

Easy Peace

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Lama: Jigme Gyatso (*just a disabled geek in monk's robes*)
28dec22b



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Right Aspiration's and Zeal's Second and Sixth Folds of Enlightened Fitness

I. Liberation's Right Enthusiasm

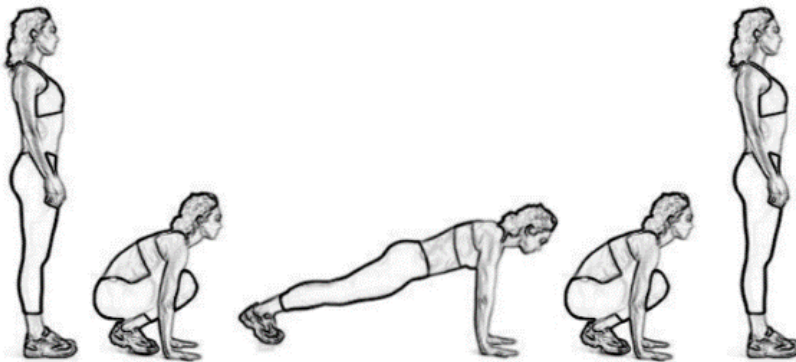
Enlightenment's Motivation and Means



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Máy I liberate all beings
by relying on the Búddha's
éxample, instructions, and students
to master the Eight-fóld path.

three repetitions



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These exercises leap over competition and clinging's obscurations of omniscience: Confusion's fundamental duality

II. Liberation's Right View of Reality

(or Dukkha, Kamma, Anicca, Anatta Vipassana)



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Hate's – Dukkha Suffering

Observant inhalation: *How hating...*
Relaxing exhalation: *increase stress?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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Craving's – Dukkha Suffering

Observant inhalation: *How craving...*
Relaxing exhalation: *increase stress?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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Competitiveness' – Dukkha Suffering

Observant inhalation: *How vying...*
Relaxing exhalation: *increase stress?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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Clinging's – Dukkha Suffering

Observant inhalation: *How clinging...*
Relaxing exhalation: *increase stress?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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FIRST base of mindfulness – Kamma Interdependence

Observant inhalation: *How could lots be ...*
Relaxing exhalation: *dependent?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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SECOND base of mindfulness – Kamma Interdependence

Observant inhalation: *How could forms be ...*
Relaxing exhalation: *dependent?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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THIRD base of mindfulness – Kamma Interdependence

Observant inhalation: *How could ties be ...*
Relaxing exhalation: *dependent?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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FOURTH base of mindfulness – Kamma Interdependence

Observant inhalation: *How could minds be ...*
Relaxing exhalation: *dependent?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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FIRST base of mindfulness – Anicca Impermanence

Observant inhalation: *How could lots ...*
Relaxing exhalation: *never last?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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SECOND base of mindfulness – Anicca Impermanence

Observant inhalation: *How could forms ...*
Relaxing exhalation: *never last?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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THIRD base of mindfulness – Anicca Impermanence

Observant inhalation: *How could ties ...*
Relaxing exhalation: *never last?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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FOURTH base of mindfulness – Anicca Impermanence

Observant inhalation: *How could minds ...*
Relaxing exhalation: *always change?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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FIRST base of mindfulness – Anatta No-self

Observant inhalation: *How could lot...*
Relaxing exhalation: *NOT be me?*

*count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip*

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SECOND base of mindfulness – Anatta No-self

Observant inhalation: *How could form...*
Relaxing exhalation: *NOT be me?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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THIRD base of mindfulness – Anatta No-self

Observant inhalation: *How could ties...*
Relaxing exhalation: *NOT be me?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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FOURTH base of mindfulness – Anatta No-self

Observant inhalation: *How could mind...*

Relaxing exhalation: *NOT be me?*

*count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip*

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III. Liberation's Right Mindfulness & Meditation

*(or Sati Passaddhi Bhavana if you prefer Pali)
the Seventh and Eighth-folds of the Eight-fold Path*



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This exercise slices through the obstructing emotions of hating and craving: Samsara's fundamental duality

Observant inhalation:

Watching this...

