimoksha Vows)

5 - Right **Circumstantially Kind Commerce**
(*cruelty & competition transformed into compassion & cooperation*)

Liberating MEDITATION (as described by the seven enlightenment factors)

6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) **4 & 3**

7 - Right Mindfulness 1, 2, & 6

8 - Right Meditation
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

The 6th Fold of the Path

Wise VIEW supporting release

1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over *pride's* obstructions to omnicience)

Compassionate ACTION

2 - Right Mentally Kind Intention
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3 - Right Interpersonally Kind Communication

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(NON-violent essence of the Pratimoksha Vows)

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Liberating MEDITATION (as described by the seven enlightenment factors)

6 - Right **Effortless Effort** (*that is Joyful Love's Centered Spontaneity*) **4 & 3**

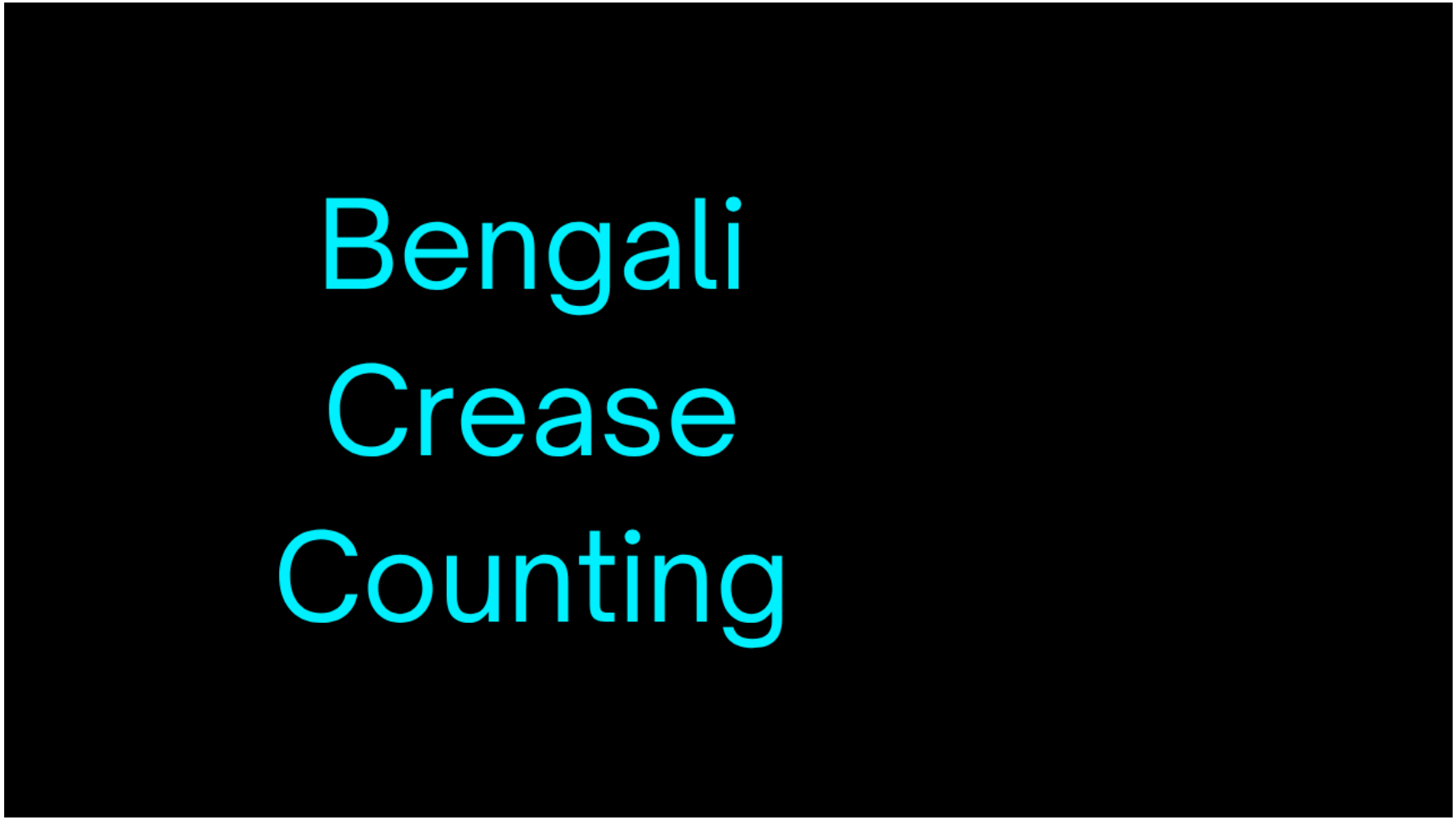
7 - Right Mindfulness 1, 2, & 6

8 - Right Meditation
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

end



Meditation Timing that Unlocks Deeper Practice


Bengali
Crease
Counting

New, Exciting, and Scary...



In days of yore...





Technological Terror



Cranky Fascists



We’ll always have our Hands

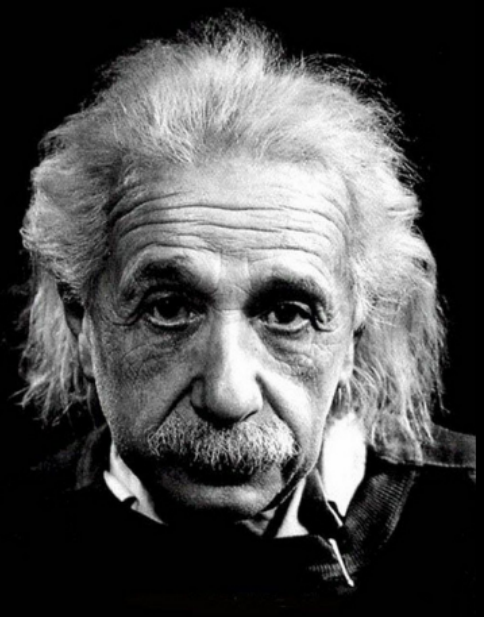


Effortless
Energy
Work

“Luminous beings
are we.
NOT this
crude matter.”

-Yoda

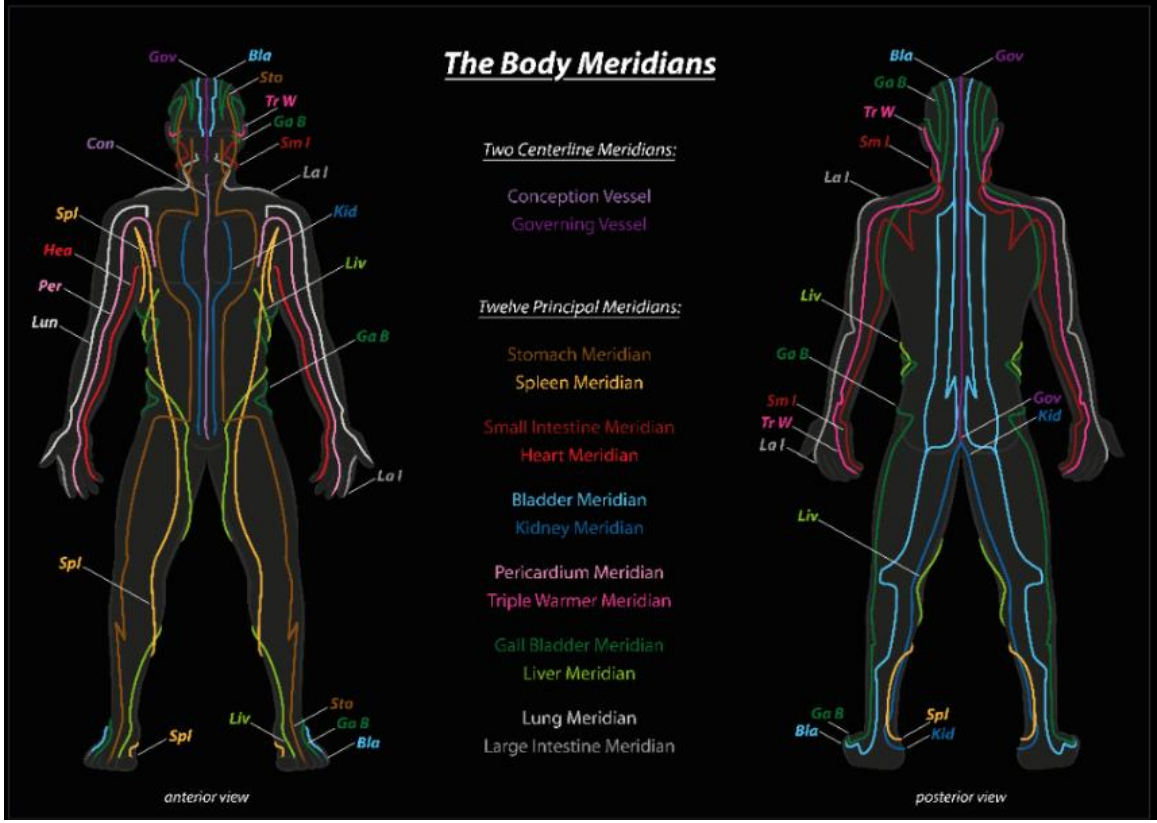




Any intelligent fool
can make things bigger
and more complex...
it takes a touch of genius
and a lot of courage
to move
in the opposite direction

