

Green Heroine Concise

Green Heroine Concise

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13aug22c



Green Heroine Concise

Ngöndro's Contemplations



Green Heroine Concise

Right Intention's Second Fold of Practicing the Antidote to Elitism

also known as a Ngöndro or Preliminary Practice

Throúgh the cause and effect of
my practice of love and lettíng-go
máý each sentient being
of each world, of each universe
now practice with me in uníson.



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*Right Intention's Second Fold Exploring the **Four Immeasurables***

also known as Ngöndro or Preliminary Practice

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

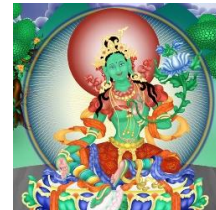
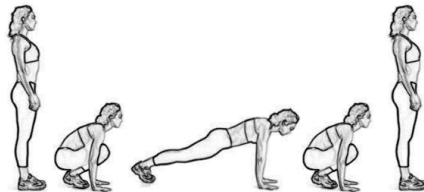
Máy everyone have balance: FREE from
the tyranny of hating, craving, & clínging.

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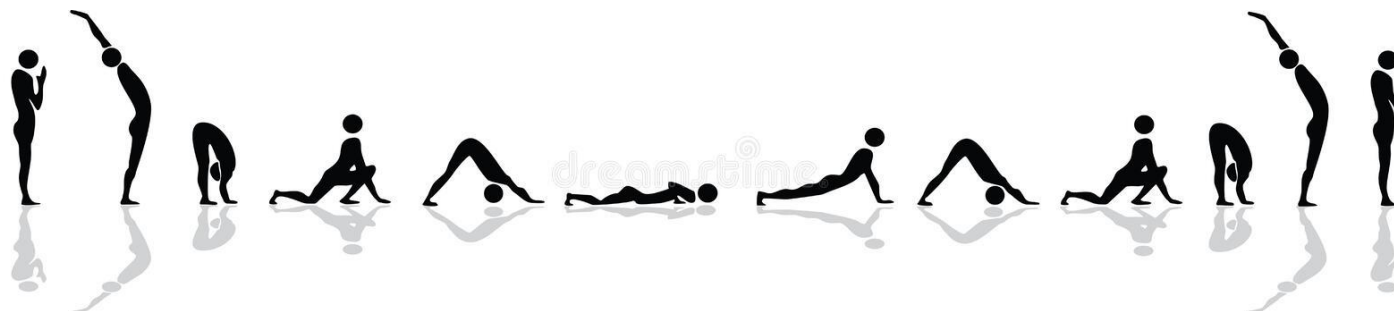
*Right Enthusiasm's Sixth Fold and Right Aspiration's Second Fold
Refuge and Bodhichitta—Antidotes for Fear, Hatred, and Competition
also known as Ngöndro or Preliminary Practice*

Máy I, like **Green Tara**,
liberate all beings by relying úpon
Búd-dha, Dhar-ma and Sang-ha
to master the Eight-fóld path!

three repetitions



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Pho'wa Practice



Whén dying may this mind as seed **Tam**
shoot like an arrow up this central channel,
out this crown's fontánel,

ánd dissolve into the vast expanse
of awareness and letting-go
as I utter a mind-shatteríng **Pey!** (*snap*) *three repetitions*

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Chö Practice



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Right Enthusiasm's Sixth Fold and Right Aspiration's Second Fold

also known as Ngöndro or Preliminary Practice

Háving abandoned ALL my possessions
I make of my wisdom, love,
health, and good fortune a gift
to ALL: minds, speech, forms, ánd lots.

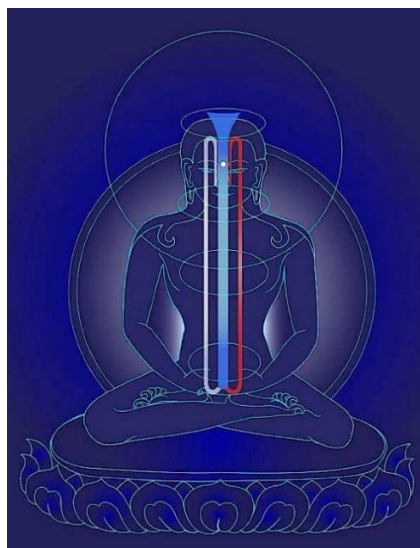
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Right Mindfulness & Meditation's Seventh & Eighth Folds of

Silent Meditation

slicing-through: the duality of hope and fear that are also known as obscuring emotions

also known as Sutra-mahamudra, Mahasandhi, Great-completion-stage, or Ati-yoga



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Observant inhalation:

This... (*Notice this...*)

Releasing exhalation:

yes! (*relaxing!*)

192 rounds

Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.

