

Meditation, Contemplation, and Compassion

Meditation, Contemplation, & Compassion

Terton Lama: Jigme Gyatso, Rime Rinpoche

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Meditation, Contemplation, and Compassion
Universal Practice

Throúgh the cause and effect of
my practice of love and lettíng-go
máý each being of each world,
now practice with me in uníson.



Meditation, Contemplation, and Compassion
The Four Immeasurables

Máy everyone be free from stress.

thus no need to hate

May everyone be háppy.

thus no need to crave

Máy NO one be separated
from their happíness.

thus no need to cling

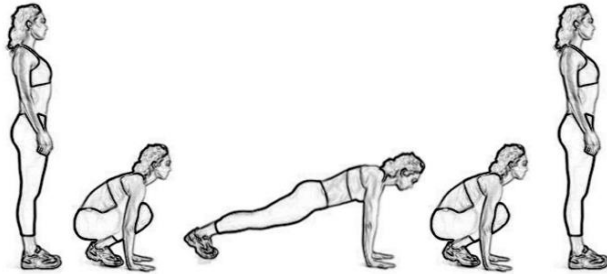
Máy everyone have balance: FREE from
the tyranny of hating, craving, & clínging.

Meditation, Contemplation, and Compassion

Invigorating Buddha Bowing for aging Fitness Freaks – Refuge and Bodhichitta

Éternally I rely
on Bud-dha, Dhar-ma and Sáng-ha.
Máý my practice of this path
liberate áll beings.

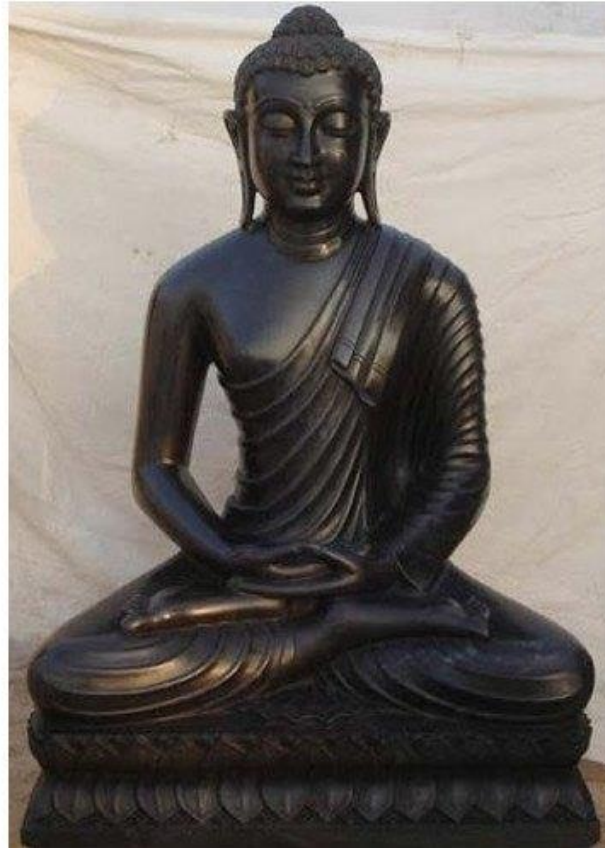
4, 8, 12, or 16 repetitions



Meditation, Contemplation, and Compassion



Meditation, Contemplation, and Compassion
First Set of Meditations



Meditation, Contemplation, and Compassion

*Sutra-mahamudra – Spontaneous Meditation – Awareness and release
slicing through the craving and hating that some call hope and fear*

Observant inhalation: *Notice this...*
Relaxing exhalation: *relaxing!*

*Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers’
lower, middle, & higher creases and tips.*

*Count 4 **sets** upon RIGHT **little** finger’s lower, middle, & higher sets of creases & tip.*

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*Notice this...
relaxing!*

*Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.*

*Count 4 **sets** upon RIGHT **ring** finger's lower, middle, & higher sets of creases & tip.*

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*Notice this...
relaxing!*

*Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.*

*Count 4 **sets** upon RIGHT **middle** finger's lower, middle, & higher sets of creases & tip.*

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*Notice this...
relaxing!*

*Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.*

*Count 4 **sets** upon RIGHT **index** finger's lower, middle, & higher sets of creases & tip.*

Meditation, Contemplation, and Compassion

Contemplations

leaping over the self-grasping, or pride that others call obscurations to omniscience



Meditation, Contemplation, and Compassion
The Four Thoughts

Résistance exacerbates all stress,
independence is but an illú^usion,
thére is nothing permanent to grasp;
so let's **make the most** of our precio^us lives!

