

Diamond Mind Tantra

Diamond Mind Tantra

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Máy this mind relax
into the union
of awareness and lettíng-go!

Diamond Mind Tantra

Right Mindfulness & Meditation's Seventh & Eighth Folds

Calling the Lama from Afar – an Antidote to Obstacles

Tikle drop – First Centering CHANT – Bliss & Release

also known as Essence-mahamudra, Completion-stage, or Anu-yoga



Diamond Mind Tantra



Óh Lama please come to this **CROWN**
and aid this training in
awareness & lettíng-go!

three repetitions

Diamond Mind Tantra

Twenty-eight passage

The noble teacher has the nature of all Búd-dhas,
and of all Bud-dhas, it is he (*or she*) who is the kindest.
Seeing the teacher as (*if*) inseparable from *Kun-tu-zang-po Yáb Yum*,
with *great enthusiasm*, recite *this* six-syllable mántra.

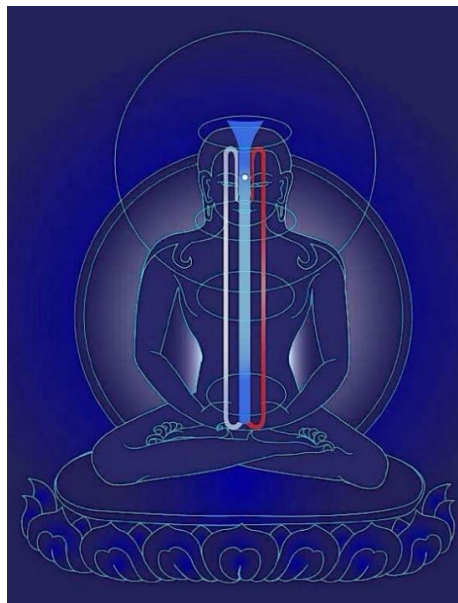
Diamond Mind Tantra

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 Trekchöd, Sutra-mahamudra, Mahasandhi, Great-completion-stage, or Ati-yoga



Diamond Mind Tantra

<i>Notice form/ relaxing!</i>	<i>Notice mind/ relaxing!</i>	<i>Notice me/ relaxing!</i>
<i>What action?/ Relaxing!</i>	<i>What actor?/ Relaxing!</i>	<i>This actee/ relaxing!</i>
<i><u>What</u> perceive?/ Relaxing!</i>	<i><u>How</u> perceive?/ Relaxing!</i>	<i><u>Who</u> perceives?/ Relaxing!</i>

<i><u>Observant</u> inhalation:</i>	<i>This...</i>	<i>(Notice <u>this</u>...)</i>
<i>Releasing exhalation:</i>	<i>yes!</i>	<i>(relaxing!)</i>

128 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.

Diamond Mind Tantra

Ngöndro's Sutric Literal Contemplations



Diamond Mind Tantra

*Right View's First Fold of Contemplating the Four Thoughts
that Turn the Mind to the Teachings from a certain point of view*



Résistance exacerbates all stress,
independence is but an illúision,
thére is nothing permanent cling to;
so let's train in love and lettíng-go!

Diamond Mind Tantra

*Right View's First Fold of Bringing the Four Mental Poisons
into Wisdom's Path of Contemplating Stress*

Observant inhalation:

***Relaxing** exhalation:*

*How hating...
quite stressful?*

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

Count one set upon RIGHT middle finger's lower sets of creases.

Observant inhalation:

***Relaxing** exhalation:*

*How craving...
quite stressful?*

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

*Count one **set** upon RIGHT **middle** finger's **lower** sets of creases.*

Diamond Mind Tantra

Observant inhalation:

Relaxing exhalation:

*How vying... (competing)
quite stressful?*

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

Count one **set** upon RIGHT **middle** finger's **lower** sets of creases.

Observant inhalation:

Relaxing exhalation:

*How clinging...
quite stressful?*

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

Count one **set** upon RIGHT **middle** finger's **lower** sets of creases.

Diamond Mind Tantra

*Right View's First Fold of Bringing the Four Bases of Mindfulness
into Wisdom's Path of Contemplating **Interdependence***

Observant inhalation:

*How are lots... (circumstances)
dependent?*

Relaxing exhalation:

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

Count one **set** upon RIGHT **middle** finger's **middle** sets of creases.

Observant inhalation:

Relaxing exhalation:

*How are forms... (bodies)
dependent?*

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

Count one **set** upon RIGHT **middle** finger's **middle** sets of creases.

Diamond Mind Tantra

Observant inhalation: *How is speech... (communication)*
Relaxing exhalation: *dependent? (relationships)*

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

Count one **set** upon RIGHT **middle** finger's **middle** sets of creases.

