

Very Easy Evening Meditation
The Renegade Lama: Jigme Gyatso's
Very Easy Meditation
practice text (*or Sadhána*)
3mar25b



Very Easy Evening Meditation

*Setting Intention
by Wishing
for Universal
Enlightenment*

Very Easy Evening Meditation



Whatever COMES
may all beings
notice, relax, and flow!

Very Easy Evening Meditation



Whatever STAYS
may all beings
notice, relax, and flow!

Very Easy Evening Meditation



Whatever GOES
may all beings
notice, relax, and flow!

Very Easy Evening Meditation

1st

**Quarter of
Group Meditation**

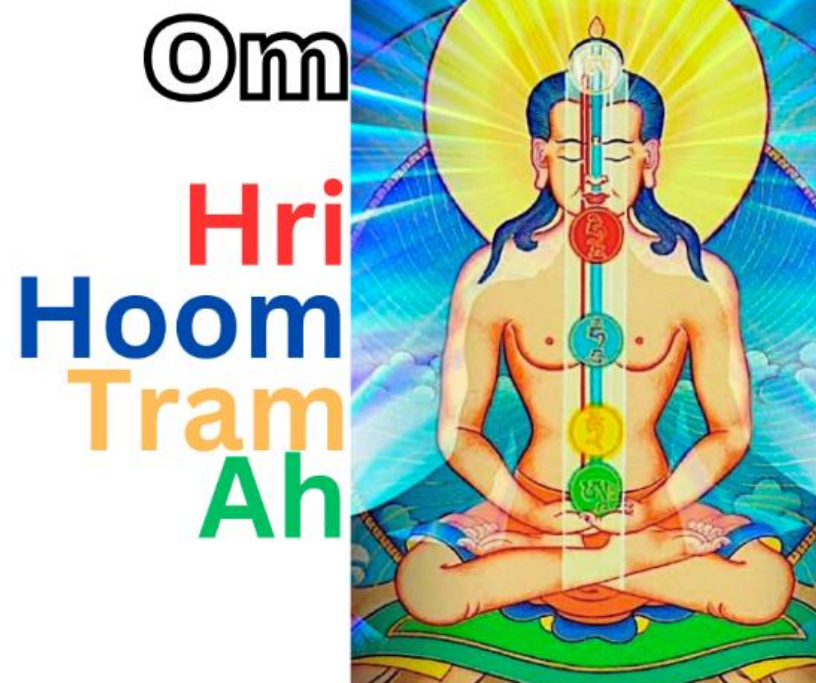
Very Easy Evening Meditation

*Upon the tip of our **left ring** finger, we could rest the great knuckle at the base of our **right ring** finger palms up, in our lap.*



Very Easy Evening Meditation

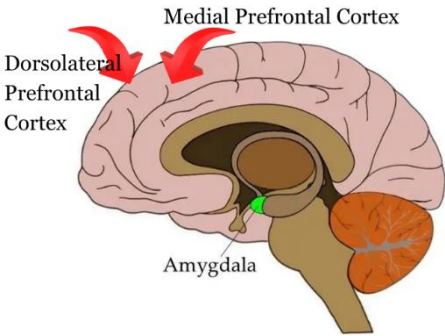
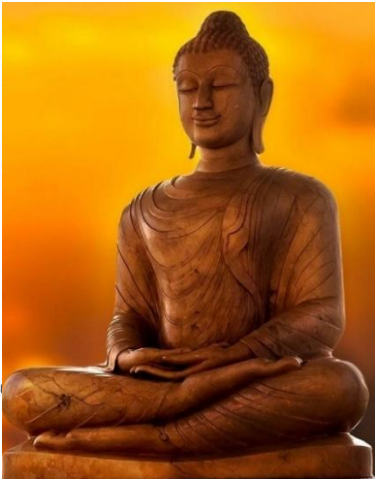
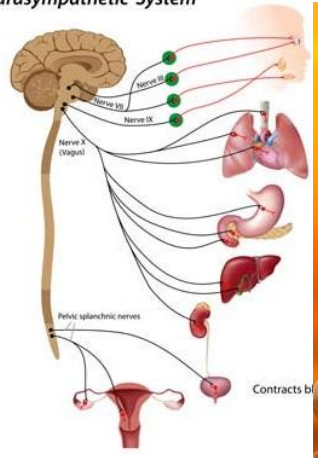
*Doing so could gently invite our real or imagined, subtle energies, to automatically coalesce at the **Navel** region of our mid-abdomen.*