Meditation, Contemplation, and Compassion

Vipassana's Contemplations of Stress

leaping over the self-grasping, or pride that others call obscurations to omniscience

Observant inhalation:

***Relaxing** exhalation:*

*How hatred...
quite stressful?*

*Count four **rounds** upon the LEFT **little**, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count one **set** upon RIGHT **little** finger's **lower** sets of creases.*

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*How craving...
quite stressful?*

*Count four rounds upon the LEFT little, **ring**, middle, & index fingers' lower, middle, & higher creases and tips.*

Count one set upon RIGHT little finger's lower sets of creases.

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*How clinging...
quite stressful?*

*Count four **rounds** upon the LEFT little, ring, **middle**, & index fingers' lower, middle, & higher creases and tips.
Count one **set** upon RIGHT **little** finger's **lower** sets of creases.*

Meditation, Contemplation, and Compassion
Vipassana's Contemplations of Interdependence

leaping over the self-grasping, or pride that others call obscurations to omniscience

Observant inhalation:

***Relaxing** exhalation:*

*How hatred...
dependent?*

*Count four **rounds** upon the LEFT **little**, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count one **set** upon RIGHT **little** finger's **middle** sets of creases.*

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*How craving...
dependent?*

*Count four **rounds** upon the LEFT little, **ring**, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count one **set** upon RIGHT **little** finger's **middle** sets of creases.*

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*How clinging...
dependent?*

*Count four **rounds** upon the LEFT little, ring, **middle**, & index fingers' lower, middle, & higher creases and tips.
Count one **set** upon RIGHT **little** finger's **middle** sets of creases.*

Meditation, Contemplation, and Compassion

Vipassana's Contemplations of Impermanence

leaping over the self-grasping, or pride that some call obscurations to omniscience

Observant inhalation:

***Relaxing** exhalation:*

How hatred...

always change?

Count four **rounds** upon the LEFT **little**, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Count one **set** upon RIGHT **little** finger's **higher** sets of creases.

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*How craving...
always change?*

*Count four **rounds** upon the LEFT little, **ring**, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count one **set** upon RIGHT **little** finger's higher sets of creases.*

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*How clinging...
always change?*

*Count four **rounds** upon the LEFT little, ring, **middle**, & index fingers' lower, middle, & higher creases and tips.
Count one **set** upon RIGHT **little** finger's **higher** sets of creases.*

Meditation, Contemplation, and Compassion

Vipassana's Contemplations of our Precious Human Life

leaping over the self-grasping, or pride that some call obscurations to omniscience

Observant inhalation:

Relaxing exhalation:

*This circumstance:
how precious?*

Count four **rounds** upon the LEFT **little**, ring, middle, & index fingers' lower, middle, & higher creases and tips.
Count one **set** upon RIGHT **little** finger's **tip**.

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*This body:
how precious?*

*Count four **rounds** upon the LEFT little, **ring**, middle, & index fingers' lower, middle, & higher creases and tips.
Count one **set** upon RIGHT **little** finger's **tip**.*

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*Communication:
how precious?*

*Count four **rounds** upon the LEFT little, ring, **middle**, & index fingers' lower, middle, & higher creases and tips.
Count one **set** upon RIGHT **little** finger's **tip**.*

Meditation, Contemplation, and Compassion

Observant inhalation:

Relaxing exhalation:

*This bright mind:
how precious?*

Count four **rounds** upon the LEFT little, ring, middle, & **index** fingers' lower, middle, & higher creases and tips.
Count one **set** upon RIGHT **little** finger's **tip**.

