

Chanting (kind gaze) 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

7feb26b



Chanting (kind gaze) to help us Meditate like a Jedi

Overview

Bliss and letting-go

(*Energy-work*)

Awareness and letting-go

(*Mindfulness & Meditation*)

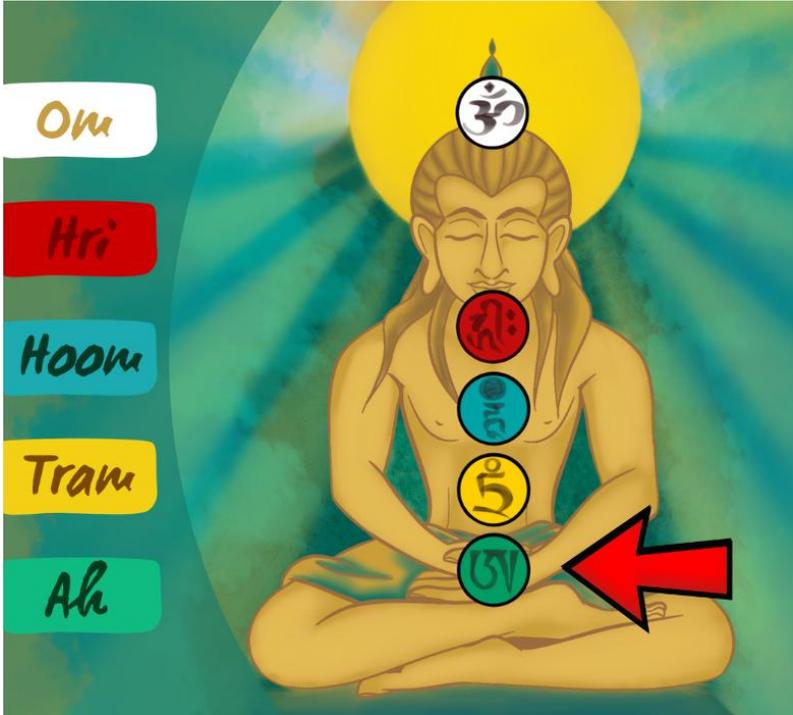
Love and letting-go

(*Passive Contemplations*)



Chanting (kind gaze) to help us Meditate like a Jedi

The Secret Wheel in our Lower Abdomen



Chanting (kind gaze) 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 (kind gaze) 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 (kind gaze) 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

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Sturgeon's Law

Ninety-percent of everything Sucks

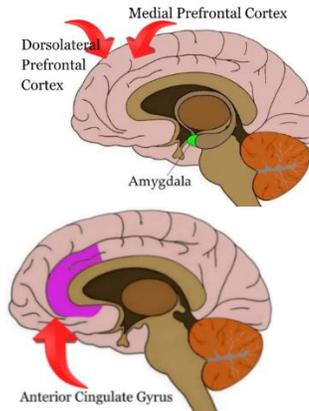
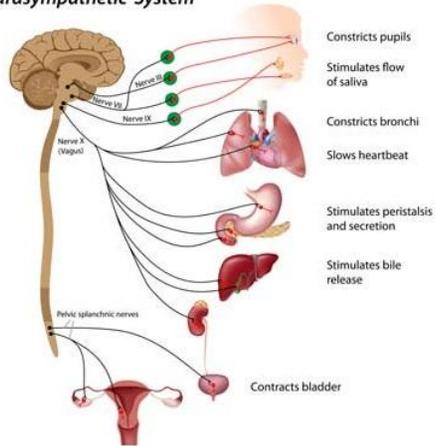
	Yin's Spiritual Matriarchy	Yang's Religious Patriarchy	
Content	Flexible,	Rigid,	Cowardly
	Loving,	Fearful,	
Compassion	Rational,	Superstitious,	Cranky
	Laid-back,	Controlling,	
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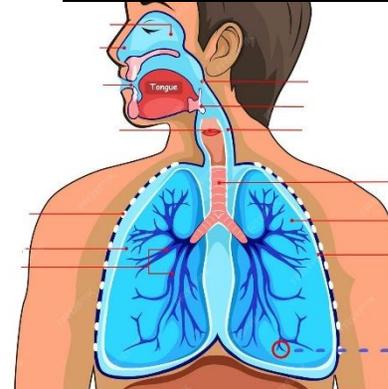
Sutra mahamudra, Ati-yoga, or Mahasandhi in Sanskrit,
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Awareness and Letting-go, Great completion-stage, or Slicing through Obscuring Emotions in English

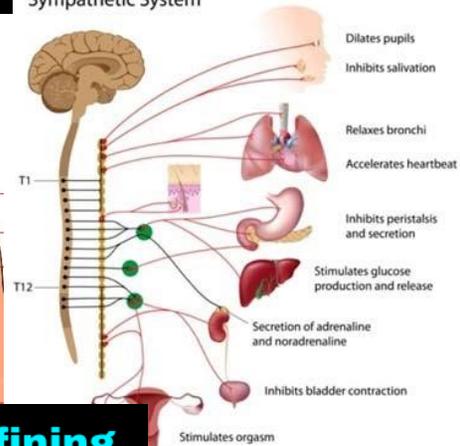
Parasympathetic System



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



Sympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation

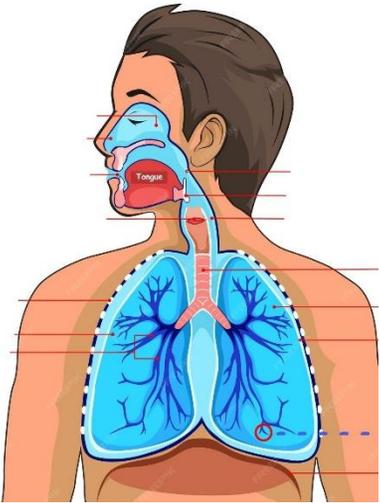
**This
rest**

Fleetingly LESS stressful, LESS permanent, and LESS defining

Chanting (kind gaze) 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

This

*Meditation **relaxing** exhalation*

ease

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

Chanting (kind gaze) 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 (kind gaze) to help us Meditate like a Jedi