Count sixteen **sets** upon RIGHT **little, ring, middle,** & index finger's lower, middle, & higher sets of creases & tip.

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Right View's First fold of

Chanting's Figurative Contemplations

Bringing the Four Bases of Mindfulness into the Path of Wisdom

Leaping over the illusions of permanence and independence

also known as Tantra-mahamudra, Creation-stage, or Maha-yoga



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Áll **places** could blissfully melt
into rainbow light
that absorbs into each bódý,

(*All lots melt...*)

(*into forms!*)

Green Heroine Concise

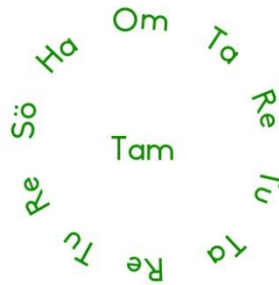


áall **bodies** could blissfully melt
into rainbow light
that absorbs into áall speech,

(*All forms melt...*)

(*into speech!*)

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áall **speech** could blissfully melt
into rainbow light
that absorbs into áall minds,

(*All speech melts...*)

(*into minds!*)

Tam

áall **minds** could blissfully melt (*All minds **melt**...*)
into rainbow light (*into void!*)
that absorbs into infinite empt**í**ness,

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Observant inhalation:

Vast...

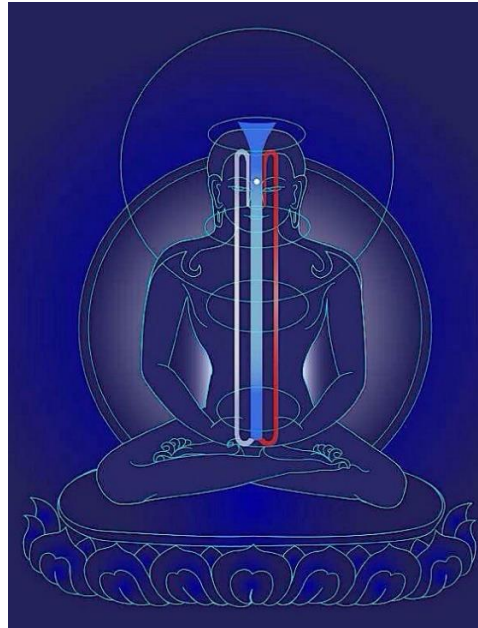
Releasing exhalation:

void!

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Right Mindfulness & Meditation's Seventh & Eighth Folds
Tikle drop – Centering MEDITATION – Bliss & Letting-go
also known as Essence-mahamudra, Completion-stage, or Anu-yoga



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Observant inhalation: *How could I sustainably **relax** into the comfortable sensations of mind's heart bliss?*

Releasing whisper: **Tam Tam Tam Tam**
Tam Tam Tam Tam
Tam Tam Tam Tam
Tam Tam Tam Tam

256rounds

Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.

Count sixteen **sets** upon RIGHT **index & little** finger's lower, middle, & higher sets of creases & tip.

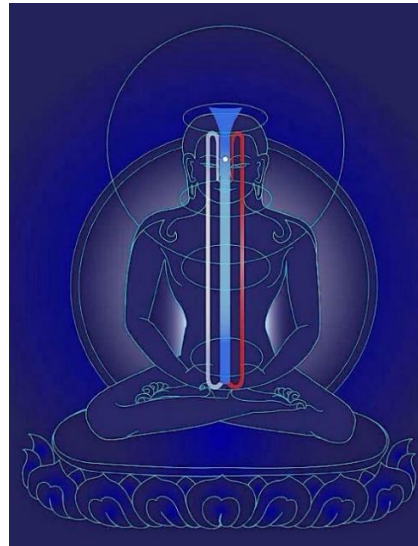
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Right Mindfulness & Meditation's Seventh & Eighth Folds of

Silent Meditation

slicing-through: the duality of hope and fear that are also known as obscuring emotions

also known as Sutra-mahamudra, Mahasandhi, Great-completion-stage, or Ati-yoga



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*Observant inhalation:****This...*** (*Notice this...*)***Releasing** exhalation:****yes!*** (*relaxing!*)

48 rounds

*Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.**Count sixteen **sets** upon RIGHT little, ring, middle, **index**, & little finger's lower, middle, & higher sets of creases & tip.*

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Observant inhalation:

This... (*Notice this...*)

Releasing exhalation:

yes! (*relaxing!*)

64 rounds

Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.