Meditation, Contemplation, and Compassion



Meditation, Contemplation, and Compassion

Calling the Lama from Afar

Essence-mahamudra – Centering meditation – Bliss and release

Óh kind lama
please come to this CRÓWN-wheel
ánd lavish me with the blessings
of your body, speech, ánd mind.

one repetition

Meditation, Contemplation, and Compassion
Second Set of Meditations



Meditation, Contemplation, and Compassion

*Sutra-mahamudra – Spontaneous Meditation – Awareness and release
slicing through the craving and hating that some call hope and fear*

Observant inhalation: *Notice this...*
Relaxing exhalation: *relaxing!*

*Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers’
lower, middle, & higher creases and tips.*

*Count 4 **sets** upon RIGHT **ring** finger’s lower, middle, & higher sets of creases & tip.*

Meditation, Contemplation, and Compassion



Meditation, Contemplation, and Compassion

Guru Yoga

Essence-mahamudra – Centering meditation – Bliss and release

Óh kind lama
please come to this HEÁRT-wheel
ánd lavish me with the blessings
of your body, speech, ánd mind.

three repetitions

Meditation, Contemplation, and Compassion

*Sutra-mahamudra – Spontaneous Meditation – Awareness and release
slicing through the craving and hating that some call hope and fear*

Observant inhalation: *Notice this...*
Relaxing exhalation: *relaxing!*

*Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers’
lower, middle, & higher creases and tips.*

*Count 4 **sets** upon RIGHT **middle** finger’s lower, middle, & higher sets of creases & tip.*

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*Notice this...
relaxing!*

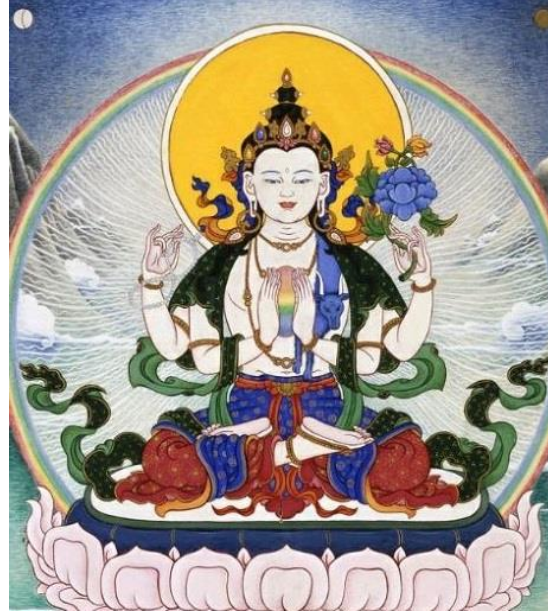
*Count sixteen **rounds** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count 4 **sets** upon RIGHT index finger's lower, middle, & higher sets of creases & tip.*

Meditation, Contemplation, and Compassion

*Tantra-mahamudra's leap-over our clinging to **jealousy** that some call self-cherishing:
and others call competition or obscuring emotions*

Contemplating – Compassion and Love



Meditation, Contemplation, and Compassion
Taking lack and Giving boon

May all the peril and scarcity (*or lack*)
of all circumstances and their causes
melt into billowing black smoke

that flows in its entirety into my nostrils,
gathering at my heart.

Meditation, Contemplation, and Compassion

May the heart-smoke
transform into wish-fulfilling, rainbow light
leaving through my pores

and lavishing all circumstances (*or lots*)
with safety and abundance (*or boon*).

Meditation, Contemplation, and Compassion
Essence Mahamudra – Centering Meditation – Bliss and Release
Tantra Mahamudra – Love Meditation – Love and Release

Observant inhalation: *Take all lack...*

Relaxing exhalation: *give all boon!*

Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Count 1 set upon RIGHT little finger's lower, middle, & higher sets of creases & tip.

Meditation, Contemplation, and Compassion

Taking pain and Giving bliss

May all the pain and illness of all bodies
and their causes
melt into billowing black smoke

that flows in its entirety into my nostrils,
gathering at my heart.

Meditation, Contemplation, and Compassion

May the heart-smoke
transform into wish-fulfilling, rainbow light
leaving through my pores

and lavishing all bodies
with health and pleasure (*or bliss*).

Meditation, Contemplation, and Compassion

Observant inhalation: *Take all ill...*

Relaxing exhalation: *give all health!*

Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Count 1 set upon RIGHT little finger's lower, middle, & higher sets of creases & tip.

