

The Concise Iconography of Kuntuzangpo Yab Yum and visual aids
Dzogchen Semde Lama: Jigme Gyatso's

“Concise Iconography of Kuntuzangpo Yab Yum” and visual aids

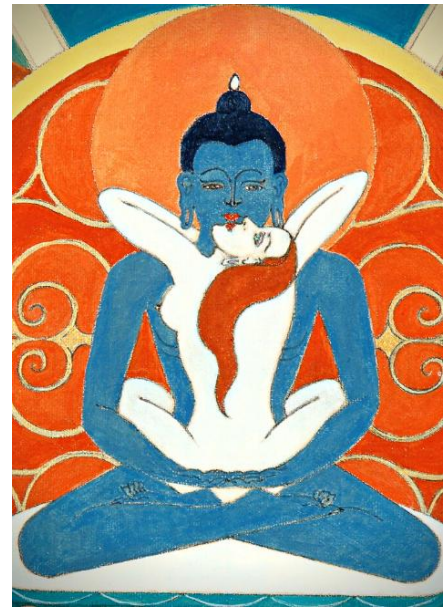
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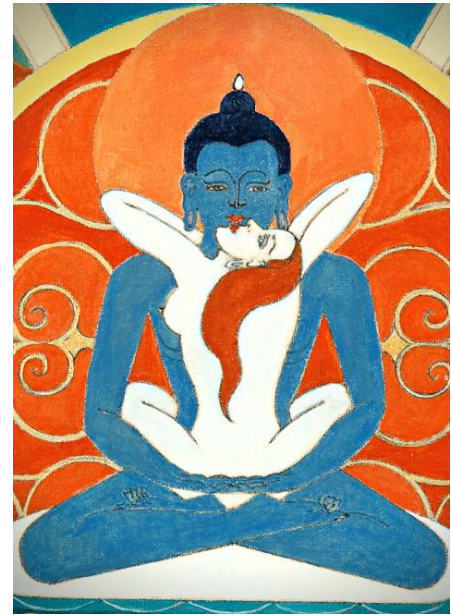
Consider the yogi
the color of a cumulus cloud.

The dynamism with which
she sports in tantric union



reminds us
that the key to mindfulness

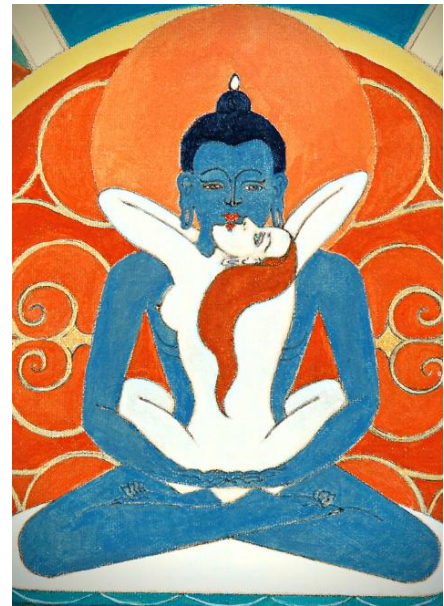
is to passively watch
the antics of mind
as we inhale.



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Notice the yogi
the color of the azure sky.

