

Very Easy Evening Meditation
Dzogchen Lama: Jigme Gyatso's

Very Easy Meditation

practice text (*or Sadhāna*)

9jun25a



Sturgeon's Law

Ninety-percent of everything Sucks

Yang's Religious Patriarchy

**Rigid,
Fearful,
Superstitious,
Controlling,**

**Elitist,
Cryptic,
Competitive, &
Cruel**

Yin's Spiritual Matriarchy

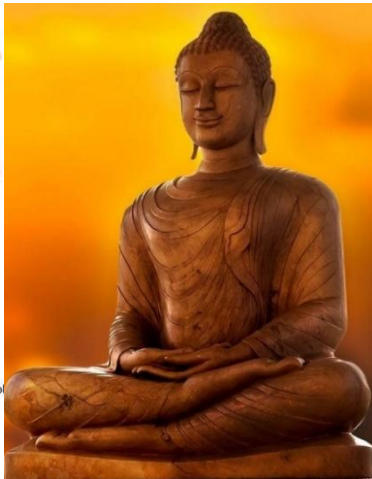
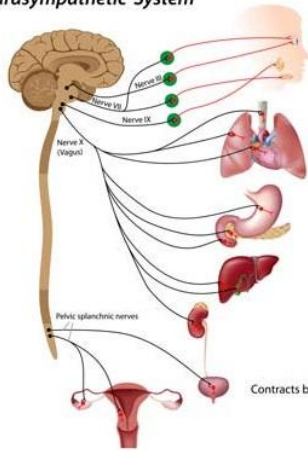
**Flexible,
Loving,
Rational,
Laid-back,**

**Egalitarian,
Lucid,
Cooperative, &
Kind**

Very Easy Evening Meditation

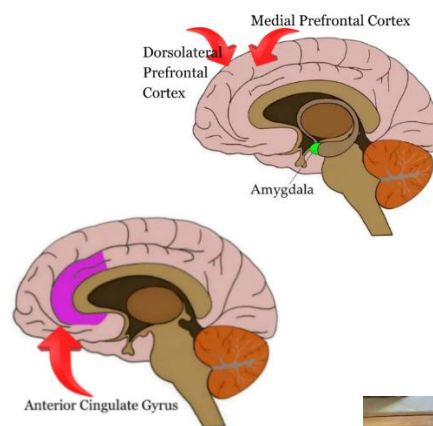
Ati-yoga's (Trekchö's or Sutra-mahamudra's) Mindfulness and Meditation

Parasympathetic System



Mindfulness noticing inhalation

*Meditation **relaxing** exhalation*



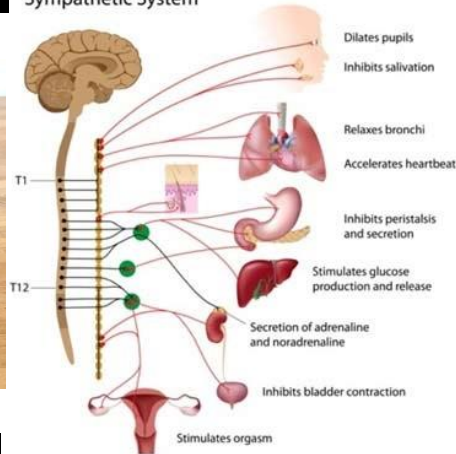
This
ease



Notice

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

Sympathetic System

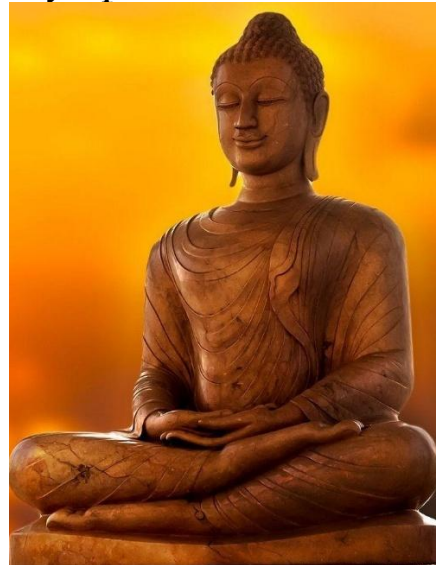
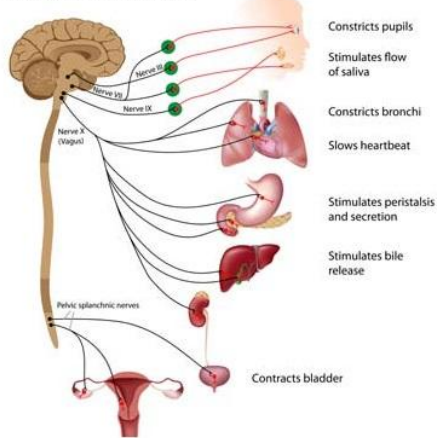


