

Easy Meditation

11jul26b

Meditate Like a Jedi

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Neuroscience and Meditation

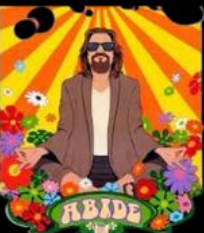
Why do many mythologies

Explore a fall from grace?



Sturgeon's Law

Ninty-percent of everything Sucks!



Yin's Spiritual Matriarchy

Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

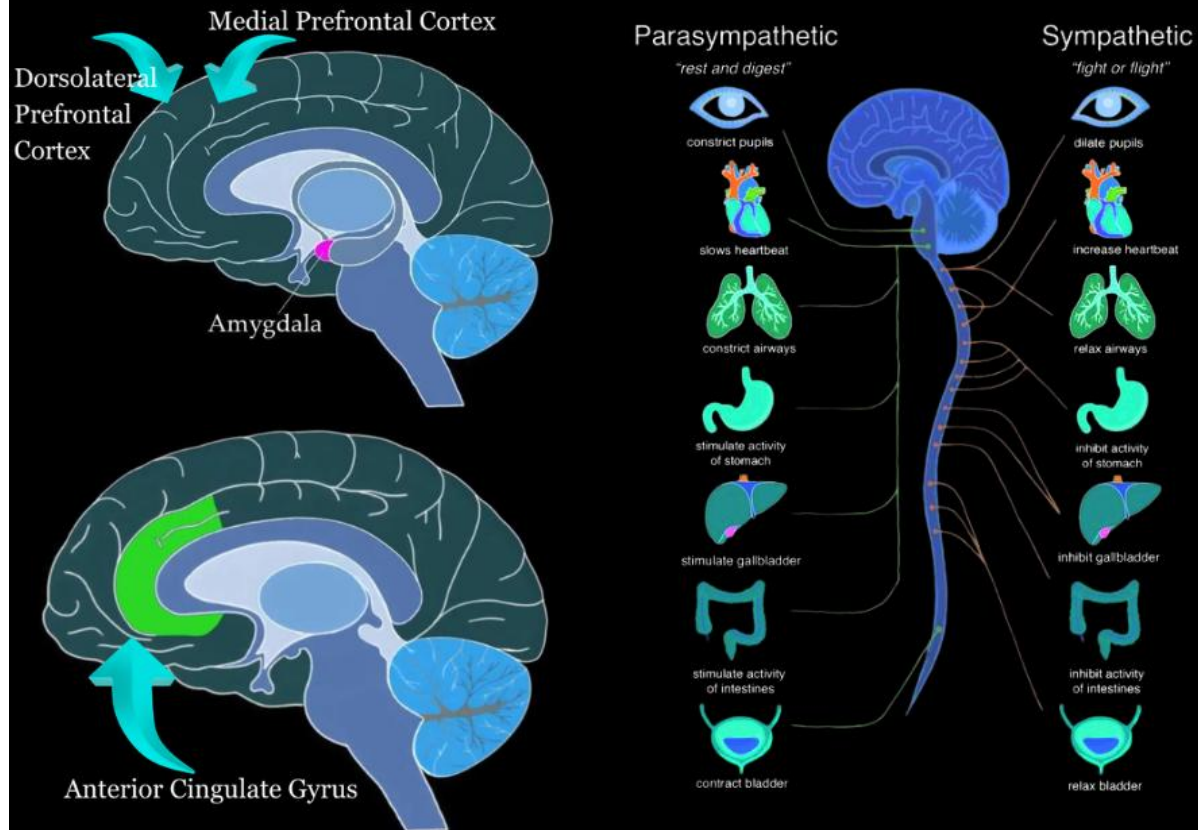
Yang's Religious Patriarchy

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



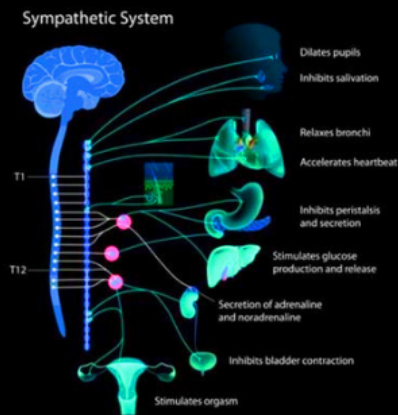
The Price of Rigidity & Control



Mindful, Vulnerable & Random

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