Count sixteen **sets** upon RIGHT **little**, ring, middle, & index finger's lower, middle, & higher sets of creases & tip.

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Right View's First Fold of

Mantra Meditation's Figurative Contemplations

*Compassionately Bringing All Sufferings of All Beings into the Path of **Releasing** in the Most Wonderful way
thus Leaping-over Confusion's Obstruction to Omniscience*

also known as Tantra-mahamudra, Creation-stage, or Maha-yoga



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The Mantra's Meaning

ॐ हूँ हूँ हूँ हूँ हूँ हूँ हूँ हूँ

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Óm invokes: **Ta-re**'s courage
Tu-ta-re's pacification,
and **Tu-re**'s increase

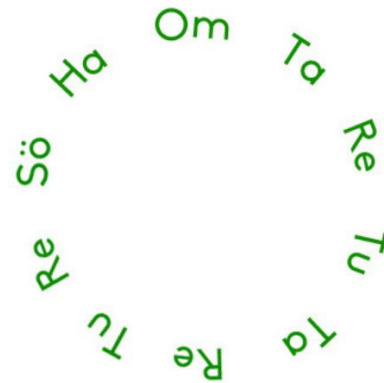
Só-ha supplicates,
“With these may I liberáte ALL!”

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Mantra Mala Yoga

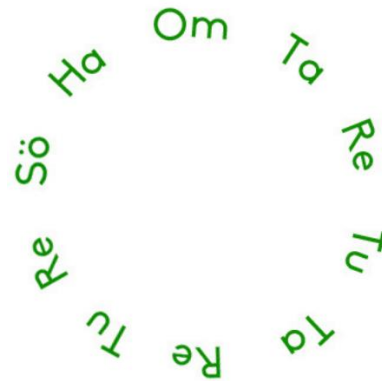


Ás we chant the mantra it could **feel** as if
emerald rays were emitting from
á thumb-nail sized, horizontal,
ten syllable mantra rosary at óur heart



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lávishing ALL circumstances, bodies,
speech, ánd minds
wíth good fortune, health, love, and
wisdom: centered and spontanéous.



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Right Intention's Second fold of

Mantra Meditation's Figurative Contemplations

*Lovingly Intend to Bring Every Good Thing to Every Being of Every World in the Most Wonderful way
thus Leaping-over Confusion's **Competitiveness** which serves as an Obstruction to Omniscience*

also known as Tantra-mahamudra, Creation-stage, or Maha-yoga



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Consider all the unfulfilled mental needs and desires of all beings of all worlds

Tam

Green Heroine Concise

Máy ALL **minds** (*or Chit-ta*)

now be lavished with every good thing
in the most wonderful way

Tam

ás if they were Buddhas' minds
symbolized by a real or imagined
seed (*or Bi-ja*) mántra!

Tam

Tam

Observant inhalation: *Bi-ja wise*
Relaxing exhalation: *for ALL minds!*

Count sixteen breaths upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

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Observant inhalation:

Bi-ja **wise**

for ALL minds...

Relaxingly chant:

Óm Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Só-ha!

Four mantras per breath, for four breaths.

*Count sixteen **mantras** upon the LEFT little, ring, middle, & index fingers'*

lower, middle, & higher creases and tips.

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's

lower, middle, & higher sets of creases & tip.

Green Heroine Concise

Consider all the unfulfilled interpersonal needs and desires of all beings of all worlds

ཨོྭ་རུ་ཤི་རུ་རུ་ཤི་རུ་ཤི་སྒྲ་ཏཱ།

ཨོྃ་རུ་ཤི་རུ་རུ་ཤི་རུ་ཤི་སྒྲ་ཏཱ།

as if they were a Buddha's voice
symbolized by a real or imagined
full (*or Ma-ha*) **mántra**!