***Releasing** exhalation:*

relaxing!

*1st sixteen sets of sixteen breaths
count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right **little, ring, middle, and index** finger's
lower, middle, & higher crease sets & tip*

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Observant inhalation:

***Releasing** exhalation:*

*Notice this...
relaxing!*

*2nd sixteen sets of sixteen breaths
count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right **little, ring, middle, and index** finger's
lower, middle, & higher crease sets & tip*

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Observant inhalation:

***Releasing** exhalation:*

*Notice this...
relaxing!*

***3rd** sixteen sets of sixteen breaths
count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right **little, ring, middle, and index** finger's
lower, middle, & higher crease sets & tip*

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These exercises leap over competition and clinging's obscurations of omniscience: Confusion's fundamental duality

IV. Liberation's Right: Aspiration & Ethics

(or Metta Bhavana if you prefer Pali)

the second, third, fourth, and fifth folds of the Eight-fold path.



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Bringing Love into the Path of NON-violence: the Essence of Ethics

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Loving Mind – the Second fold of the Eight-fold Path

Observant inhalation: ***NON-violence...***
Relaxing exhalation: ***for ALL minds!***

*count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip*

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Kind Communication – Third fold of the Eight-fold Path

Observant inhalation: ***NON-violence...***
Relaxing exhalation: ***for ALL speech!***

*count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip*

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Kind Conduct – the Fourth-fold of the Eight-fold Path

Observant inhalation: ***NON-violence...***
Relaxing exhalation: ***for ALL acts!***

*count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip*

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Kind Commerce – the Fifth-fold of the Eight-fold Path

Observant inhalation: ***NON-violence...***
Relaxing** exhalation:* ***for ALL trade!

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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V. Liberation's Right Mindfulness & Meditation

*(or Sati Passaddhi Bhavana if you prefer Pali)
the Seventh and Eighth-folds of the Eight-fold Path*



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This exercise slices through the obstructing emotions of hating and craving: Samsara's fundamental duality

Observant inhalation:

Feeling this...

***Releasing** exhalation:*

relaxing!

*1st sixteen sets of sixteen breaths
count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right **little, ring, middle, and index** finger's
lower, middle, & higher crease sets & tip*

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Observant inhalation:

***Releasing** exhalation:*

*Notice this...
relaxing!*

*2nd sixteen sets of sixteen breaths
count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right **little, ring, middle, and index** finger's
lower, middle, & higher crease sets & tip*

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Observant inhalation:

***Releasing** exhalation:*

*Notice this...
relaxing!*

*3rd sixteen sets of sixteen breaths
count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right **little, ring, middle, and index** finger's
lower, middle, & higher crease sets & tip*

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These exercises leap over competition and clinging's obscurations of omniscience: Confusion's fundamental duality

VI. Liberation's Right: Wishes

(or Metta Bhavana if you prefer Pali)



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Bringing the Four Bases of Mindfulness into the Path of Love

Easy Peace
Mental Love

Observant inhalation: *Profound joy...*
Relaxing exhalation: *for ALL minds!*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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Interpersonal Love (a.k.a. the Ties that Bind)

Observant inhalation: *Profound peace...*
Relaxing exhalation: *for ALL ties!*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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Physical Love

Observant inhalation: *Profound health...*
Relaxing exhalation: *for ALL forms!*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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Circumstantial Love

Observant inhalation: *Good fortune...*
Relaxing exhalation: *for ALL lots!*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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*Right Intention's Second Fold – **The Four Immeasurables** – thus side-stepping aloofness*

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. 😊

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Appendix

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Right Aspiration's and Zeal's Second and Sixth Folds of Enlightened Fitness