Watch



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

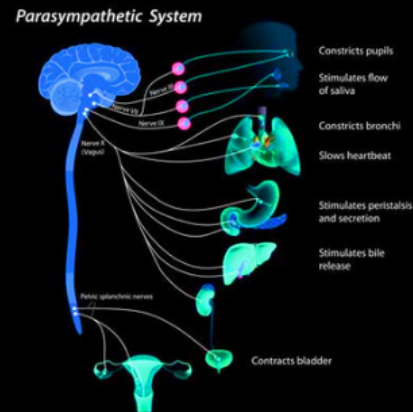
Meditation, NO-self, & Emptiness

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

Fleetingly: LESS stressful,
LESS permanent, LESS defining 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.



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
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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**

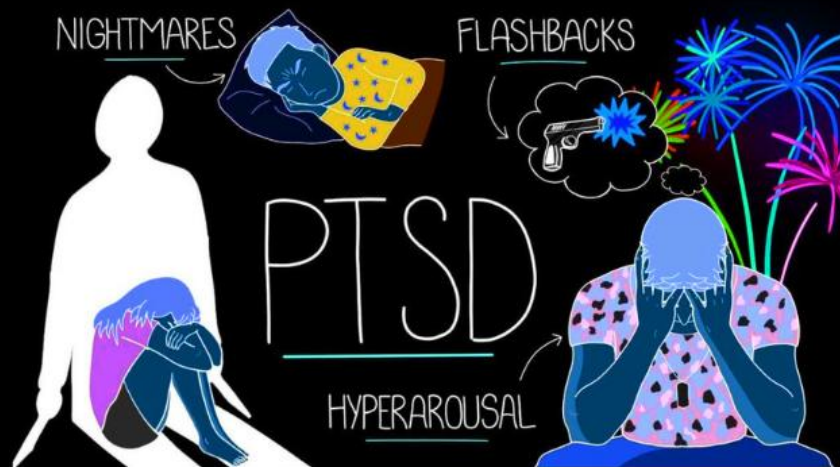
end

PTSD and Walking Meditation

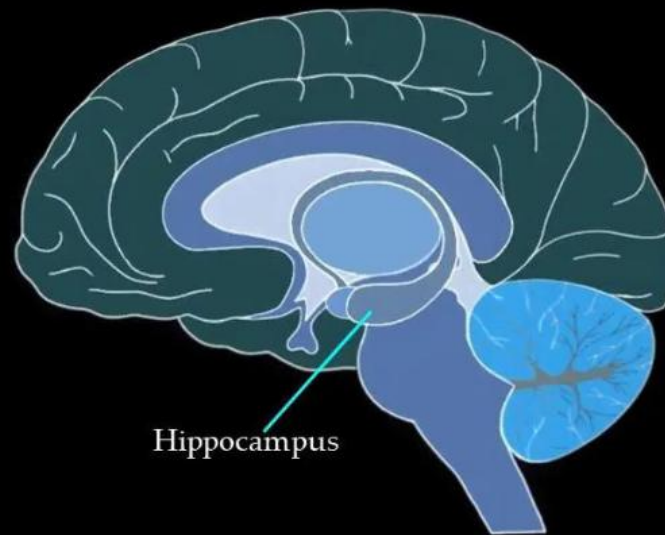
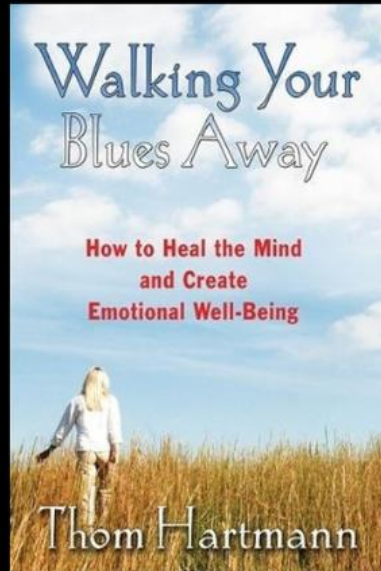
Introduction