Fleetingly LESS stressful, LESS permanent, and LESS defining

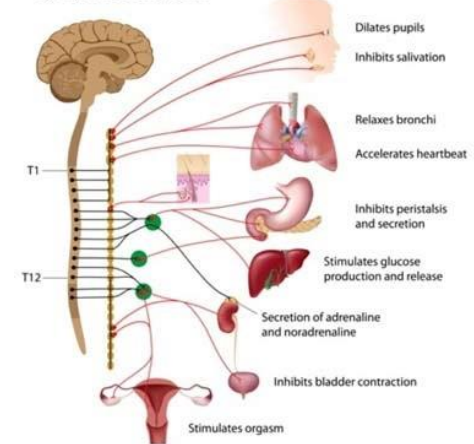
Very Easy Evening Meditation

Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

Parasympathetic System



Sympathetic System



inhalation

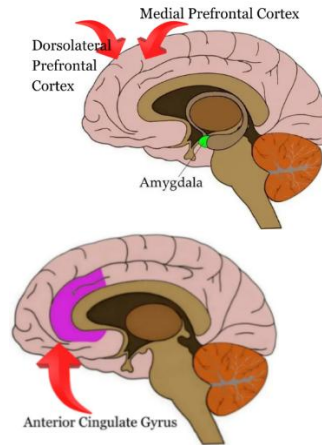
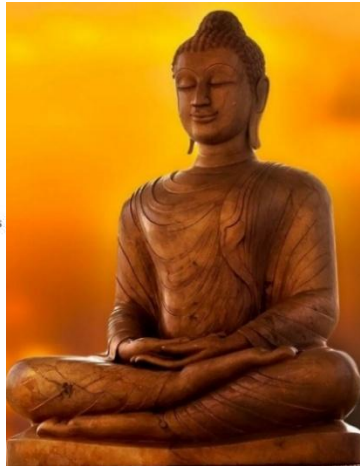
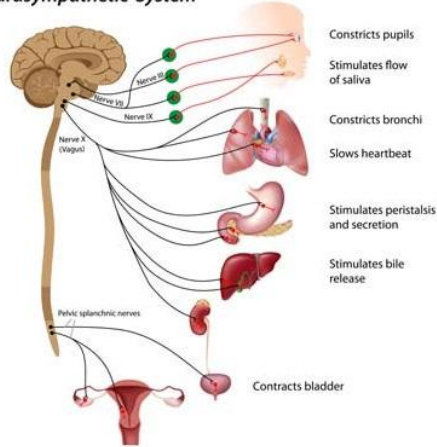
exhalation

Noticing...
relaxing!