Channels, Winds, and DROPS

Thik-le

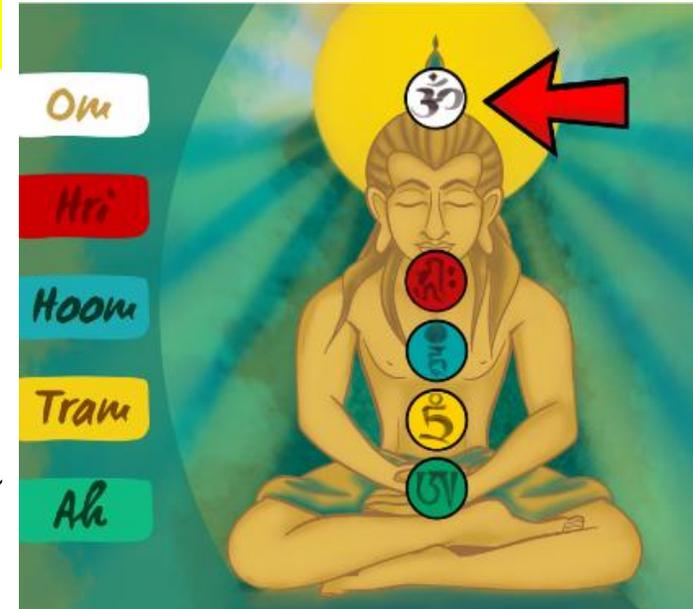
Bliss & Letting-go

Energy-work

Anu-yoga

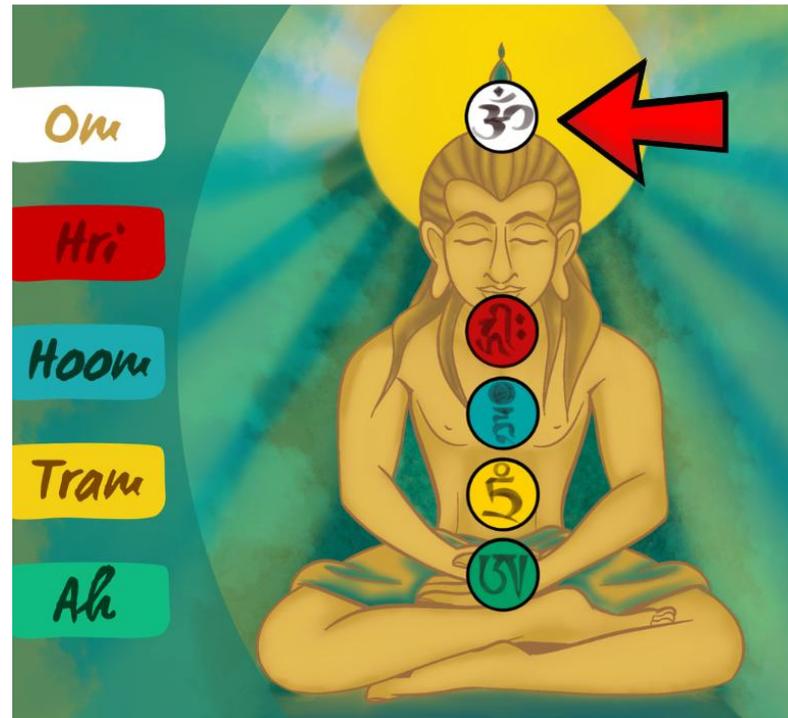
Completion stage

Bindu Mahamudra



Chanting (kind gaze) to help us Meditate like a Jedi

The Body Wheel in on the Crown of our Head



Chanting (kind gaze) 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 (kind gaze) to help us Meditate like a Jedi

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

Trekchö_d

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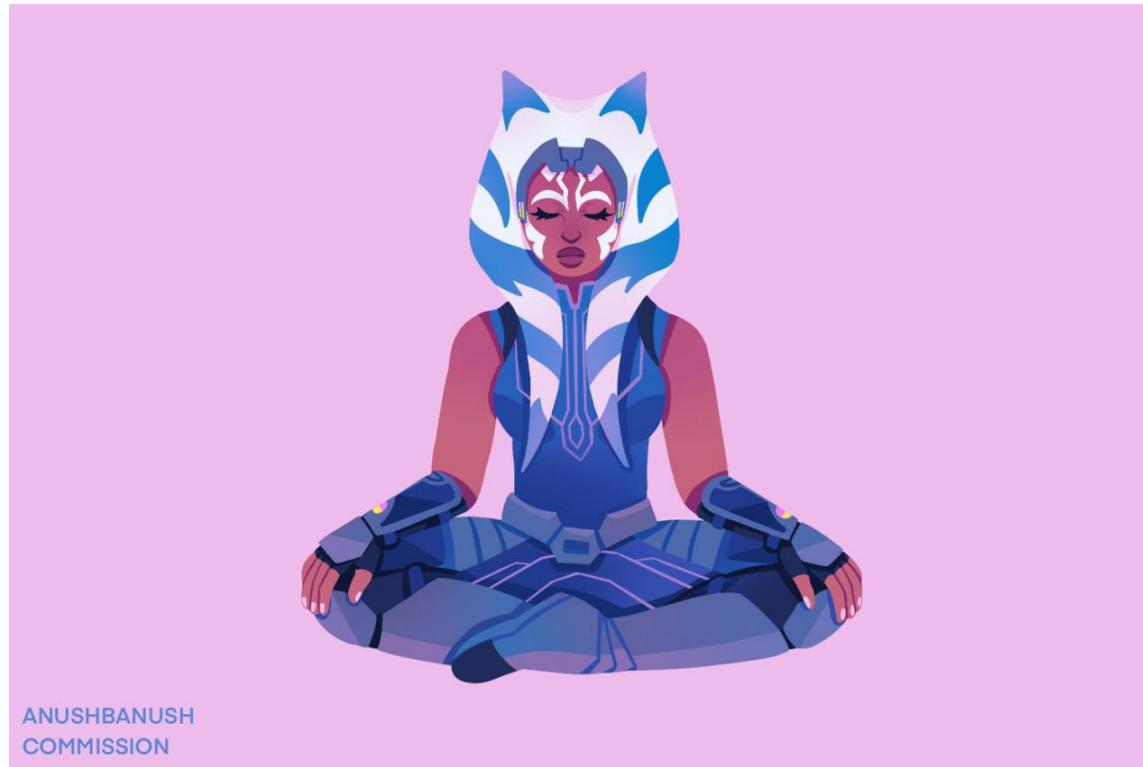
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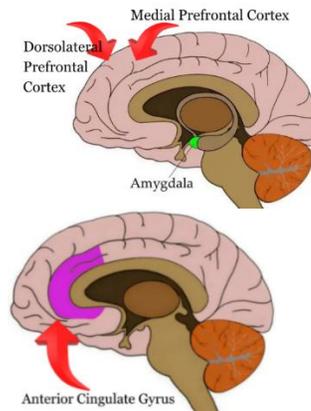
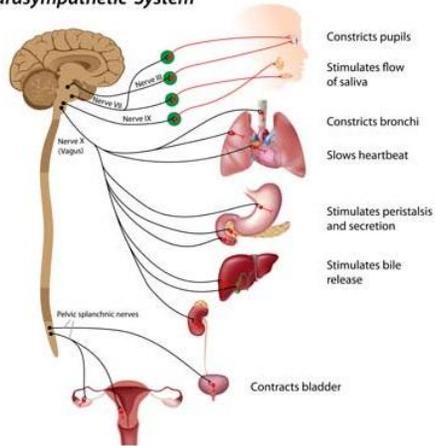
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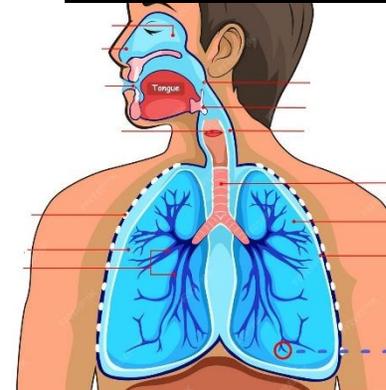
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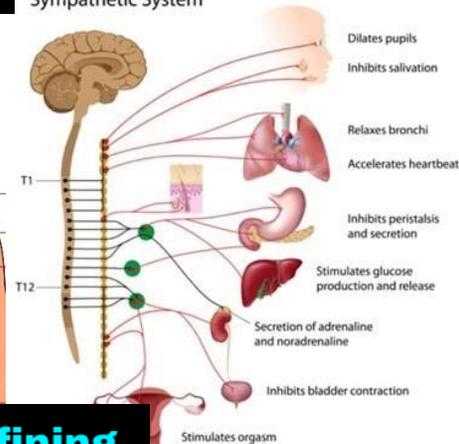
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Sympathetic System



