

Very Easy Meditation – visual aids

Dzokchen Semde Lama: Jigme Gyatso's

Very Easy Meditation

visual aids

5jan26a



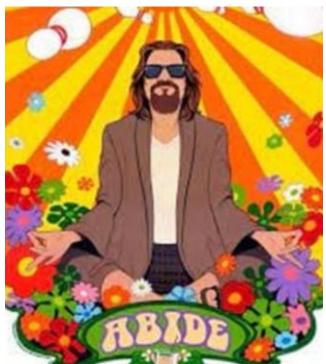


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Sturgeon's Law

Ninety-percent of everything Sucks



Yin's Spiritual Matriarchy

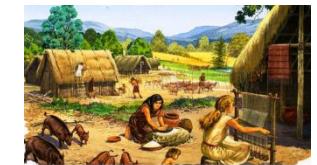
**Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind**

Yang's Religious Patriarchy

**Rigid,
Fearful,
Superstitious,
Controlling,

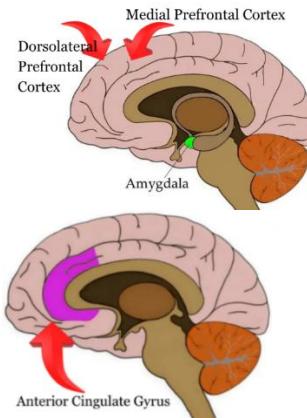
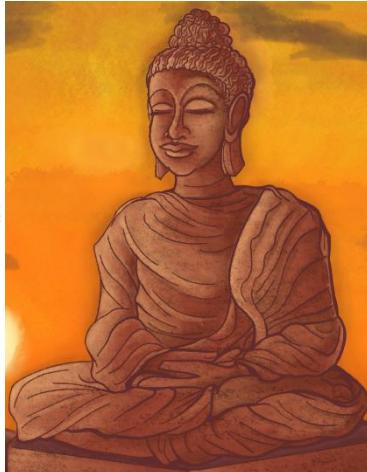
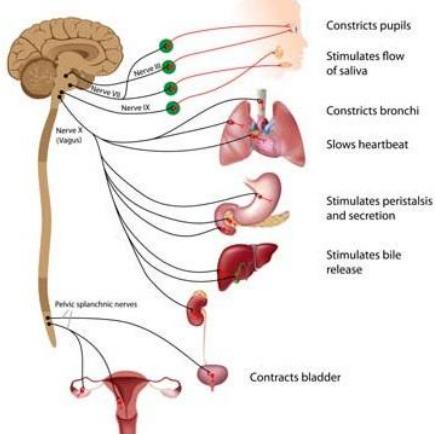
Elitist,
Cryptic,
Competitive, &
Cruel**



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

Parasympathetic System



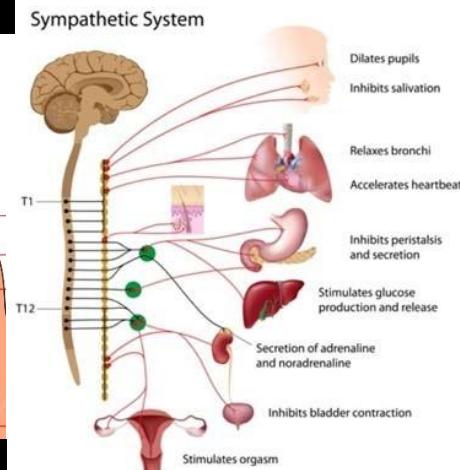
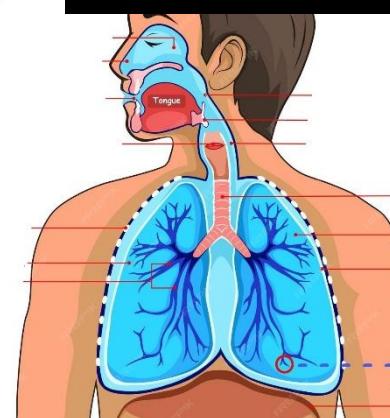
Notice

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

Mindfulness noticing inhalation

Meditation relaxing exhalation

**Watch
rest**

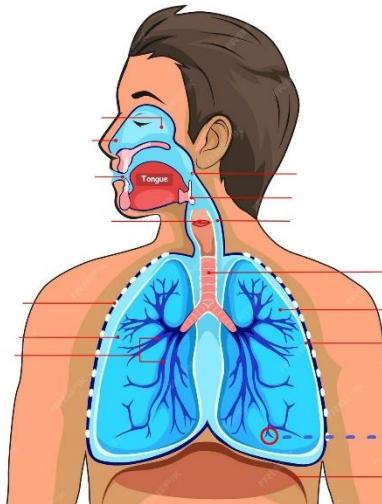


Fleetingly LESS stressful, LESS permanent, and LESS defining

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Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

Mind's Antics of Perception, Emotion, Intention, Cognition, Recollection, & Imagination



All Manner of Phenomena: External to Internal, Physical to Mental, Pleasurable to Painful, Interesting to Boring, Glorious to Grotesque

Mindfulness perception inhalation

This

Meditation cessation exhalation

ease

As NON-graspable as a vast, EMPTY void...

like the illusion of the infinite azure sky on a bright and beautiful cloudless morn; which although could look tantalizing to the eye could feel NON-graspable to the hand.

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What if Enlightenment was simply
the spontaneous, habitual, easy, and effective practice
of (*Gautama or Shakyamuni*) Buddha's Eight fold path?

Wise VIEW supporting release

- 1 - Right View of Impermanence and Emptiness
- 2 - Right Mentally Kind Intention (*essence of the Bodhisattva Vows*)

Compassionate ACTION

- 3 - Right Interpersonally Kind Communication
- 4 - Right Physically Kind Conduct (*non-violent essence of the Pratimoksha Vows*)
- 5 - Right Circumstantially Kind Commerce (*competition & cruelty transformed into compassion & cooperation*)
- 6 - Right Effortless Effort (*that is Joyful Love's Centered Spontaneity*) 4 & 3

Liberating MEDITATION as described by the seven enlightenment factors

- 7 - Right **Mindfulness** (*during inhalation that is vulnerable, passive, visceral, random & fleeting*) 1, 2, & 6
- 8 - Right **Meditation** (*during exhalation that physically relaxes & mentally releases the duality of aversion & avarice*) 5 & 7

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