

Tibetan Inspired Heart Sutra Practice

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Refuge and Bodhichitta

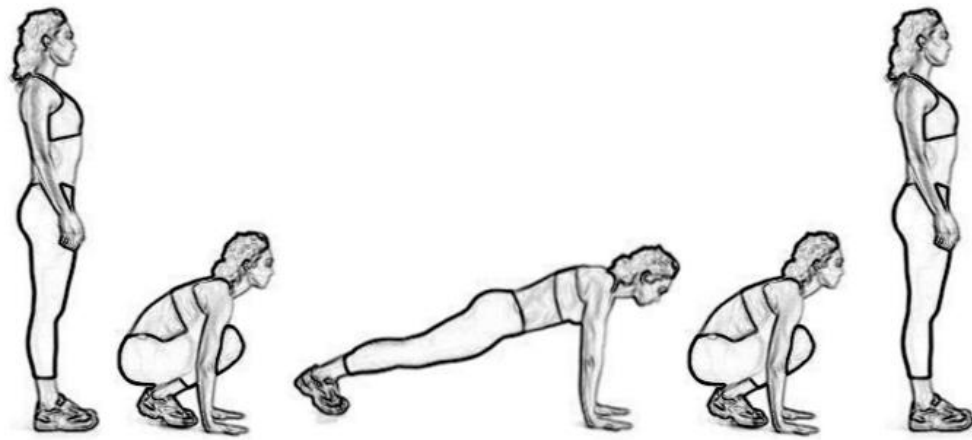


Éternally I rely upon the Buddha's:
example, teachings, and students
as well as meditate and contemplate
for the benefit of all.

3 repetitions



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A. The Four Immeasurables – Right Intention

Máy everyone be free from stress!

May everyone be háppy!

Máy NO one be separated
from their happíness!

Máy everyone have balance free from the
tyranny of hatred, craving, and clínging!

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B. Three Treasures of the Dharmakaya – Right Intention

Máy everyone master the Dhar-ma-ka-ya of:
simplicity, patience, and compásson
thát all may be
spontaneous, carefree, and át ease.

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RIGHT: view

II. Heart Sutra



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introduction

The enlightening being
who notices the cries of the world,
while moving in the deep peace
of Perfect understanding,

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shéd light on the five aggregates
and found them equally empty.
After this realization,
she overcame áll pain.

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five aggregates – first

“Lísten, Sha-ri-pu-tra,
form is emptiness
emptiness ís form,

fórm does NOT differ from emptiness,
emptiness does NOT differ fróm form.

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The same is true with feeling,
appraisal, impulse and awareness.

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three dualities

“Listen, Sha-ri-pu-tra, all phenomena
are marked with emptiness;
they are neither produced nor destroyed,
neither corrupted nor purified,
neither increasing nor decreasing.

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five aggregates – second

Therefore, in emptiness
there is neither form, nor feeling,
nor appraisal, nor impulse, nor awareness;

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organs

nó body, nor tongue, nor nose,
nor ears, nor eyes, nór mind;

action

nó feeling, nor tasting, nor smelling,
nor hearing, nor seeing, nor notícing;

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object

nó sensation, nor flavor, nor scent,
nor sound, nor sight, nor phenoména;

interdependence

nó interdependent origins
and no extinction of them
(from confusion to old age ánd death);

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the four noble truths

**nó stress, no exacerbation,
no liberation, no path;
no understanding, no attainment.**

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the fruit of training

“Because there is NO attainment,
the Bo-dhi-sat-tvas, supported
by the Perfection of Understanding,
find NO obstacles for théir minds.

Háving NO obstacles,
they overcóme fear,

líberating themselves
forever from illusion
and realizing perfect Nirvána.

Áll Buddhas of the past, present, and future,
thanks to this Perfect Understanding,
arrive at full, right,
and universal Enlighténment.

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mantra

“Therefore, one should know
that Perfect Understanding
is a great mantra, is the unequalled mántra,

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thé destroyer of all suffering,
the incorruptible truth.