Meditation, Contemplation, and Compassion
Taking hate and Giving love

May all the rage and selfishness
of all relationships and their causes
melt into billowing black smoke

that flows in its entirety into my nostrils,
gathering at my heart.

Meditation, Contemplation, and Compassion

May the heart-smoke
transform into wish-fulfilling, rainbow light
leaving through my pores

and lavishing all relationships
with peaceful love.

Meditation, Contemplation, and Compassion

Observant inhalation: *Take all hate ...*

Relaxing exhalation: *give all love!*

Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Count 1 set upon RIGHT little finger's lower, middle, & higher sets of creases & tip.

Meditation, Contemplation, and Compassion

Taking clinging and Giving wisdom

May all the sorrow and clinging
of all minds and their causes
melt into billowing black smoke

that flows in its entirety into my nostrils,
gathering at my heart.

Meditation, Contemplation, and Compassion

May the heart-smoke
transform into wish-fulfilling, rainbow light
leaving through my pores

and lavishing all minds
with joyful wisdom.

Meditation, Contemplation, and Compassion

Observant inhalation: ***Take all clinging...***

Relaxing** exhalation:* ***give all freedom!

*Count sixteen **rounds** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count 1 **set** upon RIGHT little finger's lower, middle, & higher sets of creases & tip.*

Meditation, Contemplation, and Compassion
Third Set of Meditations



Meditation, Contemplation, and Compassion

*Sutra-mahamudra – Spontaneous Meditation – Awareness and release
slicing through the craving and hating that some call hope and fear*

Observant inhalation: *Notice this...*
Relaxing exhalation: *relaxing!*

*Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers’
lower, middle, & higher creases and tips.*

*Count 4 **sets** upon RIGHT **ring** finger’s lower, middle, & higher sets of creases & tip.*

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*Notice this...
relaxing!*

*Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.*

*Count 4 **sets** upon RIGHT **middle** finger's lower, middle, & higher sets of creases & tip.*

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*Notice this...
relaxing!*

*Count sixteen **rounds** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count 4 **sets** upon RIGHT index finger's lower, middle, & higher sets of creases & tip.*

Meditation, Contemplation, and Compassion
Traditional Dedications

Évery day may I practice
KIND: communication,
conduct, and cómmerce

flówing from a place
of centered spontaneíty.

Meditation, Contemplation, and Compassion

Fór the sake of all living beings
may I quickly master the eight-fold path
to the point of practicing it:

spóntaneously, habitually, easily and
effectively and then lead every living being,
without exception, to thát state.

Meditation, Contemplation, and Compassion

Át the natural end of each beings' life
may they take optimal rébirth,
máster the Buddha's path
and then help all others do likéwise.

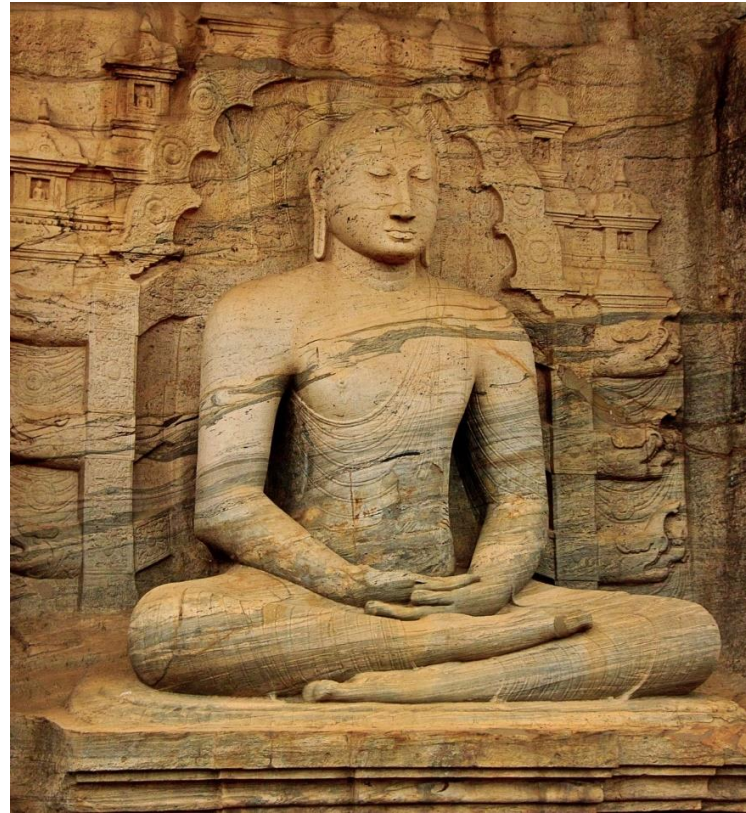
Meditation, Contemplation, and Compassion