ॐ ह्रीं ह्रीं ह्रीं ह्रीं ह्रीं ह्रीं ह्रीं ह्रीं

Green Heroine Concise



Observant inhalation: *Mantra love...*

Relaxing exhalation: *for ALL speech!*

Count sixteen breaths upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

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Observant inhalation:

Man-tra love
for ALL speech...

Relaxingly chant:

Óm Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Só-ha!

Four mantras per breath, for four breaths.

Count sixteen mantras upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

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Consider all the unfulfilled physical needs and desires of all beings of all worlds



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Máy ALL **bodies** (*or forms*)
now be lavished with every good thing
in the most wonderful way



ás if they were
the real or imagined form
of an enlightened archetype (*or Yí-dam*)!



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Observant inhalation:

*Yi-dam **health**...*

***Relaxing** exhalation:*

for ALL forms!

*Count sixteen **breaths** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

Green Heroine Concise

Observant inhalation:

*Yi-dam **health**
for ALL forms...*

Relaxingly chant:

Óm Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Só-ha!

Four mantras per breath, for four breaths.

*Count sixteen **mantras** upon the LEFT little, ring, middle, & index fingers'*

lower, middle, & higher creases and tips.

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's

lower, middle, & higher sets of creases & tip.

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Consider all the unfulfilled circumstantial needs and desires of all beings of all worlds



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Máy all **circumstances** (*or lots*) now be
lavished with every good thing (*or boon*)
in the most wonderfúl way



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ás if they were ALL Buddhas'
real or imagined
paradise, pure land, (*or Vá-ti*)!



Green Heroine Concise



Observant inhalation:

*Va-ti **boon**...*

***Relaxing** exhalation:*

for ALL lots!

*Count sixteen **breaths** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

Green Heroine Concise

Observant inhalation:

*Va-ti boon,
for ALL lots...*

Relaxingly chant:

Óm Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Só-ha!

Four mantras per breath, for four breaths.

Count sixteen mantras upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

Green Heroine Concise
Right View's First Fold of

Mantra Meditation's Figurative Contemplations

*Compassionately Bringing All Sufferings of All Beings into the Path of **Releasing** in the Most Wonderful way
thus Leaping-over Confusion's **Clinging** which serves as an Obstruction to Omniscience*

also known as Tantra-mahamudra, Creation-stage, or Maha-yoga



Green Heroine Concise

Consider all the circumstances that folks cling to with white knuckle intensity



Máy I let go of ALL circumstances (or lots)
as if they looked
as NON-graspable (*ór void*)



ás a Buddha's
real or imagined paradise, pure land, (*or Va-ti*)
comprised only of light;



Green Heroine Concise



Observant inhalation:

*How **lots** seen yet...*

***Relaxing** exhalation:*

void** like **Va-ti?

*Count sixteen **breaths** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

Green Heroine Concise

Observant inhalation: **How** **lots** seen yet...
void like Va-ti?

Relaxingly chant:

Óm Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Só-ha!

*Four mantras per breath, for **four** breaths.*

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

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

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Consider all the bodies that folks cling to with white knuckle intensity



Green Heroine Concise

Máy I let go of ALL **bodies** (*or forms*)
as if they felt
as NON-graspable (*ór void*)



Green Heroine Concise

ás a real or imagined
archetype (*or Yi-dam*)
comprised only óf light;



Green Heroine Concise



Observant inhalation:

*How **forms** felt yet...*

Relaxing exhalation:

void like Yi-dam?

*Count sixteen **breaths** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

Green Heroine Concise

Observant inhalation: **How forms felt yet...**
void like Yi-dam?

Relaxingly chant:

Óm Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Só-ha!

Four mantras per breath, for four breaths.

Count sixteen mantras upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

Green Heroine Concise

Consider all the relationships that folks cling to with white knuckle intensity

ཨོྭ་རུ་རུ་རུ་རུ་རུ་སྒྲུ་

Máy I let go of ALL **relationships** (*or speech*)
 as if they sounded
 as NON-graspable (*ór void*)...

ཨོྭ་རུ་རུ་རུ་རུ་རུ་རུ་རུ་

Green Heroine Concise

ás a Buddha's real or imagined
 full (*or Ma-ha*) mantra
 comprised only of light;



ཨོཾ་ཨིམ་སྒྲུབ་སྒྲུབ་སྒྲུབ་སྒྲུབ་སྒྲུབ་



Observant inhalation: *How **speech** heard yet...*

Relaxing exhalation: ***void** like Man-tra?*

Count sixteen **breaths** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

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Observant inhalation: *How **speech** heard yet
void like Man-tra?*

Relaxingly chant:

Óm Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Só-ha!