Survivors of:

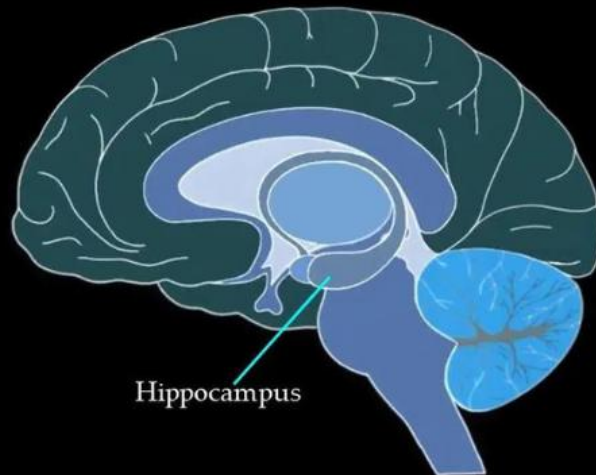
- War,
- Domestic abuse, and
- child abuse



“Walking your Blues Away”



Simile of the Doorman



Soothing the Hippocampus

ENTER: the magick
of Relaxed, Strolling Meditation



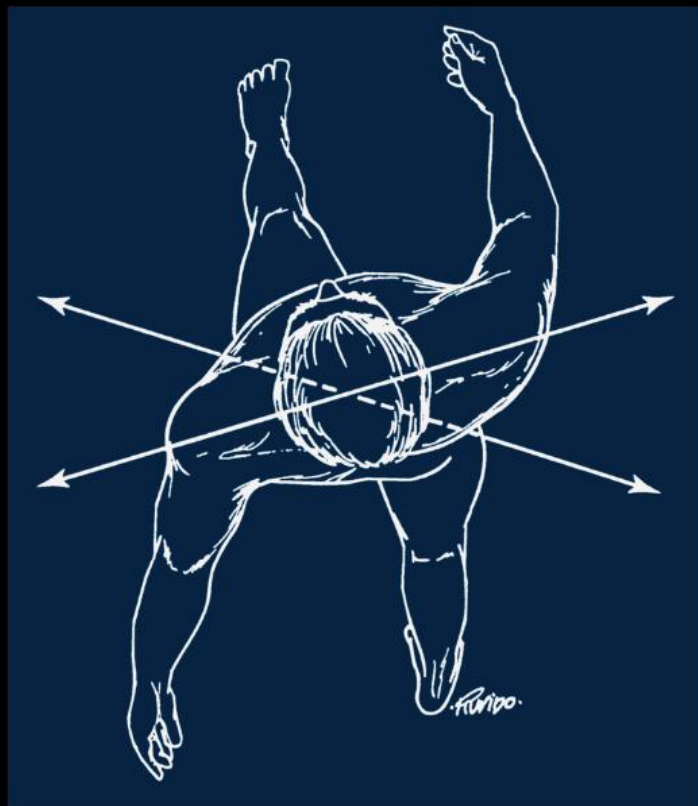
Where to Stroll?



Feel Unsafe?



