

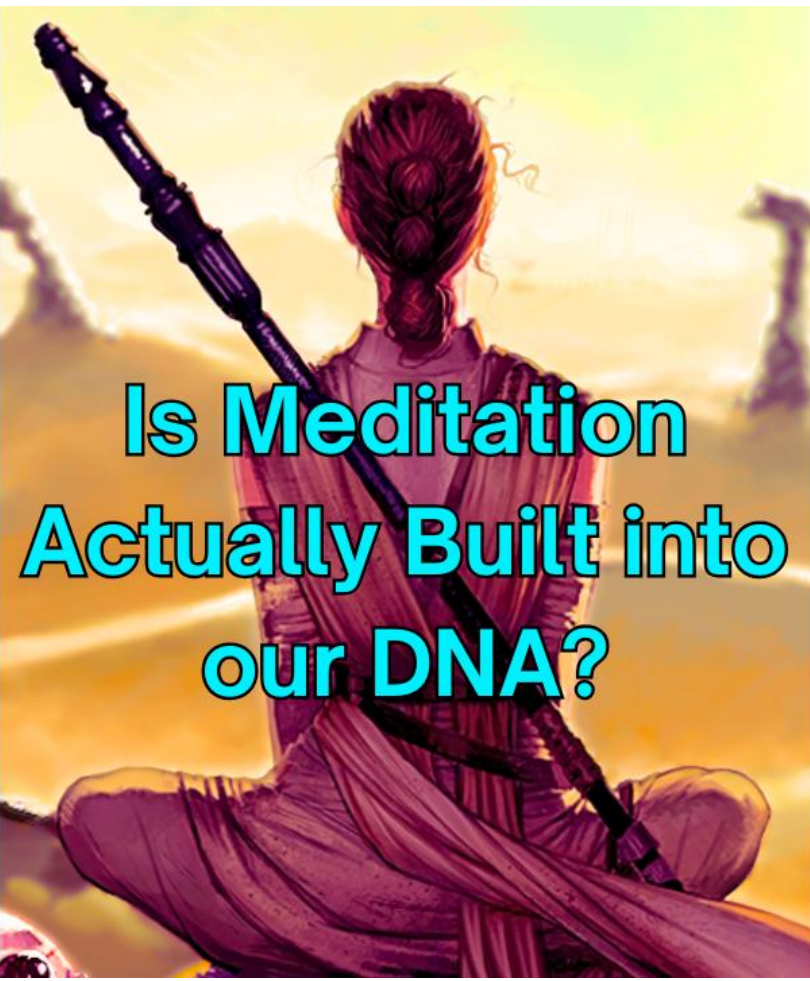
Easy Enlightenment COURSE

13sep26b

Meditate Like a Jedi

Four Noble Truths.....	4
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The Neuroscience of Meditation.....	78
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Treat PTSD with Walking Meditation...	106
The Ease of NON-duality.....	117

A person with long, dark hair tied in a bun is shown from behind, sitting in a meditative lotus position. They are holding a long, dark staff or sword diagonally across their back. The background is a vibrant sunset or sunrise with warm orange and yellow hues and soft clouds. The overall mood is peaceful and contemplative.

**Is Meditation
Actually Built into
our DNA?**

Four Noble Truths

1st STRESS

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

2nd CAUSE

or the desires and dreads of our survival response

Fuck it?

Feed on it?

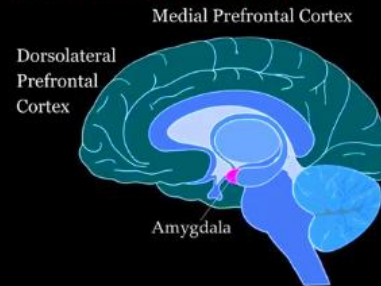
Fight it?



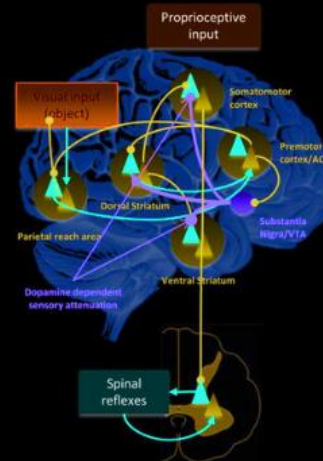
Flee from it?

Faint before it?

Fawn over it?

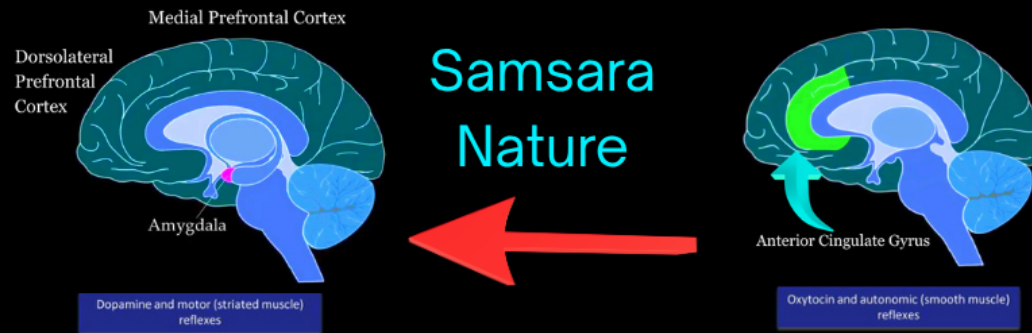


Dopamine and motor (striated muscle) reflexes



3rd LIBERATION

from the Tyranny of Survival's Instincts



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

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

(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

A painting of Yoda, the green alien from Star Wars, sitting in a meditative pose on a rocky surface. He has his eyes closed and a serene expression. Two small butterflies are perched on his hands. The background is a dark, textured landscape. The text "The Eightfold Path's Hidden Teachings of" is overlaid on the image in a stylized font.

**The
Eightfold Path's
Hidden Teachings
of**

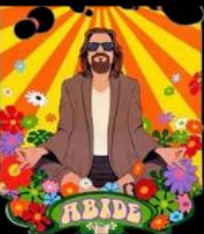
Eight-fold Path of Enlightenment

What is the difference between Proto Buddhism and Institutional Buddhism?



Sturgeon's Law

Ninty-percent of everything Sucks!



Yin's Spiritual Matriarchy

Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

Yang's Religious Patriarchy

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



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

Compassionate ACTION

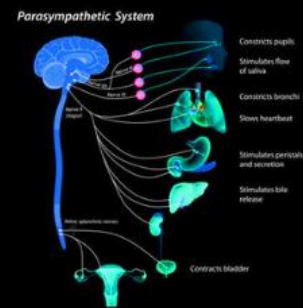
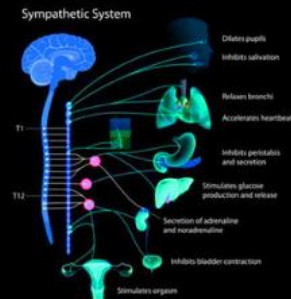
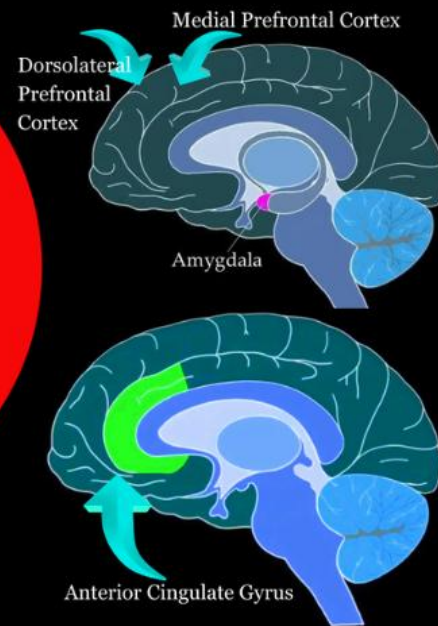
- 2 - Right Mentally Kind Intention
(the essence of the Bodhisattva Vows
that leaps over *jealously's* obstructions to omniscience)
- 3 - Right Interpersonally Kind Communication
- 4 - Right Physically Kind Conduct
(non-violent essence of the Pratimoksha Vows)
- 5 - Right Circumstantially Kind Commerce
(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 slice through duality's obscuring emotions of dread and desire) **5 & 7**



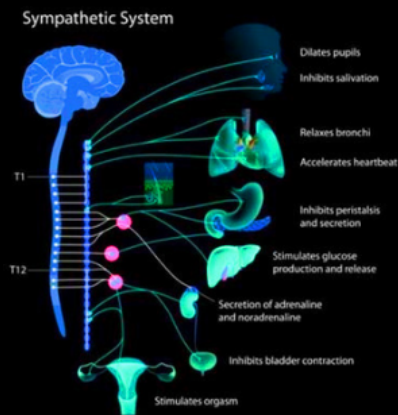
Passive
Peripheral
Awareness



MINDFULNESS

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

Notice



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

Mindfulness *Watch* inhalation

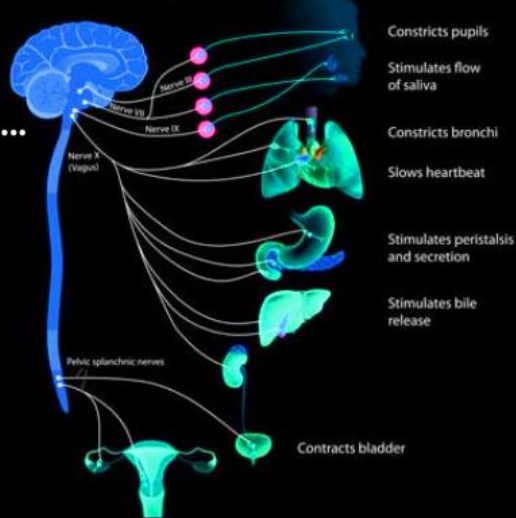
Meditation *rest* exhalation

Fleetingly:

- LESS stressful,
- LESS permanent,
- LESS defining (*NOT-self*) &...
- as NON-graspable
as a vast, **EMPTY** void.