Very Easy Evening Meditation

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

Parasympathetic System



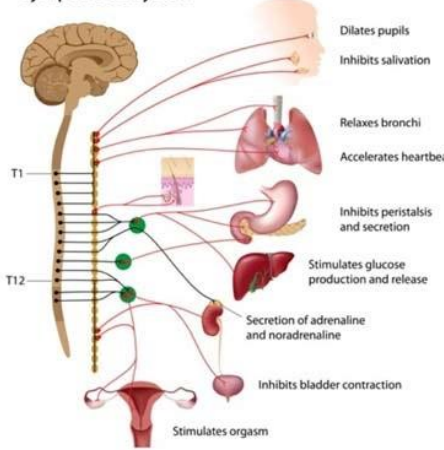
Notice
 -Vulnerably,
 -Passively,
 -Viscerally,
 -Randomly, and
 -Fleetingly

Mindfulness noticing inhalation

Meditation relaxing exhalation

This ease!

Sympathetic System



Fleetingly LESS tantalizing, LESS permanent, & LESS defining

Very Easy Evening Meditation
mindfulness and meditation



inhalation

exhalation

Noticing
relaxing

Very Easy Evening Meditation

2nd

**Quarter of
Group Meditation**

Very Easy Evening Meditation

*Upon the tip of our **left** index finger,
we could rest the great knuckle
at the base of our **right** index finger
palms up, in our lap.*



Very Easy Evening Meditation

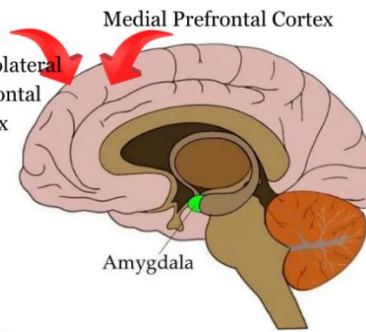
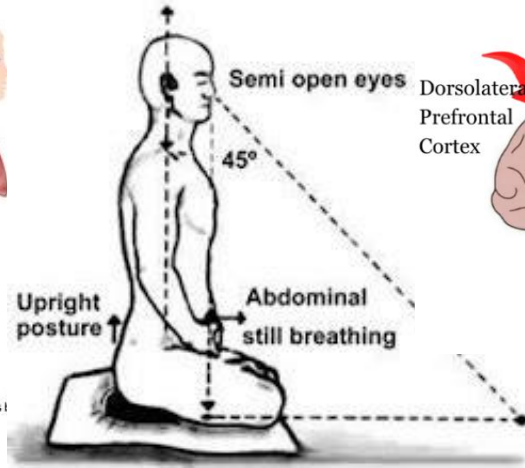
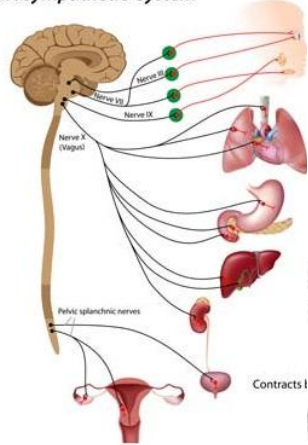
*Doing so could gently invite
our real or imagined, subtle energies,
to automatically coalesce
at the Crown region of our head.*



Very Easy Evening Meditation

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

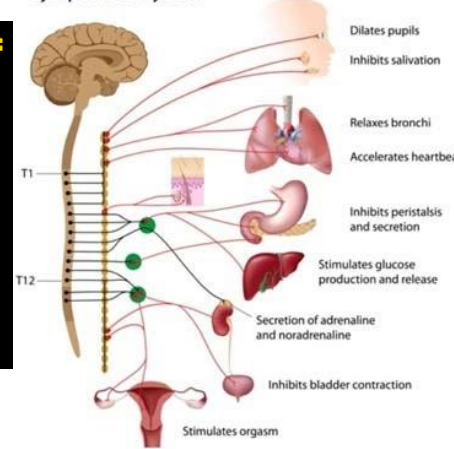
Parasympathetic System



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

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

Sympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation

This ease!