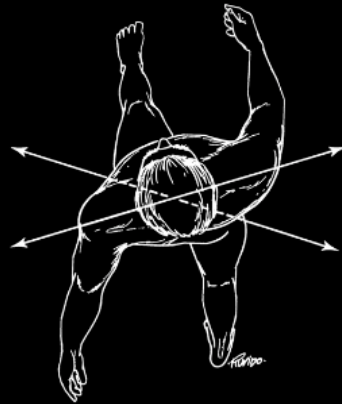
How to Stroll?



Turbo Charge your Stroll

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation



Mindfulness **Feel** inhalation

Meditation **Rest** exhalation

end

Four Noble Truths

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:

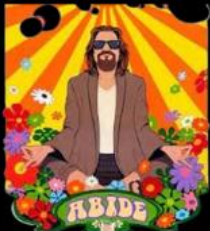
Flexible,
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Egalitarian,
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Cooperative, &
Kind

Institutional Buddhism:

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
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1st STRESS

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

2nd CAUSE (or exacerbation)

Fuck it?

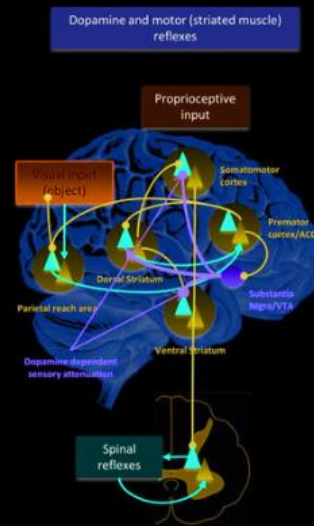
Feed on it?

Fight it?

Flee from it?

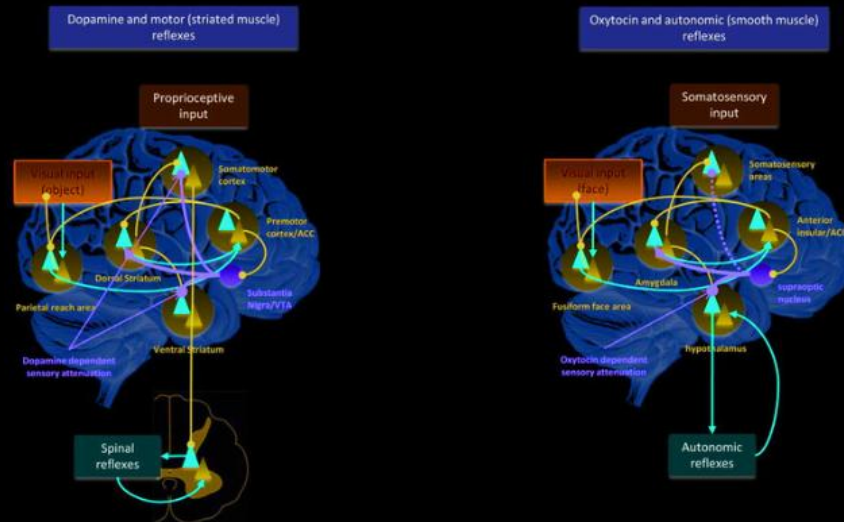
Faint before it?

Fawn over it?



3rd LIBERATION

(from Dopamine's *TYRANNY*)



Competition vs. Cooperation
Cruelty vs. Compassion
Craving vs. Contentment

4th PATH

the Eight-fold Path of Enlightenment

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(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**

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

end

Buddha's Eight-fold path of Enlightenment

What is the difference between Proto Buddhism and Institutional Buddhism?



Sturgeon's Law

Ninty-percent of everything Sucks!

Yin's Spiritual Matriarchy

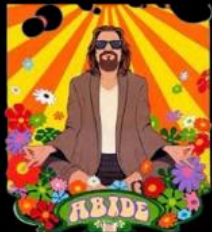
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What is Enlightenment?