A mantra of Praj-na-pa-ra-mi-ta
should therefore be próclaimed.

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This is the mantra:

“Ga-te Ga-te Pa-ra-ga-te
Pa-ra-sam-ga-te Bod-hi SÓ-ha!

Góne, gone, completely gone
perfectly gone to enlightenment,
may it bé so!

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Contemplating All Circumstances

through the lenses of: mindfulness, wishing love,
and the wisdom of letting-go

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Observant inhalation: *How are most circumstances as **visible** as the full moon?*

Relaxing exhalation:

Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!

Three mantras per breath.

*Count twelve **mantras** upon the lower, middle, & higher creases and tips of the LEFT **middle, little, ring, and index** fingers.*

*Count one **set** upon RIGHT **ring** finger's lower, middle, & higher creases & tip.*

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Observant inhalation: *May all circumstances be as **fortunate** as a mythical paradise...*

Relaxing *exhalation:*

Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!

Three mantras per breath.

*Count twelve **mantras** upon the lower, middle, & higher creases and tips of the LEFT **middle, little, ring, and index** fingers.*

*Count one **set** upon RIGHT **ring** finger's lower, middle, & higher creases & tip.*

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Observant inhalation: *How could all circumstances look as
NON-graspable as the cloudless azure sky?*

Relaxing *exhalation:*

Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!

Three mantras per breath.

*Count twelve **mantras** upon the lower, middle, & higher creases and tips
of the LEFT **middle, little, ring, and index** fingers.*

*Count one **set** upon RIGHT **ring** finger's lower, middle, & higher creases & tip.*

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Contemplating All Bodies

through the lenses of: mindfulness, wishing love,
and the wisdom of letting-go

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Observant inhalation: ***How are most bodies as sensual
as an affectionate kitty?***

Relaxing exhalation:

Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!

Three mantras per breath.

*Count twelve **mantras** upon the lower, middle, & higher creases and tips
of the **LEFT middle, little, ring, and index** fingers.*

*Count one **set** upon **RIGHT ring** finger's lower, middle, & higher creases & tip.*

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Observant inhalation: **May all bodies be as **healthy** as a hero of lore...**

Relaxing exhalation:

Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!

Three mantras per breath.

*Count twelve **mantras** upon the lower, middle, & higher creases and tips of the LEFT **middle, little, ring, and index** fingers.*

*Count one **set** upon RIGHT **ring** finger's lower, middle, & higher creases & tip.*

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Observant inhalation: *How could all bodies feel as **NON-graspable** as a dream lover?*

Relaxing exhalation:

Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!

Three mantras per breath.

*Count twelve **mantras** upon the lower, middle, & higher creases and tips of the **LEFT middle, little, ring, and index** fingers.*

*Count one **set** upon **RIGHT ring** finger's lower, middle, & higher creases & tip.*

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Contemplating All Communication

through the lenses of: mindfulness, wishing love,
and the wisdom of letting-go

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Observant inhalation: *How is most speech as **resounding** as a thunder clap?*

Relaxing exhalation:

Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!

Three mantras per breath.

*Count twelve **mantras** upon the lower, middle, & higher creases and tips of the LEFT **middle, little, ring, and index** fingers.*

*Count one **set** upon RIGHT **ring** finger's lower, middle, & higher creases & tip.*

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Observant inhalation: ***May all communication be loving
as kind mother comforting her infant...***

Relaxing exhalation:

Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!

Three mantras per breath.

*Count twelve **mantras** upon the lower, middle, & higher creases and tips
of the LEFT **middle, little, ring, and index** fingers.*

*Count one **set** upon RIGHT **ring** finger's lower, middle, & higher creases & tip.*

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Observant inhalation: *How could all speech sound as **NON-graspable** as an echo?*

Relaxing exhalation:

Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!

Three mantras per breath.