Neo Taoist

Two Plus Twelve Meridian System



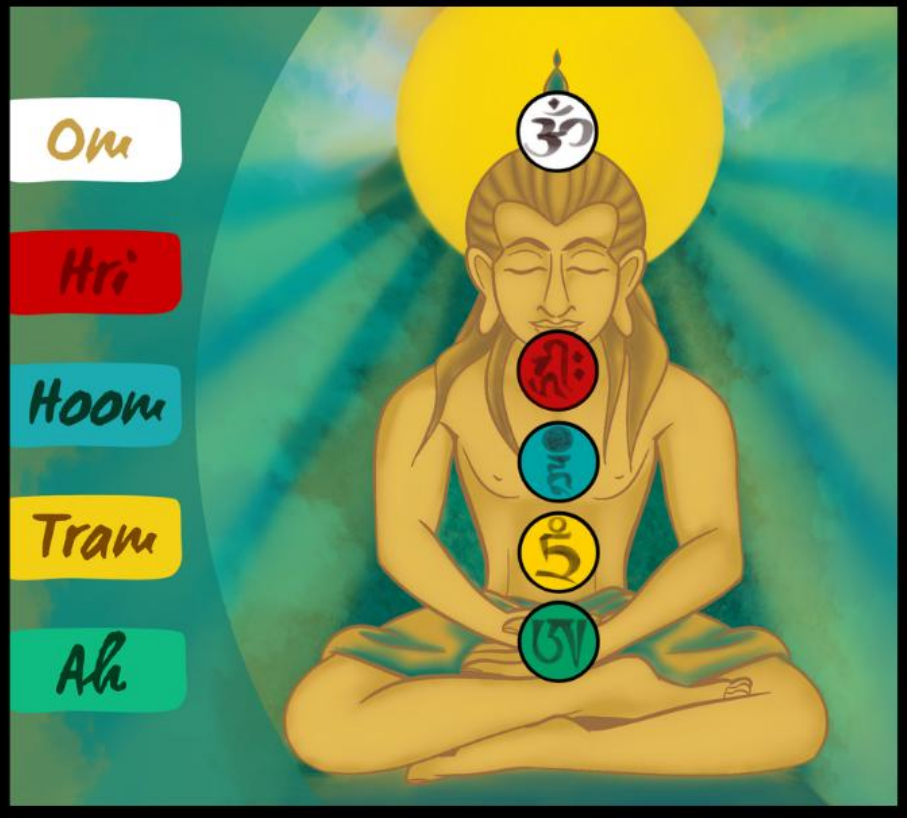
Popular Hindu

Seven Chakra System



Buddhist Tantric

Five Chakra System



Grounding MEDITATION

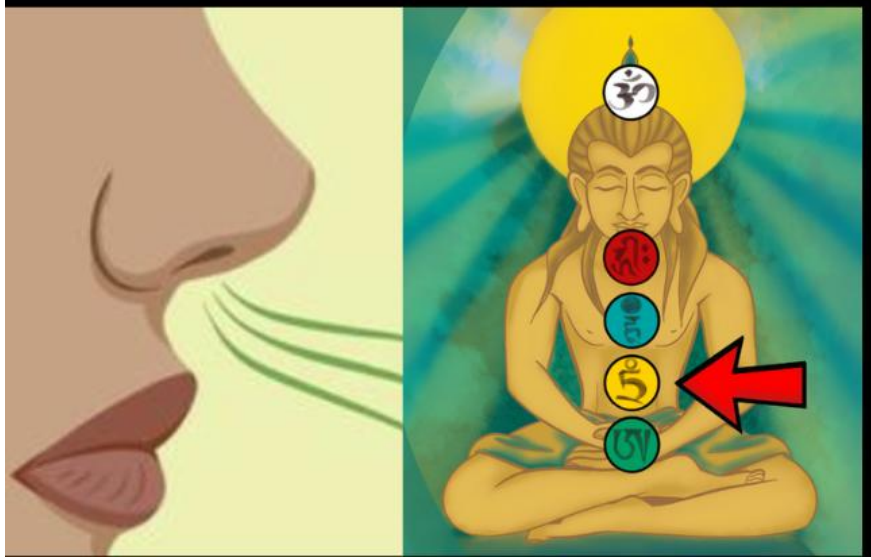
Utilitarian Set of Mental Exercises

inhalation

exhalation

Tasting THIS

relaxing



Bliss MEDITATION

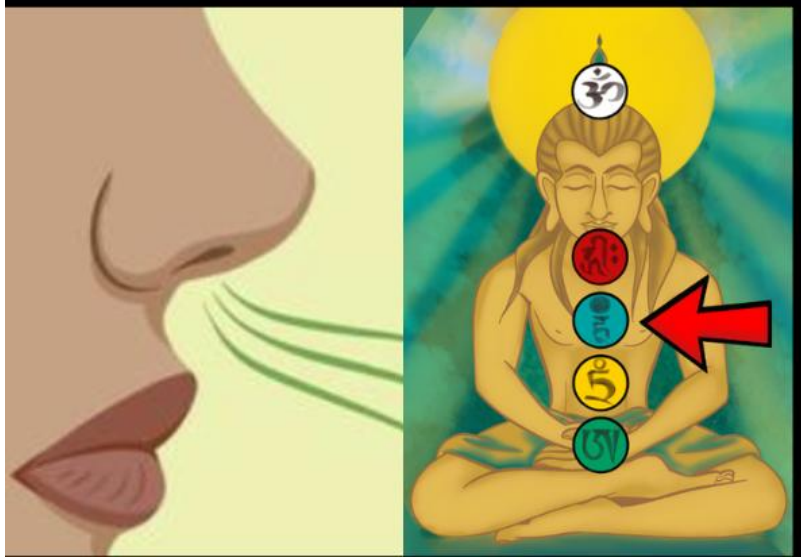
Utilitarian Set of Mental Exercises

inhalation

exhalation

Feeling THIS

relaxing



Peace MEDITATION

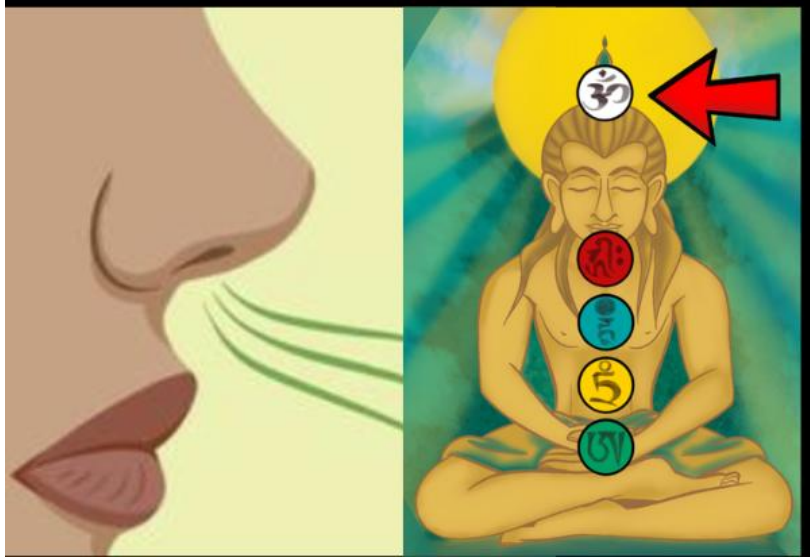
Utilitarian Set of Mental Exercises

inhalation

exhalation

Watching THIS

relaxing



Reps, Sets, and Collections

Right hand - 16 **repetitions** (*inhalations*)- a little more than 1 minute

Left hand - 16 **sets** (of 16 repetitions each) - about 20 minutes

Left index tip supports Right index lower knuckle,
1st **Collection** of 256 inhalations - about 20 minutes

Left index tip supports Right index Middle knuckle,
2nd **Collection** of 256 inhalations - about 40 minutes

Left index tips supports Right index Higher knuckle,
3rd **Collection** of 256 inhalations - about 60 minutes

Left middle tip supports Right middle lower knuckle,
4th **Collection** of 256 inhalations - about 80 minutes

Left middle tip supports Right middle Middle knuckle,
5th **Collection** of 256 inhalations - about 100 minutes

Left middle tips supports Right middle Higher knuckle,
6th **Collection** of 256 inhalations - about 120 minutes

end



Stop
Teaching Meditation
before you
Learn This

Meditation Teachers: SELECTING & TRAINING

Selecting a Lama

Be Sure to IGNORE their:

beauty,
charm,
popularity, and
wealth

ALL that Matters
is their ability to:

PACIFY our
anxiety and aggression

and INCREASE our
peace and love

Training to be a Lama

Buddha
versus
Lama

7 days

versus

20,000 hours

10,000 hours
STUDYING
“Easy Enlightenment”
and
“Vast Space of Vajrasattva”

10,000 hours
practicing authentic
Mindfulness and Meditation

Goal?
MASTERY of:
teachings and
self

One Day Retreat

5am	**Study**
6am	**Mindfulness & Meditation**
7am	*Rest*
8am	*Choirs*
9am	**Study**
10am	**Mindfulness & Meditation**
11am	*Rest*
12pm	*Socializing*
1pm	**Study**
2pm	**Mindfulness &Meditation**
3pm	*Rest*
4pm	*Socializing*
5pm	**Study**
6pm	**Mindfulness & Meditation**

Time Table

8 hours a day (*monastic commitment*) - 7 years
2 hours before work and 2 hours after work - 14 years

Journel

By your side
- studying,
- meditating,
- throughout the day.

Jot down your questions.
Submit them during livestream.

Monastic Ranking

100 - 10,000 hours	-	apprentice lama	Maroon Skirt	White Shirt & Shawl
10,001 - 20,000 hours	-	journeyman lama	Maroon Skirt	Maroon Shirt & Shawl
20,000 + hours	-	master lama	Maroon Skirt	Ochre Shirt & Shawl

Supplimentary Training

Energy-work
Composition
Public Speaking

Monastic Support

EVENTUALLY Buddha Joy Meditation School will support
CURENTLY all lamas are self supporting

Some train while:
part-time
retired,
disabled, or
homeless/ monastery/ Dhammapada.

Energy Work

- 100 hours of study and practice
- 2 folding chairs
- you're the healer of last resort
  only after doctors fail
- absolutely NO fees or manditory donations

Method

Patient sits in folding chair.

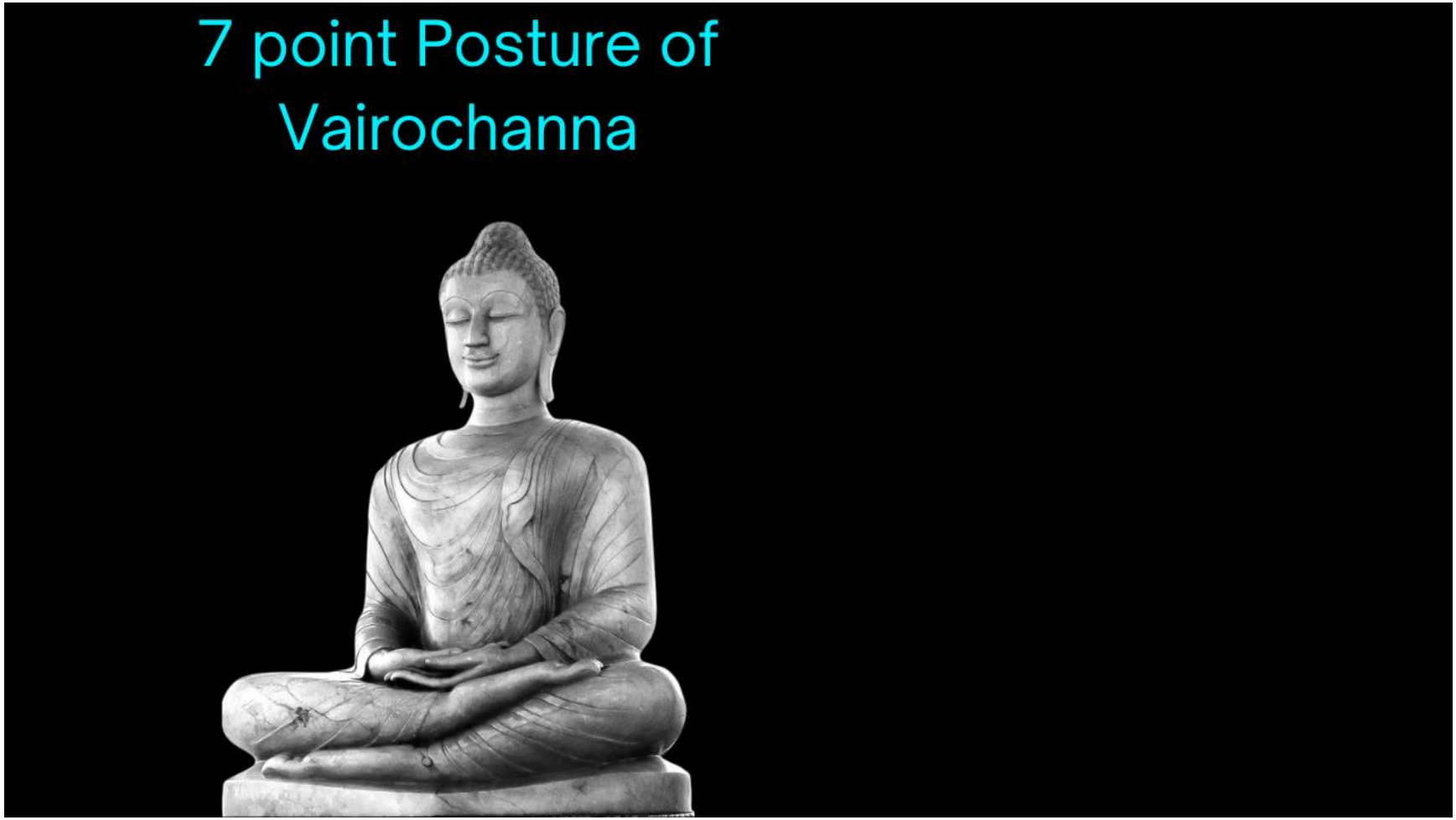
Lama sits on floor holding patient's right foot (watch/rest)
Lama sits on chair holding patient's right hand (watch/rest)