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

- 1 - Right View of Impermanence, NO-self, and Emptiness
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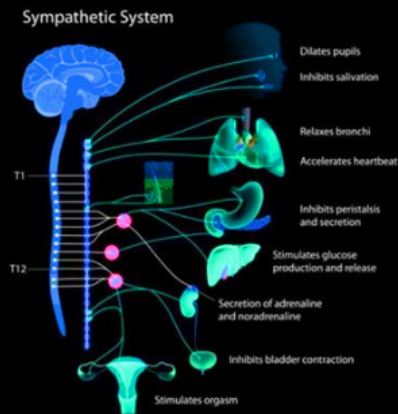
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MINDFULNESS - the 7th Fold

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

Watch



All Mind's Antics of:

- Perception,
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All Manner of Phenomena:

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Mindfulness

Watch

inhalation

Meditation

Rest

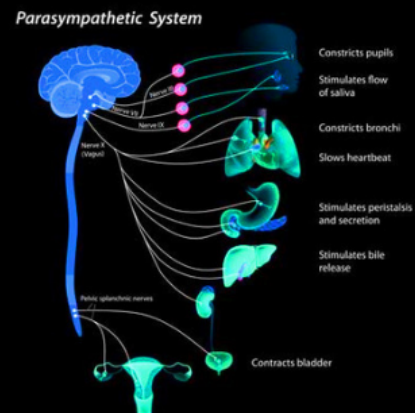
exhalation

MEDITATION - the 8th Fold

that slices through duality's obscuring emotions of dread and desire

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation



The 1st Fold of the Path

Wise VIEW supporting release

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

Compassionate ACTION

- 2 - Right Mentally Kind Intention
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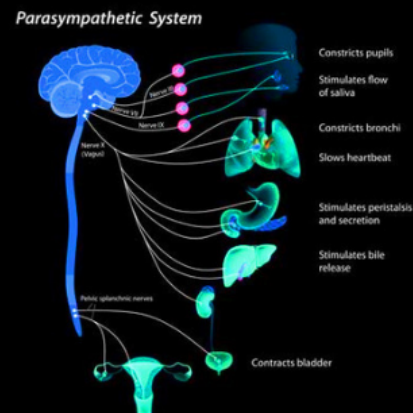
VIEW's Impermanence, NO-self, & Emptiness - the 1st Fold

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

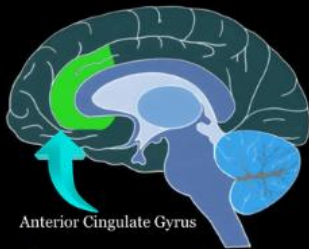
**Fleetingly: LESS stressful,
LESS permanent, LESS defining and...
as NON-graspable as a vast, EMPTY void...**

**like the illusion
of the infinite, azure sky
on a bright and beautiful
cloudless morn
which although could look
tantalizing to the eye
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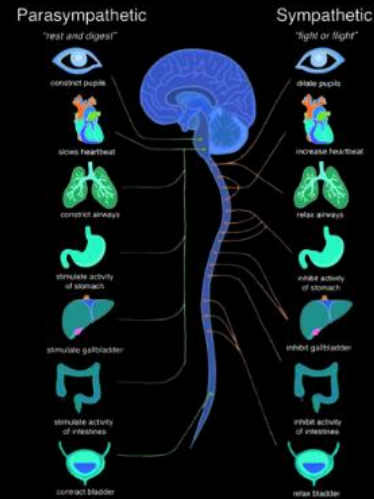


The Highest Love



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

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(that slices through duality's obscuring emotions of dread and desire) 5 & 7

The 3rd Fold of the Path

Wise VIEW supporting release

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Compassionate ACTION

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

The 4th Fold of the Path

Wise VIEW supporting release

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Compassionate ACTION

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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

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(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**
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Liberating MEDITATION (as described by the seven enlightenment factors)

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- 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

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

Compassionate ACTION

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- 8 - Right Meditation
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end