*Count twelve **mantras** upon the lower, middle, & higher creases and tips of the **LEFT middle, little, ring, and index** fingers.*

*Count one **set** upon **RIGHT ring** finger's lower, middle, & higher creases & tip.*

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Contemplating All Minds

through the lenses of: mindfulness, wishing love,
and the wisdom of letting-go

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Observant inhalation: *How are most minds as **lucid**
as water: clear and still?*

Relaxing exhalation:

Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!

Three mantras per breath.

*Count twelve **mantras** upon the lower, middle, & higher creases and tips
of the LEFT **middle, little, ring, and index** fingers.*

*Count one **set** upon RIGHT **ring** finger's lower, middle, & higher creases & tip.*

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Observant inhalation: *May all minds be as wise
as Lao Tzu and Buddha...*

Relaxing exhalation:

Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!

Three mantras per breath.

*Count twelve **mantras** upon the lower, middle, & higher creases and tips
of the LEFT middle, little, ring, and index fingers.*

*Count one **set** upon RIGHT ring finger's lower, middle, & higher creases & tip.*

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Observant inhalation: *How could all minds feel as **NON-graspable** as a reflection of the moon on water?*

Relaxing *exhalation:*

Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!
 Ga-te Ga-te Pa-ra-ga-te Pa-ra-sam-ga-ta Bo-dhi Sö-ha!

Three mantras per breath.

*Count twelve **mantras** upon the lower, middle, & higher creases and tips of the **LEFT middle, little, ring, and index** fingers.*

*Count one **set** upon **RIGHT ring** finger's lower, middle, & higher creases & tip.*

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Máy all the harm of Ma-ras, NON-humans
and so forth be ovércome!

clap

Máy they become non-exístent!

clap

Máy they be pacífied!

clap

Máy they be thoroughly pacífied!

clap

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Trekchö Slice-through's – Spontaneous Meditation – Relaxing into the Nature of Mind

Observant inhalation: Notice this... (this)

*Relaxing exhalation: **relaxing!** (**yes**)*

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

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Observant inhalation: Notice this... (this)

***Relaxing exhalation:** **relaxing!** (**yes**)*

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

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Observant inhalation: Notice this... (this)

***Relaxing exhalation:** **relaxing!** (**yes**)*

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

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Observant inhalation: Notice this... (this)

***Relaxing exhalation:** **relaxing!** (**yes**)*

*4th four sets of sixteen breaths – both hands Palms DOWN
count the sixteen BREATHS upon the left: **middle, little, ring, and index** finger's:
lower, middle, & higher creases, & their tips.
count four SETs upon the right **little** finger's lower, middle, & higher crease sets & tip*

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Observant inhalation: Notice this... (this)

Relaxing exhalation: **relaxing!** (**yes**)

*5th four sets of sixteen breaths – both hands Palms UP
count the sixteen BREATHS upon the left: **middle, little, ring, and index** finger's:
lower, middle, & higher creases, & their tips.
count four SETs upon the right **ring** finger's lower, & middle, & higher crease sets & tip*

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Observant inhalation: Notice this... (this)

***Relaxing exhalation:** **relaxing!** (**yes**)*

*6th four sets of sixteen breaths – both hands Palms DOWN
count the sixteen BREATHS upon the left: **middle, little, ring, and index** finger's:
lower, middle, & higher creases, & their tips.
count four SETs upon the right **index** finger's lower, & middle, & higher crease sets & tip*

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Observant inhalation: Notice this... (this)

***Relaxing exhalation:** **relaxing!** (**yes**)*

*7th four sets of sixteen breaths – both hands Palms DOWN
count the sixteen BREATHS upon the left: **middle, little, ring, and index** finger's:
lower, middle, & higher creases, & their tips.
count four SETs upon the right **middle** finger's lower, middle, & higher crease sets & tip*

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Observant inhalation: Notice this... (this)

***Relaxing exhalation:** **relaxing!** (**yes**)*

*8th four sets of sixteen breaths – both hands Palms DOWN
count the sixteen BREATHS upon the left: **middle, little, ring, and index** finger's:
lower, middle, & higher creases, & their tips.
count four SETs upon the right **little** finger's lower, middle, & higher crease sets & tip*

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Auspicious Wishes

Máy ALL kinds of interferences, diseases,
and possessing spirits be pacified.
Máy ALL be separated from
unfavorable conditions

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áand may *ALL* receive favorable conditions
and everything excéllent.