Parasympathetic System



The 1st Fold of the Path

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
that leaps over *jealously's* obstructions to omniscience)
- 3 - Right Interpersonally Kind Communication**
- 4 - Right Physically Kind Conduct**
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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**

Meditation

Mindfulness *Watch* inhalation

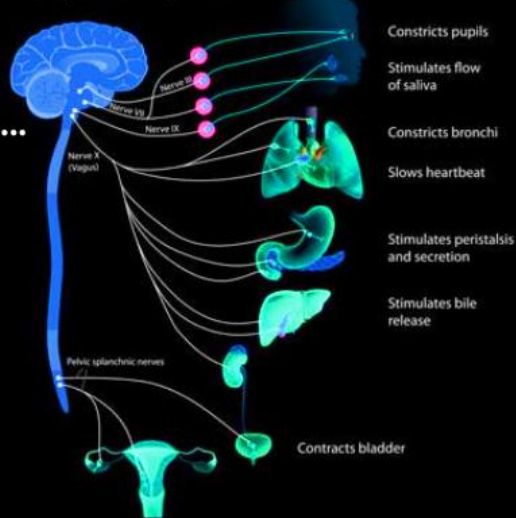
Meditation *rest* exhalation

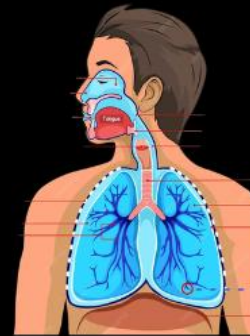
Fleetingly:

- LESS stressful,
- LESS permanent,
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- as NON-graspable
as a vast, **EMPTY** void.



Parasympathetic System



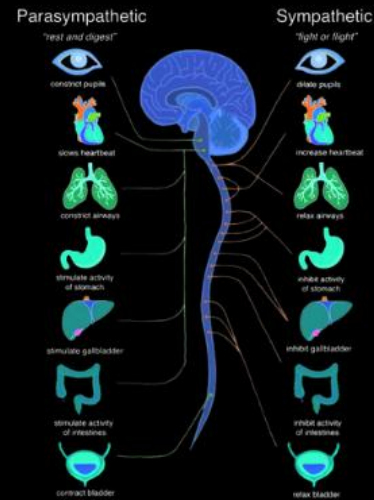


The Highest Love



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

- 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*
that leaps over jealousy'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
(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

The 3rd Fold of the Path

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
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
(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**

The 4th Fold of the Path

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
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
(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**

The 5th Fold of the Path

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
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**
(*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**

The 6th Fold of the Path

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
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
(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

A close-up of Yoda from Star Wars, sitting in a meditative pose with his eyes closed. He is wearing his characteristic brown robes. The background is a soft, hazy green, suggesting a natural, forest-like environment. The lighting is gentle, highlighting the texture of his skin and the folds of his robes.

**The Iron Age
Meditation
Timing Secret**
(that Still Works)

Bengali Crease Counting

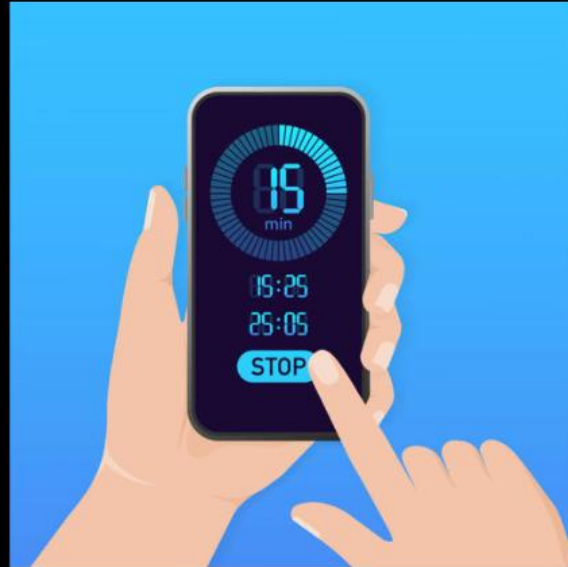
New, Exciting, and Scary...



In days of yore...



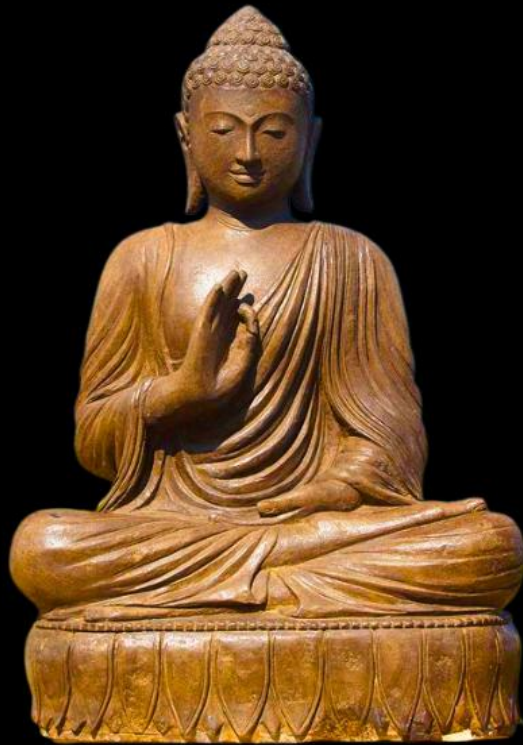
Technological Terror



Cranky Fascists



We'll always have our Hands

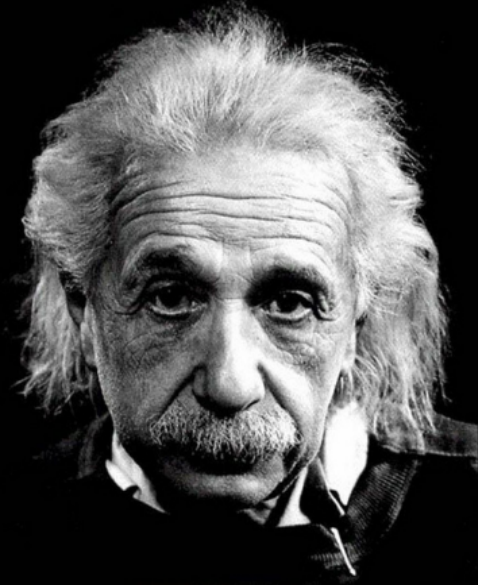


Effortless
Energy
Work

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

-Yoda





**Any intelligent fool
can make things bigger
and more complex...
it takes a touch of genius
and a lot of courage
to move
in the opposite direction**

Neo Taoist

Two Plus Twelve Meridian System

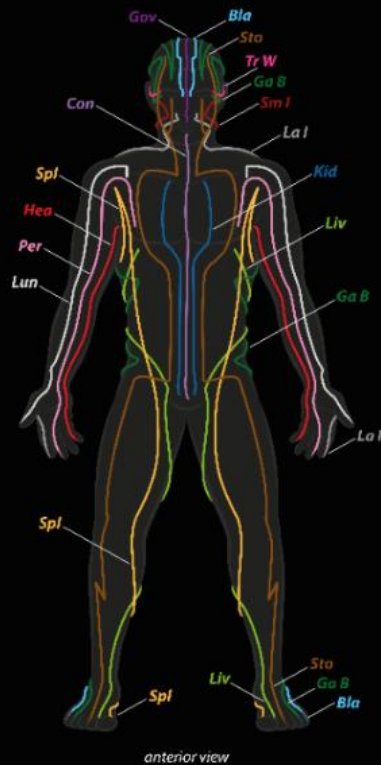
The Body Meridians

Two Centerline Meridians:

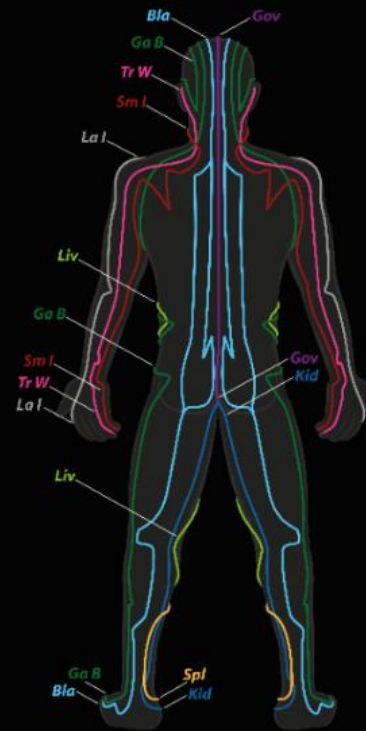
Conception Vessel
Governing Vessel

Twelve Principal Meridians:

Stomach Meridian
Spleen Meridian
Small Intestine Meridian
Heart Meridian
Bladder Meridian
Kidney Meridian
Pericardium Meridian
Triple Warmer Meridian
Gall Bladder Meridian
Liver Meridian
Lung Meridian
Large Intestine Meridian



anterior view



posterior view

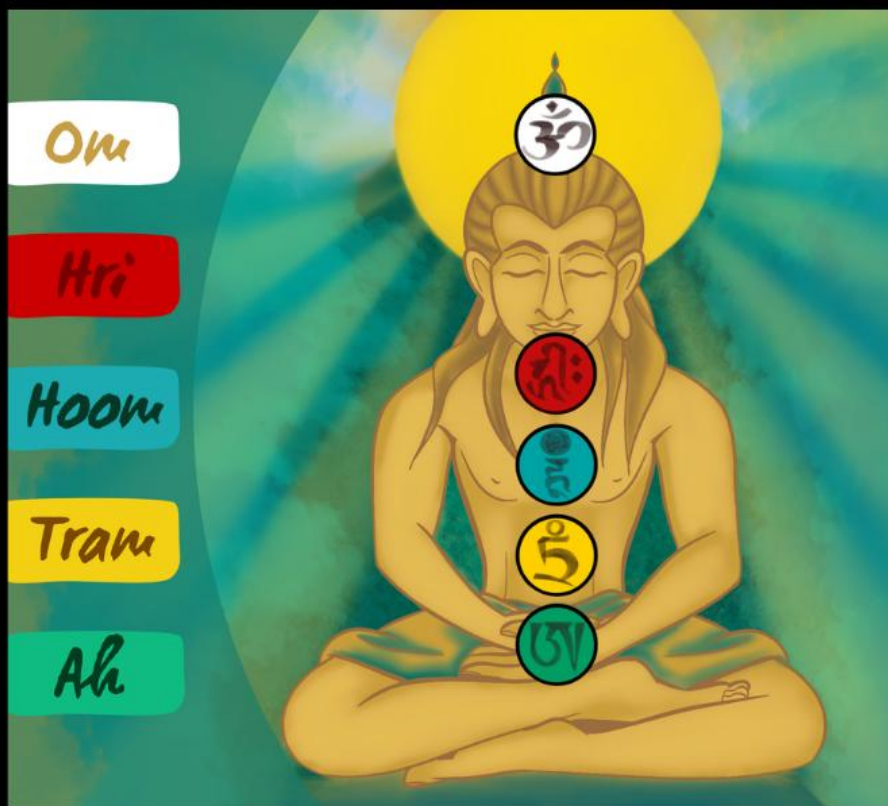
Popular Hindu

Seven Chakra System



Buddhist Tantric

Five Chakra System



Passaddhi Mudra Meditation Gesture

Mindfulness **Watch** inhalation

Meditation **rest** inhalation

Download FREE
practice materials
LinkTr.ee/LamaJigmeG



Sati Mudra Mindfulness Gesture

Mindfulness **Feel** inhalation

Meditation **rest** exhalation

Download FREE
practice materials
LinkTr.ee/LamaJigmeG



end



Certified
vs.
Realized
*(Meditation
Teacher Training)*

Meditation Teachers: SELECTING & TRAINING

Selecting a Lama

Be Sure to IGNORE their:

beauty,
charm,
popularity, and
wealth

ALL that Matters
is their ability to:

PACIFY our
anxiety and aggression

and INCREASE our
peace and love

Training to be a Lama

Buddha versus Lama

7 days
versus
20,000 hours

10,000 hours
STUDYING
“Easy Enlightenment”
and
“Vast Space of Vajrasattva”

10,000 hours
practicing authentic
Mindfulness and Meditation

Goal?
MASTERY of:
teachings and
self

One Day Retreat

5am	Study
6am	Mindfulness & Meditation
<i>7am</i>	<i>Rest</i>
<i>8am</i>	<i>Choirs</i>
9am	Study
10am	Mindfulness & Meditation
<i>11am</i>	<i>Rest</i>
<i>12pm</i>	<i>Socializing</i>
1pm	Study
2pm	Mindfulness & Meditation
<i>3pm</i>	<i>Rest</i>
<i>4pm</i>	<i>Socializing</i>
5pm	Study
6pm	Mindfulness & Meditation

Time Table

8 hours a day (*monastic commitment*) - 7 years

2 hours before work and 2 hours after work - 14 years

Journal

By your side

- studying,
- meditating,
- throughout the day.

Jot down your questions.

Submit them during livestream.

Monastic Ranking

100 - 10,000 hours - apprentice lama

10,001 - 20,000 hours - journeyman lama

20,000 + hours - master lama

Supplimentary Training

Energy-work

Composition

Public Speaking

Monastic Support

EVENTUALLY Buddha Joy Meditation School will support

CURRENTLY all lamas are self supporting

Some train while:

part-time

retired,

disabled, or

homeless.

Energy Work

- 100 hours of study and practice
- 2 folding chairs
- you're the healer of last resort
only after doctors fail
- absolutely NO fees or mandatory donations

Method

Patient sits in folding chair.

Lama sits on floor holding patient's right foot (watch/rest)

Lama sits on chair holding patient's right hand (watch/rest)

Lama sits on floor holding patient's left foot (feel/rest)

Lama sits on chair holding patient's left hand (feel/rest)

end

A digital painting of a man with a beard and long hair, wearing a brown robe, sitting in a meditative pose on a sandy dune. He is looking down with his hands resting on his knees. The background shows a vast desert landscape under a bright full moon in a clear blue sky.

Meditate
Like a Jedi:
(the Seven Point
Posture)

7 point Posture of Vairochanna



Mahasiddhas

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*)



Sturgeon's Law

Ninty-percent of everything Sucks!

Proto-Buddhism:

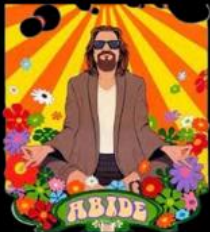
Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

Institutional Buddhism:

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



Wisdom of the QUARTER lotus



Patience with the QUARTER lotus



SECOND point: **Hands**

Lap,
Thumbs,
Crown, and
Chest

Passaddhi Mudra Meditation Gesture

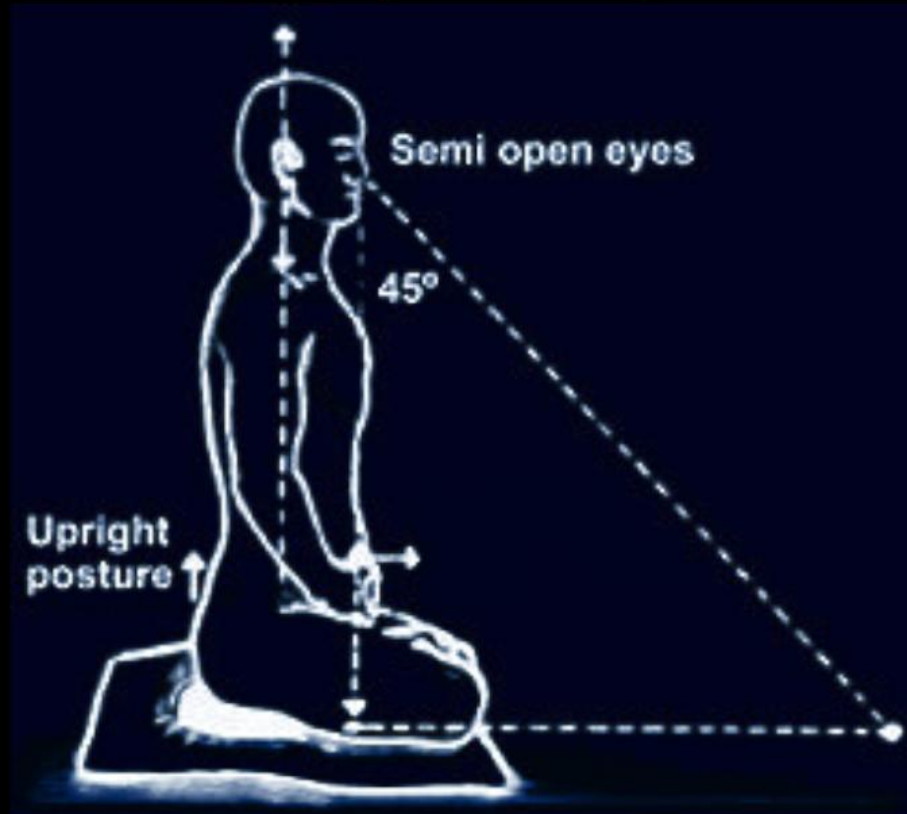
Mindfulness **Watch** inhalation

Meditation **rest** inhalation

Download FREE
practice materials
LinkTr.ee/LamaJigmeG



THIRD point: **Spine**



vertical traction and ease with breath

FOURTH point: **Shoulder-blades**



FIFTH point: **Chin**



(scapula and *zen technique*) end

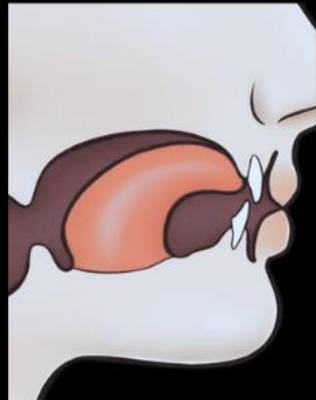
SIXTH point: **Mouth**

TONGUE - roof, incisors

JAW - open

LIPS - closed

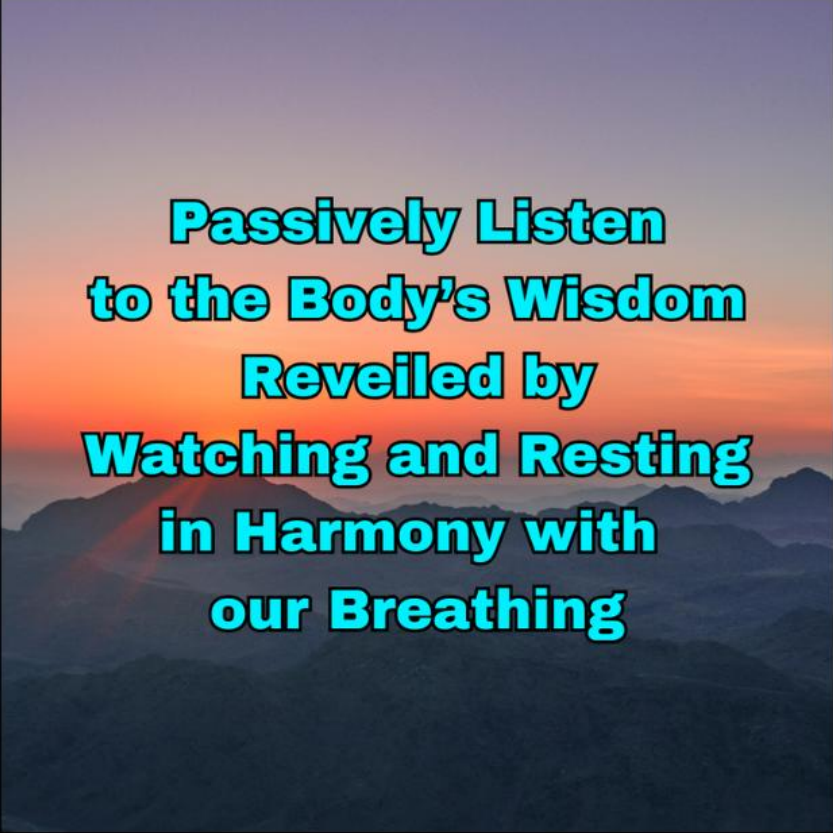
EXPRESSION - spontaneous



EYEs - Seven Point Posture

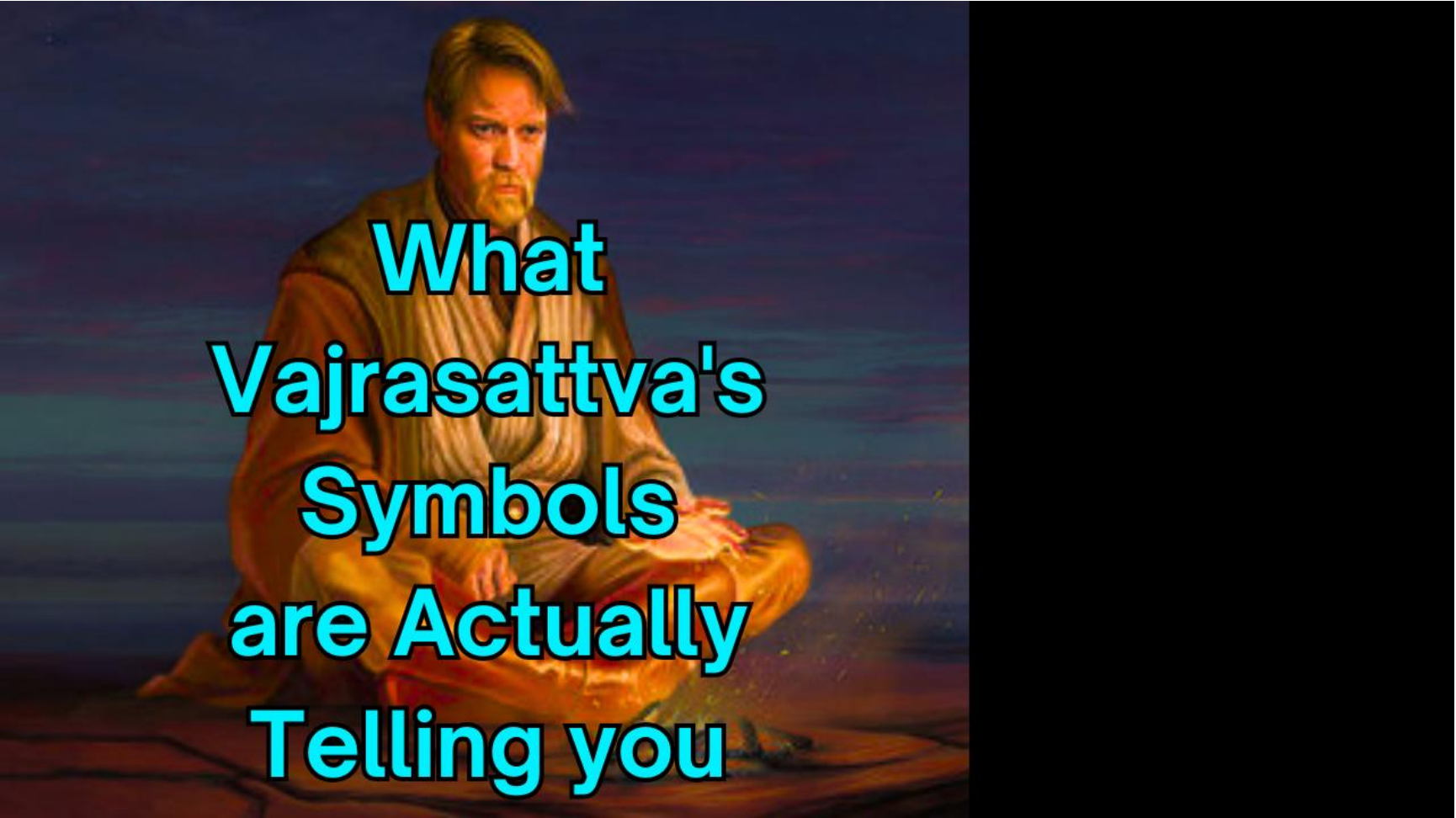


Overwhelmed?



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

end of lesson

A painting of a man with a beard and long hair, wearing a brown robe, sitting in a meditative pose on a dark surface. The background is a dark, textured blue. The text is overlaid in a bold, blue font with a black outline.

**What
Vajrasattva's
Symbols
are Actually
Telling you**

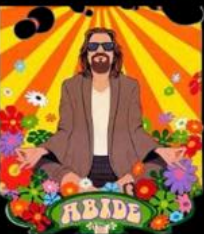
Tantric Symbolism Explained

What is the difference between Proto Buddhism and Institutional Buddhism?



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



Diamond Mind

Diamond-like Strength of a Mind Well Tained in Authentic Mindfulness and Meditation

Vaj-ra Sat-tva (*sanskrit*) Dor-je Sempa (*tibetan*)

Diamond (english)
Vaj-ra (*sanskrit*)
Dor-je (*tibetan*)
Watching

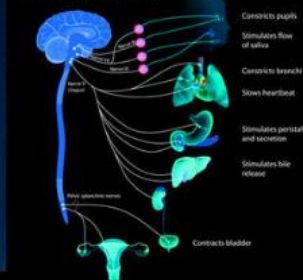


Sympathetic System



Bell (english)
Ghan-ta (*sanskrit*)
Dril-bu (*tibetan*)
Relaxing

Parasympathetic System



ALL-good Ones

The ALL-good Mother and Father in Tantric Union

Sa-man-ta-bha-dra Kar-ma Mudra (*sanskrit*) Kun-tu-zang-po Yab Yum (*tibetan*)



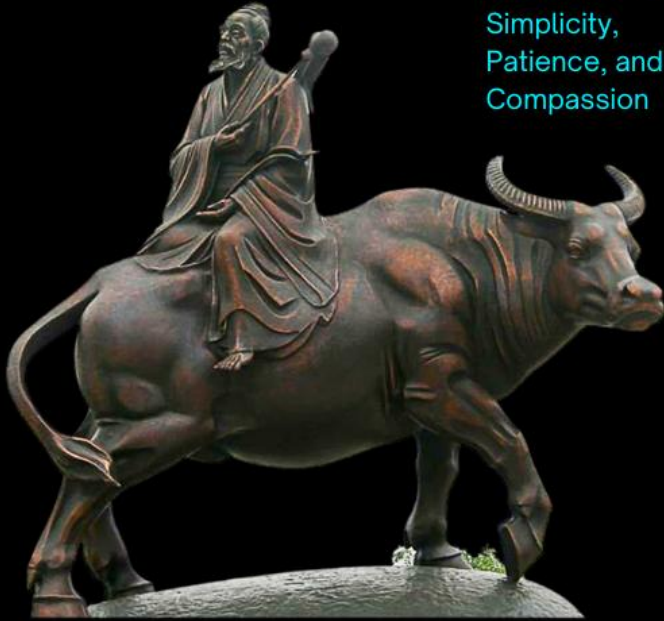
One who is the Color
of a Cumulous Cloud
representing **Spontaneity**

One who is the Color
of the Infinite Azure Sky
representing **Centeredness**

Old Teacher

Lao Tzo

One who has mastered:
Simplicity,
Patience, and
Compassion



Conclusion



The Mastery
of Authentic
Mindfulness and
Meditation



Generates the
Centered
Spontaneity



That Make Us
Fortunate,
Care-free and
at Ease

end

A still from the animated series Star Wars: The Clone Wars. Ahsoka Tano, a young Togruta, is shown in a meditative pose, kneeling on the ground with her hands resting on her knees. She is wearing her signature blue and white striped tunic. The background is dark and indistinct, suggesting an indoor setting. The text "The Neuroscience Behind Why Meditation Actually Works" is overlaid on the image in a large, bold, blue font with a black outline.

**The
Neuroscience Behind
Why Meditation
Actually Works**

Neuroscience of Meditation

The Neuroscience of Meditation

- Wrong way and
- Right way

Wrong Way
to
Meditate

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:

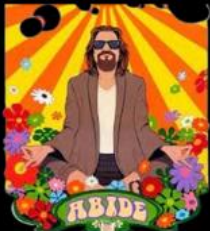
Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