V. Liberation's Right Enthusiasm

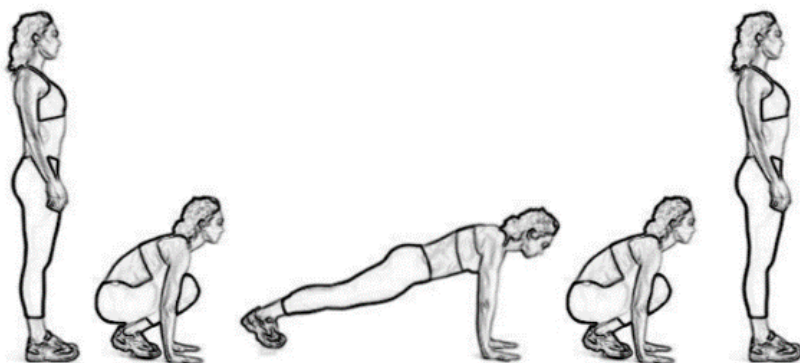
Enlightenment's Motivation and Means



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Máy I liberate all beings
by relying on the Búddha's
éxample, instructions, and students
to master the Eight-fóld path.

three repetitions



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VII. Compassion with Breathing

(or Karuna Anapana if you prefer Pali)



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Karuna: Compassion's Four Exercises

Soothing Lots

Soothing Forms

Soothing Ties

Soothing Minds

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Circumstantial Compassion

Observant inhalation: *For ALL lots...*

Relaxing exhalation: *soothe ALL stress!*

*Count twelve BREATHS upon the left: little, ring, middle and index finger's
lower, middle, & higher sets of creases, & their tips.*

*Count one SET upon the right: little, ring, middle, and index finger's
lower, middle, & higher sets of creases, and their tips.*

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Physical Compassion

Observant inhalation: *For ALL forms...*
Relaxing exhalation: *soothe ALL stress!*

*Count twelve BREATHS upon the left: little, ring, middle and index finger's
lower, middle, & higher sets of creases, & their tips.*

*Count one SET upon the right: little, **ring**, middle, and index finger's
lower, middle, & higher sets of creases, and their tips.*

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Interpersonal Compassion (the Ties that Bind)

Observant inhalation: *For ALL ties...*

Relaxing exhalation: *soothe ALL stress!*

*Count twelve BREATHS upon the left: little, ring, middle and index finger's
lower, middle, & higher sets of creases, & their tips.*

*Count one SET upon the right: little, ring, **middle**, and index finger's
lower, middle, & higher sets of creases, and their tips.*

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Mental Compassion

Observant inhalation: *For ALL minds ...*
Relaxing exhalation: *soothe ALL stress!*

*Count twelve BREATHS upon the left: little, ring, middle and index finger's
lower, middle, & higher sets of creases, & their tips.*

*Count one SET upon the right: little, ring, middle, and **index** finger's
lower, middle, & higher sets of creases, and their tips.*

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These exercises leap frog over the obscuring emotions of hating and clinging: Samsara's fundamental duality

III. Liberation's Right View of Reality

(or Dukkha, Anicca, Anatta Vipassana)



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Hate's – Dukkha Suffering

Observant inhalation: *How hating...*
Relaxing exhalation: *increase stress?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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Craving's – Dukkha Suffering

Observant inhalation: *How craving...*
Relaxing exhalation: *increase stress?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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Competitiveness' – Dukkha Suffering

Observant inhalation: *How vying...*
Relaxing exhalation: *increase stress?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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Clinging's – Dukkha Suffering

Observant inhalation: *How clinging...*
Relaxing exhalation: *increase stress?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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FIRST base of mindfulness – Kamma Interdependence

Observant inhalation: *How could lots be...*
Relaxing exhalation: *dependent?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

Easy Peace

SECOND base of mindfulness – Kamma Interdependence

Observant inhalation: *How could forms be...*
Relaxing exhalation: *dependent?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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THIRD base of mindfulness – Kamma Interdependence

Observant inhalation: *How could ties be...*
Relaxing exhalation: *dependent?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

Easy Peace

FOURTH base of mindfulness – Kamma Interdependence

Observant inhalation: *How could minds be ...*
Relaxing exhalation: *dependent?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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FIRST base of mindfulness – Anicca Impermanence

Observant inhalation: *How could lots ...*
Relaxing exhalation: *always change?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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SECOND base of mindfulness – Anicca Impermanence

Observant inhalation: *How could forms ...*
Relaxing exhalation: *always change?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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THIRD base of mindfulness – Anicca Impermanence