Máy ALL suffering quickly cease,
all happiness and joy manífest,
ánd may the Buddha's path
flourish everýwhere.

Meditation, Contemplation, and Compassion

Máy precious, supreme love and letting-go
grow where they have NÓT grown
ánd where they have grown
may they flourish forevér more.

Meditation, Contemplation, and Compassion
Wishes for the Preservation of the Buddha's Teachings



Meditation, Contemplation, and Compassion

Máy every meditation teacher
understand Gautama's
and Lao Tzu's téachings,

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

Meditation, Contemplation, and Compassion

Máy all meditation teachers

spontaneously réceive:

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

ánd may many Dhar-ma centers likewise be
successfully planted, nurtured & suppórted. 😊

V. Appendix

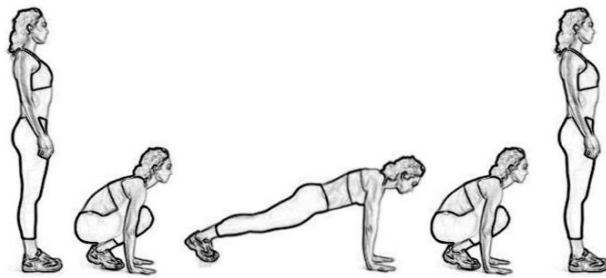
Meditation, Contemplation, and Compassion

Homage to the Twenty-one Taras



Meditation, Contemplation, and Compassion

Om I bow
to the noble
transcendent
liberator.



Meditation, Contemplation, and Compassion



Meditation, Contemplation, and Compassion

One

Homage to Ta-ra swift and fearless
with eyes like a flash of lightning
lotus-born in an ocean of tears
of Chen-re-zik, three world's protector.

Meditation, Contemplation, and Compassion

Two

Homage to you whose face is like
one hundred autumn moons gathered
and blazes with the dazzling light
of a thousand constellations.

Meditation, Contemplation, and Compassion

Three

Homage to you born from a gold-blue lotus
hand adorned with a lotus flower
essence of giving, *NON-violence, patience,*
zeal, mindfulness, and wisdom.

Meditation, Contemplation, and Compassion

Four

Homage to you who crown all Buddhas
whose actions subdues without limit
attained to every perfection
on you the Bo-dhi-sat-tvas rely.

Meditation, Contemplation, and Compassion
Five

(Homage to you
(whose **Tu-ta-ra** and **Hum**
fill the realms of desire, form, and space

you crush seven worlds beneath your feet
and have power to call all forces.

Meditation, Contemplation, and Compassion

Six

Homage to you adored by In-dra,
Ag-ni, Bra-ma, Va-yu and Ish-va-ra
praised in song by hosts of spirits,
zombies, scent-eaters and Yak-shas.

Meditation, Contemplation, and Compassion
Seven

Homage to you whose **Trey** and **Pey**
destroy external wheels of magic
right leg drawn in and left extended
you blaze within a raging fire.

Meditation, Contemplation, and Compassion
Eight

Homage to you whose **Tu-re** destroys
the great fears, the mighty demons
with a wrathful frown on your lotus face
you slay all foes without exception.

Meditation, Contemplation, and Compassion

Nine

Homage to you beautifully adorned
by the Three Jewels' gesture at your heart
your wheel shines in all directions
with a whirling mass of light.

Meditation, Contemplation, and Compassion
Ten

Homage to you, radiant and joyful
whose crown emits a garland of light
you, by the laughter of **Tu-ta-ra**
conquer demons and lords of the world.

