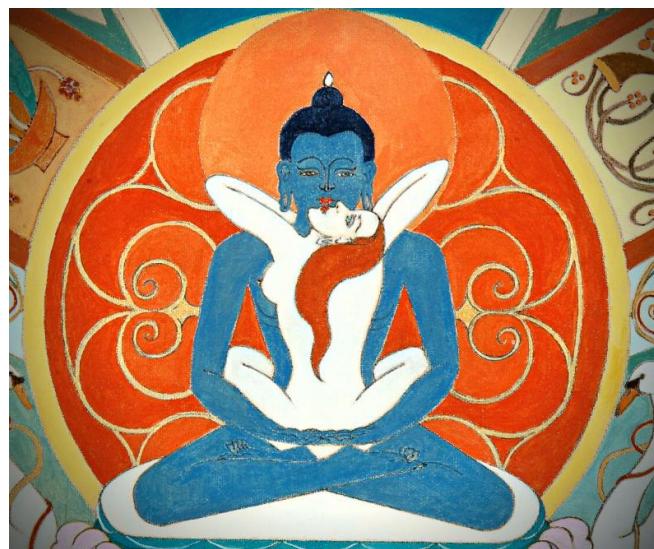


The Concise Iconography of Kuntuzangpo Yab Yum and visual aids  
Dzogchen Semde Lama: Jigme Gyatso's

# “Concise Iconography of Kuntuzangpo Yab Yum” and visual aids

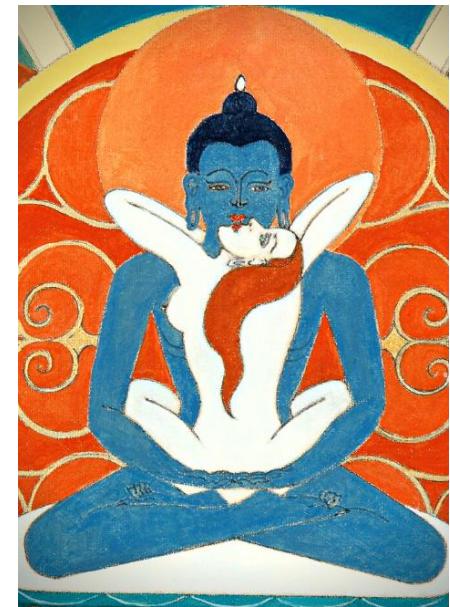
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The Concise Iconography of Kuntuzangpo Yab Yum and visual aids  
**Concise Iconography of Kuntuzangpo Yab Yum**

Consider the yogi  
the color of a cumulus cloud.

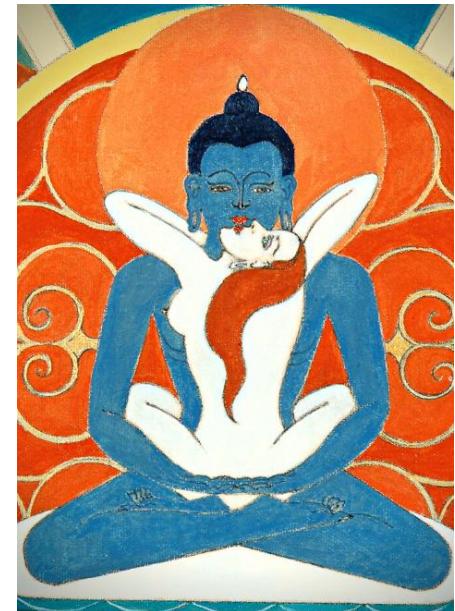
The dynamism with which  
she sports in tantric union



The Concise Iconography of Kuntuzangpo Yab Yum and visual aids

reminds us  
that the key to mindfulness

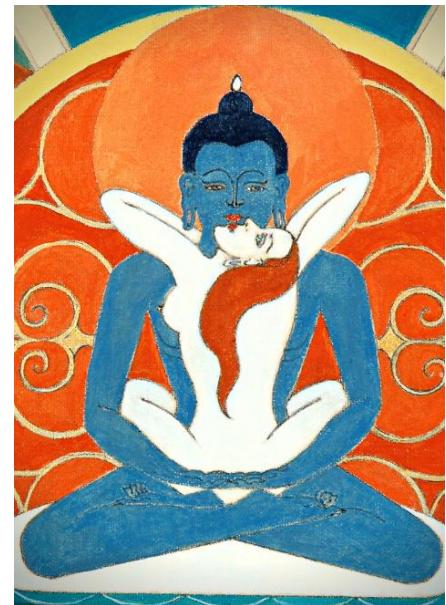
is to passively watch  
the antics of mind  
as we inhale.