Fleetingly LESS tantalizing, LESS permanent, & LESS defining

Very Easy Evening Meditation
mindfulness and meditation



inhalation

Noticing

exhalation

relaxing

Very Easy Evening Meditation

3rd Quarter of Group Meditation

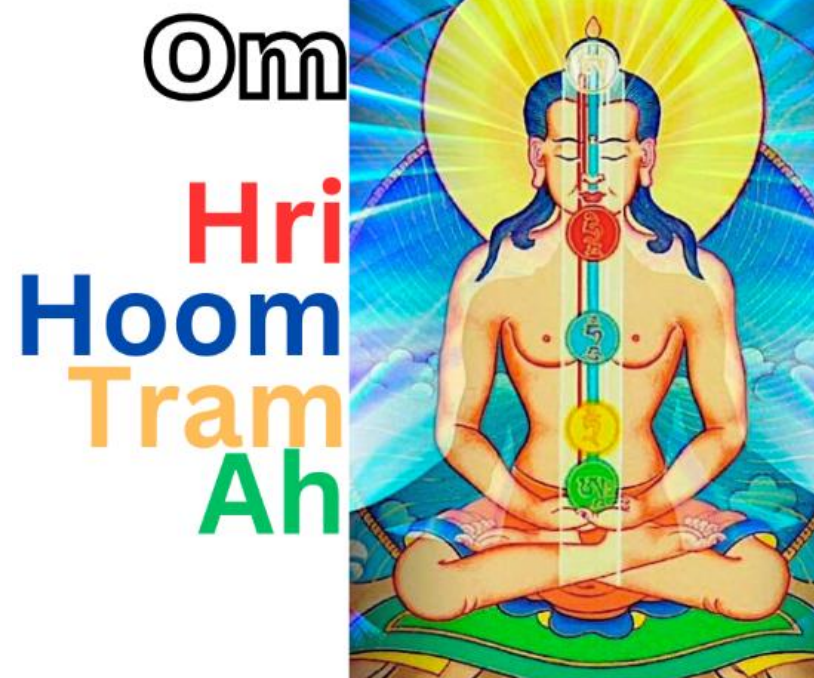
Very Easy Evening Meditation

*Upon the tip of our **left middle** finger, we could rest the great knuckle at the base of our **right middle** finger palms up, in our lap.*



Very Easy Evening Meditation

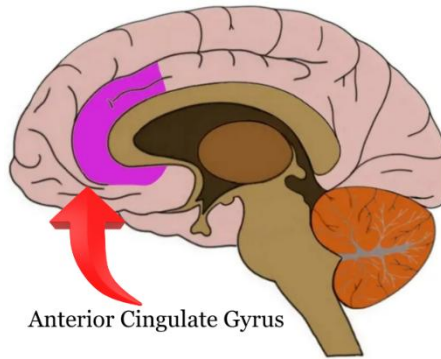
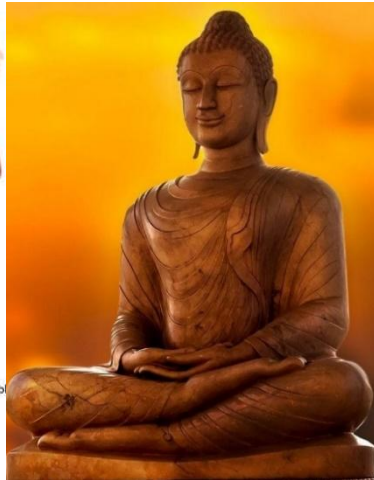
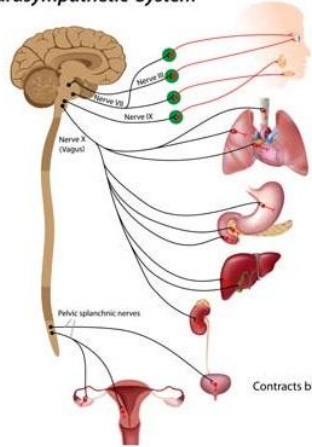
*Doing so could gently invite
our real or imagined, subtle energies,
to automatically coalesce
at the **Heart** region of our chest.*