Diamond Mind Tantra

(*our minds could perceive: sensations, flavors, scents, sounds, sights, and the like*)

(*our minds could also perceive & generate: emotion, intention, thought, memory, & imagining*)

Observant inhalation: *How are minds ...*
Relaxing exhalation: *dependent?*

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

Count one **set** upon RIGHT **middle** finger's **middle** sets of creases.

Diamond Mind Tantra

*Right View's First Fold of Bringing the Four Bases of Mindfulness
into Wisdom's Path of Contemplating **Impermanence***

Observant inhalation: *How could lots... (circumstances)*
Relaxing exhalation: *always change?*

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

Observant inhalation: *How could forms... (bodies)*
***Relaxing** exhalation:* *always change?*

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

Diamond Mind Tantra

Observant inhalation: *How could speech... (communication/)*
Relaxing exhalation: *always change? (relationships)*

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

Diamond Mind Tantra

(*our minds could perceive: sensations, flavors, scents, sounds, sights, and the like*)

(*our minds could also perceive & generate: emotion, intention, thought, memory, & imagining*)

Observant inhalation: *How could minds ...*
Relaxing exhalation: *always change?*

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

Diamond Mind Tantra

*Right View's First Fold of Bringing the Four Bases of Mindfulness
into Wisdom's Path of Contemplating **NOT-self***

Observant inhalation: *How could lot... (circumstance)*
***Relaxing** exhalation:* ***NOT** be “me”?*

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

Diamond Mind Tantra

Observant inhalation:

How could form... (body)

Relaxing exhalation:

NOT be “me”?

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

Count one set upon RIGHT middle finger's tip.

Diamond Mind Tantra

Observant inhalation: *How could speech... (communication)*
Relaxing exhalation: *NOT be “me”? (relationships)*

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

Diamond Mind Tantra

(*our minds could perceive: sensations, flavors, scents, sounds, sights, and the like*)

(*our minds could also perceive & generate: emotion, intention, thought, memory, & imagining*)

Observant inhalation: *How could mind...*

Relaxing exhalation: *NOT be “me”?*

*Count four rounds upon the LEFT little, ring, middle, & **index** fingers’
lower, middle, & higher creases and tips.
Count one set upon RIGHT **middle** finger’s tip.*

Diamond Mind Tantra

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.



Diamond Mind Tantra

*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.

Diamond Mind Tantra

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

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



Diamond Mind Tantra

Ngöndro's Tantric Figurative Contemplations

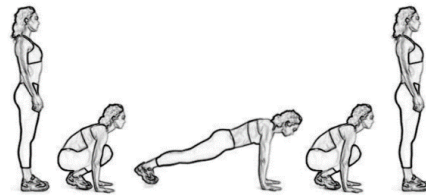


Diamond Mind Tantra

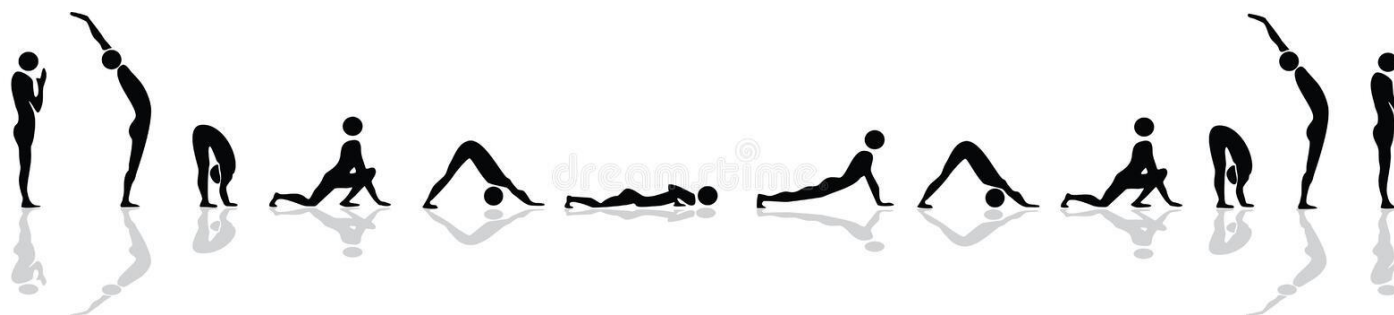
Right Enthusiasm's Sixth Fold and Right Aspiration's Second Fold
Refuge and Bodhichitta—Antidotes for Fear, Hatred, and Competition
also known as Ngöndro or Preliminary Practice

Máy I, like Dor-je Sem-pa:
liberate all beings by relying úpon
Búd-dha, Dhar-ma and Sang-ha
to master the Eight-fóld path!

three repetitions



Diamond Mind Tantra



Diamond Mind Tantra

Twenty-fourth passage

The **o**nly never-failing, constant refuge is the **Th**ree Jewels;
th**e** Three Jewels' single essence is *(their ambassador: the) Ben-za Gú-ru*.
W**i**th total, unshakable *zeal* for his (*or her*) w**i**sdom,
*é*nthusiastic and decisive, recite *this* six-syllable mántra.