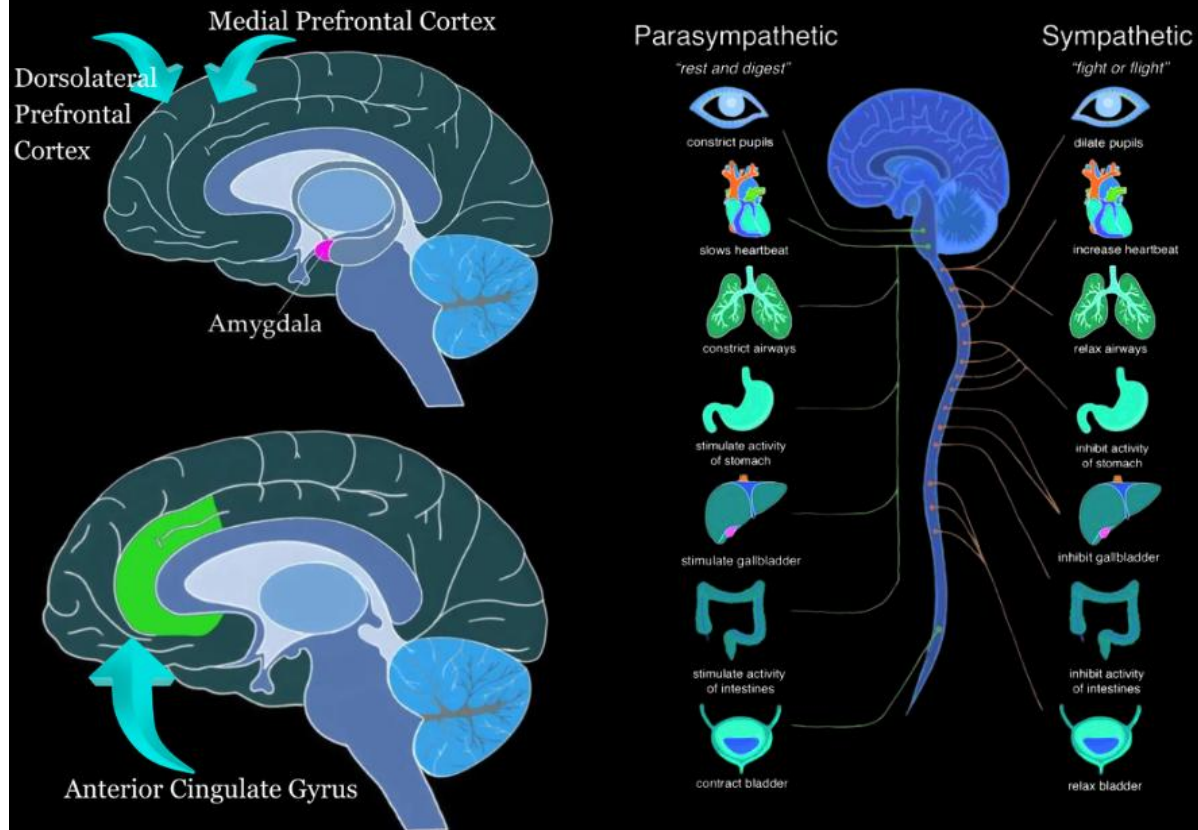
Institutional Buddhism:

Rigid,
Fearful,
Superstitious,
Controlling,

Elitist,
Cryptic,
Competitive, &
Cruel



The Price of Rigidity & Control



end

Right Way to Meditate

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:

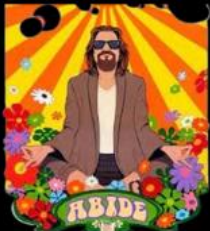
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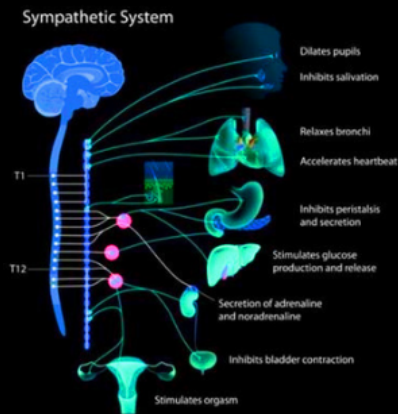
Elitist,
Cryptic,
Competitive, &
Cruel



MINDFULNESS

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

Notice



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

Mindfulness *Watch* inhalation

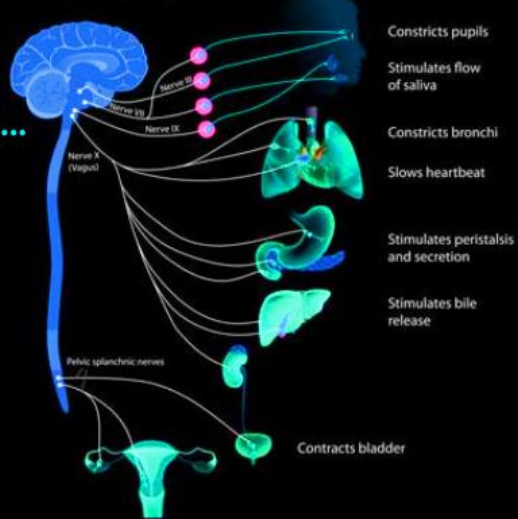
Meditation *rest* exhalation

Fleetingly:

- LESS stressful,
- LESS permanent,
- LESS defining (*NOT-self*) &...
- as NON-graspable
as a vast, EMPTY void.



Parasympathetic System



end

Hidden Knowledge
*(the 7 Factors
that Unlock
Awakening)*

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	<i>Watch</i>	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,
- Interesting to Boring,
- Convenient to Arduous, and
- Glorious to Grotesque

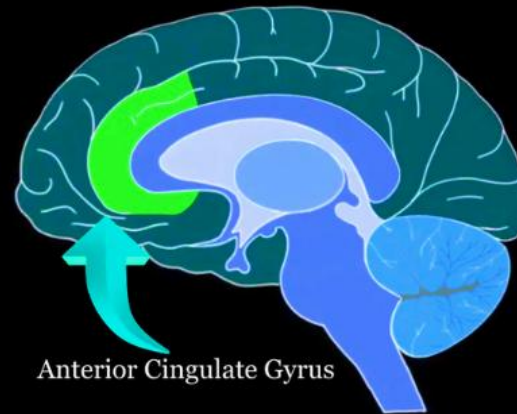
Mindfulness **Watch** inhalation

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

Meditation

Watch
rest

inhalation

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.

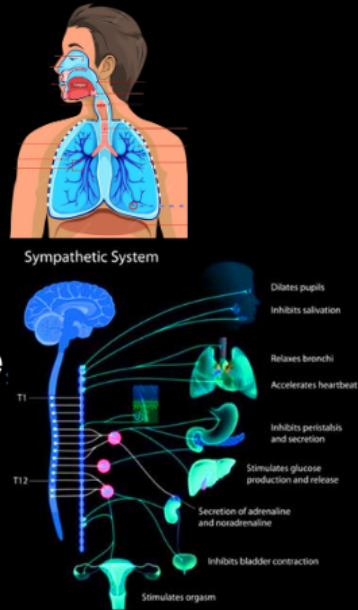
Mindfulness *Watch* inhalation

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,
- Emotion,
- Intention,
- Cognition,
- Recollection, and
- Imagination

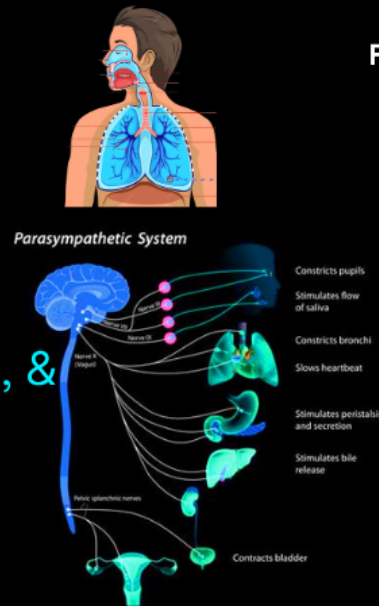
Mindfulness *Watch* inhalation

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 (*NOT-self*) 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**

Mindfulness *Watch* inhalation

Meditation **rest** exhalation

end

A young man with dark, wavy hair, wearing a green tank top, is shown in profile, looking down. He is in a natural, outdoor setting with trees and foliage in the background. The image is framed by a black border.

**The Universe
is Pushing you
toward
Genuine Compassion**

Hidden Keys to Compassion

Love's Conventional Bodhichitta

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

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

(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

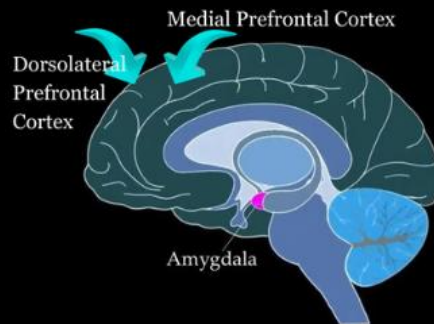
(that slices through duality's obscuring emotions of dread and desire) 5 & 7

On Average, World Wide Every Day

- 900,000 Cows
- 1,400,000 Goats
- 1,700,000 Sheep
- 1,800,000 Pigs
- 12,000,000 Ducks
- 202,000,000 Chickens and
- Hundreds of Millions of Fish

How are we All Alike?

- Amygdala and Dopamine system of each being wants only to LIVE and not DIE



- Anterior Cingulate Gyrus and Oxytocin system of each being wants only to LOVE and be LOVED

Through the Convenience of a Cruelty-free Diet
we get to Exercise Greater Compassion:

- to the Environment,
- to NON-human Animals, and
- (*if we consume a whole-food vegan diet*)
to THIS very body which supports our...



Letting-go's Ultimate Bodhichitta

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

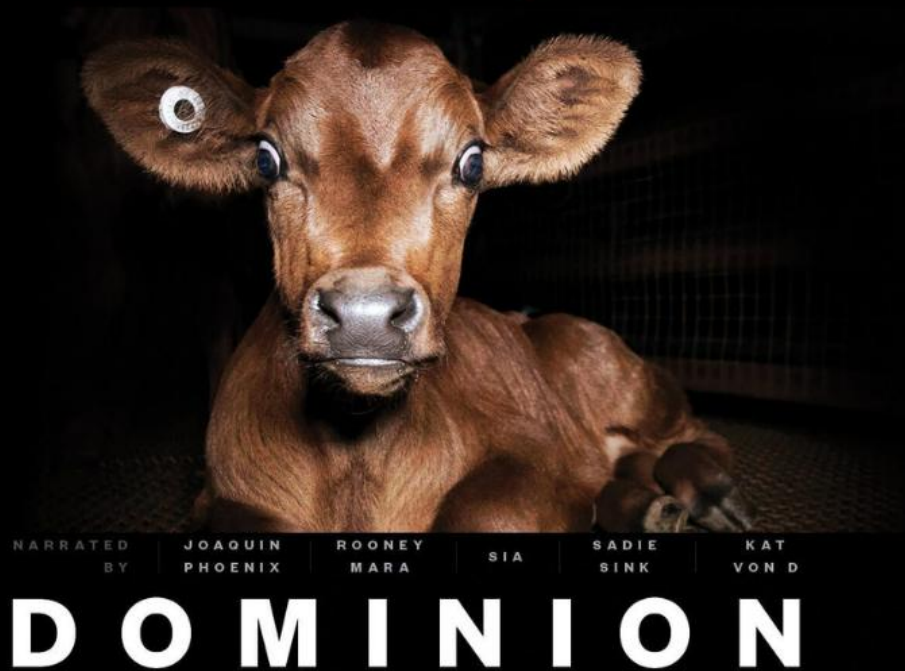
- 2 - Right Mentally Kind Intention**
(the essence of the Bodhisattva Vows
that leaps over jealously's obstructions to omniscience)
- 3 - Right Interpersonally Kind Communication**
- 4 - Right Physically Kind Conduct**
(non-violent essence of the Pratimoksha Vows)
- 5 - Right Circumstantially Kind Commerce**
(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**

THEREFORE:

- Watch “Dominion” and
- Consume a Wholefood Vegan Diet.