Lama sits on floor holding patient's left foot (feel/rest)
Lama sits on chair holding patient's left hand (feel/rest)

end



How to Sit for Meditation (*Sustainable Posture Guide*)



Mahasiddhas

FIRST point: **Legs**



Mexican Yoga Blanket



Folly of the FULL lotus



A Tale of Two Archetypes

The Buddha (*Gautama or Shakyamuni*) and his Foolish Cousin (*Devadatta*)



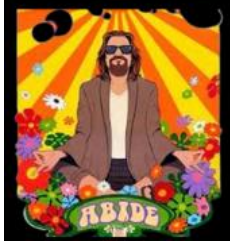




Sturgeon's Law

Ninty-percent of everything Sucks!





Proto-Buddhism:
Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

Institutional Buddhism:
Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



Wisdom of the QUARTER lotus



Patience with the QUARTER lotus





SECOND point: **Hands**

Lap,
Thumbs,
Crown, and
Chest

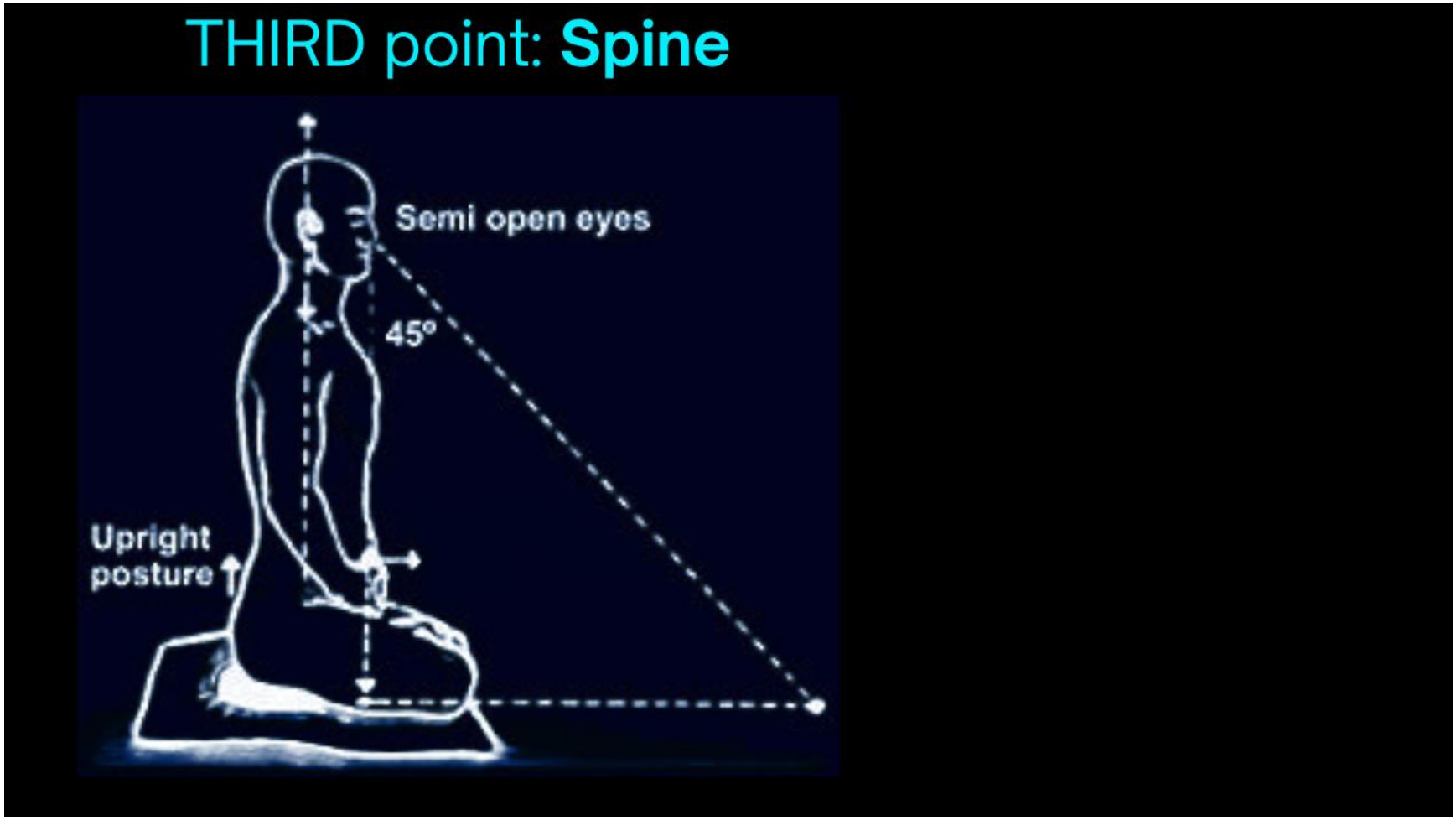
Passaddhi Mudra
Meditation Gesture

Mindfulness ***Watch*** inhalation

Meditation **rest** inhalation



Download FREE
practice materials
LinkTr.ee/LamaJigmeG



vertical traction and ease with breath

FOURTH point: **Shoulder-blades**





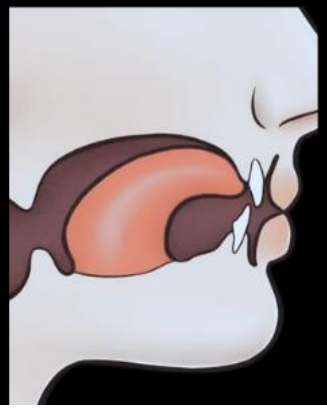
FIFTH point: **Chin**



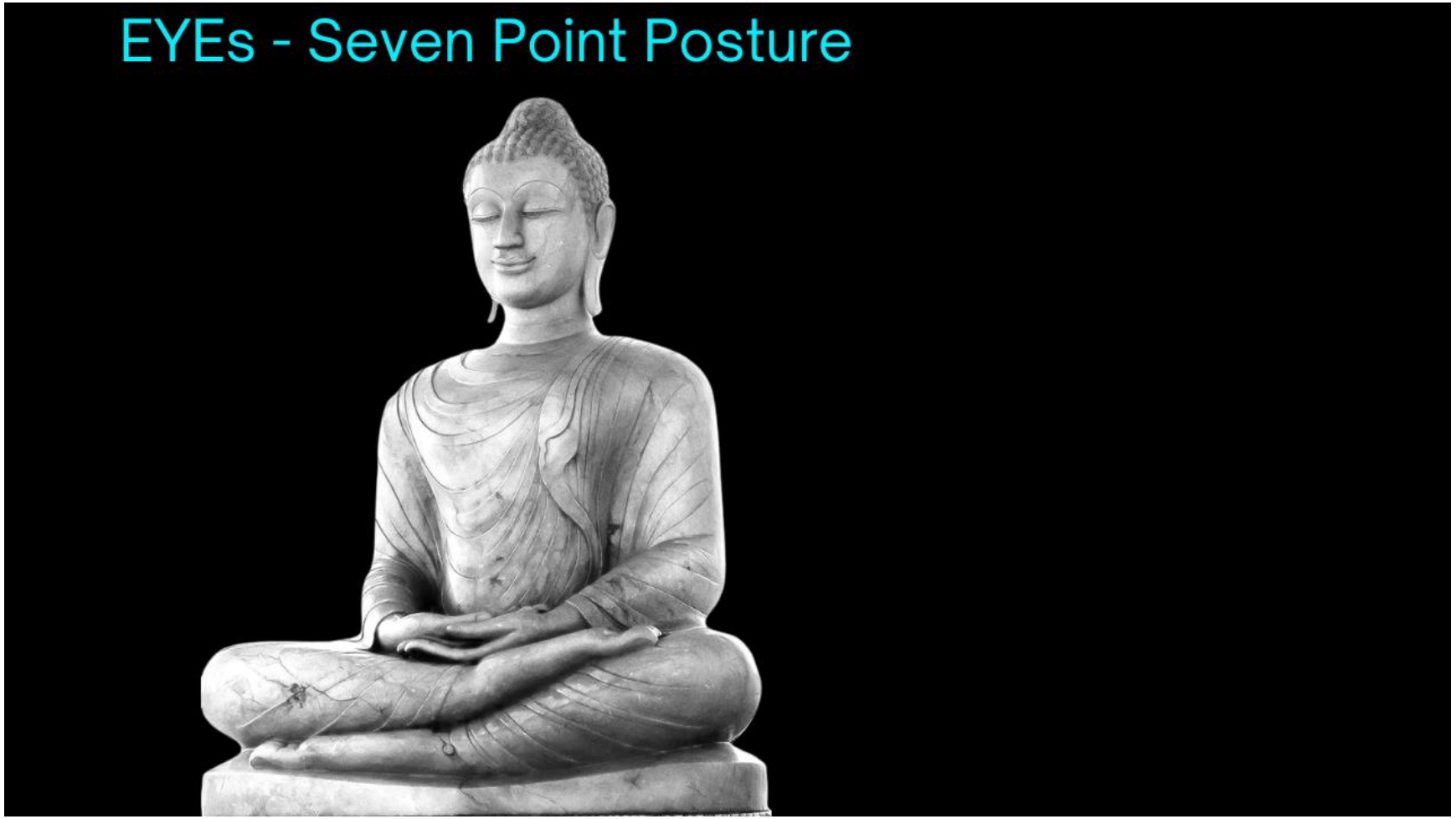
(scapula and *zen technique*) end

SIXTH point: **Mouth**

TONGUE - roof, incisors
JAW - open
LIPS - closed
EXPRESSION - spontaneous



EYEs - Seven Point Posture





end of lesson



The Symbols that Unlock Deep Meditation

Tantric Symbolism Explained

What is the difference between

Proto Buddhism and Institutional Buddhism?