Observant inhalation: *How could ties...*
Relaxing exhalation: *always change?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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FOURTH base of mindfulness – Anicca Impermanence

Observant inhalation: *How could minds ...*
Relaxing exhalation: *always change?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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FIRST base of mindfulness – Anatta No-self

Observant inhalation: *How could lot...*

Relaxing exhalation: *NOT be me?*

*count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.*

*count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip*

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SECOND base of mindfulness – Anatta No-self

Observant inhalation: *How could form...*
Relaxing exhalation: *NOT be me?*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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THIRD base of mindfulness – Anatta No-self

Observant inhalation: *How could ties...*

Relaxing exhalation: *NOT be me?*

*count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.*

*count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip*

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FOURTH base of mindfulness – Anatta No-self

Observant inhalation: *How could mind...*

Relaxing exhalation: *NOT be me?*

*count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.*

*count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip*

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IV. Liberation's Right Mindfulness & Meditation

*(or Sati Passaddhi Bhavana if you prefer Pali)
the Seventh and Eighth-folds of the Eight-fold Path*



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This exercise slices through the obstructing emotions of hating and craving: Samsara's fundamental duality

Observant inhalation:

Notice this...

***Releasing** exhalation:*

relaxing!

*1st sixteen sets of sixteen breaths
count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right **little, ring, middle, and index** finger's
lower, middle, & higher crease sets & tip*

Easy Peace

Observant inhalation:

***Releasing** exhalation:*

*Notice this...
relaxing!*

*2nd sixteen sets of sixteen breaths
count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right **little, ring, middle, and index** finger's
lower, middle, & higher crease sets & tip*

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Observant inhalation:

***Releasing** exhalation:*

*Notice this...
relaxing!*

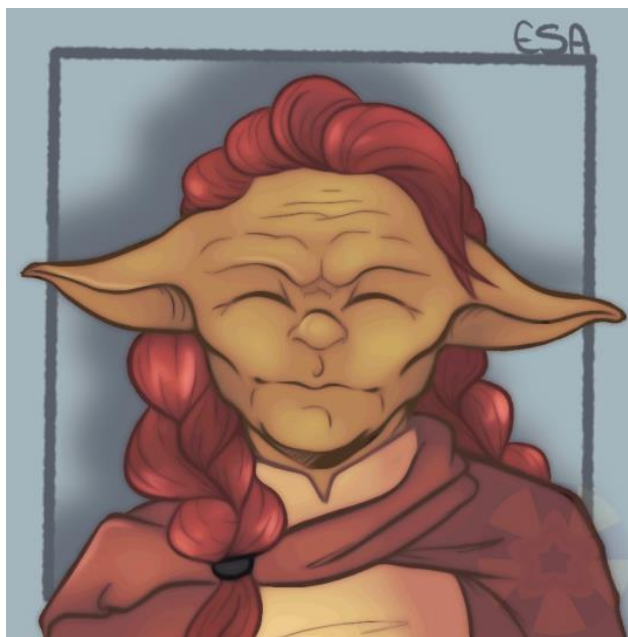
***3rd** sixteen sets of sixteen breaths
count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right **little, ring, middle, and index** finger's
lower, middle, & higher crease sets & tip*

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These exercises leap over competition and clinging's obscurations of omniscience: Confusion's fundamental duality

VI. Liberation's Right: Wishes

(or Metta Bhavana if you prefer Pali)



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Bringing the Four Bases of Mindfulness into the Path of Love

Easy Peace
Mental Love

Observant inhalation: *Profound joy...*
Relaxing exhalation: *for ALL minds!*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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Interpersonal Love (a.k.a. the Ties that Bind)

Observant inhalation: *Profound peace...*
Relaxing exhalation: *for ALL ties!*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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Physical Love

Observant inhalation: *Profound health...*
Relaxing exhalation: *for ALL forms!*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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Circumstantial Love

Observant inhalation: *Good fortune...*
Relaxing exhalation: *for ALL lots!*

count the sixteen BREATHS upon the left: little, ring, middle, and index finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right little, ring, middle, and index finger's
lower, middle, & higher crease sets & tip

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*Right Intention's Second Fold – **The Four Immeasurables** – thus side-stepping aloofness*

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.