The Concise Iconography of Kuntuzangpo Yab Yum and visual aids

Notice the yogi  
the color of the azure sky.

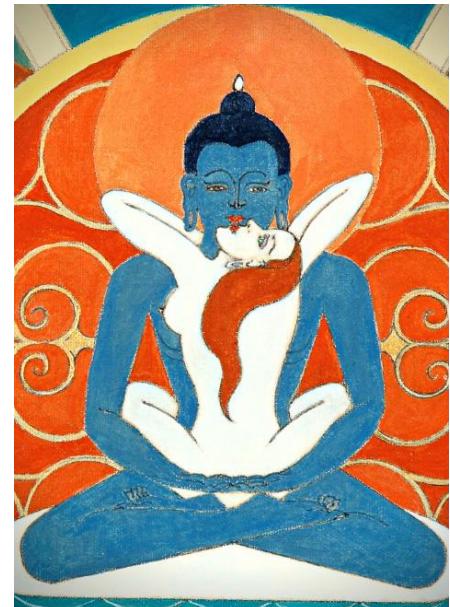
The **stability**  
with which he sits



The Concise Iconography of Kuntuzangpo Yab Yum and visual aids

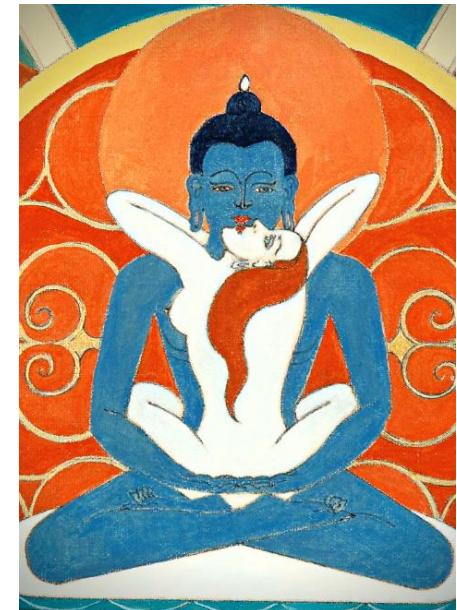
reminds us that  
the essence of **meditation**

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



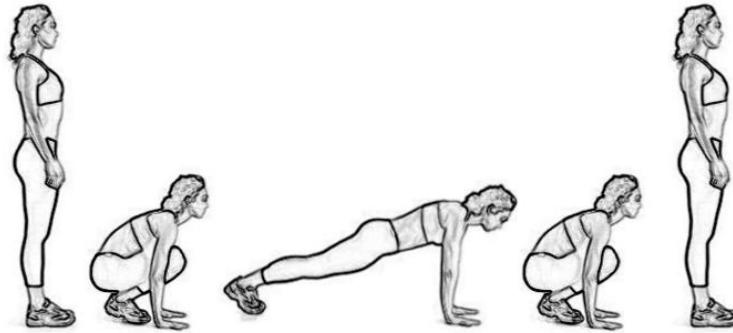
Therefore as we breath in  
may we silently and mentally  
recite the verb “Watch,”

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



The Concise Iconography of Kuntuzangpo Yab Yum and visual aids  
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!



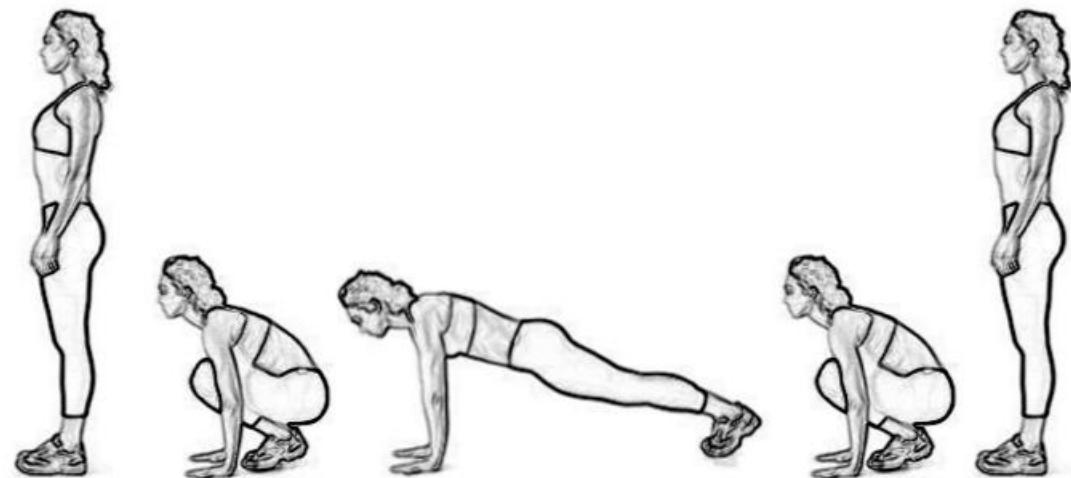


You have taken your first step  
into a much larger world...