Through the Convenience of Marxist-Leninist Communism
we get to Exercise Greater Compassion:

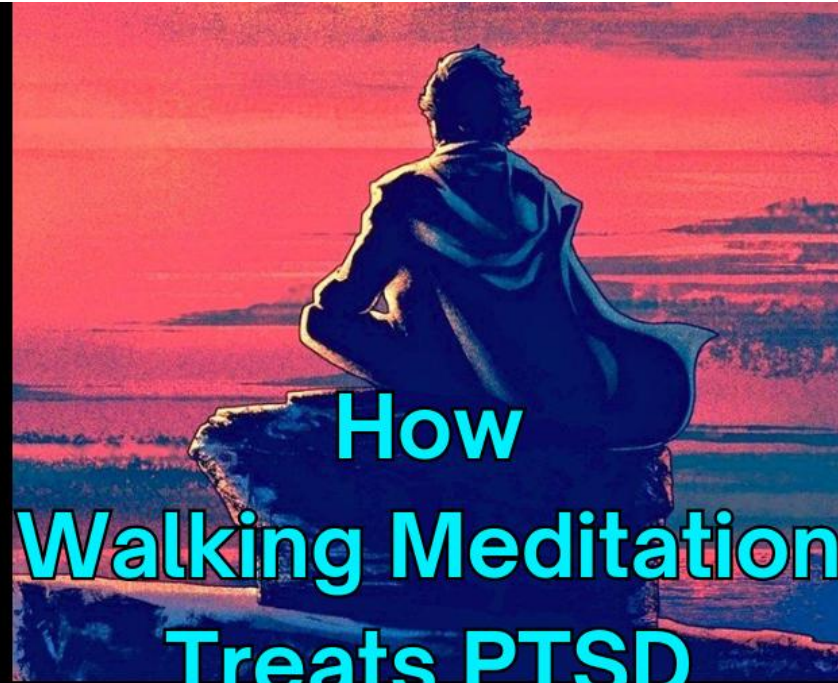
- by reducing infant mortality,
- by reducing the number of preventable deaths,
- by reducing homelessness,
- by increasing longevity,
- by increasing literacy,
- by planning the economy,
- by meeting social needs, and
- by meeting environmental needs.



THEREFORE:

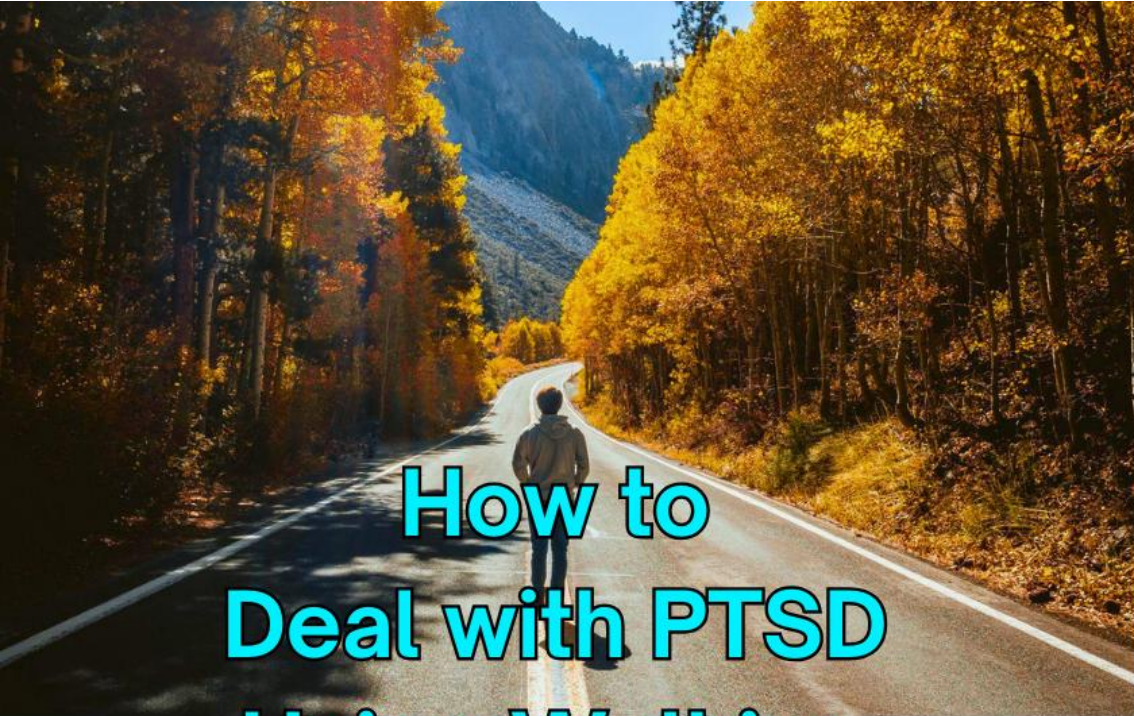
- Join a local Marxist-Leninist organization,
- Study theory, and
- Practice mutual aid

end



(Step by Step)

Treating PTSD with Meditation

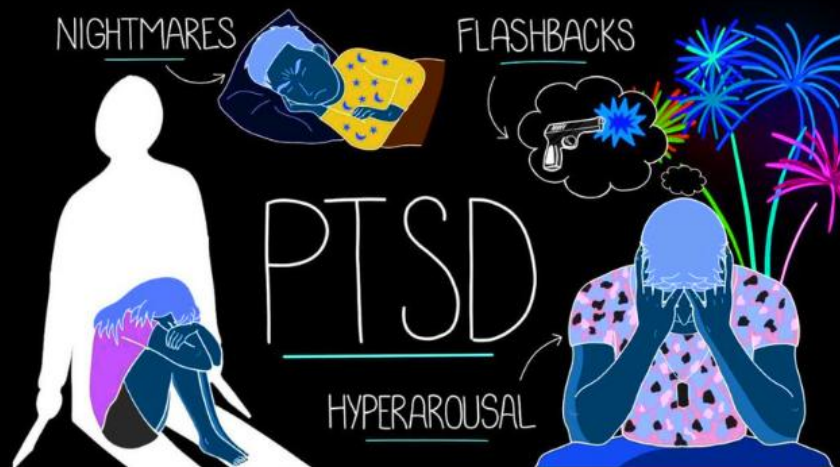
A photograph of a person walking away from the camera down a paved road that curves into the distance. The road is flanked by trees with vibrant autumn foliage in shades of yellow and orange. In the background, a mountain peak is visible under a clear blue sky. The scene is peaceful and scenic.

How to Deal with PTSD Using Walking Meditation

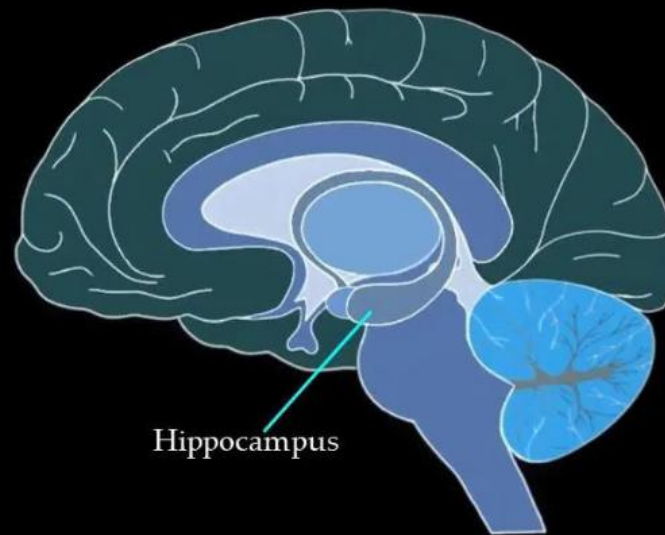
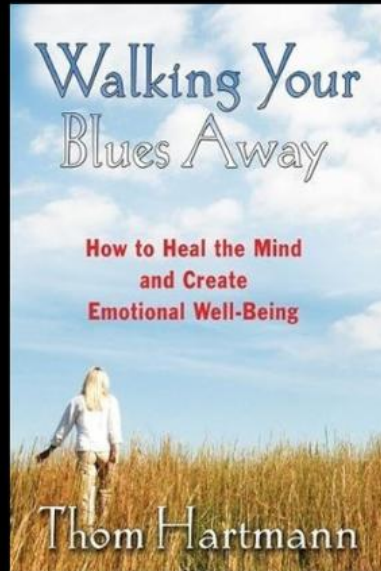
Introduction

Survivors of:

- War,
- Domestic abuse, and
- child abuse

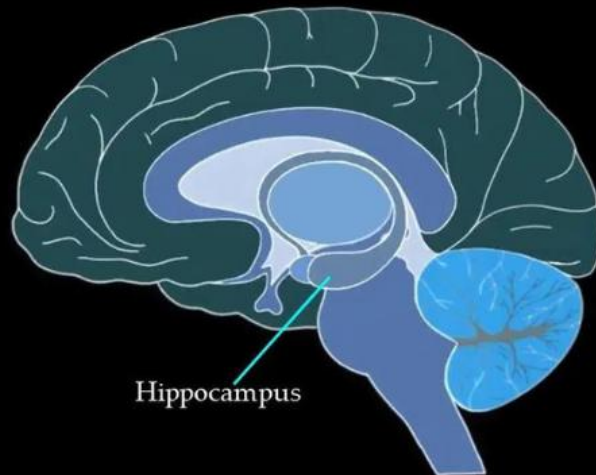


“Walking your Blues Away”