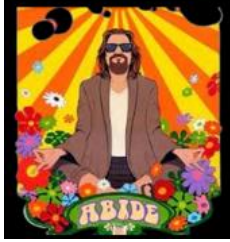




Sturgeon's Law

Ninty-percent of everything Sucks!





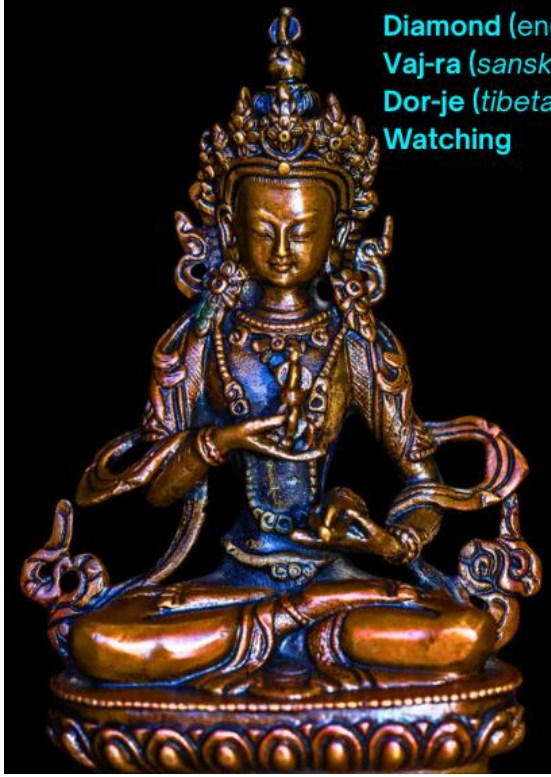
Yin's Spiritual Matriarchy	Yang's Religious Patriarchy
Flexible,	Rigid,
Loving,	Fearful,
Rational,	Superstitious,
Laid-back,	Controlling,
Egalitarian,	Elitist,
Lucid,	Cryptic,
Cooperative, &	Competitive, &
Kind	Cruel



Diamond Mind

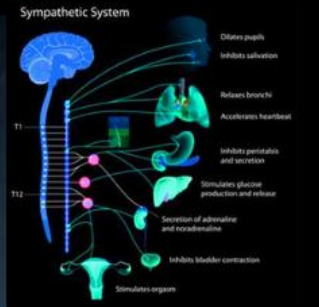
Diamond-like Strength of a Mind Well Tained in Authentic Mindfulness and Meditation

Vaj-ra Sat-tva (*sanskrit*) Dor-je Sempa (*tibetan*)



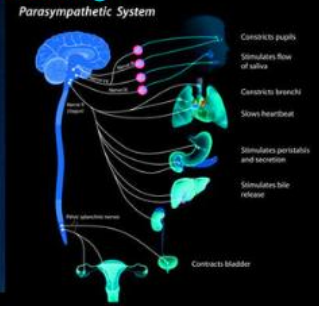
Diamond (english)
Vaj-ra (*sanskrit*)
Dor-je (*tibetan*)
Watching







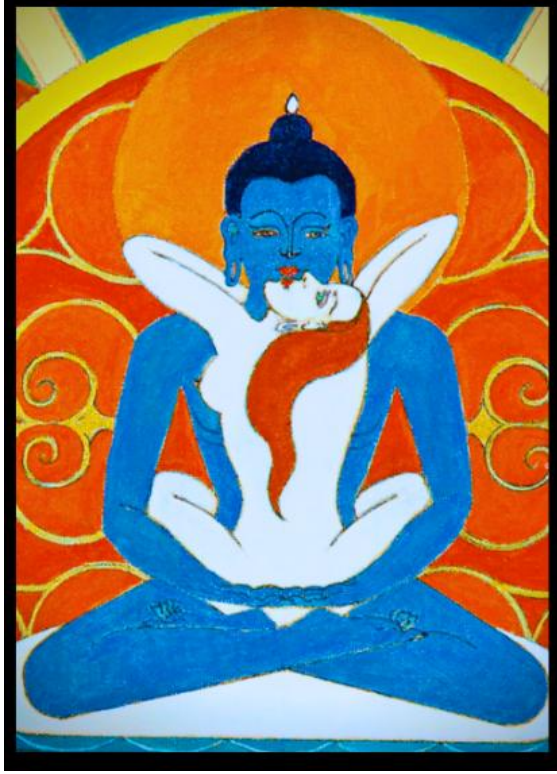
Bell (english)
Ghan-ta (*sanskrit*)
Dril-bu (*tibetan*)
Resting



ALL-good Ones

The ALL-good Mother and Father Sporting in Tantric Union

Sa-man-ta-bha-dra Kar-ma Mudra (*sanskrit*) Kun-tu-zang-po Yab Yum (*tibetan*)

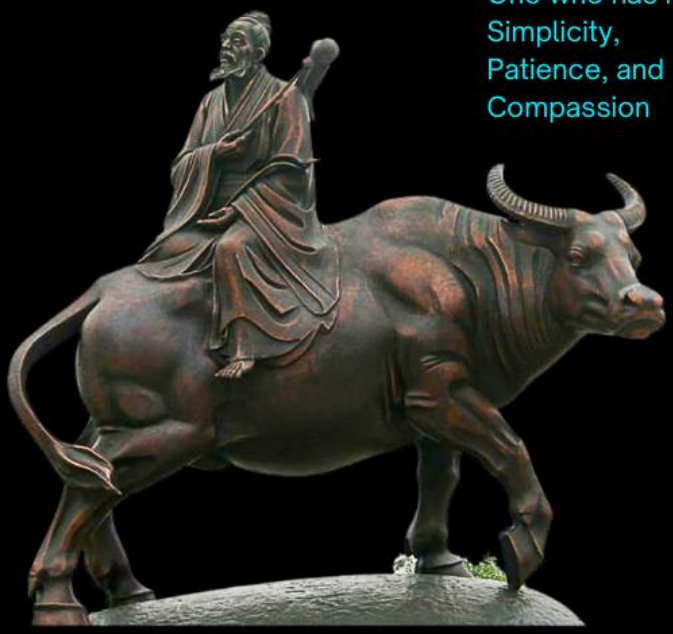


One who is the Color
of a Cumulous Cloud
representing **Spontaneity**

One who is the Color
of the Infinite Azure Sky
representing **Centeredness**

Old Teacher

Lao Tzo



One who has mastered:
Simplicity,
Patience, and
Compassion

Conclusion



The Mastery
of Authentic
Mindfulness and
Meditation



Generates the
Centered
Spontaneity



That Make Us
Fortunate,
Care-free and
at Ease

end



Why Meditation Only Makes Sense Through the Lens of Neuroscience

Neuroscience of Meditation

The Neuroscience of Meditation

- Wrong way and
- Right way

Wrong Way to Meditate

A Tale of Two Archetypes

The Buddha (*Gautama or Shakyamuni*) and his Foolish Cousin (*Devadatta*)



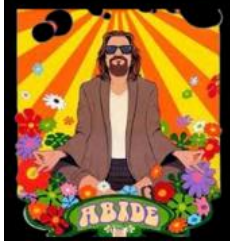




Sturgeon's Law

Ninty-percent of everything Sucks!





Proto-Buddhism:
Flexible,
Loving,
Rational,
Laid-back,

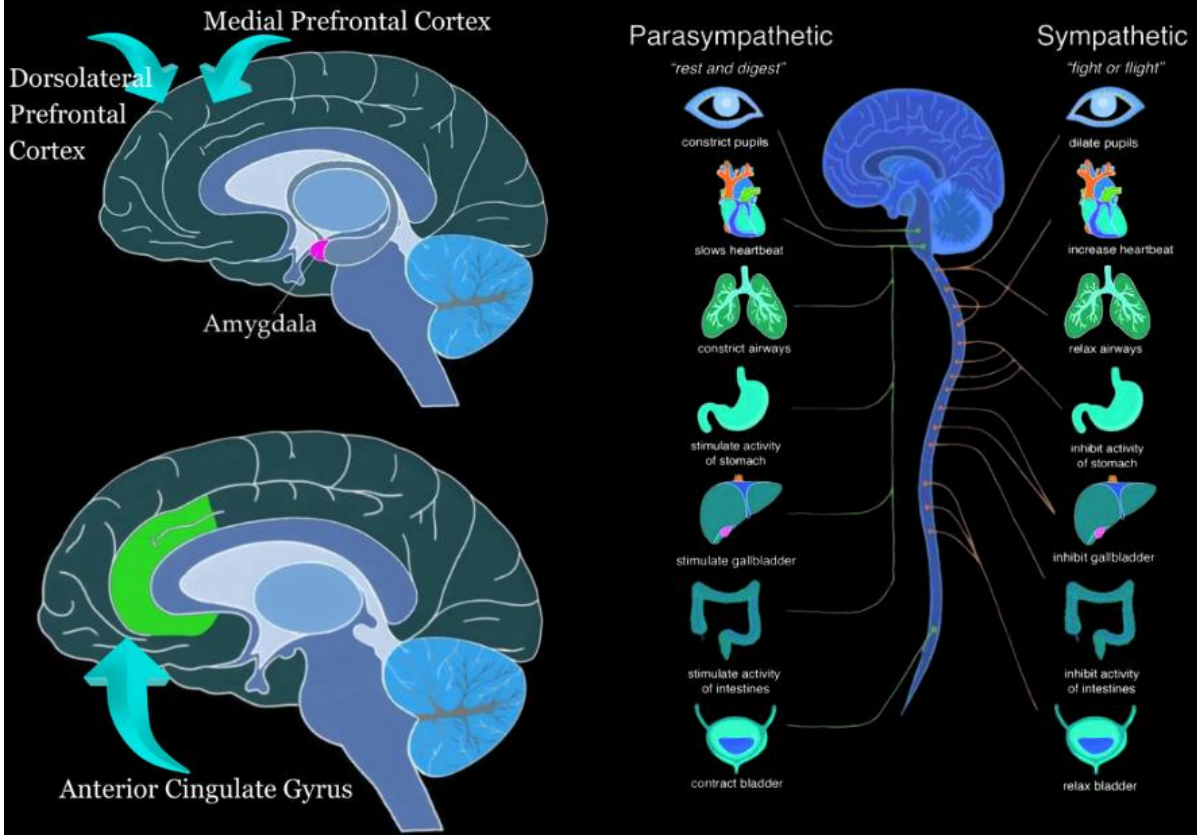
Egalitarian,
Lucid,
Cooperative, &
Kind

Institutional Buddhism:
Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



The Price of Rigidity & Control



Right Way to Meditate

A Tale of Two Archetypes

The Buddha (*Gautama or Shakyamuni*) and his Foolish Cousin (*Devadatta*)