Bengali Crease Counting

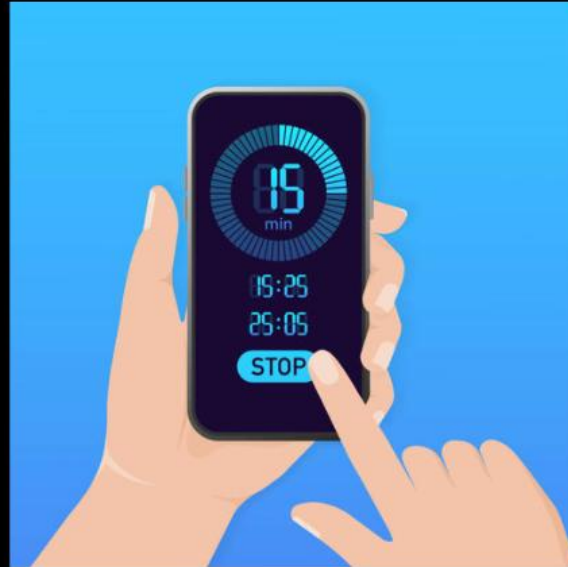
New, Exciting, and Scary...



In days of yore...



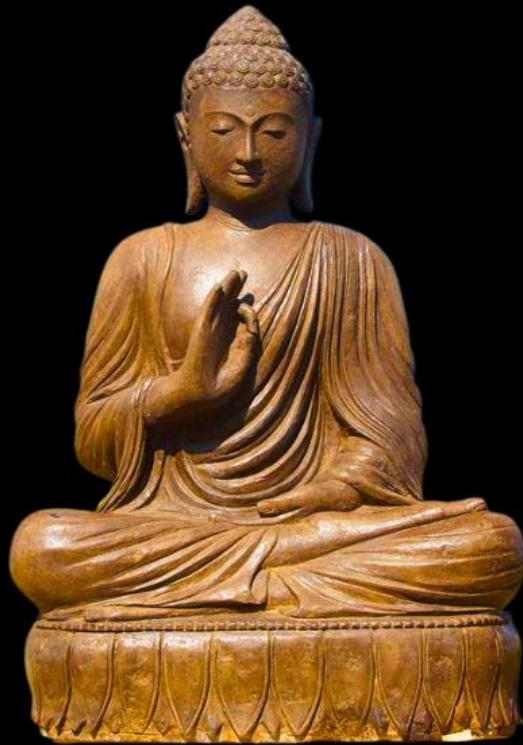
Technological Terror



Cranky Fascists



We'll always have our Hands



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

-Yoda



Effortless
Energy
Work

end

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,
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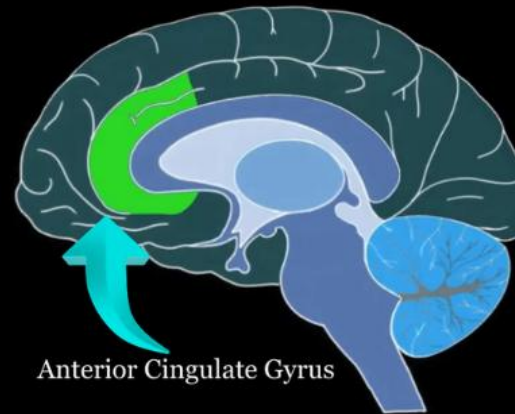
Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

JOY:

the 4th Enlightenment Factor

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



Mindfulness	Feel	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

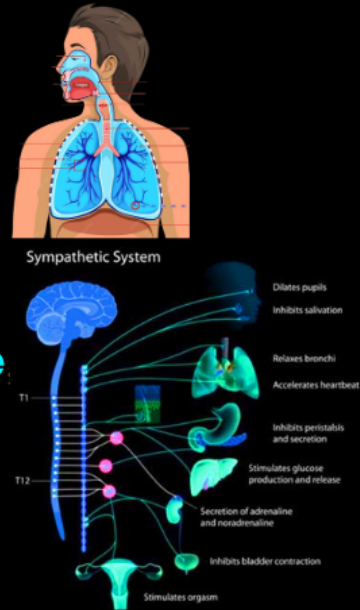
BUT rather from
Love's deeply centered spontaneity.