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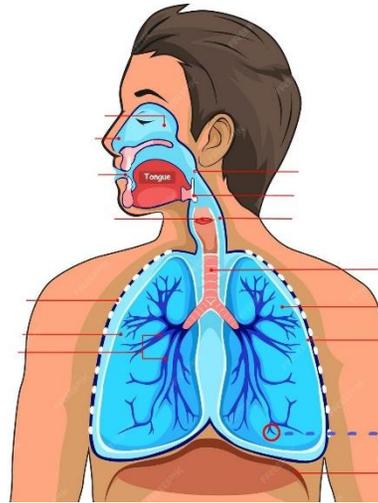
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Leap-over Pride's (*Obstructions to Omniscience*)

Tokal

Passive Contemplation

Four Bases of Mindfulness & Letting-go

Maha-yoga

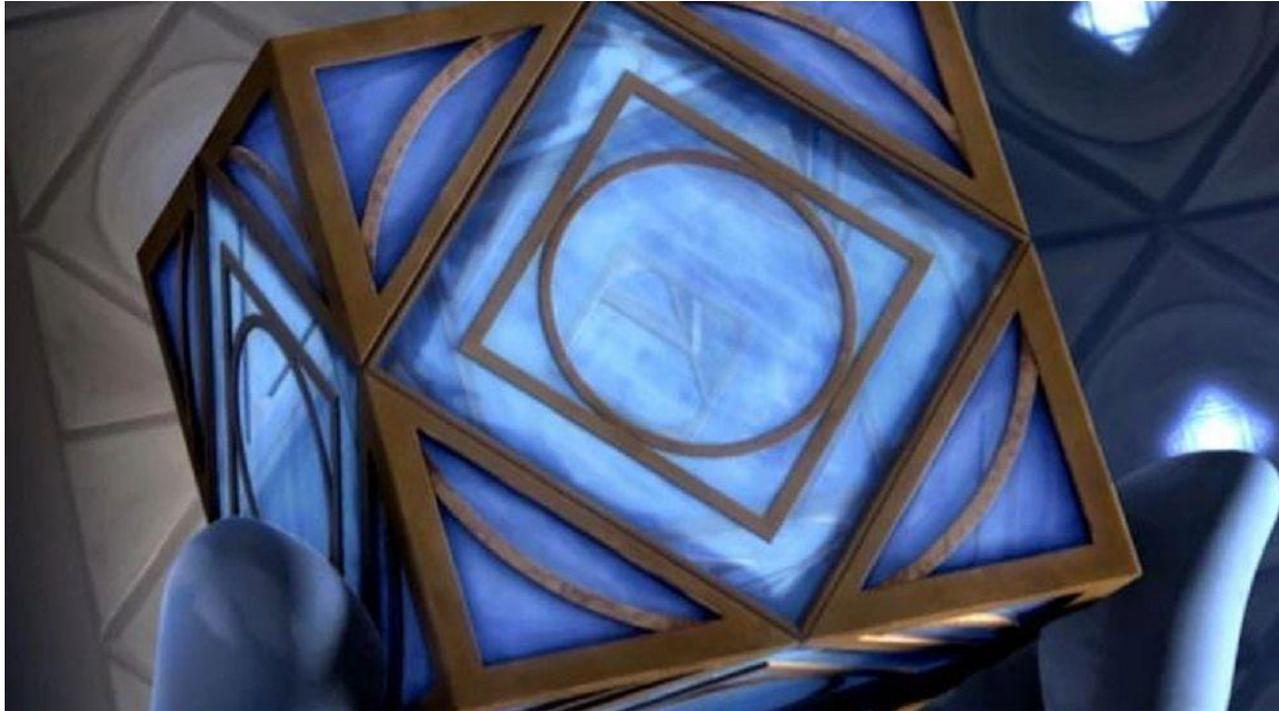
Generation stage

Creation stage

Tantra Mahamudra



Chanting (kind gaze) 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 (kind gaze) to help us Meditate like a Jedi

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

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

Chanting (kind gaze) 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 (kind gaze) 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

Ás we **relax** into our exhalation
the circumstances or LOTs we saw
during our previous inhalátion

coúld feel

as impermanent

and interdepéndent

Chanting (kind gaze) to help us Meditate like a Jedi

ás if they could blissfully
melt into rainbow light

thát could delightfully
absorb into
THIS body ór form!

Chanting (kind gaze) to help us Meditate like a Jedi

Let us divide

the silent and mental recitation

of the following six-syllable-synopses

between our inhalation and our exhalation

Into form

all LOTs melt

Chanting (kind gaze) 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 (kind gaze) 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 (kind gaze) 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*

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Ás we **relax** into our exhalation
the experíence

óf the interpersonal, SPEECH,
or communication, we heard
during our previous inhalátion

Chanting (kind gaze) to help us Meditate like a Jedi

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

ás if it could blissfully
melt into **rainbów** light

Chanting (kind gaze) to help us Meditate like a Jedi

thát could delightfully
absorb into THÍS mind!

Chanting (kind gaze) 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 mind
all **SPEECH melts***

Chanting (kind gaze) to help us Meditate like a Jedi

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Ás we relax into our exhalation
these minds could feel **as**
impermanent & interdepeúdent

ás if they could blissfully
melt into **rainbów** light

Chanting (kind gaze) to help us Meditate like a Jedi

that could delightfully
absorb into a vast, **empty** void...

Chanting (kind gaze) to help us Meditate like a Jedi

líke the illusion
of the infinite azúre sky

ón a bright
and beautiful
cloudléss morn



Chanting (kind gaze) to help us Meditate like a Jedi

which although could look
tantalizing to the eye

could feel
non-graspable
to the hand!