*Four mantras per breath, for **four** breaths.*

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

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

Green Heroine Concise

Consider all the mindsets that folks cling to with white knuckle intensity

Tam

Green Heroine Concise

Máy I let go of ALL **minds** (*or Chit-ta*)
as if they seemed
as NON-graspable (*ór void*)

Tam

ás a Buddha's
real or imagined seed (*or Bi-ja*) mantra
comprised only óf light;

Tam

Tam

Observant inhalation: *How **minds** clear yet...*

***Relaxing** exhalation:* *void like Bi-ja?*

*Count sixteen **breaths** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

Green Heroine Concise

Observant inhalation: **How** **minds** clear yet
void like Bi-ja?

Relaxingly chant:

Óm Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Om Ta-re Tu-ta-re Tu-re Só-ha!

*Four mantras per breath, for **four** breaths.*

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

Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

Green Heroine Concise
Right View's First fold of

Chanting's Figurative Contemplations

Bringing the Four Bases of Mindfulness into the Path of Wisdom

Leaping over the illusions of permanence and independence

also known as Tantra-mahamudra, Creation-stage, or Maha-yoga



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Observant inhalation:

Relaxing exhalation:

*ALL lots melt...
into forms*

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Observant inhalation:

Relaxing exhalation:

*ALL forms melt...
into speech*

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ཨོྃ་ཏཱ་ཨཱ་ཏཱ་ཨཱ་ཏཱ་ཨཱ་ཏཱ་ཨཱ་ཏཱ་

Observant inhalation: *ALL speech melts ...*
Relaxing exhalation: *into minds*

Tam

Observant inhalation:

ALL minds melt...

Relaxing exhalation:

into void

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Right Mindfulness & Meditation's Seventh & Eighth Folds of

Silent Meditation

slicing-through: the duality of hope and fear that are also known as obscuring emotions

also known as Sutra-mahamudra, Mahasandhi, Great-completion-stage, or Ati-yoga

Observant inhalation:

Vast... (Notice this...)

Releasing exhalation:

void! (*relaxing!*)

1 set of 16 rounds

Count sixteen **rounds** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Count sixteen **sets** upon RIGHT little, **ring**, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

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*Observant inhalation:****This...** (Notice this...)****Releasing** exhalation:****yes!** (relaxing!)**48 rounds**Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.**Count sixteen **sets** upon RIGHT little, **ring**, middle, index, & little finger's lower, middle, & higher sets of creases & tip.*

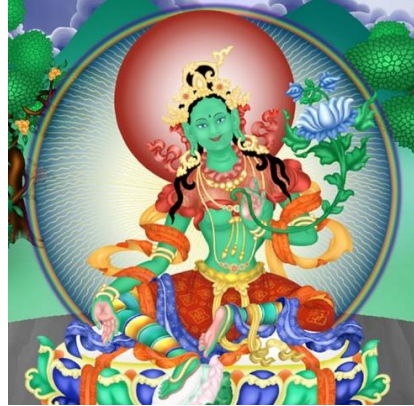
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Right Intention's

Sharing our Positive Vibrations with All



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



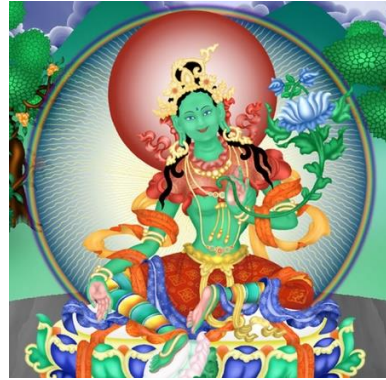
Máy ALL beings' practice of KIND:
communication, conduct, and commerce
flow: spontaneous and uncóntrived.

Green Heroine Concise
Transcending the Path of Yang



Máy ALL beings, like **Green Tara**,
cease to be: rigid, fearful, controlling,
elitist, competitive, ánd cruel.

Green Heroine Concise
Embracing the Path of Yin



Máy ALL beings, like **Green Tara**,
always be: flexible, loving, laid-back,
egalitarian, cooperative ánd kind.

Green Heroine Concise
Accomplishing Mastery of the Eight-fold Path



Máy all beings, like **Green Tara**,
master the Buddha's eight-fold path
and liberate ALL óthers.