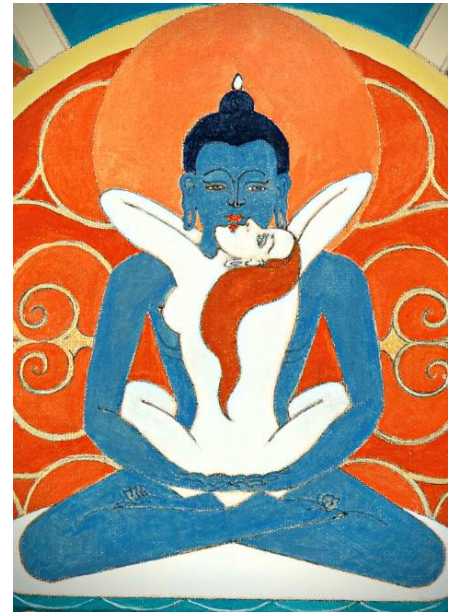
The **stability**
with which he sits



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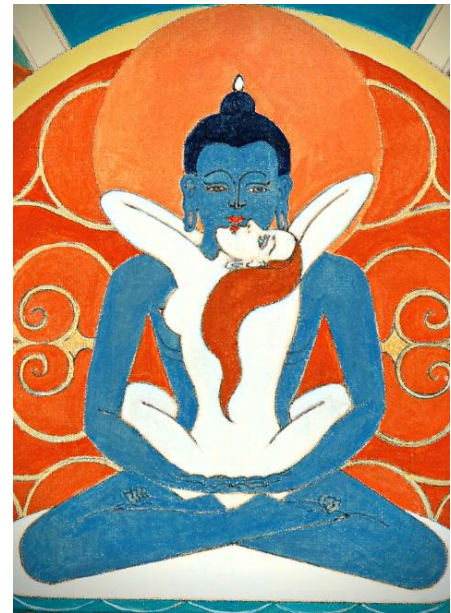
reminds us that
the essence of **meditation**

is to simply **rest**
in mind's non-graspable nature
as we **exhale**.



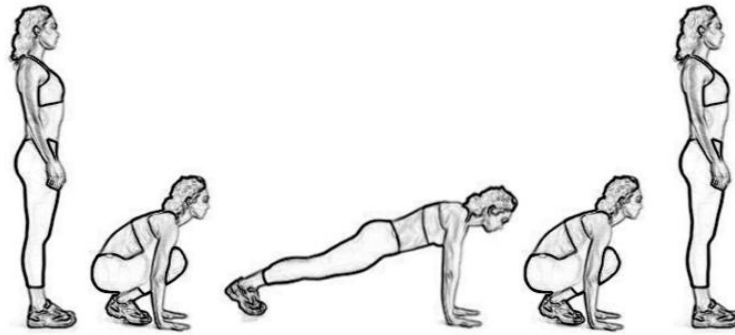
Therefore as we breath in
may we silently and mentally
recite the verb “Watch,”

and as we breath out
may we silently and mentally
recite the verb “**rest.**”



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Concise – Spiritual Squat Thrusts

Gú-ru, Founder, Bléssed One,
Tá-tha-ga-ta, ánd Ar-hat,



Cómpletely Pérfect Buddha,
Greát Victor, Shák-ya-mu-ni Lord!



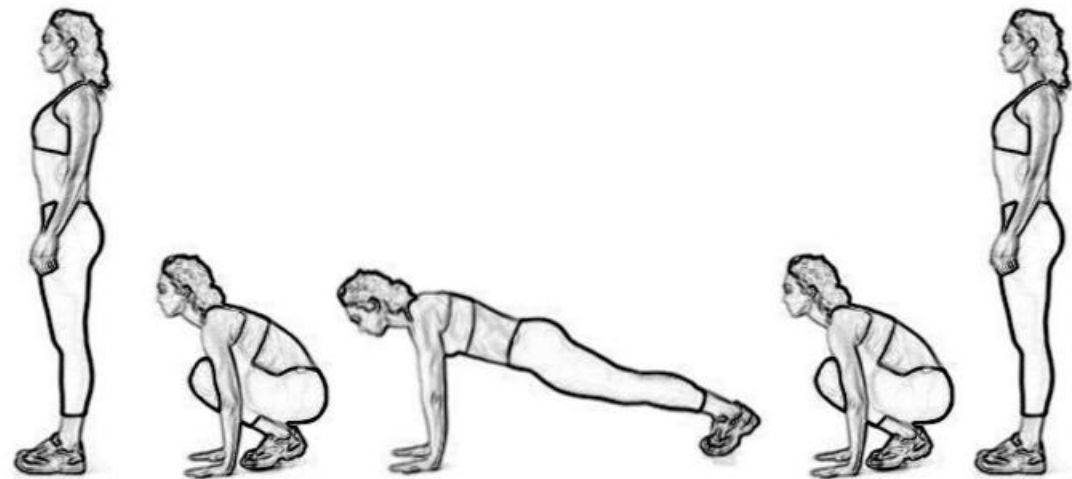


You have taken your first step
into a much larger world...

The Concise Iconography of Kuntuzangpo Yab Yum and visual aids
Spiritual Squat Thrusts

Gu-ru, Founder, Blessed One,
Ta-tha-ga-ta, and Ar-hat,
Great Victor, Shak-ya-mu-ni Lord:

to you we bow,
go for refuge,
and offer gifts,
oh please bless us!