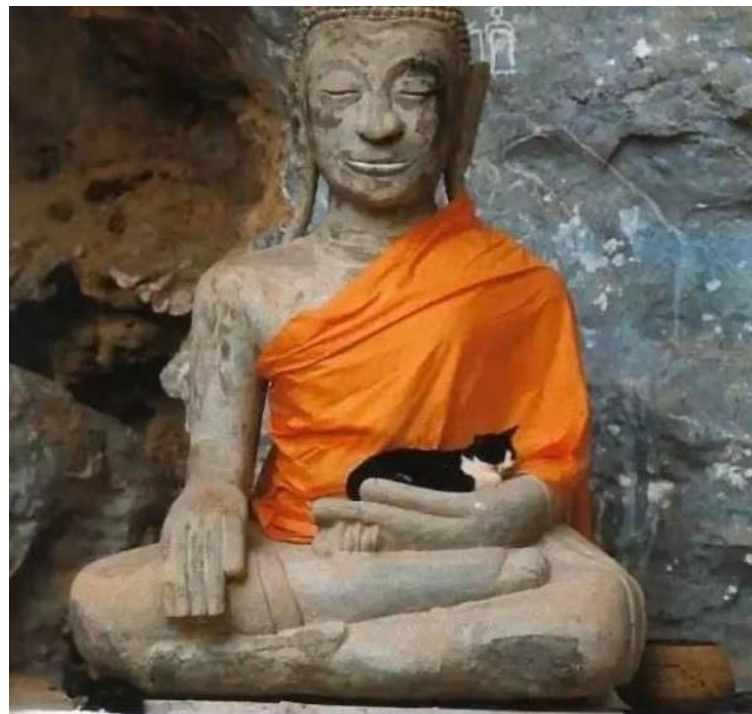
thus no need to cling

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



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V. Closing Love Chant



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*Right Communication, Conduct, and Commerce's Third, Fourth, & Fifth Folds – **Ethics***

Máy each being's practice of KIND:
communication, conduct, and commerce
flow spontaneous and uncóntrived



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Right Intention's Second Fold – The Four Immeasurables

Máy everyone be free from stress.

thus no need to hate

May everyone have happiness.

thus no need to crave

Máy NO one be separated
from their happiness.

thus no need to cling

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

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VII. Appendix

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A. Padawan Training

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1. Parable of the Movie Concessions

It was 1971 and I was in first, or second grade.
A class mate's mother had taken many of us
to see "Willy Wonka and the Chocolate Factory"
for his birthday.

My family did not often go to movies
so this was very exciting for me.

Timid, and uncertain, and polite,
I did what I was told,
and gratefully accepted what I was offered.

Easy Peace

I was offered hot buttered popcorn
and what seemed like a huge vessel
of Dr. Pepper,
a soda I had heretofore never tasted.

So there I sat,
in the darkened theater,
with my class mates
and several hundred strangers;

eating my popcorn,
and sipping my Dr. Pepper,
and all the while enjoying the movie,
which I still remember, to this day.

Easy Peace

Upon first consideration
one could understandably assume
that the movie could distract me...

from my snacking and sipping
and thus undermine
my enjoyment of them.

But I experienced the opposite
to be true:
that the movie enhanced my enjoyment
of the popcorn and the soda...

and the popcorn and the soda
enhanced my enjoyment
of the movie.

Easy Peace

And this could be very much
like our practice of meditation...

where during our inhalation
we silently, and mentally recite,
“Notice this...”

and during our exhalation
we silently, and mentally recite,
“relaxing!”...

while actually physically relaxing
as best we can.

For just as I was able to observe the movie
while snacking and sipping
we can notice our mind
while noticing and relaxing.

Easy Peace

We could notice sensations,
and flavors, and scents,
and sounds, and sights...

as well as our emotions,
and intentions, and reasonings,
and recollections, and imaginings.

And we could notice
all those things
passively and non-conceptually.