Meditation, Contemplation, and Compassion
Eleven

Homage to you with power to invoke
the assembly of local protectors
with your fierce frown and vibrating **Hum**
you bring freedom from ALL poverty.

Meditation, Contemplation, and Compassion
Twelve

Homage to you with crescent moon crown
all your adornments dazzling bright
from your hair-knot A-mi-ta-bha
shines eternal with great beams of light.

Meditation, Contemplation, and Compassion
Thirteen

(Homage to you
(who dwell in a blazing wreath
like the fire at the end of this age

your right leg outstretched and left drawn in
joy surrounds you who defeat hosts of foes.

Meditation, Contemplation, and Compassion

Fourteen

Homage to you whose foot stamps the earth
(and whose palm strikes
(the ground by your side

with a wrathful glance and the *syllable* **Hum**
you subdue all in the seven stages.

Meditation, Contemplation, and Compassion

Fifteen

(Homage to the blissful,
(virtuous, peaceful one
object of practice, Nir-va-na's peace

perfectly endowed with **Sö-ha** and **Om**
overcoming all the great evils.

Meditation, Contemplation, and Compassion
Sixteen

Homage to you with joyous retinue
you subdue fully all enemies' forms
the ten-*syllable* mantra adorns your heart
and your knowledge-**Hum** gives liberation.

Meditation, Contemplation, and Compassion
Seventeen

Homage to **Tu-re** with stamping feet
whose essence is the seed-syllable **Hum**

you cause Me-ru, Man-da-ra, and Vin-dya
(and all the three worlds
(to tremble and shake.

Meditation, Contemplation, and Compassion

Eighteen

Homage to you who hold in your hand
a moon like a celestial lake
saying **Ta-ra** twice and the syllable **Pey**
you dispel all poisons without exception.

Meditation, Contemplation, and Compassion

Nineteen

Homage to you on whom the kings of gods
the gods themselves and all spirits rely
your armor radiates joy to all
you soothe conflicts and nightmares as well.

Meditation, Contemplation, and Compassion
Twenty

(Homage to you whose eyes,
(*like* the sun and moon,
radiate with pure brilliant light

uttering **Ha-ra** twice and **Tu-ta-ra**
dispels extremely fearsome plagues.

Meditation, Contemplation, and Compassion

Twenty-one

Homage to you, adorned with three natures
perfectly endowed with peaceful strength

(you destroy demons,
(zombies, and Yak-shas

oh **Tu-re**, most exalted and sublime!

Meditation, Contemplation, and Compassion
Colophon

Thus the root mantra is praised
and the twenty-one homages offered.

Meditation, Contemplation, and Compassion
Sharing the Good Vibes



Meditation, Contemplation, and Compassion

Évery day may I practice
KIND: communication,
conduct, and cómmerce

flówing from a place
of centered spontaneíty.

Meditation, Contemplation, and Compassion

Fór the sake of all living beings
may I quickly master the eight-fold path
to the point of practicing it:

spóntaneously, habitually, easily and
effectively and then lead every living being,
without exception, to thát state.

Meditation, Contemplation, and Compassion

Át the natural end of each beings' life
may they take optimal rébirth,
máster the Buddha's path
and then help all others do likéwise.

Meditation, Contemplation, and Compassion

Máy ALL suffering quickly cease,
all happiness and joy be fúlfilled,
ánd may the Buddha's path
flourish everýwhere.

Meditation, Contemplation, and Compassion

Máy precious, supreme love and letting-go
grow where they have NÓT grown
ánd where they have grown
may they flourish forevér more.

Meditation, Contemplation, and Compassion
Wishes for the Preservation of the Buddha's Teachings



Meditation, Contemplation, and Compassion

Máy every meditation teacher
understand the Buddha's téachings,

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

Meditation, Contemplation, and Compassion

Máy all meditation teachers

spontaneously réceive:

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

ánd may many Dhar-ma centers likewise be
successfully planted, nurtured & suppórted. 😊

Meditation, Contemplation, and Compassion

Benefits of Reciting the Homage

optional

Those endowed with perfect and pure
respect for these deities
the intelligent who recite these praises
with utmost *zeal*

Meditation, Contemplation, and Compassion

both in the evening
and upon waking at dawn
will have safety bestowed on them
by this remembrance.