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!



The Concise Iconography of Kuntuzangpo Yab Yum and visual aids

## Visual Aids

# Sturgeon's Law

Ninety-percent of everything Sucks

Content

### **Yin's Spiritual Matriarchy**

**Flexible,  
Loving,  
Rational,  
Laid-back,  
  
Egalitarian,  
Lucid,  
Cooperative, &  
Kind**

Cowardly

Compassionate

### **Yang's Religious Patriarchy**

**Rigid,  
Fearful,  
Superstitious,  
Controlling,  
  
Elitist,  
Cryptic,  
Competitive, &  
Cruel**

Cranky

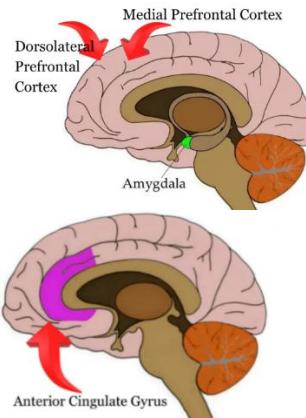
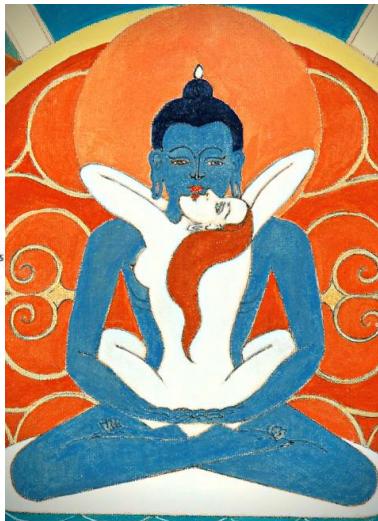
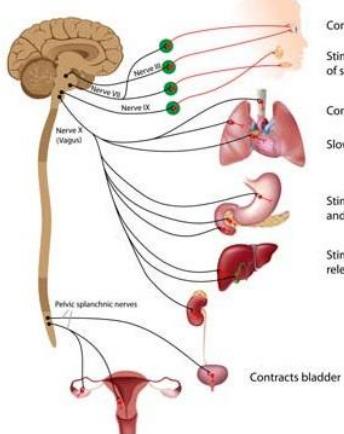
Cooperative

Competitive

The Concise Iconography of Kuntuzangpo Yab Yum and visual aids

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

Parasympathetic System



### Notice

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

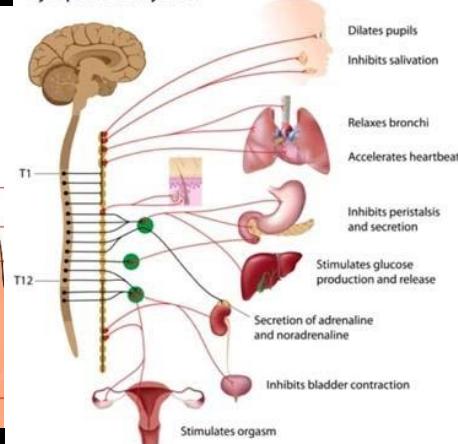
*Mindfulness noticing inhalation*

*Watch*  
*rest*

*Meditation relaxing exhalation*

**Fleetingly LESS stressful, LESS permanent, and LESS defining**

Sympathetic System



The Concise Iconography of Kuntuzangpo Yab Yum and visual aids

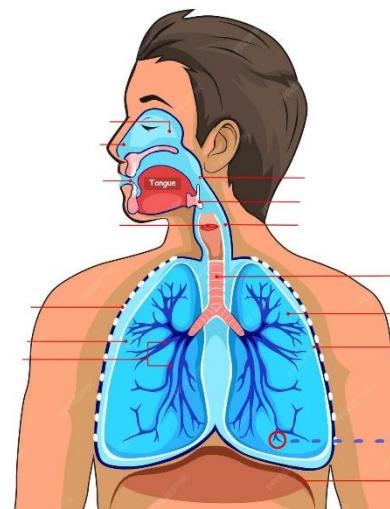
*Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems*

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

*Mindfulness noticing inhalation*

*Meditation relaxing exhalation*

**As NON-graspable as**



*This ease*

**a Vast, Empty Void  
like the Illusion of the Infinite, Azure Sky**

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

## The Concise Iconography of Kuntuzangpo Yab Yum and visual aids

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