Diamond Mind Tantra

Twenty-fifth passage

The basis of the Ma-ha-ya-na path is the *enlightened mindset*,
this sublime thought (*of wishing and acting love*) is the one path trodden by all the Búddhas.
Never leaving this noble path of the *enlightened mindset* (*Bo-dhi-chit-ta*),
with compassion for all beings, recite *this* six-syllable *mántra*.

Diamond Mind Tantra
Right Intention's Second Fold
Confession – *an Antidote to Guilt*
also known as Ngöndro or Preliminary Practice

Óh lama₁ I regret₂ the stress I've caused
OTHERS and therefore resolve₃ to máster
thé Buddha's eight-fold path to benefit ALL:

Om Ben-za Sat-tó Hoong!₄ *one repetition*

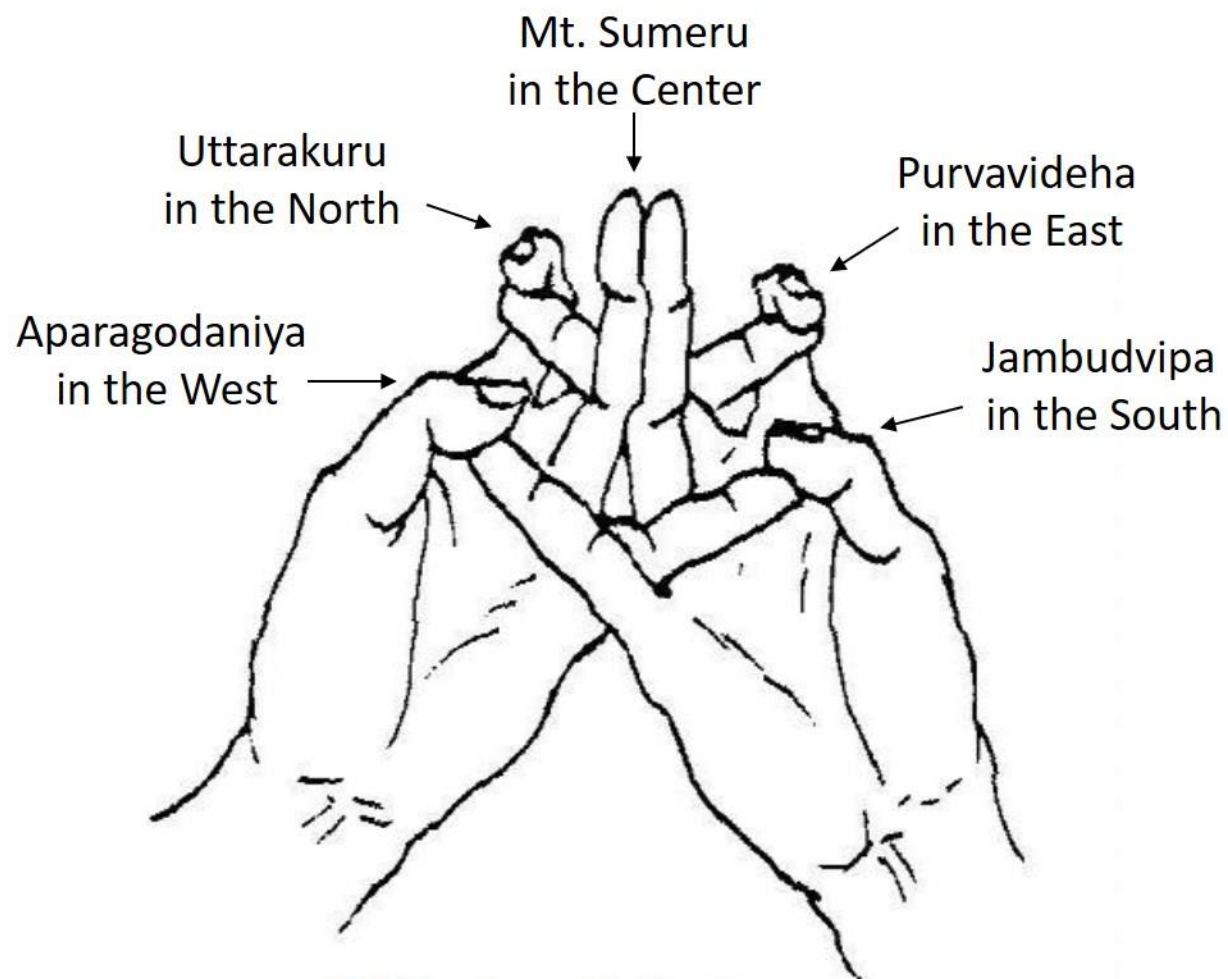
- 1) Support
- 2) Regret
- 3) Resolve
- 4) Antidote