Mindfulness	Feel	inhalation
Meditation	Rest	exhalation

COALESCENCE:

the 6th Enlightenment Factor

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



All Mind's Antics of:

- **Perception,**
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Mindfulness

Watch

inhalation

Meditation

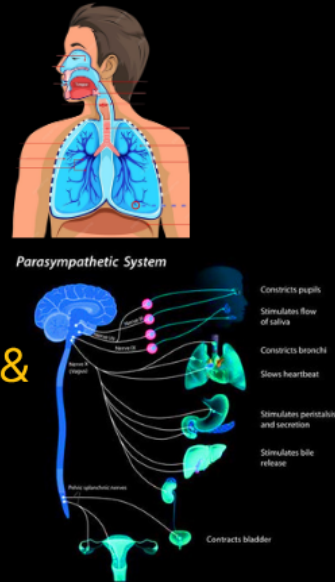
Rest

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 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**

- **Beauty** and **Ugliness**
melt into just SIGHTs
- **Harmony** and **Discord**
melt into just SOUNDS
- **Pleasure** and **Pain**
melt into just FEELINGs
- **Delicious** and **Disgusting**
melt into just TASTEs and
- **Fragrant** and **Foul**
melt into just SCENTs

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation

end

The Art of Sitting

7 point Posture of Vairochanna



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*)



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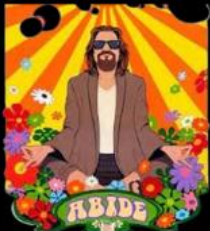
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Wisdom of the QUARTER lotus