Very Easy Evening Meditation

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

Parasympathetic System



Notice

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

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

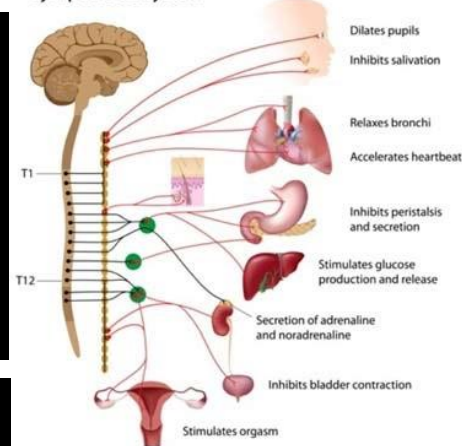
Mindfulness noticing inhalation

Meditation relaxing exhalation

*This
ease*

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

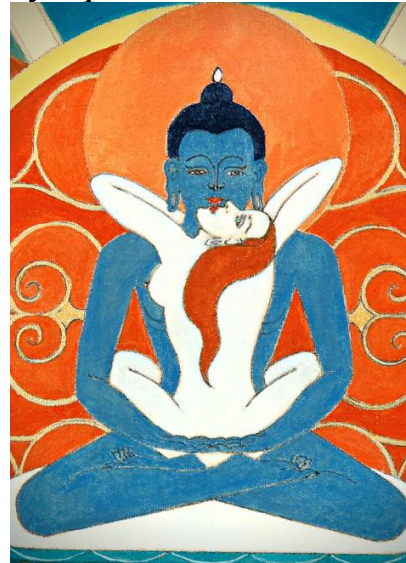
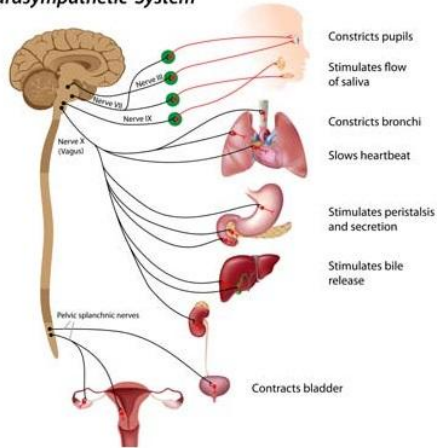
Sympathetic System



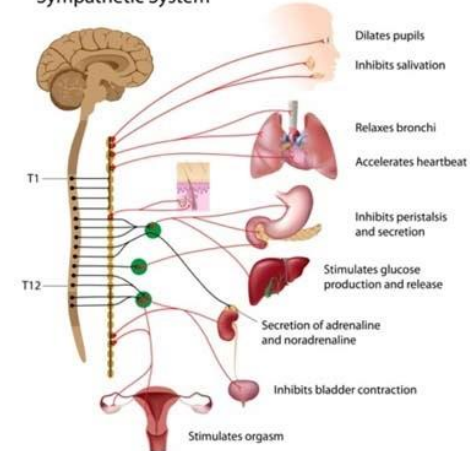
Very Easy Evening Meditation

Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

Parasympathetic System



Sympathetic System



inhalation

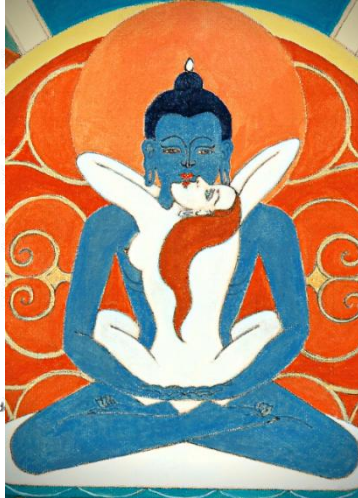
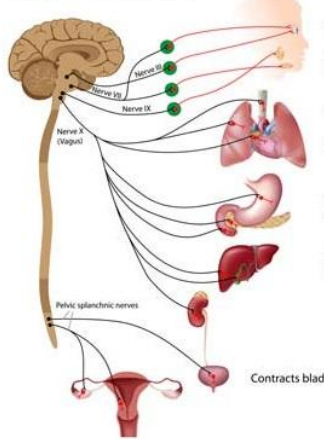
exhalation

Noticing...
relaxing!

Very Easy Evening Meditation

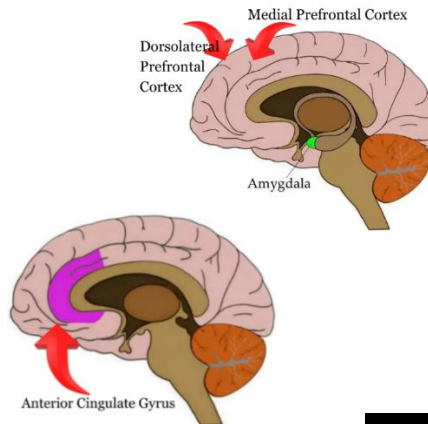
Ati-yoga's (Trekchö's or Sutra-mahamudra's) Mindfulness and Meditation

Parasympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation



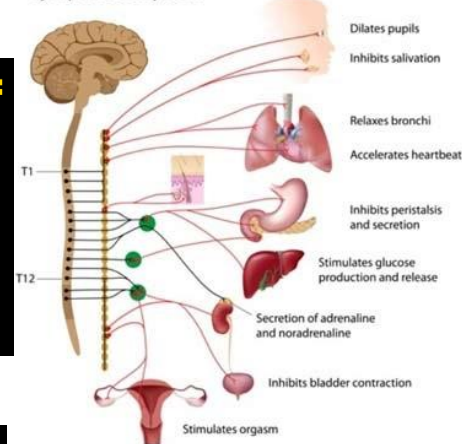
This
ease

Notice

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

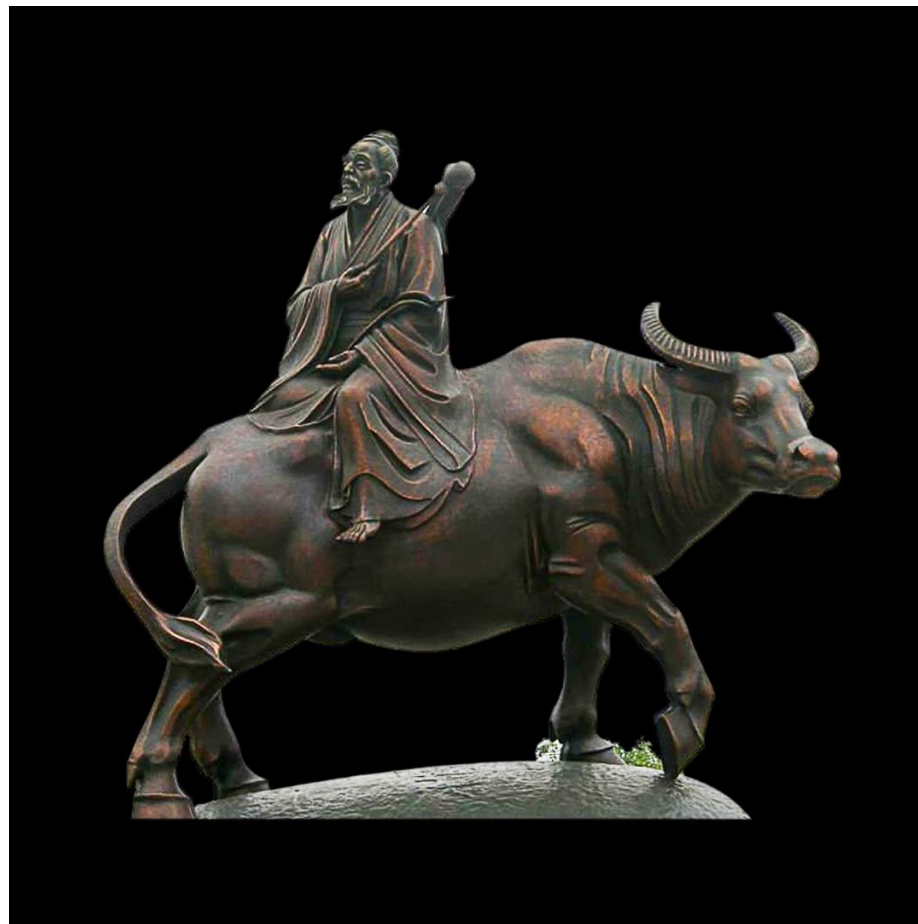
All Manner of Phenomena:
External to Internal,
Physical to Mental,
Pleasurable to Painful,
Interesting to Boring,
Glorious to Grotesque