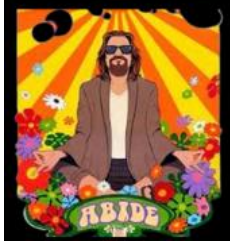




Sturgeon's Law

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Proto-Buddhism:
Flexible,
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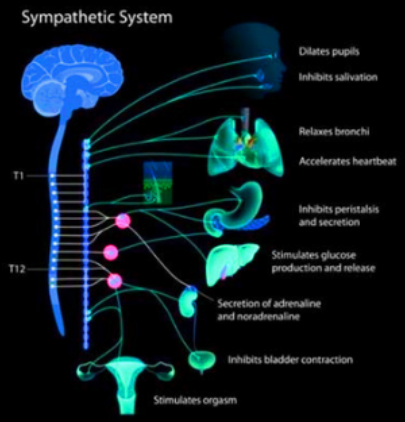
Elitist,
Cryptic,
Competitive, &
Cruel



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

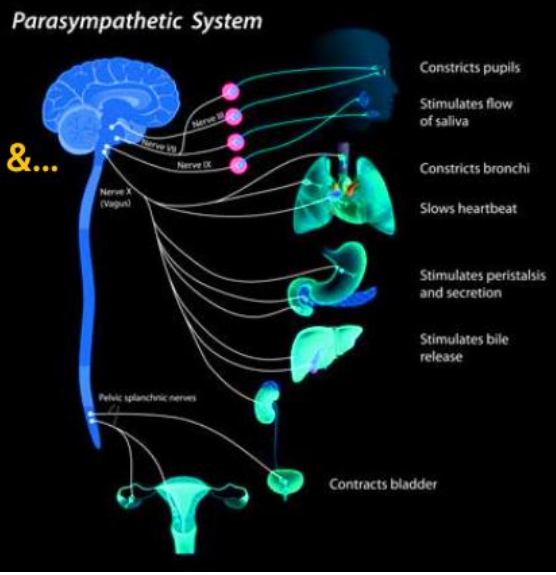
Mindfulness *Taste* inhalation

Meditation **rest** exhalation

Fleetingly:

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





end



Stop Meditating without these 7 Factors

Seven Enlightenment Factors

MINDFULNESS:

the 1st Enlightenment Factor

1. **Mindfulness**,
2. Investigation,
3. Energy,
4. Joy,
5. Tranquility,
6. Coalescence, and
7. Equanimity

Watching Mind's Antics of:

- **Perception,**
- **Emotion,**
- **Intention,**
- **Cognition,**
- **Recollection,** and
- **Imagination**

Mindfulness *Watch* inhalation

Meditation **rest** exhalation

INVESTIGATION:

the 2nd Enlightenment Factor

1. Mindfulness,
2. **Investigation**,
3. Energy,
4. Joy,
5. Tranquility,
6. Coalescence, and
7. Equanimity

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

Watching

All Manner of Phenomena:

- **External to Internal,**
- **Physical to Mental,**
- **Pleasurable to Painful,**
- **Interesting to Boring,**
- **Convenient to Arduous,** and
- **Glorious to Grotesque**

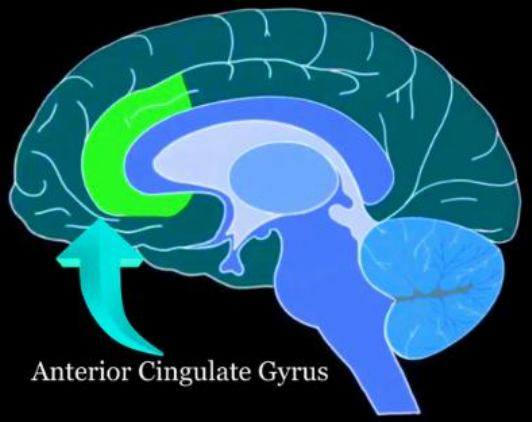
Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

JOY:

the 4th Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. Energy,
4. **Joy**ful (*love*),
5. Tranquility,
6. Coalescence, and
7. Equanimity



Mindfulness *Watch* inhalation

Meditation **rest** exhalation

ENERGY:

the 3rd Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. **Energy**,
4. Joy,
5. Tranquility,
6. Coalescence, and
7. Equanimity

- Choices,
- Utterances, and
- Deeds

Flowing

NOT from

- contrived calculation nor
- wild scatteredness

BUT rather from

Love's deeply centered spontaneity

Mindfulness *Watch* inhalation

Meditation **rest** exhalation

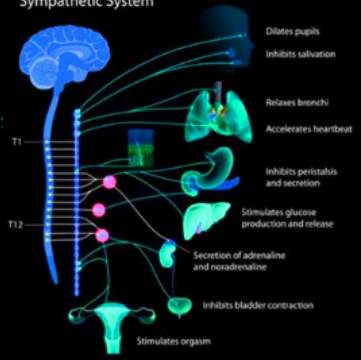
COALESCENCE:

the 6th Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. Energy,
4. Joy,
5. Tranquility,
6. **Coalescence**
7. Equanimity



Sympathetic System



All Mind's Antics of:

- **Perception,**
- **Emotion,**
- **Intention,**
- **Cognition,**
- **Recollection, and**
- **Imagination**

Mindfulness *Watch* inhalation

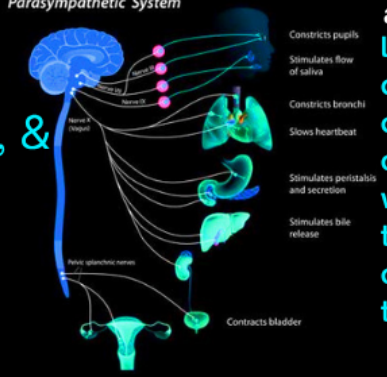
Meditation **rest** exhalation

TRANQUILITY:

the 5th Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. Energy,
4. Joy,
5. **Tranquility**,
6. Coalescence, &
7. Equanimity





Fleetingly:

- **LESS stressful,**
- **LESS permanent,**
- **LESS defining (*NOT-self*) and...**

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.

Mindfulness *Watch* inhalation

Meditation **rest** exhalation

EQUANIMITY:

the 7th Enlightenment Factor

1. Mindfulness,
2. Investigation,
3. Energy,
4. Joy,
5. Tranquility,
6. Coalescence, and
7. (*remedial*) **Equanimity**

Mindfulness *Watch* inhalation

Meditation **rest** exhalation

end



Two Keys to Kindness Most People Never Find

Hidden Keys to Compassion

Love's Conventional Bodhichitta

the Eight-fold Path of Enlightenment

Wise VIEW supporting release

1 - Right View of Impermanence, NO-self, and Emptiness
(that leaps over pride's obstructions to omniscience)

Compassionate ACTION

2 - Right Mentally Kind **Intention**
(the essence of the Bodhisattva Vows
that leaps over jealously's obstructions to omniscience)

3 - Right Interpersonally Kind **Communication**

4 - Right Physically Kind **Conduct**
(non-violent essence of the Pratimoksha Vows)

5 - Right Circumstantially Kind **Commerce**
(cruelty & competition transformed into compassion & cooperation)

Liberating MEDITATION (as described by the seven enlightenment factors)

6 - Right Effortless Effort (that is Joyful Love's Centered Spontaneity) **4 & 3**

7 - Right Mindfulness 1, 2, & 6

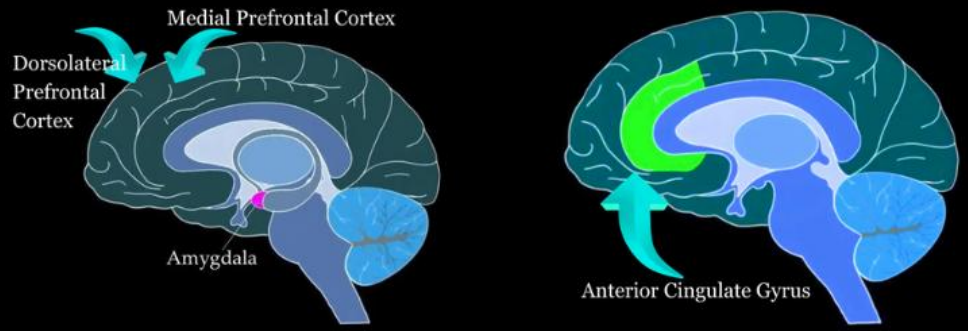
8 - Right Meditation
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

On Average, World Wide Every Day

- 900,000 Cows
- 1,400,000 Goats
- 1,700,000 Sheep
- 1,800,000 Pigs
- 12,000,000 Ducks
- 202,000,000 Chickens and
- Hundreds of Millions of Fish

How are we All Alike?

- Amygdala and Dopamine system of each being
  wants only to LIVE and not DIE



- Anterior Cingulate Gyrus and Oxytocin system of each being
  wants only to LOVE and be LOVED

Through the Convenience of a Cruelty-free Diet
we get to Exercise Greater Compassion:

- to the Environment,
- to NON-human Animals, and
- (*if we consume a whole-food vegan diet*)
  to THIS very body which supports our...



Letting-go's Ultimate Bodhichitta

the Eight-fold Path of Enlightenment

Wise VIEW supporting release

1 - Right View of Impermanence, NO-self, **and** Emptiness
(that leaps over pride's obstructions to omniscience)

Compassionate ACTION

2 - Right Mentally Kind Intention
(the essence of the Bodhisattva Vows
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6 - Right Effortless **Effort** (that is Joyful Love's Centered Spontaneity) **4 & 3**

7 - Right Mindfulness 1, 2, & 6

8 - Right Meditation
(that slices through duality's obscuring emotions of dread and desire) **5 & 7**

THEREFORE:

- Watch “Dominion” and
- Consume a Wholefood Vegan Diet.



Through the Convenience of Marxist-Leninist Communism
we get to Exercise Greater Compassion:

- by reducing infant mortality,
- by reducing the number of preventable deaths,
- by reducing homelessness,
- by increasing longevity,
- by increasing literacy,
- by increasing home ownership,
- by planning the economy,
- by meeting social needs, and
- by meeting environmental needs.