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Visual Aids

Sturgeon's Law

Ninety-percent of everything Sucks

Content

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**

Cowardly

Compassionate

Cranky

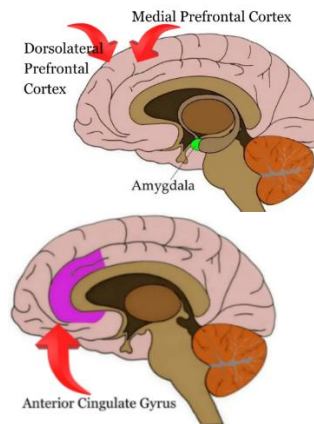
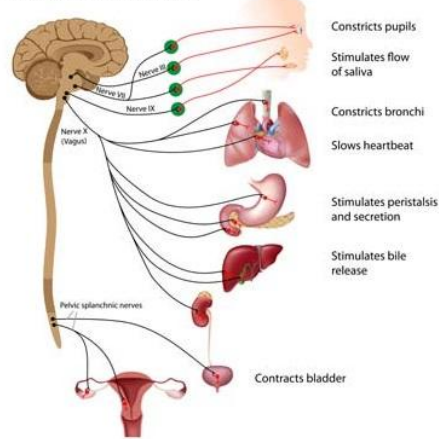
Cooperative

Competitive

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

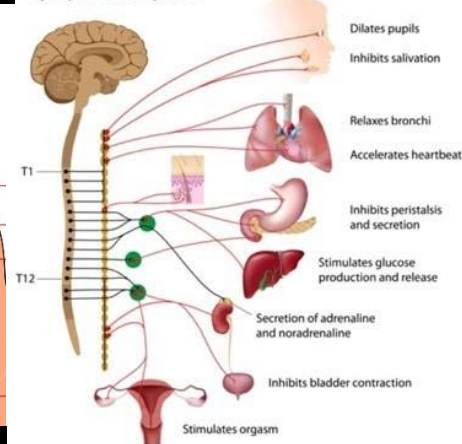
Parasympathetic System



Notice

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

Sympathetic System



Mindfulness noticing inhalation

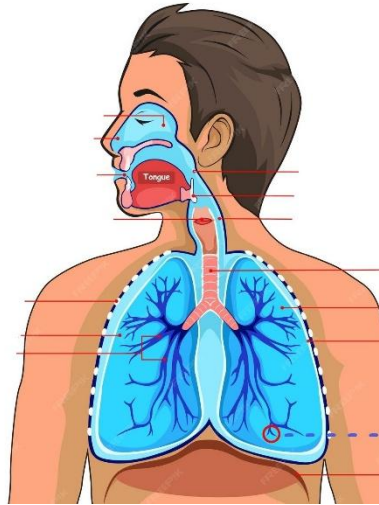
Meditation relaxing exhalation

Watch
rest

Fleetingly LESS stressful, LESS permanent, and LESS defining

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Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

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



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

Mindfulness noticing inhalation

*Meditation **relaxing** exhalation*

This
ease

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

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What if Enlightenment was simply
the spontaneous, habitual, easy, and effective practice
of (Gautama or Shakyamuni) Buddha's Eight fold path?

Wise VIEW supporting release

- 1 - Right View of Impermanence and Emptiness
- 2 - Right Mentally Kind Intention (*essence of the Bodhisattva Vows*)

Compassionate ACTION

- 3 - Right Interpersonally Kind Communication
- 4 - Right Physically Kind Conduct (*non-violent essence of the Pratimoksha Vows*)
- 5 - Right Circumstantially Kind Commerce (*competition & cruelty transformed into compassion & cooperation*)
- 6 - Right Effortless Effort (*that is Joyful Love's Centered Spontaneity*) 4 & 3

Liberating MEDITATION as described by the seven enlightenment factors

- 7 - Right Mindfulness (*during inhalation that is **vulnerable**, passive, visceral, random & fleeting*) 1, 2, & 6
- 8 - Right **Meditation** (*during **exhalation** that physically relaxes & mentally releases the duality of aversion & avarice*) 5 & 7