Sympathetic System



Fleetingly LESS stressful, LESS permanent, and LESS defining

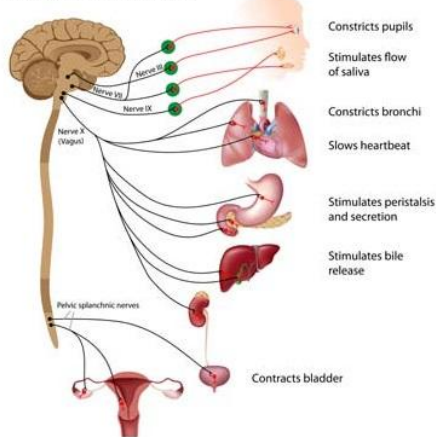
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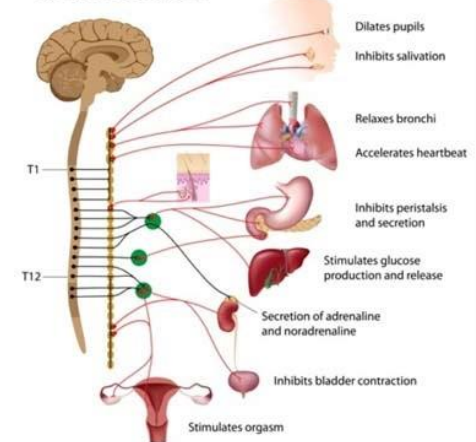
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Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

Parasympathetic System



Sympathetic System



inhalation

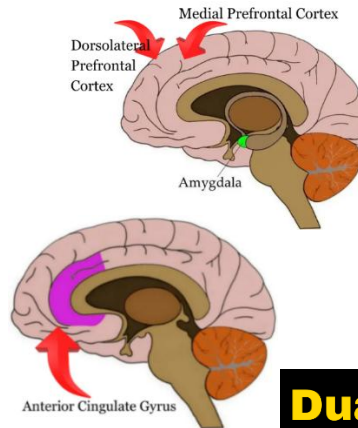
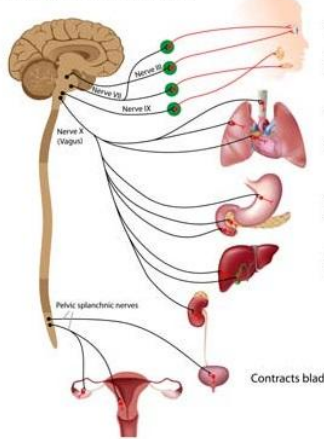
exhalation

Noticing...
relaxing!

Very Easy Evening Meditation

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

Parasympathetic System



Notice

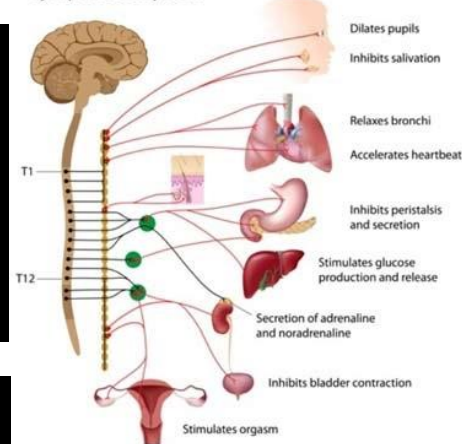
- Vulnerably,
- Passively,
- Viscerally,
- Randomly, and
- Fleetingly

Dualities such as:

**Lack and Boon,
Pain and Bliss,
Scorn and Praise,
Shame and Fame**

This
ease

Sympathetic System



Mindfulness noticing inhalation

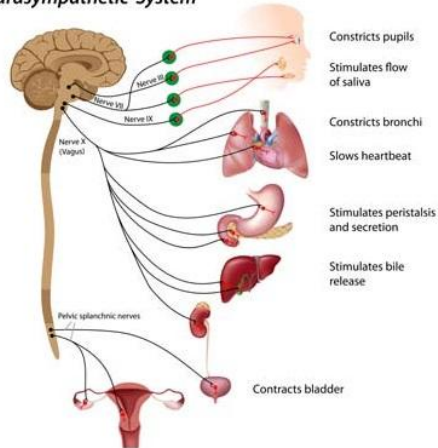
Meditation relaxing exhalation

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

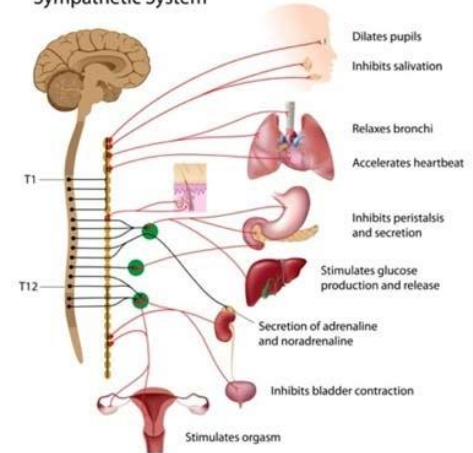
Very Easy Evening Meditation

Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

Parasympathetic System



Sympathetic System



inhalation

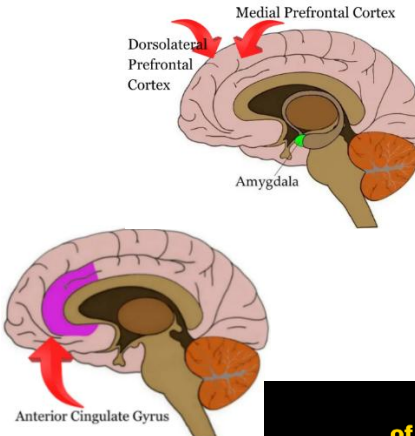
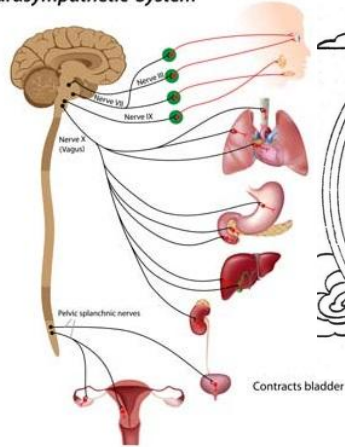
exhalation

Noticing...
relaxing!

Very Easy Evening Meditation

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Parasympathetic System



Notice

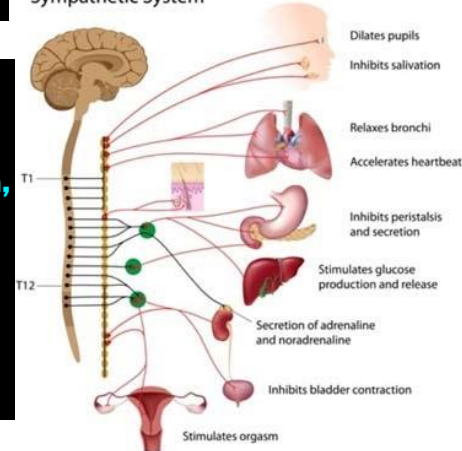
- Vulnerably,
- Passively,
- Viscerally,
- Randomly, and
- Fleetingly

When the Antidote of Letting-go is Applied:

HATE becomes mirror-like wisdom,
GREED becomes discerning wisdom,
CONFUSION becomes all-pervading wisdom,

JEALOUSY becomes all-accomplishing wisdom, and
PRIDE becomes equalizing wisdom

Sympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation

This
ease

Fleetingly LESS tantalizing, LESS permanent, & LESS defining

Very Easy Evening Meditation



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

Very Easy Evening Meditation

Appendix

Very Easy Evening Meditation

First COLLECTION of Eight SETS of Twelve INHALATIONS

*Upon the tip of our **left little** finger,
we could rest the great knuckle
at the base of our **right little** finger
palms up, in our lap.*



Very Easy Evening Meditation

Doing so could gently invite
our real or imagined, subtle energies,
to automatically coalesce in the
Bladder region of our lower abdomen.

Om
Hri
Hoom
Tram
Ah



Very Easy Evening Meditation

First COLLECTION of Twelve SETS of Twelve INHALATIONS

*Upon the tip of our **left ring** finger,
we could rest the great knuckle
at the base of our **right ring** finger
palms up, in our lap.*



Very Easy Evening Meditation

*Doing so could gently invite
our real or imagined, subtle energies,
to automatically coalesce at
the **Navel** region of our mid-abdomen.*



Very Easy Evening Meditation

Second COLLECTION of Twelve SETS of Twelve INHALATIONS

*Upon the tip of our **left middle** finger,
we could rest the great knuckle
at the base of our **right middle** finger
palms up, in our lap.*