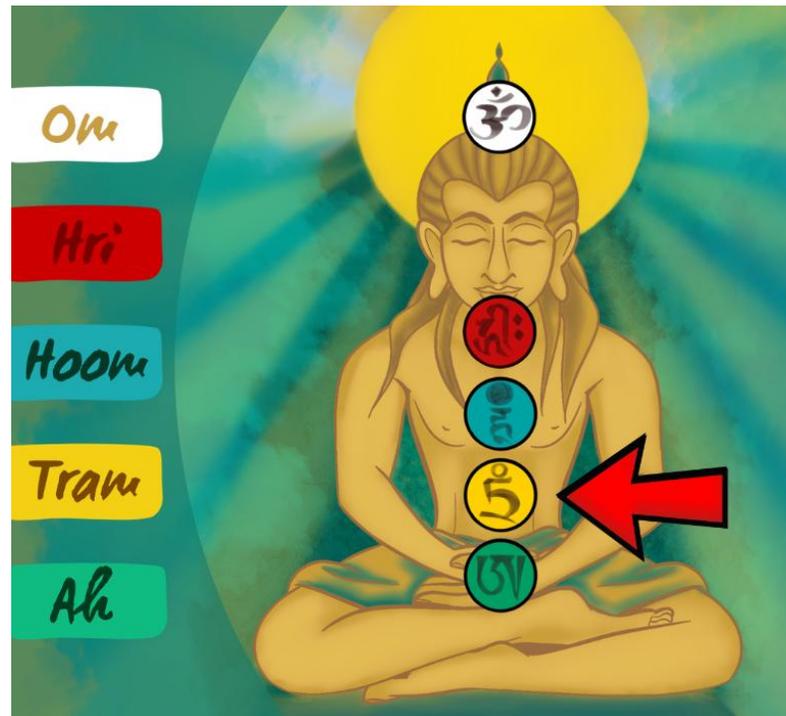
Chanting (kind gaze) to help us Meditate like a Jedi

*Let us divide
the silent and mental recitation
of this six-syllable-synopses
between our inhalation and our exhalation*

*Into void
all MINDs melt*

Chanting (kind gaze) to help us Meditate like a Jedi

The Navel Wheel in our Middle Abdomen



Chanting (kind gaze) 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

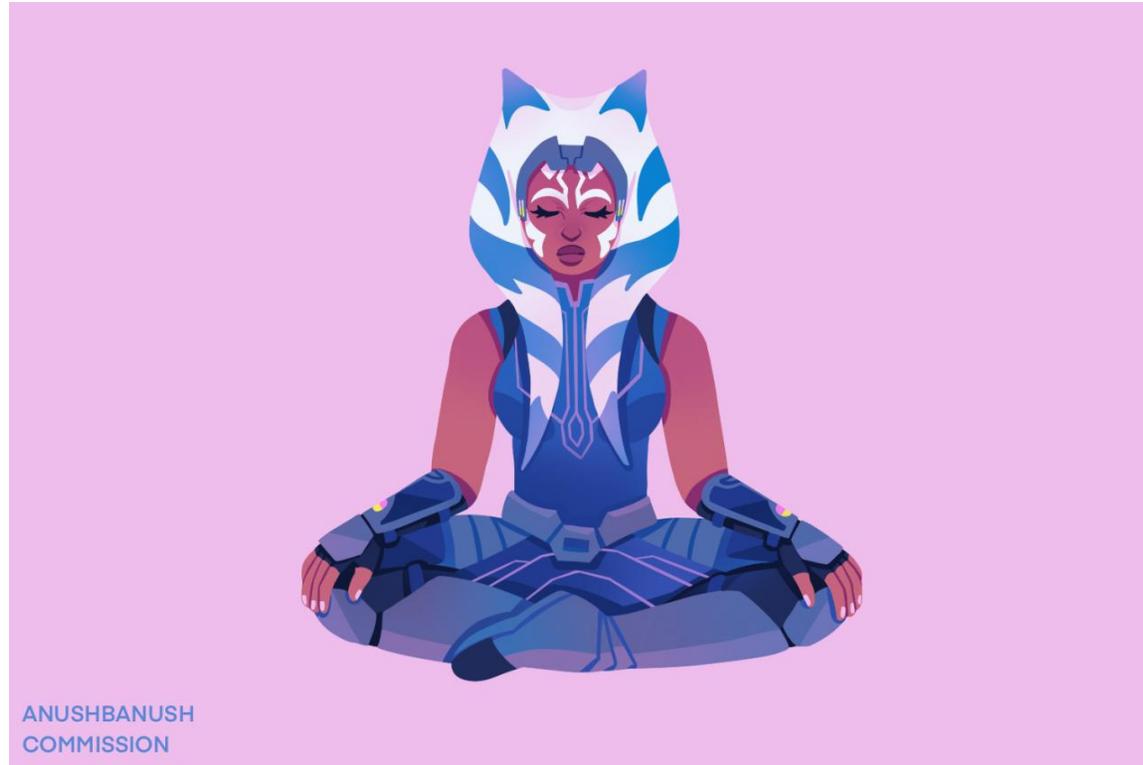
Great Completion stage

Dzogchen

Sutra Mahamudra



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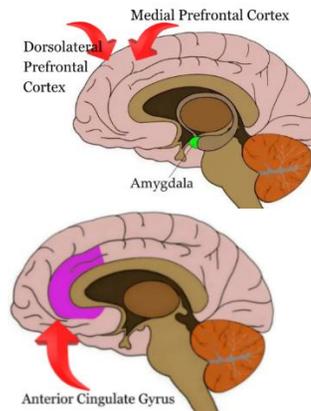
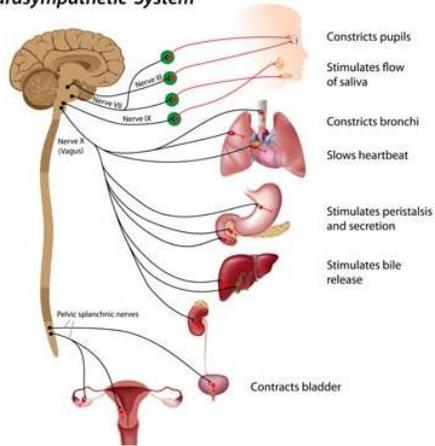
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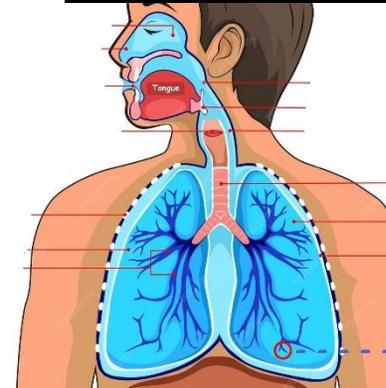
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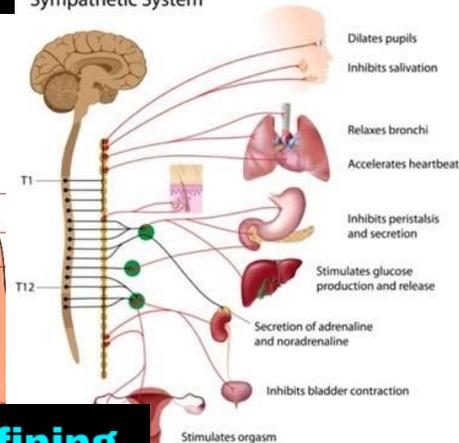
Parasympathetic System