Meditation, Contemplation, and Compassion

After being purified of all evils completely,
they will attain the destruction
of all lower realms

and the seven million conquering Buddhas
will quickly grant them every
empowerment.

Meditation, Contemplation, and Compassion

Thus they will attain greatness
and go forth
to the ultimate state
of supreme Buddhahood.

Meditation, Contemplation, and Compassion

As a result, all violent poisons
whether abiding within
or spreading to others

that they have eaten or drunk
by this remembrance
will be completely removed

Meditation, Contemplation, and Compassion

and they will eliminate completely
afflictions by spirits, epidemics,
poisons and all various sufferings.

Meditation, Contemplation, and Compassion

If for oneself or for the sake of others,
these praises are read sincerely
two, three, or seven times,

those wishing a child will have one
and those wishing wealth
will attain this as well.

Meditation, Contemplation, and Compassion

Without obstruction

ALL their wishes will be granted
and every single hindrance
will be destroyed as it arises.

Meditation, Contemplation, and Compassion
Sutra-mahamudra's slice-through the obscuring emotions of hatred & craving
Spontaneous Meditation – Awareness & release

Observant inhalation: *Notice this...*
Relaxing exhalation: *relaxing!*

Count sixteen **rounds** upon the LEFT little, ring, middle, & index fingers'
lower, middle, & higher creases and tips.
Count four **sets** upon RIGHT little, ring, middle, & index finger's **lower** sets of creases.

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*Notice this...
relaxing!*

*Count sixteen **rounds** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count four **sets** upon RIGHT little, ring, middle, & index finger's middle set of creases.*

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*Notice this...
relaxing!*

*Count sixteen **rounds** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count four **sets** upon RIGHT little, ring, middle, & index finger's higher set of creases.*

Meditation, Contemplation, and Compassion

Observant inhalation:

***Relaxing** exhalation:*

*Notice this...
relaxing!*

Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Count four sets upon RIGHT little, ring, middle, & index finger's tip.

Meditation, Contemplation, and Compassion
Jetsün Drakpa Gyatsen's

Requesting Prayer

Oh compassionate and venerable subduer
may infinite beings, including myself,
soon purify the two obscurations
(*of jealousy and pride*)

Meditation, Contemplation, and Compassion

and complete both *trainings*
(*of love and wisdom*)
so that we may attain full enlightenment.

For all of my lives, until I reach this stage,
may I know the sublime happiness
of humans and gods.

Meditation, Contemplation, and Compassion

So that I may become fully omniscient
please PACIFY quickly **all** obstacles,
interferences, obstructions, epidemics,
diseases and so forth,

Meditation, Contemplation, and Compassion

the various causes of untimely death,
bad dreams and (*ill*) omens,
the eight fearsome *things* & other afflictions,
that they (*may*) NO longer exit.

1 a) floods b) attachments
2 a) fire b) anger
3 a) elephants b) ignorance
4 a) snakes b) jealousy

5 a) lions b) pride
6 a) iron chains b) greed
7 a) thieves b) wrong views
8 a) carnivorous demons b) doubt

Meditation, Contemplation, and Compassion

May the mundane
and supra-mundane collections
of **ALL** excellent and auspicious
qualities and happiness increase and develop

Meditation, Contemplation, and Compassion

and may **ALL** (*beneficial*) wishes be fulfilled
naturally and effortlessly,
with OUT exception.

Meditation, Contemplation, and Compassion

May I strive to realize
and increase the sacred Dhar-ma
accomplishing your stage (*oh Ta-ra*)
and beholding your sublime face,

Meditation, Contemplation, and Compassion

may my understanding
of (*the*) emptiness, (*that aids in letting-go,*)
and the precious altruistic intention
increase like the moon waxing full.

Meditation, Contemplation, and Compassion

May I be reborn from
an extremely beautiful and holy lotus
in the joyous and noble
Man-da-la of the conqueror

Meditation, Contemplation, and Compassion

may I attain whatever prophecy I receive
in the presence of A-mi-ta-bha,
Buddha of (*Limitless*) Light.