THEREFORE:

- **Join a local Marxist-Leninist org**. (*such as PSL*),
- Study theory (*https://LinkTr.ee/MadelinePendleton*), and
- Practice mutual aid

end



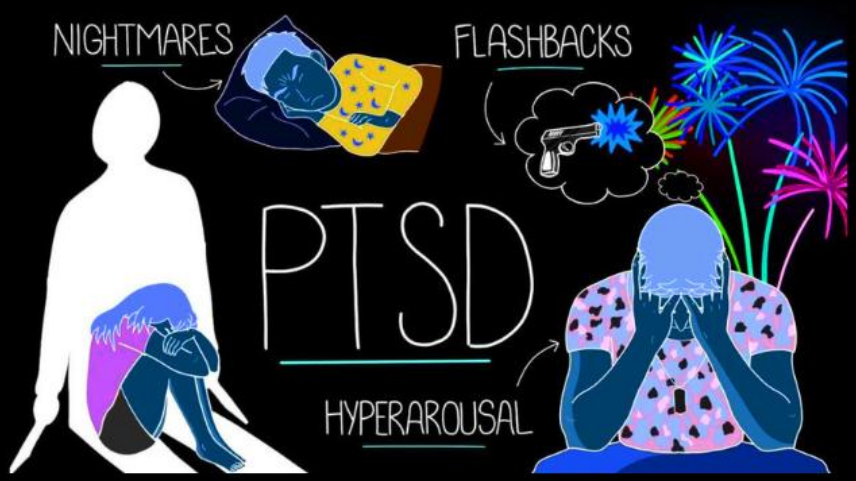
Do This when PTSD feels Overwhelming

Treating PTSD with Meditation

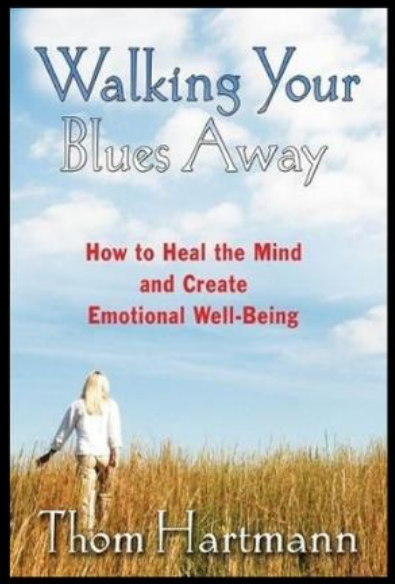
Introduction

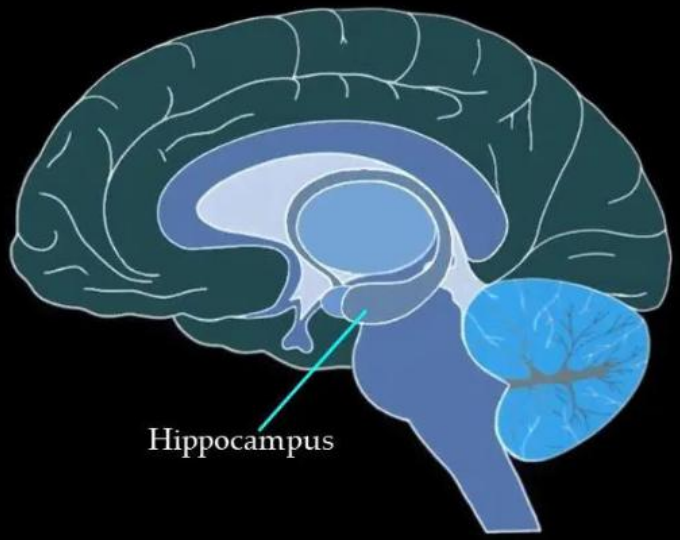
Survivors of:

- War,
- Domestic abuse, and
- child abuse



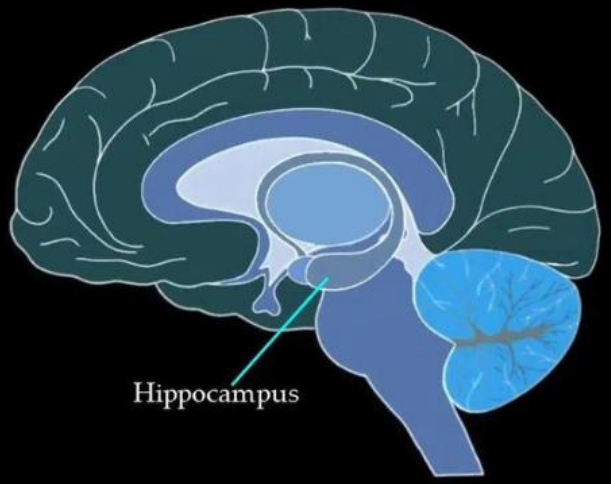
“Walking your Blues Away”





Simile of the Doorman

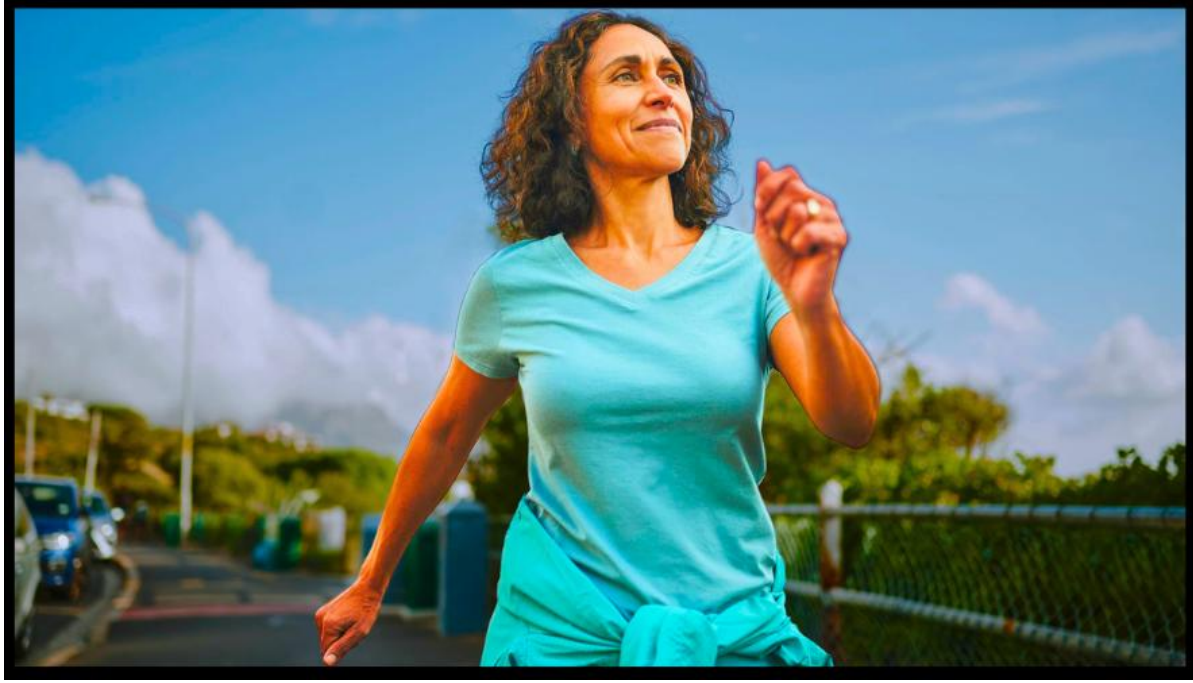




Soothing the Hippocampus

ENTER: the magick

of Relaxed, Strolling Meditation



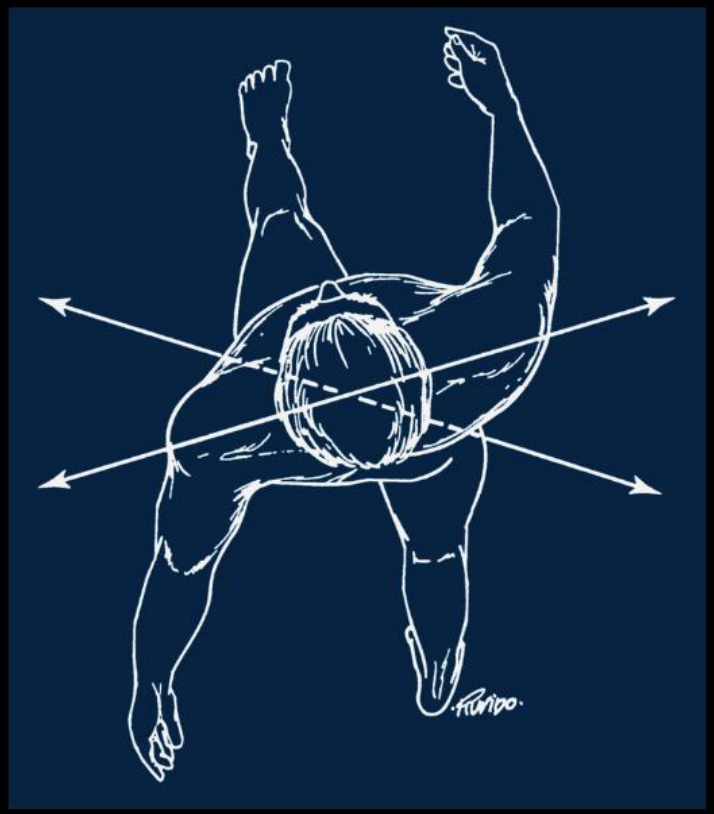
Where to Stroll?



Feel Unsafe?



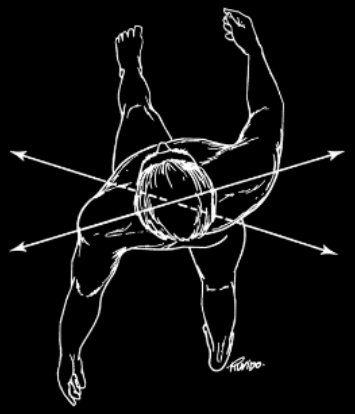
How to Stroll?