Patience with the QUARTER lotus



SECOND point: Hands



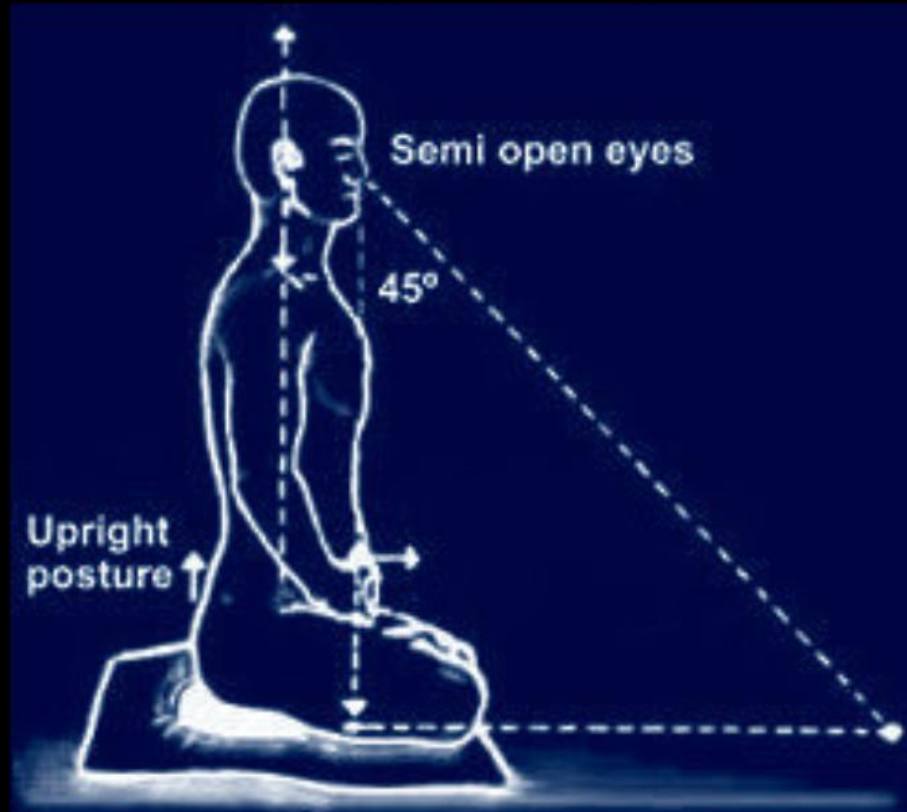
Crown Energy



Gathering the Next Collection



THIRD point: Spine



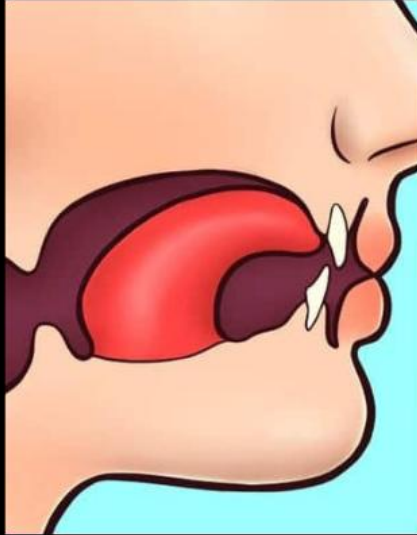
FOURTH point: Shoulder-blades



FIFTH point: Chin



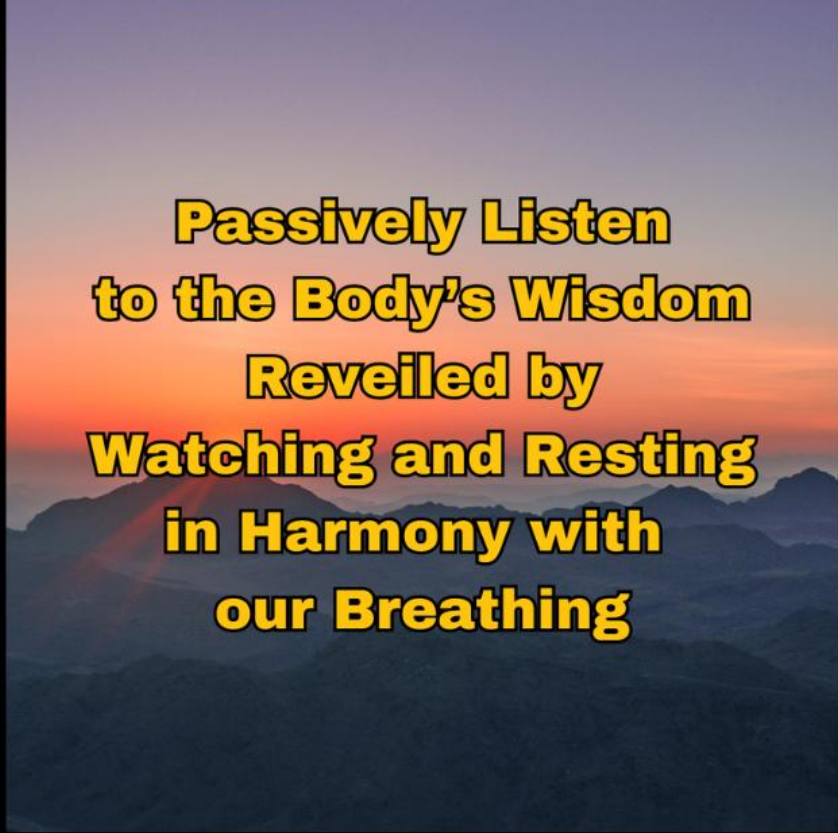
SIXTH point: Mouth



SEVENTH point: Eyes



Overwhelmed?



**Passively Listen
to the Body's Wisdom
Reveiled by
Watching and Resting
in Harmony with
our Breathing**

end