Hippocampus

Simile of the Doorman



Soothing the Hippocampus

ENTER: the magick
of Relaxed, Strolling Meditation



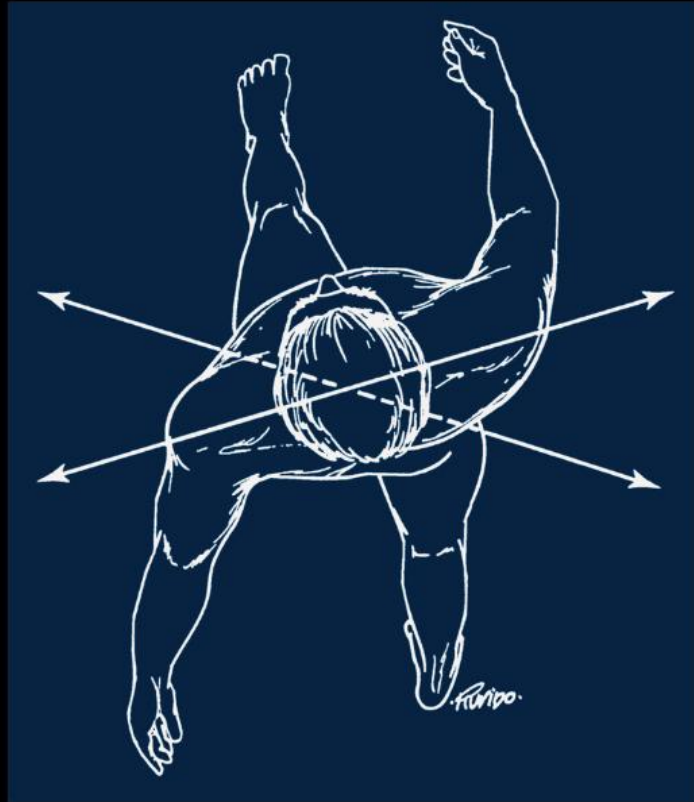
Where to Stroll?



Feel Unsafe?

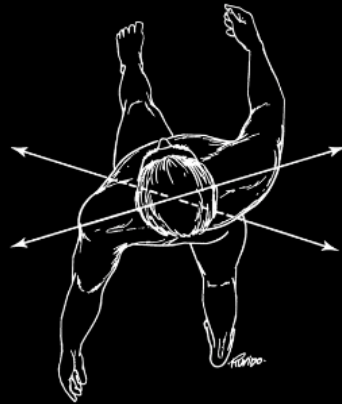


How to Stroll?



Turbo Charge your Stroll

Mindfulness *Watch* inhalation
Meditation **rest** exhalation



Mindfulness *Feel* inhalation
Meditation **rest** exhalation

end

An illustration of a person with dark hair and a yellow face, meditating in a lotus position. Their hands are clasped in a mudra. The background is split: the left side shows a light blue figure against a light purple sky, while the right side is a solid black rectangle. The lower portion of the figure is set against a dark blue, starry cosmic background.

**Why Non-Duality
is Easier
than you Think**

The Ease of NON-duality

The Secret to:

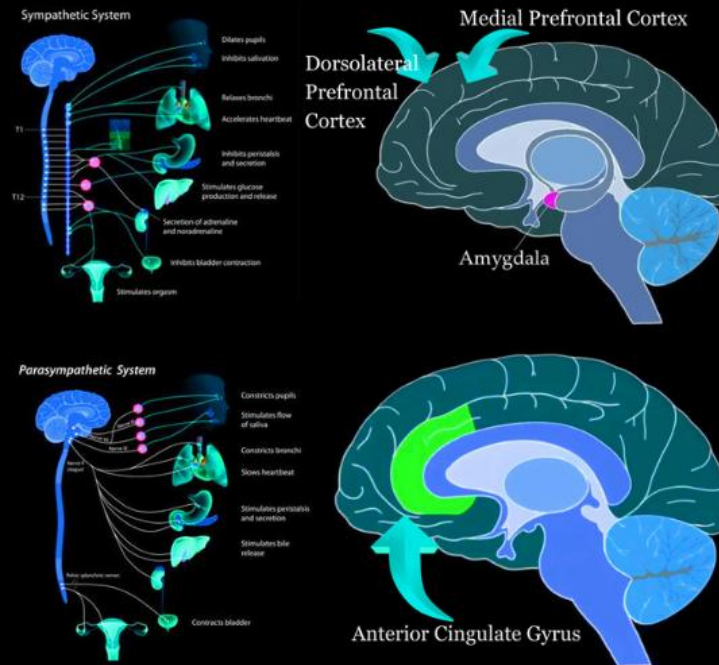
- Perceptual NON-duality and
- Ethical NON-duality