Notice
-Vulnerably,
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-Randomly, and
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Sympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation

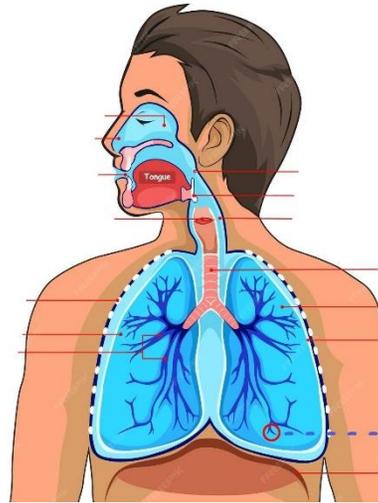
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Compassionate ACTION

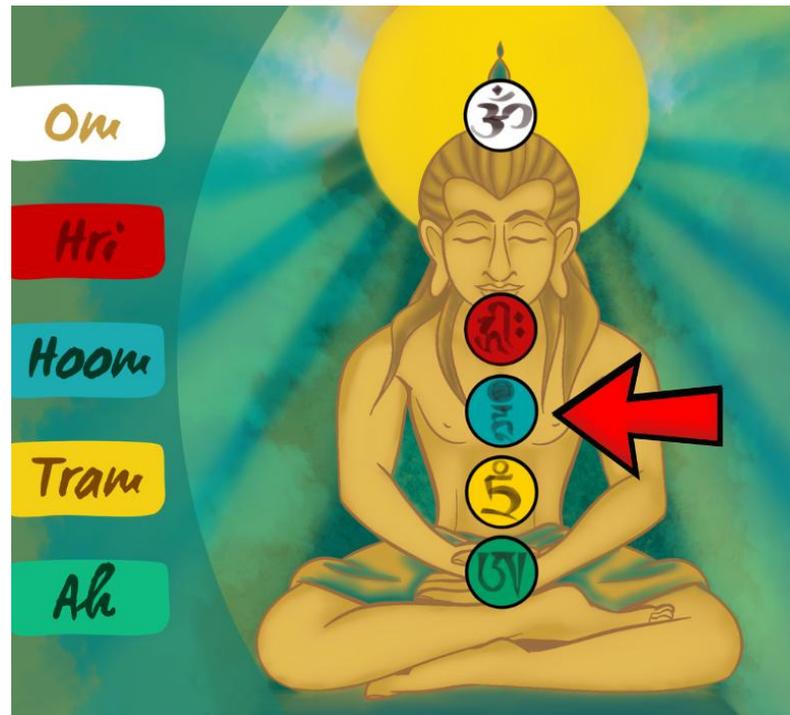
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The Dharma Wheel in our Chest



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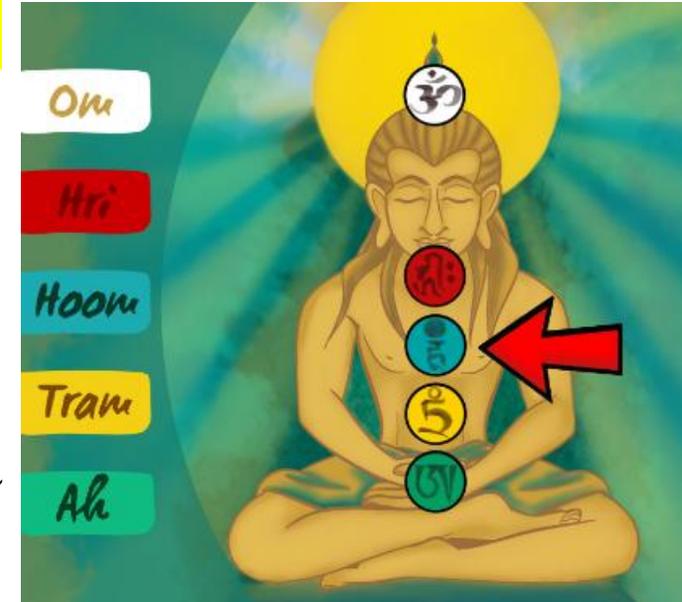
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in such a **Manner** that it could Feel like the Force itself
is Giving us a Hug

Lá-ma **BLEND**
with thís mind!