Green Heroine Concise
Accomplishing Auspicious Rebirth



Máy all who have perished
over the last forty-nine days
take immediate and auspicious rebirth
in A-mi-ta-bha's Joyful púre land.

Green Heroine Concise
Accomplishing Auspicious Rebirth



Át the very end of their current lives
may each sentient being be born
in the Joyful pure land of Su-kha-vá-ti.

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*Right Intention's Second Fold of Dudjom Jigdral Rinpoche's **Prayer for World Peace***



Át THIS very moment,
for the peoples and the nations of the earth,
may NOT even the names
disease, famine, war, *or* suffering bé heard.

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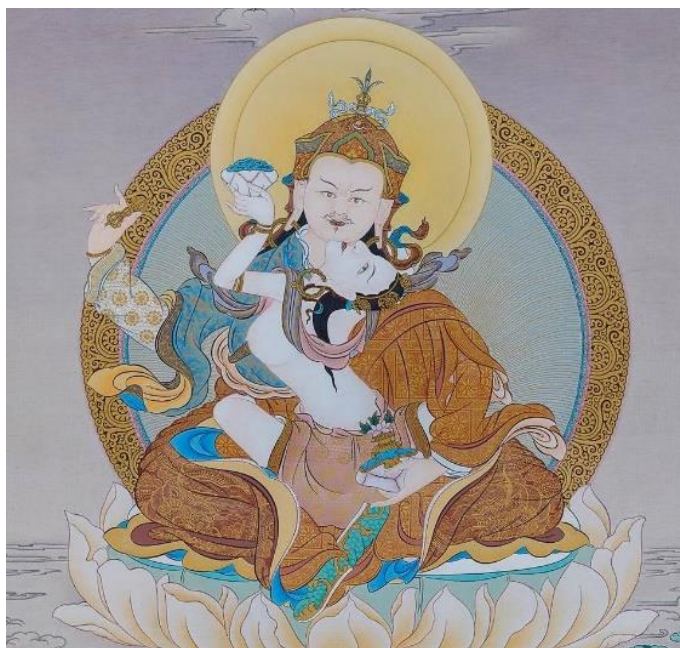
Ráther may their moral conduct, merit,
wealth, and prosperity increase,
and may supreme good fortune
and well-being always arise fór them.

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Right Intention's Second Fold of Auspicious Prayer



Béginning with Kun-tu-zang-po
and great Dor-je Chang,
down to my own kindest root láma,

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whátever aspirations they have made
to benefit beings,
may I accomplish thém all. 😊

V. Appendix

Green Heroine Concise
The Benefits of Tara Practice
taught by Lama Yeshe and adapted by Lama Jigme Gyatso

Tara is quick to grant success
in obtaining the ultimate happiness of enlightenment.
You receive much good merit, or cause of happiness;
it prevents a suffering rebirth in your next life;

you receive initiation from millions of buddhas;
and you achieve enlightenment.
Besides these, however,
Tara practice has many other benefits.

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Reciting the Twenty-one Taras' prayer with devotion, at dawn or dusk, or remembering Tara, singing praises and reciting mantras at any time of the day or night protects you from fear and dangers, and fulfills all your wishes.

If you pray to Tara,
Tara is particularly quick to grant help.

There are also many temporal benefits from Tara practice, either reciting the Tara mantra or the Twenty-one Taras' prayer. Tara can solve many problems in your life:
liberate you from untimely death;

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help you recover from disease;
bring you success in business;
help you to find a job;
bring you wealth.

When you have a really serious problem,
such as a life-threatening disease,

if you rely upon Tara,
very commonly you will be freed from that problem;
you will recover from that disease.

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If you eat poison,
(*and*) if you rely upon Tara,
the poison will not harm you.

By doing Tara prayers and mantras,
couples with difficulty having a child
can have a child whichever they want,
a son or a daughter.

These are very common experiences.
Through Tara practice,
you can obtain any happiness of this life
that you wish.

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In my personal experience, I have seen many instances of people who have prayed to and taken refuge in Tara been saved from the danger of untimely death from disease without taking medicine.

If you recite the Twenty-one Taras' prayer once every evening, it is impossible for you to die of starvation; I can put my signature to this!

It is also a very common experience for lay practitioners, monks and nuns with financial difficulties to have such problems relieved by doing Tara practice.

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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 of 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.*

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.*



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.*