Turbo Charge your Stroll

Mindfulness *Watch* inhalation

Meditation **rest** exhalation



Mindfulness *Feel* inhalation

Meditation **rest** exhalation

end



The Secret that Unlocks Nonduality Meditation

The Ease of NON-duality

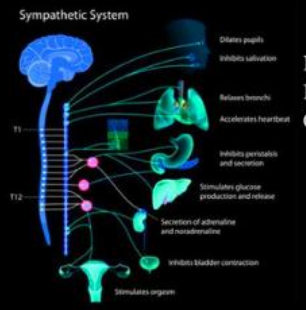
The Secret to:

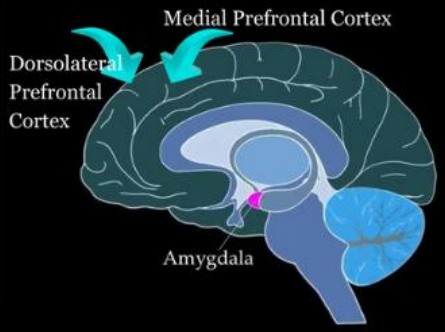
- Primal NON-duality,
- Perceptual NON-duality, and
- Ethical NON-duality

Primal
NON-duality

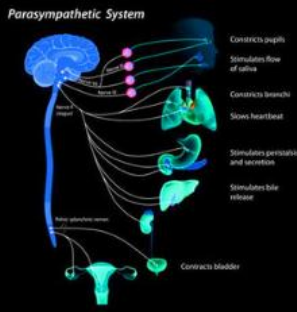
CIRCUMSTANTIAL - primal NON-duality

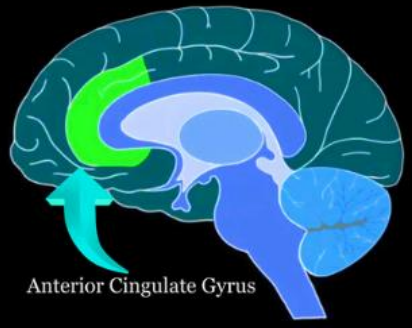
Lack
or
Wealth





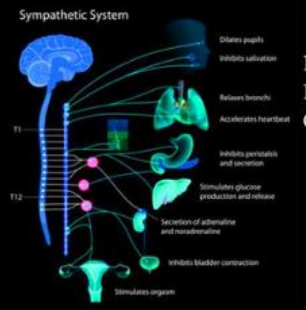
only
Lot

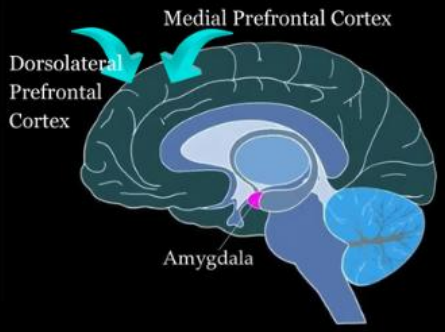




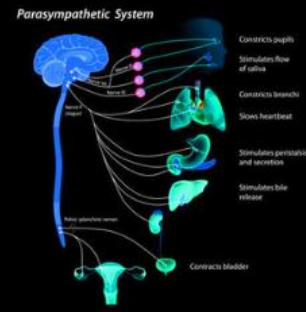
PHYSICAL - primal NON-duality

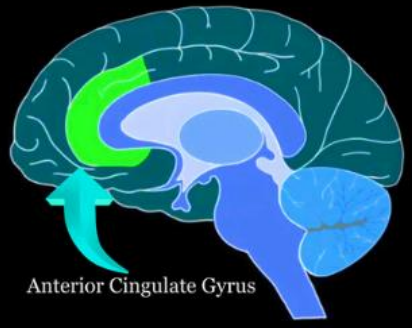
Pain
or
Bliss





only
Form

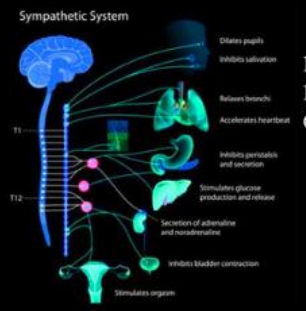


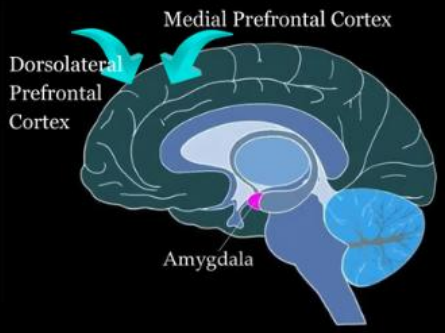


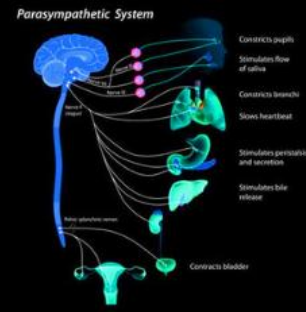
INTERPERSONAL - primal NON-duality

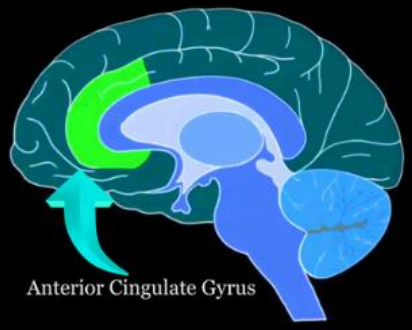
Scorn
or
Praise

only
Speech





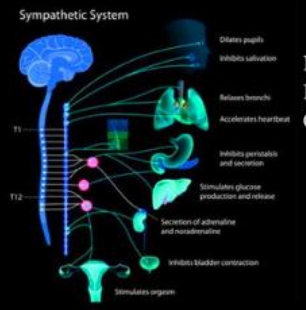


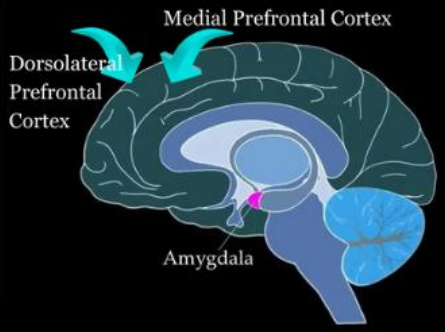


MENTAL - primal NON-duality

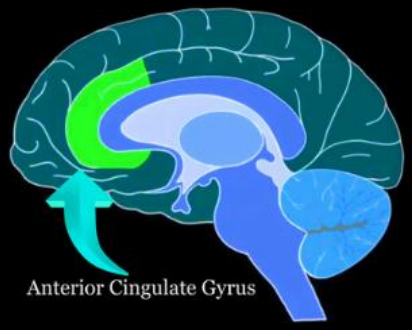
Shame
or
Fame

only
Mind





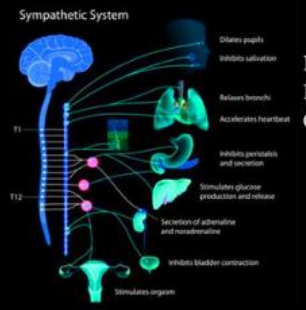


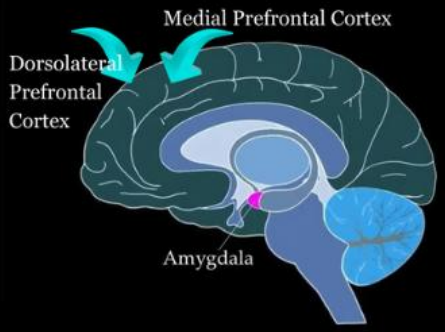


Perceptual
NON-duality

SIGHT's - perceptual NON-duality

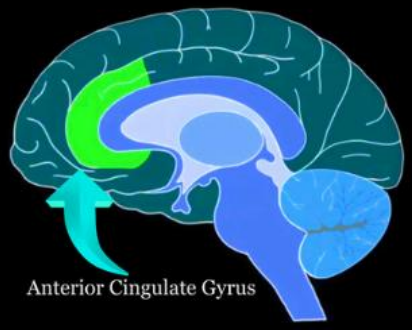
Ugliness
or
Beauty





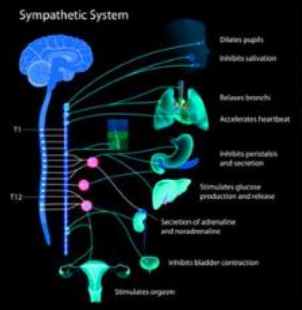
Just
Sights

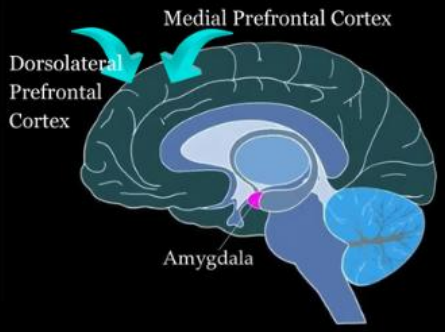




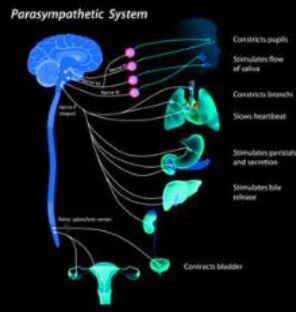
SOUND's - perceptual NON-duality

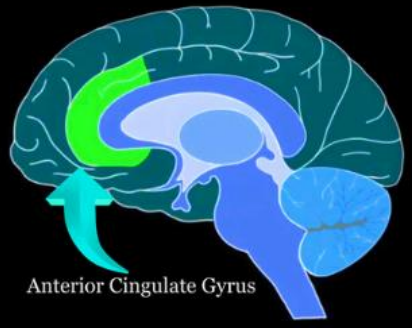
Discord
or
Harmony





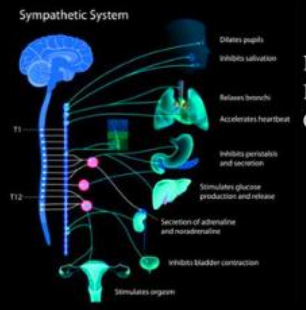
Just
Sounds

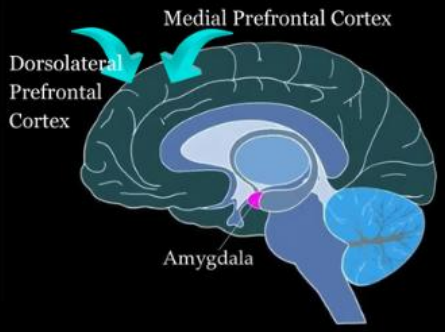




SENSATION's - perceptual NON-duality