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

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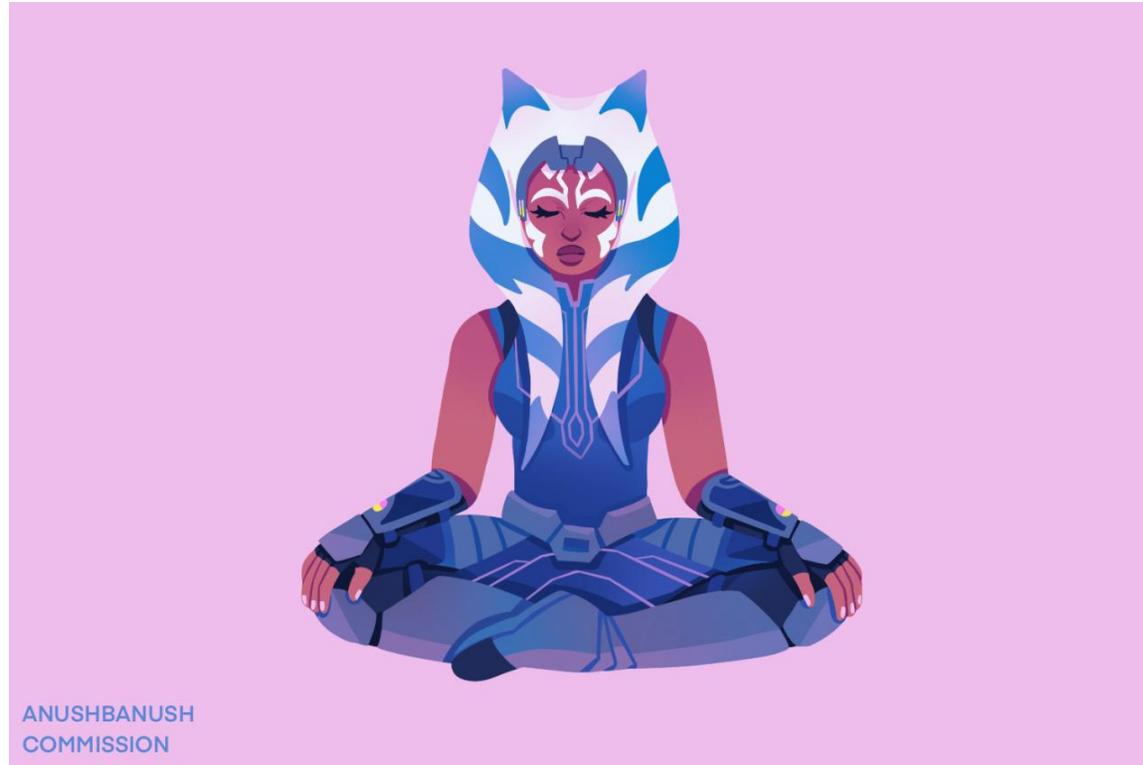
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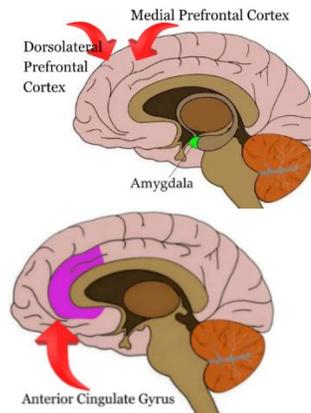
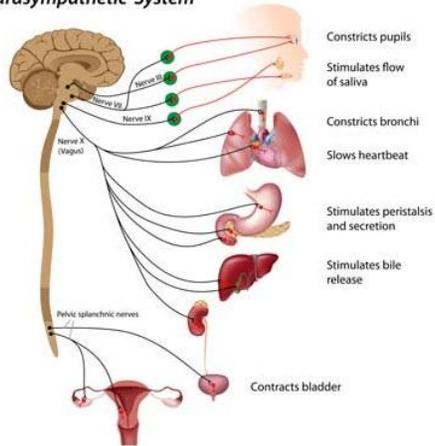
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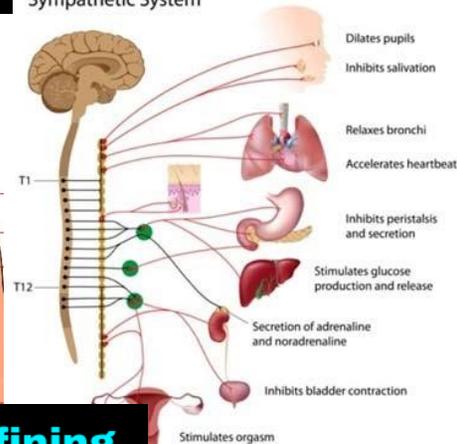
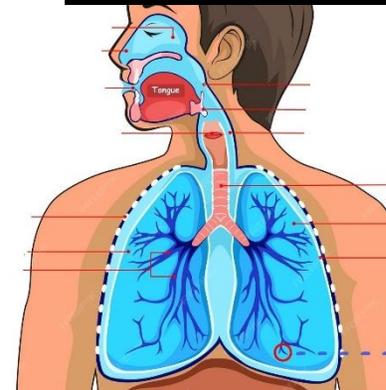
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Mindfulness noticing inhalation

Meditation relaxing exhalation

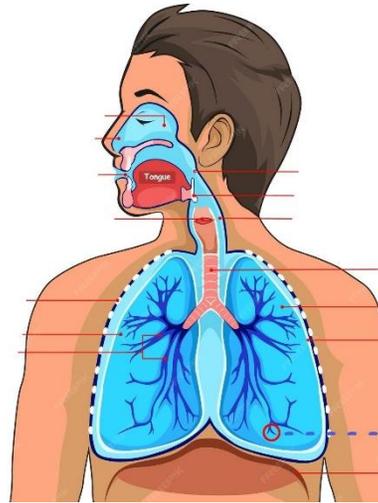
This rest

Fleetingly LESS stressful, LESS permanent, and LESS defining

Chanting (kind gaze) 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

This

Meditation relaxing exhalation

ease

As NON-graspable as

a Vast, Empty Void

like the Illusion of the Infinite, Azure Sky

Chanting (kind gaze) 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 (kind gaze) to help us Meditate like a Jedi

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

Tokal

Love and Letting-go

Passive Contemplation

Maha-yoga

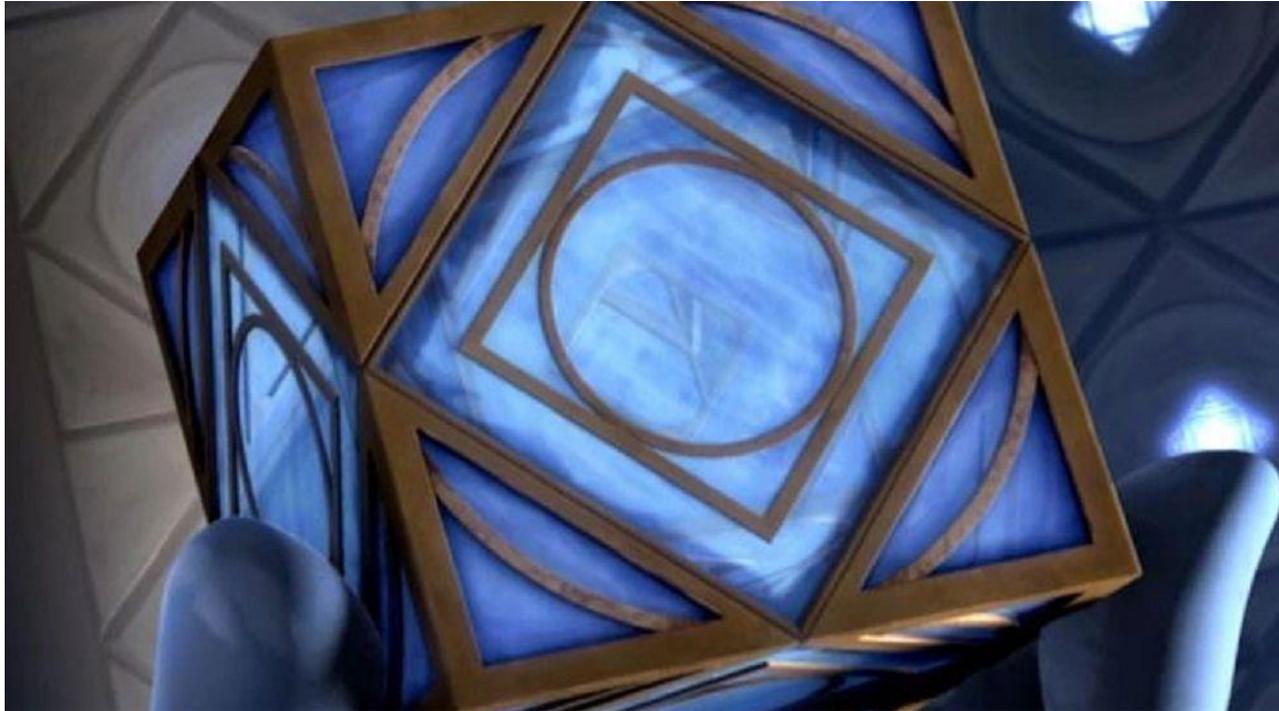
Generation stage

Creation stage

Tantra Mahamudra



Chanting (kind gaze) 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 (kind gaze) to help us Meditate like a Jedi

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

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



Chanting (kind gaze) 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 (kind gaze) to help us Meditate like a Jedi