And as we physically relax
into each exhalation,
*for that is what our bodies
have evolved to do,*

Easy Peace

all that we noticed as we breathed in
could feel a little less graspable
and a little easier to mentally release
as we relax into our out breath.

And just as the snacking
and the sipping
did not undermine

my enjoyment
of the movie
but rather enhanced it...

Easy Peace

likewise our silent and mental
recitations of “Notice this...” and “relaxing!”
in harmony with our breathing...

does not undermine our ability
to watch the play of mind
or relax into its non-graspable nature
but rather facilitates it.

More than two millennia ago
a Jewish carpenter
is said to have explained

that man was not made
for the Sabbath,
but Sabbath for man.

Easy Peace

Likewise, I tell you
that we do not sit in meditation
that we might more efficiently
recite “Notice this...” and “relaxing!”

but rather
that we silently and mentally recite
“Notice this...” and “relaxing!”
that we might more efficiently meditate

so that our passive and non-conceptual
observation of the play of mind

and our physical, and visceral,
and mental relaxation
into its non-graspable nature....

might be more easy,
and effective,
and transformative.

Easy Peace

Recall Darth Bane's rule of two,
wherein there must be a master
to have power,
and a student to crave it.

This is a form of elitism
and manipulation.

And over the millennia
many so-called spiritual teachers
have used cryptic meditation
instructions, and techniques...

to reinforce a rule-of-two-like
elitism and coercion.

Easy Peace

Some deliberately chose
obfuscation and coercion
because they embraced elitism
and power, and prestige...

others chose the same obfuscation and coercion
because they lacked the mental acuity
to know better.

But I am here to tell you
that something does NOT
have to be difficult
to be effective.

Easy Peace

I'm telling you the opposite.
I'm telling you that
something must be easy
and intuitive....

if it is to be sustainable,
no less effective.

But do not take
my word for it;
put it to the test.

Play with these techniques
every morning and every evening
that you,
like Rey Skywalker...

might meditate
like a Jedi.

Easy Peace

2. Parable of the Movie Patron

3. Whole-food Veganism's Physical Panacea

Buddhist tantra is the path of love and letting-go.
Love is more than just a feeling.

Compassion is an intention that effects our choices,
and our behaviors, and the ripples that we generate
that, in turn, effect the world around us.

Choosing a cruelty-free diet
is one of the easiest ways
to diminish the suffering created
by our consumer choices.

Easy Peace

The benefits generated
by embracing a whole-food vegan diet
are not limited to non-human animals
with whom we share this planet,

nor even this planet itself,
the only place in the known universe
that we are certain sustains life (for the time being).

The physical, and endrocrinological,
and neurological, and psychological benefits
that we could savor on a whole-food vegan diet
have been observed in peer reviewed scientific journals.

In the parody song “White and Nerdy”
Weird Al Yankovic sings of a fellow
who “...does calculous just for fun...”.

Easy Peace

Which reminds me of Dr. Michael Greger, M.D.
whose full time job is to analyze
EVERY peer-reviewed, nutrition-oriented study
published in English, every year.

This man is no ideologue,
content to twist the facts
in order to support his world view.

For his top priority is to discover the dietary interventions
that could prevent disease, reverse disease,
and increase quality of life as well as longevity.

And towards that end
he uses meta analysis to follow the facts
wherever they lead;
like a contemporary, medical Sherlock Holmes...

Easy Peace

if Sherlock was so geeky
as to name his book
after a Monty Python skit.

“How NOT to Die”

first explores the top fifteen causes of premature death in America,
secondly shares a dozen things we could do
to prevent and reverse these disorders,

and thirdly contains hundreds of citations
to peer-reviewed studies.

This book is a virtual panacea of all medical disorders.
It is available on Amazon dot com
and the Buddha Joy Meditation School
receives NO remuneration for your purchase of this life-saving book.