Meditation, Contemplation, and Compassion

Oh deity, whom I have accomplished
from previous lives
the enlightening influence
of the three-time Buddhas,

Meditation, Contemplation, and Compassion

blue-green, one face and two arms,
the swift pacifier,
oh mother holding an Ut-pa-la flower,
may you be auspicious!

Meditation, Contemplation, and Compassion

Whatever your body,
oh Mother of Conquerors,
whatever your retinue, lifespan,
and pure land,

Meditation, Contemplation, and Compassion

whatever your name,
most noble and holy,
may I and all others
attain only these.

Meditation, Contemplation, and Compassion

By the force of these praises
and requests made to you,
may **ALL** disease, **poverty**, fighting,
and quarrels be calmed,

Meditation, Contemplation, and Compassion

may the precious Dhar-ma
and everything auspicious increase
throughout the world and directions
where I and all others dwell.

Meditation, Contemplation, and Compassion

A. Two Paths

*In the Tao Te Ching we read of two paths in any endeavor,
Lao Tzu warned against the former and encouraged the latter:*

*the path of yang or the path of yin,
the path of patriarchy or the path of matriarchy,
the path of rigidity or the path of flexibility,
the path of elitism, or the path of egalitarianism,*

*the path of control or the path of permissiveness,
the path that craves certitude or the path that embraces ambiguity,
the path with authority as the source of truth
or the path with truth as the source of authority,*

*the direct path or the circuitous path,
the active path or the passive path,
the path of competition or the path of cooperation,
the path of cruelty or the path of compassion...*

Meditation, Contemplation, and Compassion

*the path of pride or the path of love,
the path of ego or the path of NO-self (aka NOT-self),
the path of scatteredness or the path of centeredness,
the path of contrivance or the path of spontaneity,
the path of effort or the path of ease.*

Meditation, Contemplation, and Compassion

B. Four Levels of Practice

- Browsers – come to class but do NO homework and see NO transformation.*
- Students – come to class AND do their homework every morning AND every evening; they evolve.*
- Yogis – students who perform one-day retreats every quarter, month or week, practicing four times that day (i.e.: 6am, 10am, 2pm & 6pm).*
- Monastics – students who live as if on permanent retreat, practicing four times every day (i.e.: 6am, 10am, 2pm & 6pm).*

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Twenty minutes of formal silent meditation

for First Level Students – those who are seeking a “life lubricant”

Forty minutes of formal silent meditation

*for Second Level Students – those who desire a “profound evolution”
such as healing PTSD, overcoming a tragic past,
or transcending a disempowering and oft repeated pattern*

Sixty minutes of formal silent meditation

*for Third Level Students – those who yearn to rapidly master
sagehood’s simplicity, patience, and compassion to the point of practicing them:
spontaneously, habitually, easily and effectively.*

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C. The Path of Mastery

Unconscious Incompetence

Conscious Incompetence

Conscious Competence

Unconscious Competence

When have we mastered the sages' path?



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*When we practice their techniques:
spontaneously, habitually, easily and effectively;
and their practice has so defined us
that we no longer chase a goal...*

*but are so content to practice the path
that we no longer even feel the need
to ask whether or not
we have mastered it.*



Meditation, Contemplation, and Compassion

D. The Means of Mastery

*Ten thousand hours of regular, lucid, strategic practice
is often the minimum required to accomplish mastery needed to teach others.
Any student who enthusiastically practices their homework every morning
AND every evening for sixteen consecutive weeks could be considered an apprentice.*

*A Journeyman is an apprentice who has accumulated
5,000 hours of study and 5,000 hours meditation;
ideally for eight hours daily
over the course of three and a half years...*

*and has demonstrated intellectual comprehension
and emotional **evolution**.*

Meditation, Contemplation, and Compassion

*A Master is a journeyman who has accumulated
an additional 5,000 hours of study
and an additional 5,000 hours of meditation;
ideally for eight hours daily...*

*over the course of an additional three and a half years
and has demonstrated intellectual and emotional **mastery**.
The 10,000 hours is a minimum, for some folks require 20,000 hours,
30,000 hours or more to demonstrate intellectual and emotional mastery.*

*Although this path of mastery can be long,
it is neither mysterious nor occult.*