Throúgh this fortune
may there be at this time
happiness áand health.

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Lama Jigme Gyatso's Wishes for Universal Enlightenment

Máy all beings, so master:
mindfulness, meditation
love, and letting-go,

ás to practice them
spontaneously, habitually,
easily and effectively!

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Lama Jigme Gyatso's Wishes for Universally Auspicious Rebirth

Máy all beings,
take auspicious rebirth,
master Nir-va-na's path
and then help all others do **lí**kewise.

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Lama Jigme Gyatso's Wishes for the Preservation of the Buddha's Teachings

Máy all meditation teachers
understand the Buddha's teachings,

ánd practice as well as teach them
generously, lovingly, and wisely,
in the manner of centered spontaneíty.

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Máy all meditation teachers

spontaneously réceive:

génerous patrons, enthusiastic students,
as well as devoted apprentíces,

ánd may many Dhar-ma centers likewise be
successfully planted, nurtured & suppórted.☺

V. Appendix

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A. *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 or cruelty or the path of compassion...*

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*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.*

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B. 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).*

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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
sagehood’s simplicity, patience, and compassion to the point of practicing them:
spontaneously, habitually, easily and effectively.*

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C. The Path of Mastery

Unconscious Incompetence

Conscious Incompetence

Conscious Competence

Unconscious Competence

When have we mastered the sages' path?



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*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.*



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D. 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**.*

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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.

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Week	Rumination	Appendix	Meditation
First	Anapanasati Sutta	Meditation Instruction	Jing, Guan 3 up,
Second	Tao Te Ching, chapters 1-6	Two Paths	Jing, Chi, Guan 6 up
Third	Tao Te Ching, chapters 7 – 12		Jing, Chi, Shen, Guan 9 up
Fourth	Tao Te Ching, chapters 13 – 18	Four Levels of Practice	Jing, Chi, Shen, Guan 13 up, and Chi
Fifth	Tao Te Ching, chapters 19 – 24		Jing, Chi, Shen, Guan 13 up, + 3 down , and Chi
Sixth	Tao Te Ching, chapters 25 – 30		Jing, Chi, Shen, Guan 13 up, + 6 down, and Chi
Seventh	Tao Te Ching, chapters 31 – 36		Jing, Chi, Shen, Guan 13 up, + 9 down, and Chi
Eighth	Tao Te Ching, chapters 37 – 42		Jing, Chi, Shen, Guan 13 up, + 12 down, and Chi
Ninth	Tao Te Ching, chapters 43 – 48		Jing, Chi, Shen, Guan 13 up, +12 down, + 3 up, and Chi
Tenth	Tao Te Ching, chapter 49 – 54		Jing, Chi, Shen, Guan 13 up, + 12 down, + 6 up, and Chi
Eleventh	Tao Te Ching, chapter 55 – 60		Jing, Chi, Shen, Guan 13 up, + 12 down, + 9 up, and Chi
Twelfth	Tao Te Ching, chapter 61 – 66		Jing, Chi, Shen, Guan 13 up, + 12 down, + 12 up, and Chi
Thirteenth	Tao Te Ching, chapter 67 – 72		Jing, Chi, Shen, Guan 13 up, + 12 down, + 12 up, and Chi
Fourteenth	Tao Te Ching, chapter 73 – 78		Jing, Chi, Shen, Guan 13 up, + 12 down, + 12 up, and Chi
Fifteenth	Tao Te Ching, chapter 79 – 81	The Path of Mastery	Jing, Chi, Shen, Guan 13 up, + 12 down, + 12 up, and Chi

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Sixteenth	Final Q & A	The Means of Mastery	Jing, Chi, Shen, Guan 13 up, + 12 down, + 12 up, and Chi
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