Easy Peace

4. 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...*

Easy Peace

*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.*

Easy Peace

B. Padawan Training

Easy Peace

1. Essence of the Four Vows

*Karma Chakme Rinpoche was a brave soul
who received sky treasures, or Ter-ma in Tibetan, from Chen-re-zik,
the archetype of enlightened compassion,
guiding him to begin the journey out of sectarianism and fundamentalism.*

*In his effort to transcend sectarianism
he embraced the teachings and practices
of both the Kagyu as well as Nyingma sects as best he could.*

*In his effort to transcend fundamentalism
he strove to simplify Highest Yoga Tantra or Ut-ta-ra Tan-tra in Sanskrit,
as well as essentialize the hundreds of Hinayana, Mahayana and Vajrayana vows.*

*Towards the latter: he taught that the essence of all the Refuge vows
was to simply trust in the Buddha, Dharma and Sangha,
he taught that the essence of all the Pratimoksha vows of morality
is NON-violence,*

Easy Peace

he taught that the essence of all the Bodhisattva vows of compassion was to share all our good karma with all beings,

*and he taught that the essence of the Tantric Samaya of wisdom was to see ourselves as Chen-re-zik
and see our teacher as Chen-re-zik's teacher, A-mi-ta-bha.*

Many centuries later Lama: Jigme Gyatso received sky treasures, or Ter-ma in Tibetan, from Chen-re-zik, guiding him to journey further out of sectarianism, fundamentalism, and patriarchy.

*In terms of sectarianism he was led to explore the teachings and practices of each sect of Buddhism
and in terms of transcending fundamentalism, which is one of patriarchy's symptoms,*

*he was taught further simplify the four sets of vows thusly:
the essence of the Refuge vows is to simply **rely** upon the example of Buddha's life story,
apply the instructions of the Dharma,*

Easy Peace

*humbly **rely** upon the support offered by fellow Sangha members,
as well as lovingly support Sangha members with our skill set as best we can;*

*the essence of the Pratimoksha vows of morality
is still NON-violence which includes a whole-food, vegan diet;*

*the essence of the Bodhichitta vows of compassion
is to set compassionate intention before meditation,
blend our practice of the four bases of mindfulness
with our awareness of all local, global, and universal beings, real or imagined,*

*as well as to seal our practice
by sharing our positive energy with all beings;
the essence of the Tantric Samaya of wisdom
is to enthusiastically apply our teacher's instructions
and follow his example as best we can.*

Easy Peace

2. Good night and Wake up Channels

*In Buddhist Tantra it is often taught
that within our bodies of flesh, blood and bone,
lay energy channels*

*that fundamentalists inordinate amounts of time and energy
visualizing as tubes comprised of light.*

*It is said we have a blue central channel,
the width of an arrow shaft,
that begins in the lower abdomen,
ascends about a thumb's width before the spine,*

*piercing the horizontal bladder wheel
(or chakra if you prefer Sanskrit),
navel wheel, heart wheel, and throat wheel*

Easy Peace

*as it ascends into the skull
where it arches forward brushing against
the crown wheel at the fontanel
before terminating between, and just above the eyebrows.*

*There are two side channels.
The moon, or left, side-channel is red,
the width of hay or straw
and begins at our urethra,*

*brushes past the most sensitive part
of either our citreous or our penis,
climbs up the left of our central channel,*

*looping once around the central channel
just below the bladder wheel
and then just below the navel wheel,*

Easy Peace

*looping thrice around the central channel
just below the heart wheel,*

*looping once again just below the throat wheel,
and then just below the crown wheel
before terminating in the left nostril.*

*The sun, or right, side channel is white,
also the width of hay or straw
and begins in our rectum,*

*brushes past either our G-spot or prostate,
climbs up the right of our central channel,*

*looping once around the central channel
just above the bladder wheel
and then just above the navel wheel,*

Easy Peace

*looping thrice around the central channel
just above the heart wheel,*

*looping once around the central channel
just above the throat wheel
and then once again just above the crown wheel
prior to terminating in the left nostril.*

*As liberals upon the path of matriarchy
none of this needs to be memorized or even visualized.*

*Our right channel could be stimulating,
so we impeded it when its time to go to sleep,
by closing our right eye and reading through our left
and by sleeping on our right side.*

Easy Peace

*Conversely, our left channel could be sedating,
so we impeded it is time to start our day,
by rolling over to our left side*