Very Easy Evening Meditation

*Doing so could gently invite
our real or imagined, subtle energies,
to automatically coalesce
at the **Heart** region of our chest.*



Very Easy Evening Meditation

Third COLLECTION of Four SETS of Twelve INHALATIONS

*Upon the tips of **each** of our **left** fingers,
we could rest the great knuckles
at the base of **each** of our **right** fingers
palms up, in our lap.*



Very Easy Evening Meditation

*Doing so could gently invite
our real or imagined, subtle energies,
to automatically coalesce
at the **Throat** region of our neck.*



Very Easy Evening Meditation

Fourth COLLECTION of Twelve SETS of Twelve INHALATIONS

*Upon the tip of our **left index** finger,
we could rest the great knuckle
at the base of our **right index** finger
palms up, in our lap.*



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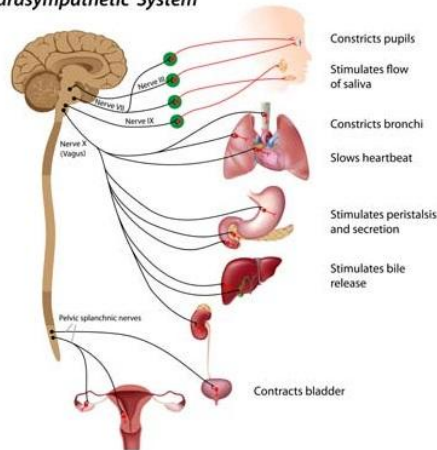
*Doing so could gently invite
our real or imagined, subtle energies,
to automatically coalesce
at the Crown region of our head.*



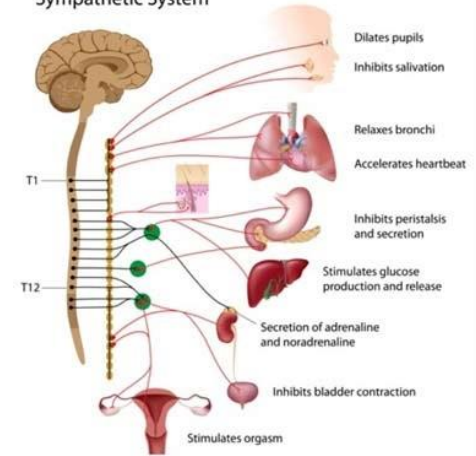
Very Easy Evening Meditation

Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

Parasympathetic System



Sympathetic System



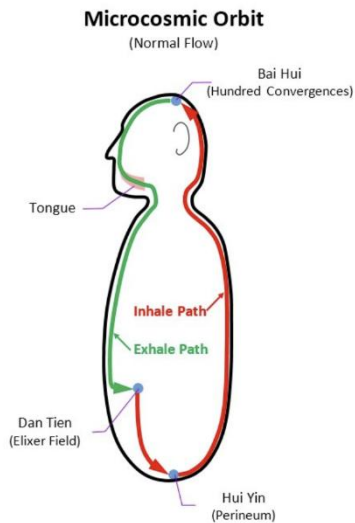
gut inhalation

nose exhalation

Noticing
relaxing

Very Easy Evening Meditation

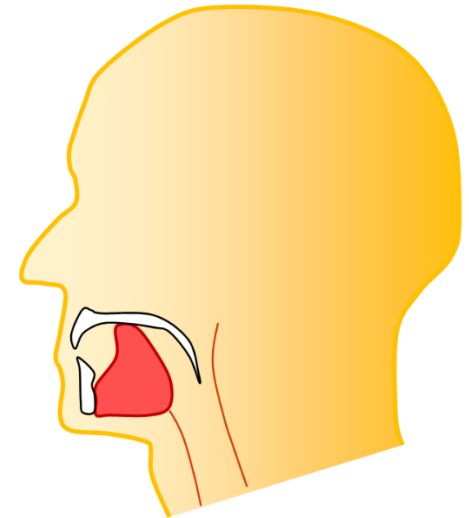
Seven-point Posture of Vairochana as demonstrated by the Statue at Kamakura, Japan



inhalation

exhalation

Gut notice
Nose relax



Very Easy Evening Meditation