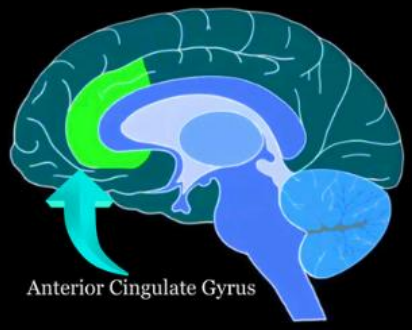
Pain
or
Pleasure





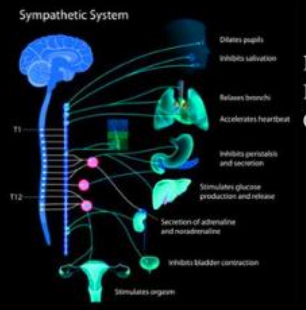
Just
Sensation

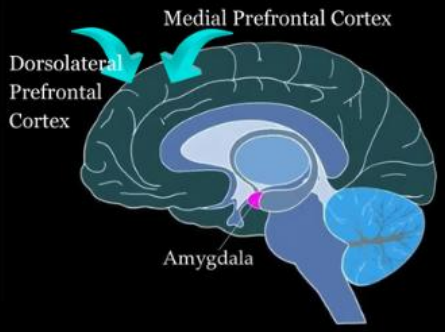




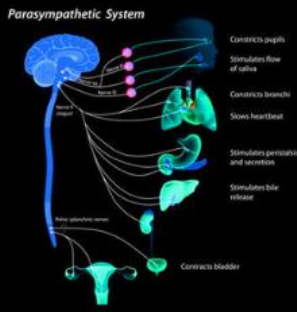
FLAVOR's - perceptual NON-duality

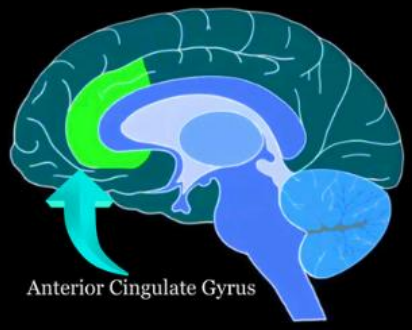
Disgusting
or
Delicious





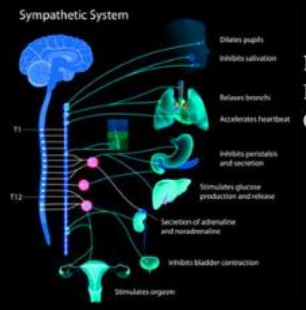
Just
Flavor

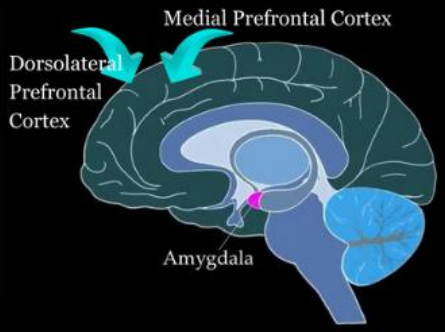




SCENT's - perceptual NON-duality

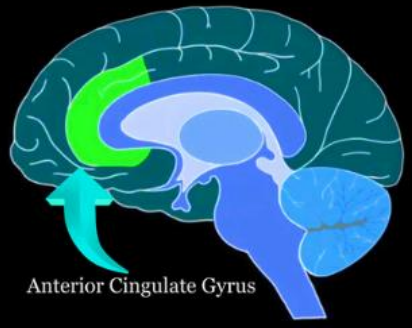
Foul
or
Frangrant





Just
Scent

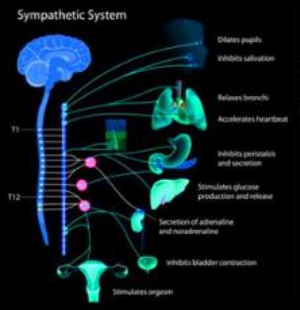


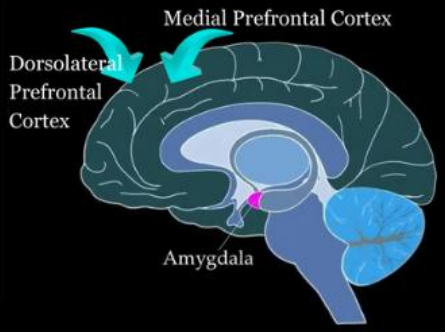



Ethical
NON-duality

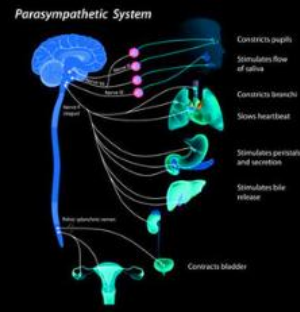
DREAD's - ethical NON-duality

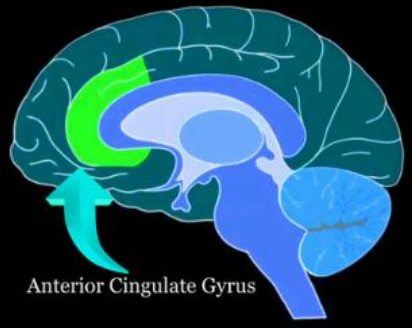
Poison of Dread





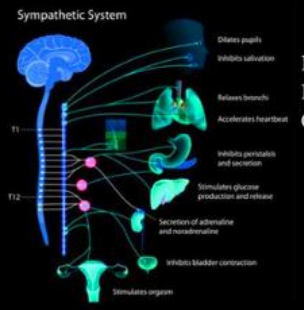
Mirror-like Wisdom

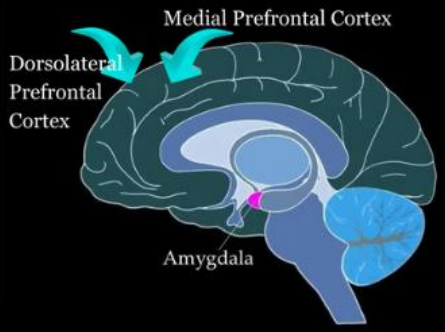




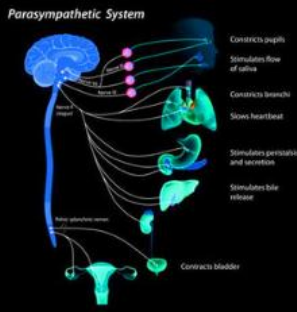
DESIRE's - ethical NON-duality

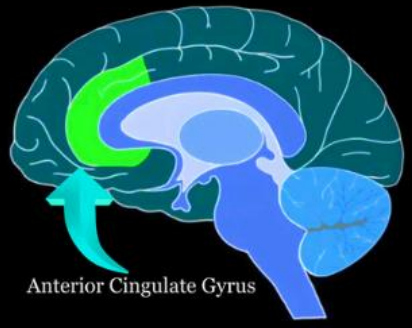
Poison of Desire





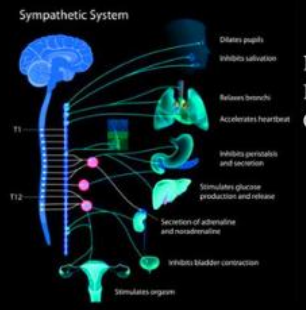
Discerning Wisdom

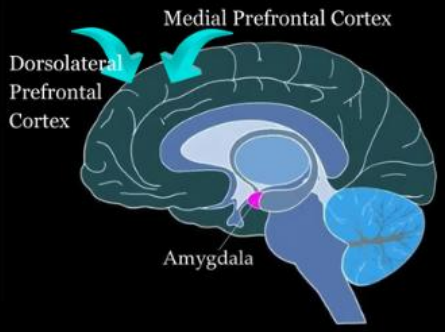




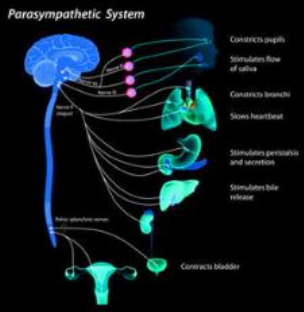
DELUSION's - ethical NON-duality

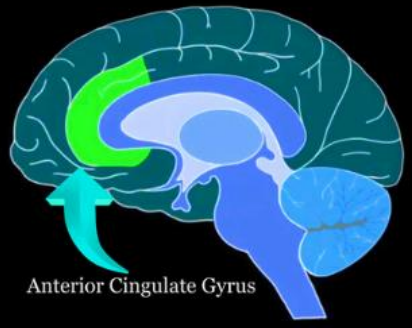
Poison of Delusion





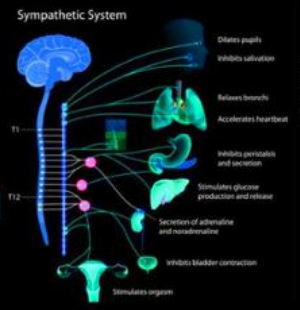
ALL-pervading Wisdom

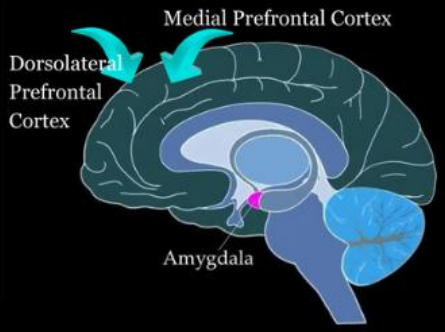




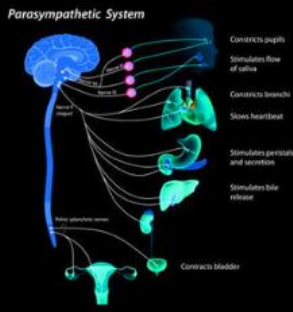
COMPETITION's - ethical NON-duality

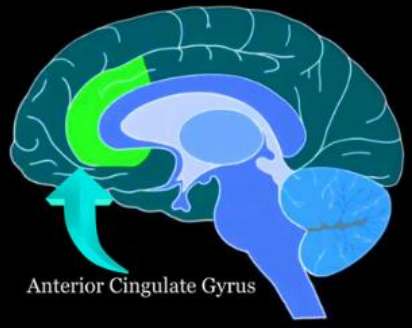
Poison of Competition





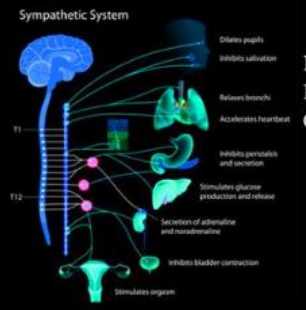
ALL-accomplishing Wisdom

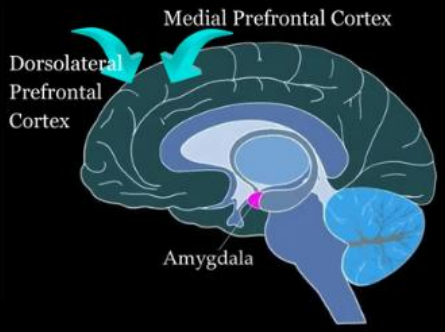




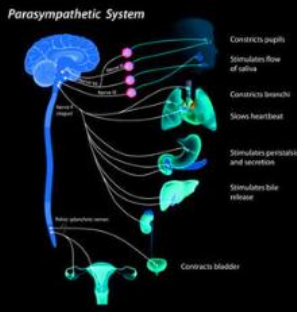
CONCEIT's - ethical NON-duality

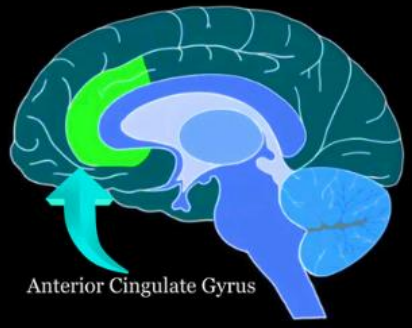
Poison of Conceit





Equalizing Wisdom





end