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



Chanting (kind gaze) to help us Meditate like a Jedi

(**Óm**)
(**Ma-ni**)

symbolizes **mindfulness**,
symbolizes love as powerful
as a Wish-fulfilling Jewel

(**Pé-me**)

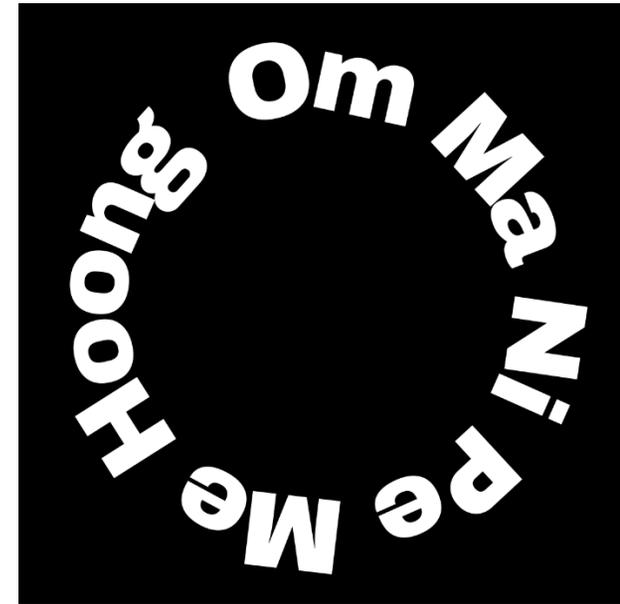
symbolizes the Lotus
like purity of the
of letting-go



Chanting (kind gaze) to help us Meditate like a Jedi

(Hóong)

symbolizes the wish that
all beings master the wisdom
of love and letting-go!



Chanting (kind gaze) 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 mind of a réal or

ímagined Buddha symbolized
by a Bi-ja, one syllable
seed mantra Hri, or Thik-lé drop!



Hri

Chanting (kind gaze) to help us Meditate like a Jedi

Let us divide

the silent and mental recitation

of the following six-syllable-synopses

between our inhalation and our exhalation



Bi-ja WISE

for ALL minds

Chanting (kind gaze) to help us Meditate like a Jedi



Bi-ja WISE for ALL minds
Óm Ma-ni Pe-me Hoong

Chanting (kind gaze) 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, six syllable Mán-tra!



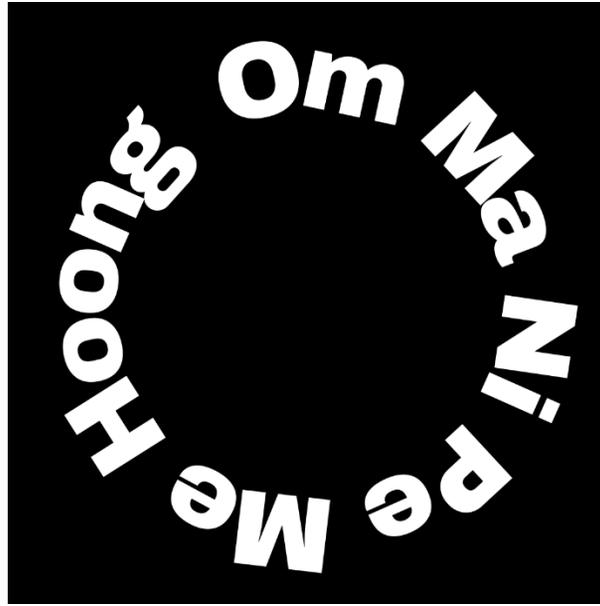
Chanting (kind gaze) to help us Meditate like a Jedi

*Let us divide
the silent and mental recitation
of this six-syllable-synopses
between our inhalation and our exhalation*



*Man-ra LOVE
for ALL speech*

Chanting (kind gaze) to help us Meditate like a Jedi



Man-tra LOVE for ALL speech!

Óm Ma-ni Pe-me Hoong

Chanting (kind gaze) 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** Kínd Eyes!



Chanting (kind gaze) 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*



*Yi-dam HEALTH
for ALL forms*

Chanting (kind gaze) to help us Meditate like a Jedi



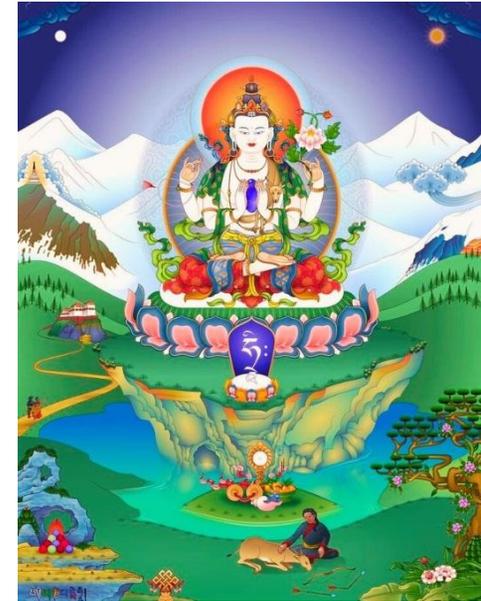
Yi-dam HEALTH for ALL forms!
Óm Ma-ni Pe-me Hoong

Chanting (kind gaze) 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

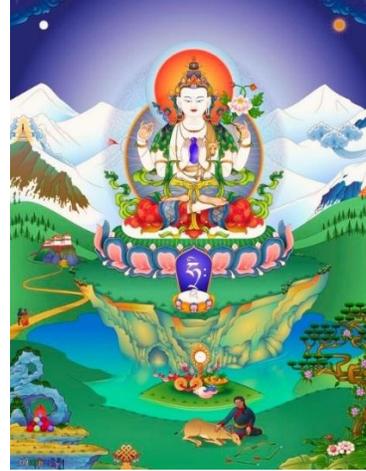
Máy all circumstances or lots
of all beings now have the safety,
great fortune **ór BOONE**

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



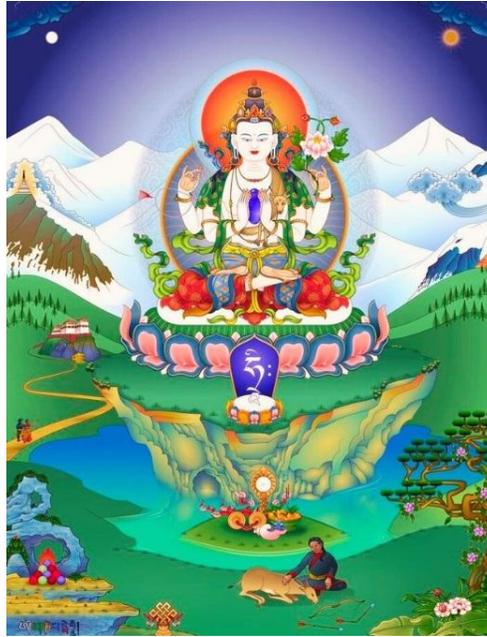
Chanting (kind gaze) to help us Meditate like a Jedi

*Let us divide
the silent and mental recitation
of this six-syllable-synopses
between our inhalation and our exhalation*



*Va-ti BOONE
for ALL lots!*

Chanting (kind gaze) to help us Meditate like a Jedi



Va-ti BOONE for ALL lots!