Very Easy Evening Meditation

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

Parasympathetic System



Notice

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

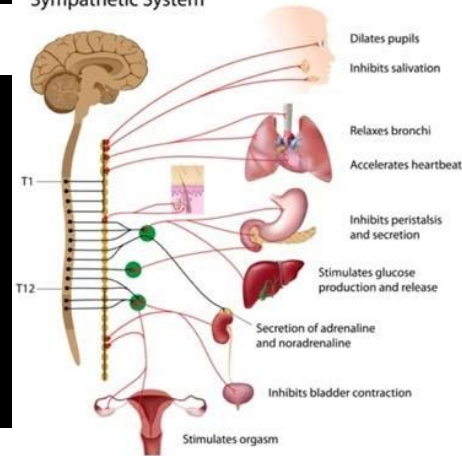
Mindfulness noticing inhalation

Meditation relaxing exhalation

This ease!

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

Sympathetic System



Fleetingly LESS tantalizing, LESS permanent, & LESS defining

Very Easy Evening Meditation
mindfulness and meditation



inhalation

exhalation

Noticing
relaxing

Very Easy Evening Meditation

4th

**Quarter of
Group Meditation**

Very Easy Evening Meditation

*Upon the tip of our **left ring** finger, we could rest the great knuckle at the base of our **right ring** finger palms up, in our lap.*



Very Easy Evening Meditation

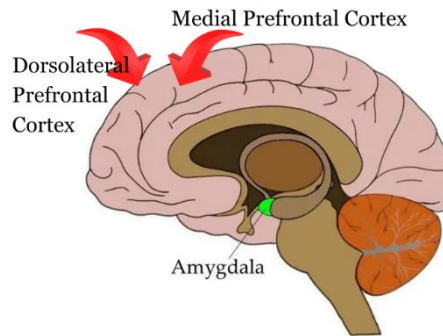
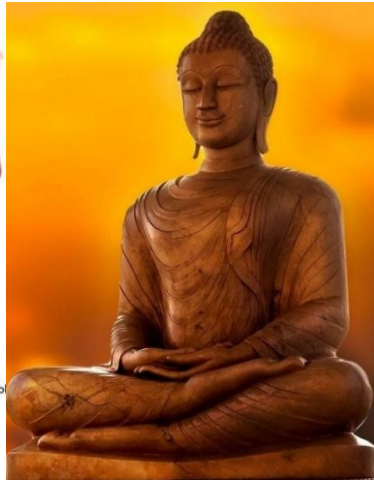
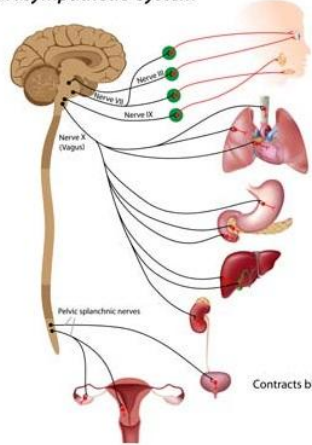
*Doing so could gently invite our real or imagined, subtle energies, to automatically coalesce at the **Navel** region of our mid-abdomen.*



Very Easy Evening Meditation

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

Parasympathetic System



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

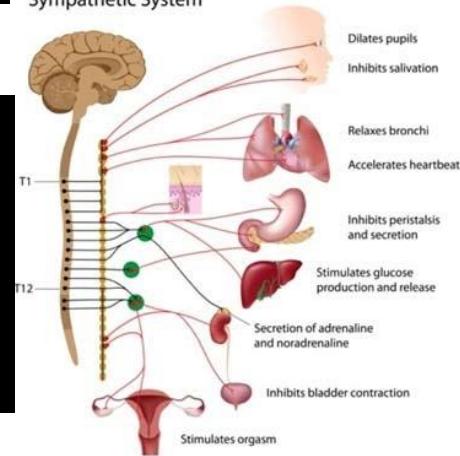
Mindfulness noticing inhalation

Meditation relaxing exhalation

This ease!

Dualities such as:
 Lack and Boon,
 Pain and Bliss,
 Scorn and Praise,
 Shame and Fame

Sympathetic System



Fleetingly LESS tantalizing, LESS permanent, & LESS defining

Very Easy Evening Meditation
mindfulness and meditation



inhalation

exhalation

Noticing
relaxing

Very Easy Evening Meditation



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