*and laying in the fetal position for a few moments
as thoughts of the day's tasks begin to clarify
like friends emerging from a fog bank.*

*Upon rising, we could also close our left eye,
and read though our right
as we sit upon the toilet
to further wake our bodies.*

Easy Peace

3. Walking Meditation

*After fifteen weeks of twice daily sadhana practice
you should have automatically memorized the 33 meditations
of Dzogchen's Contemplation, Compassion, and Meditation.*

*Which should come in handy,
as this week you could begin training
in brisk, walking meditation.*

*Its simple, just perform the 33 meditations you've already grown accustomed to
while briskly walking through your neighborhood.*

This is especially useful during times of emotional upset or even PTSD episode.

*Of course if you're so upset as to experience disorientation
then please limit your walking course to just going around your block,
that way you won't get lost, or walk into traffic.*

Easy Peace

*Blending the 33 meditation techniques you've already learned
with brisk walking
allows us to bilaterally stimulate our hippocampus and amygdala
which aids in the processing of difficult events and emotions.*

*REMEMBER: upon this path
we do not practice rigid concentration which stimulates our sympathetic nervous system,
but rather relaxed mindfulness which access our parasympathetic nervous system;
the quick path to the light sight, or eager youngling.*

Easy Peace

4. Sky Gazing

In “Red Tare’s Treasure” the phrase “queen of the sky” could remind us literally of the practice of sky-gazing,

where we perform the contemplation, compassion, and meditation that we are taught in the sixteen week series of meditation classes while gazing into the sky.

Any time of day we could gaze into the sky while meditating, but it could be especially poignant to gaze at the sun, doing so only during the first hour of sunrise, or the last hour of sunset.

In Sanskrit this practice is sometimes referred to as Surya Chaku.

Common sense prevails:

Easy Peace

*1 – remove your corrective lenses or contact lenses,
gaze with the left eye for four breaths,
then with the right eye for four breaths,
alternating back and forth;*

*2 – only do this for as long as it feels comfortable,
giving yourself permission to progress gradually
such as adding seven seconds per day,
or seven minutes, or more every day.*

*3 – relax the tissues of your face, especially around the eyes,
allowing the eyelids to close somewhat,
viewing the sun through one's eyelashes
thus occasionally giving rise to the illusion of subtle rainbows encircling the sun;*

Easy Peace

*4 – don't wander into traffic,
for your vision will be dazzled after completing this exercise,
thus while it is fine to practice this during opening verbal contemplation & compassion,
as well as the silent meditation...*

*I recommend turning away from the sun
during the practice of the closing silent contemplation and compassion
thus allowing one's eyes to recalibrate
to the ambient lighting.*

*5 – I recommend the lion posture Simha asana,
feet flat on earth or floor,
resting one's tuchus upon one's calves,
forearms resting upon knees.*

*Neither mysterious nor occult
this practice could act as a subtle tonic to your body.*

Easy Peace

C. Jedi Knight Training

Easy Peace

1. 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).*

Easy Peace

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
enlightenment’s Blissful-mindfulness, Peaceful-insight and Spontaneous-compassion.*

Easy Peace

2. The PATH of Mastery

Unconscious Incompetence

Conscious Incompetence

Conscious Competence

Unconscious Competence

*When have we mastered the archetypical Dakini's
vulnerability, non-grasping,
compassion and centered spontaneity?*



Easy Peace

*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.*



Easy Peace

3. 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**.*

Easy Peace

*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.*

Easy Peace

D. Addendum

Easy Peace

Their nudity reminds us
of mindfulness' vulnerability,
their bodies comprised of light
remind us of non-graspability,

their beauty reminds us
of love's energy,
the stability with which he sits
reminds us of centeredness, and

the abandon with which she sports
reminds us of spontaneity.

MEDITATE ^{LIKE} A JEDI



Easy Peace

May love and insight
drive our veganism.

The love that yearns to minimize
our participation
in the exploitation of others;

and the insight the seeks
sustainability,
both ecological and medical.

MEDITATE ^{LIKE} A JEDI