Óm Ma-ni Pe-me Hoong

Λ

Chanting (kind gaze) to help us Meditate like a Jedi

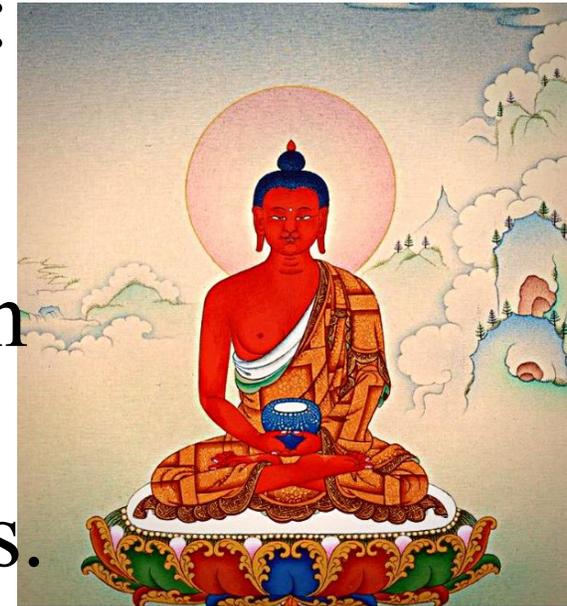
^

Bodhichitta, Refuge, and Bowing

Chanting (kind gaze) 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:

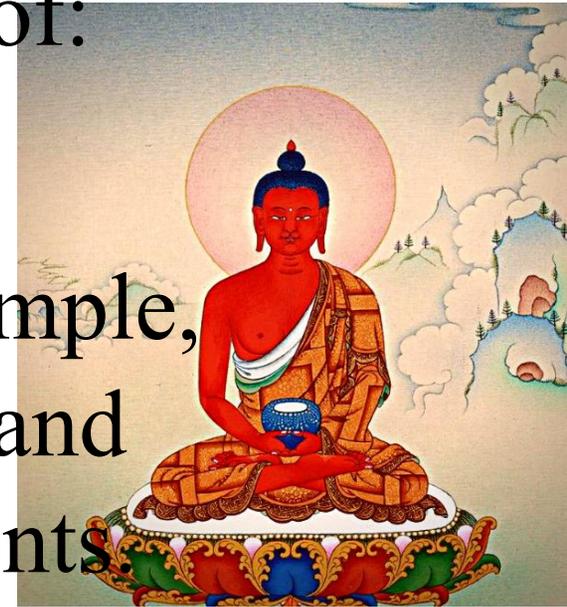
dréad, desire, and delusion
metaphorically known
as the three *mental* poísons.



Chanting (kind gaze) 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:

- **fó**llowing the Buddha's example,
 - **ap**plying his instructions, and
 - **coo**perating with his stúdents

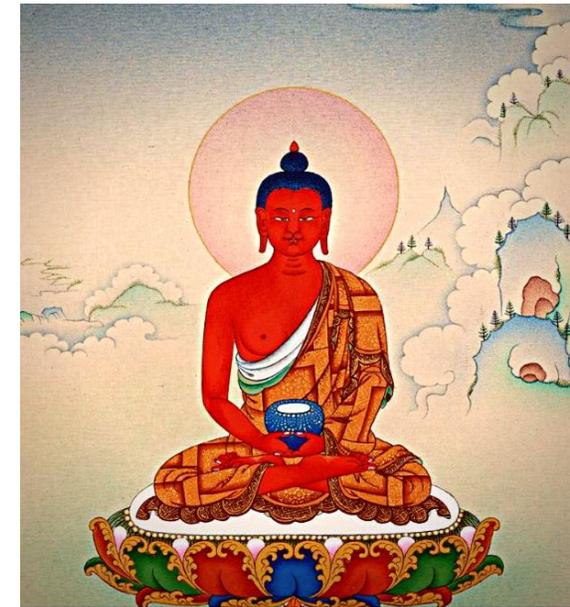
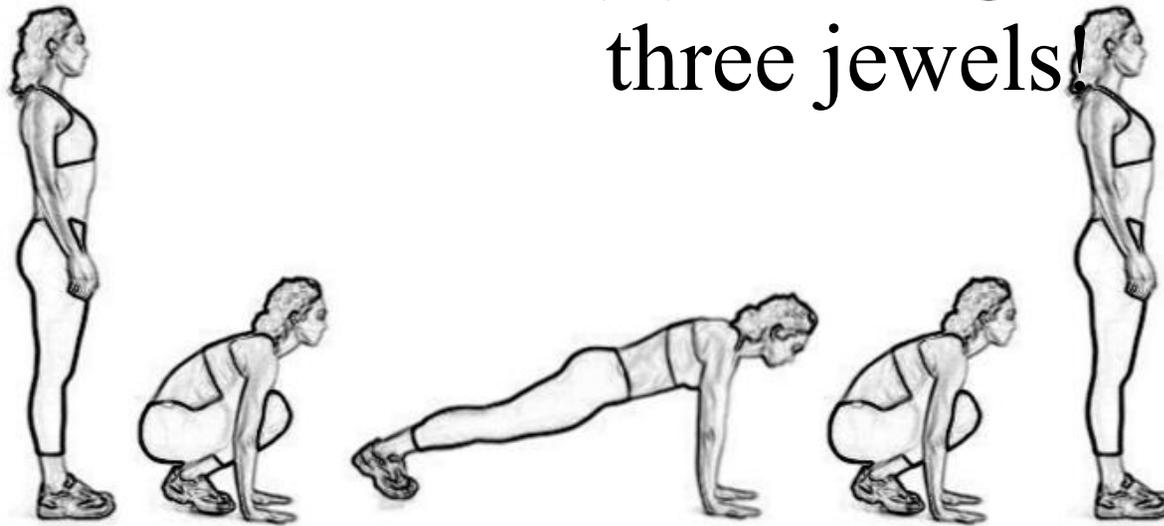


Chanting (kind gaze) to help us Meditate like a Jedi
Refreshing, Tibetan-inspired Squat Thrusts

(Bo-dhi-chit-ta) May we

free all

(Refuge) through the
three jewels!



Chanting (kind gaze) to help us Meditate like a Jedi



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

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

Wishes for the Preservation of the Buddha's Teachings



Chanting (kind gaze) to help us Meditate like a Jedi

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

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

Chanting (kind gaze) to help us Meditate like a Jedi

**Máy each meditation teacher
spontaneously réceive:**

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

Chanting (kind gaze) to help us Meditate like a Jedi

and thus may many Dhar-ma centers
be successfully:

- planted,
- nurtured, and
- flourish.