Perceptual
NON-duality

SIGHT's - perceptual NON-duality

Ugliness
or
Beauty

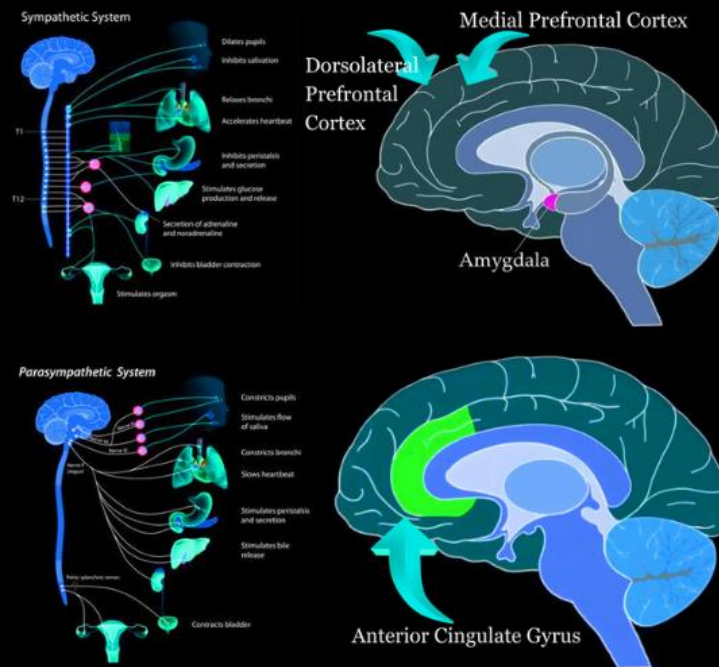
Just
Sights



SOUND's - perceptual NON-duality

Discord
or
Harmony

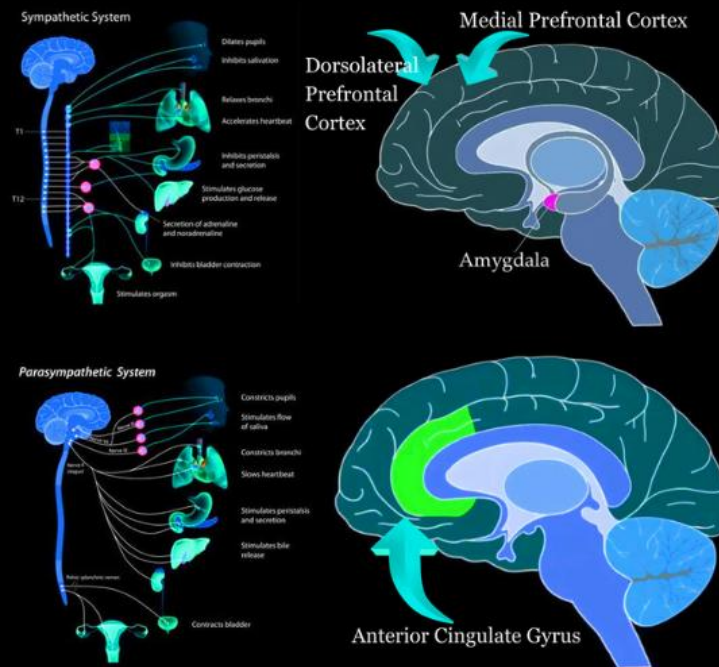
Just
Sounds



SENSATION's - perceptual NON-duality

Pain
or
Pleasure

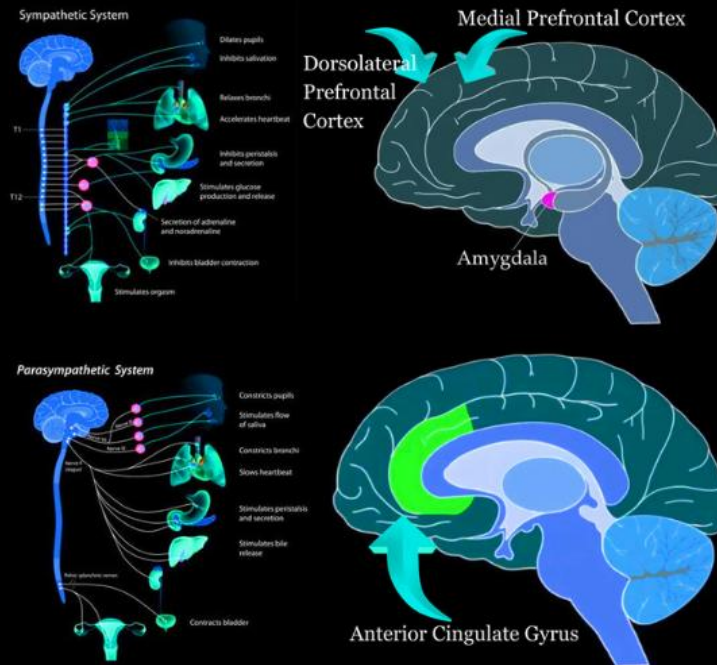
Just
Sensation



FLAVOR's - perceptual NON-duality

Disgusting
or
Delicious

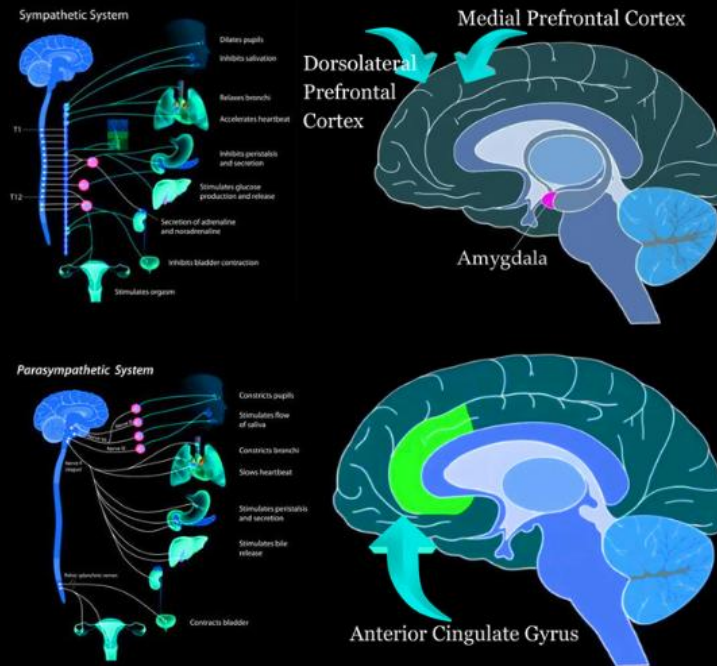
Just
Flavor



SCENT's - perceptual NON-duality

Foul
or
Frangrant

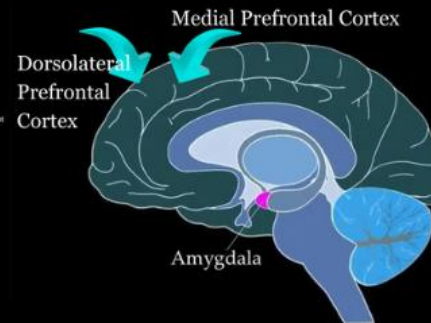
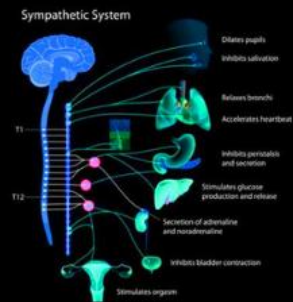
Just
Scent



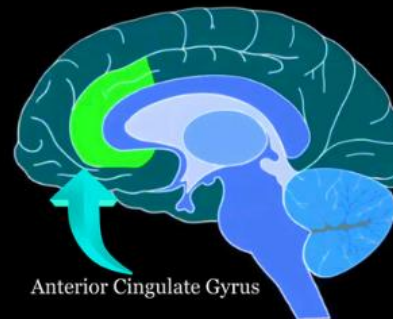
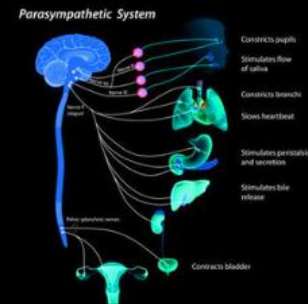
Ethical NON-duality

DREAD's - ethical NON-duality

Poison of
Dread

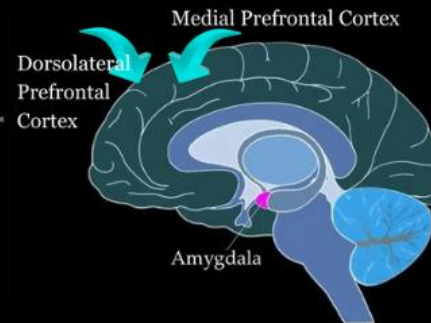
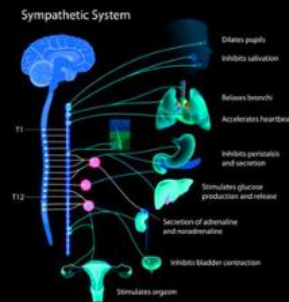


Mirror-like
Wisdom

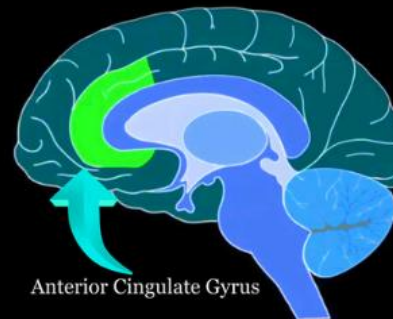
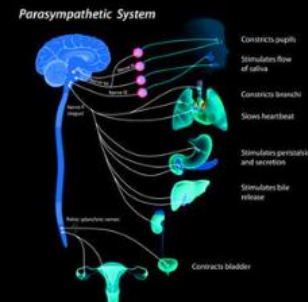


DESIRE's - ethical NON-duality

Poison of
Desire

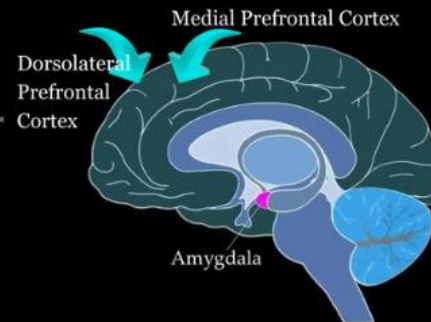
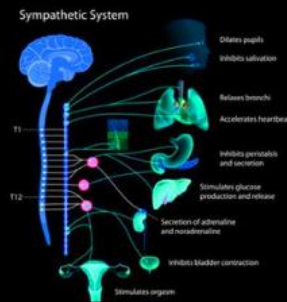


Discerning
Wisdom

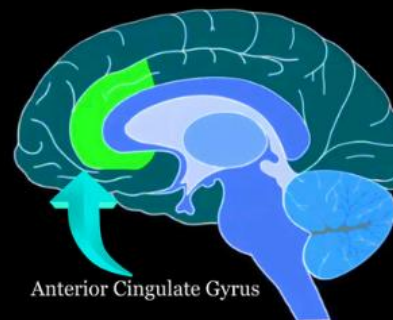
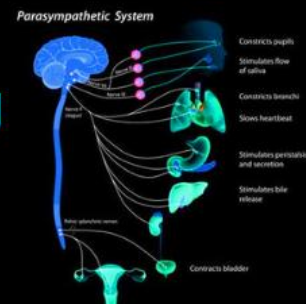


DELUSION's - ethical NON-duality

Poison of
Delusion

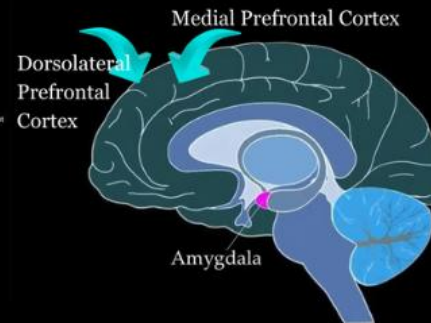
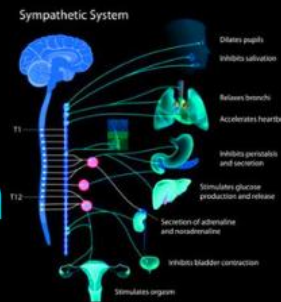


ALL-pervading
Wisdom

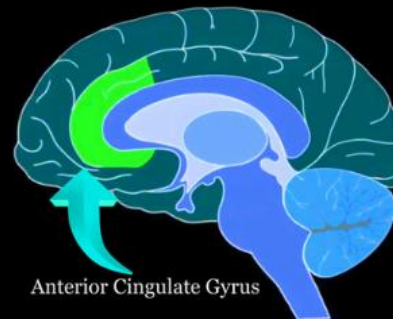
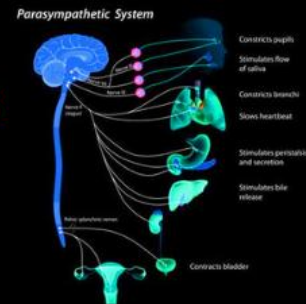


COMPETITION's - ethical NON-duality

Poison of
Competition

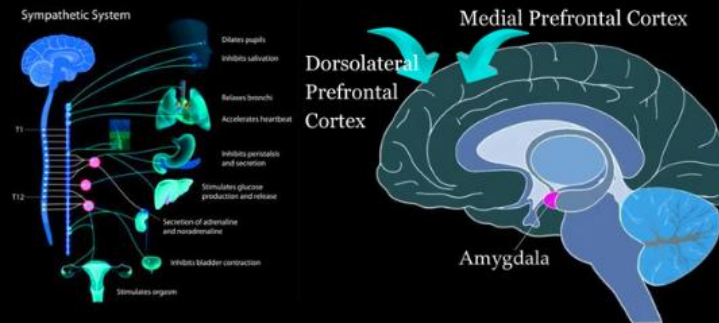


ALL-accomplishing
Wisdom

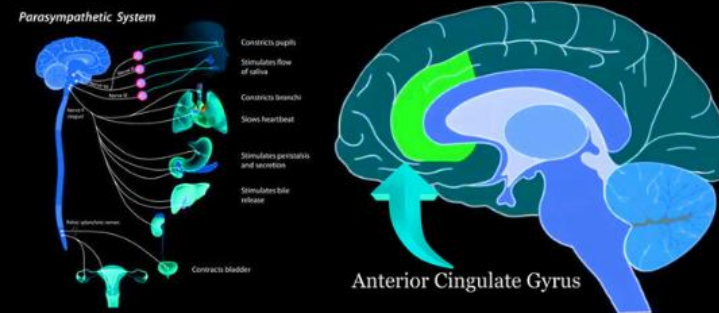


CONCEIT's - ethical NON-duality

Poison of
Conceit



Equalizing
Wisdom



end