Diamond Mind Tantra

Twenty-sixth passage

Wándering in Sam-sa-ra from beginningless time untíl now,
whát you have done (*that*) was wrong will lead to further wandéring.
Fróm your heart acknowledge all wrongdoing and downfalls, (*as well as*) conféss them,
wíth the four powers complete, recite *this* six-syllable mántra.

Diamond Mind Tantra



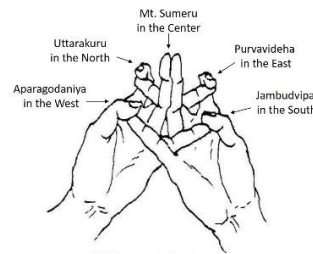
Diamond Mind Tantra

*Right Enthusiasm's Sixth Fold of **Mandala Offering** – an Antidote to Craving*

also known as Ngöndro or Preliminary Practice

Í offer a universe full of delights
ALL of mine and those imáginéd
tó ALL the denizens
of Nir-va-na and Sam-sá-ra!

one repetition



Diamond Mind Tantra

Twenty-seventh passage

The mind, holding on to (*the illusion*) of “*me*,” clings to everything this is the cause of Sam-sá-ra;
só, as offerings to the exalted in Nir-va-na and charity to the lowly in Sam-sá-ra,
give everything body, possessions, and virtue and dedicate the merit to all;
casting all attachments far away, recite *this* six-syllable mántra.

Máy this mind coalesce
into the union
of bliss and letting-go!

Diamond Mind Tantra

Right Mindfulness & Meditation's Seventh & Eighth Folds

Guru Yoga – an Antidote to Confusion

*Tikle **drop** – Second Centering CHANT – Bliss & Release*

also known as Ngöndro or Preliminary Practice



Diamond Mind Tantra



Óh lama please blend with this mind
as seed syllable Hoong at this HEART
that I may master bliss and letting-go!

three repetitions

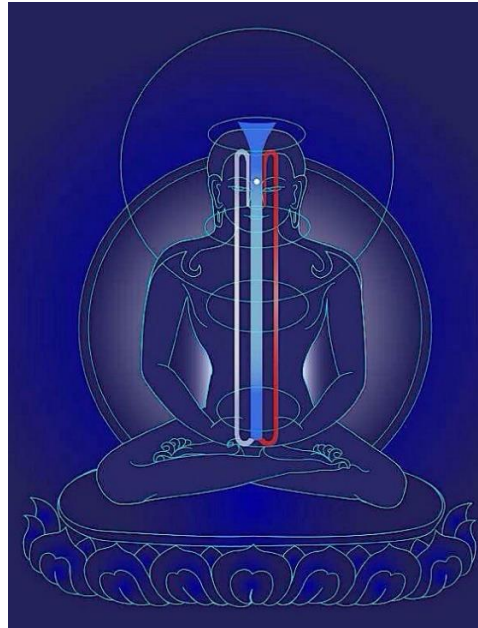
Diamond Mind Tantra

Twenty-ninth passage

Púrifying the obscurations, initiating the practice of the path and actualizing the four Ká-yas, thé essence of the four empowerments is (*reliance upon*) the *teacher (who is like) Dor-je Sem-pa Yáb Yum*; if you recognize your own mind as (*like*) the teacher's, all four empowerments are cómplete; réceiving innate empowerment by yourself, recite *this* six-syllable mántra.

Diamond Mind Tantra

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



Diamond Mind Tantra

Observant inhalation:

Hoong... (*Notice this...*)

Releasing exhalation:

yes! (*relaxing!*)

128 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.

Diamond Mind Tantra

<i>Notice form/ relaxing!</i>	<i>Notice mind/ relaxing!</i>	<i>Notice me/ relaxing!</i>
<i>What action?/ Relaxing!</i>	<i>What actor?/ Relaxing!</i>	<i>This actee/ relaxing!</i>
<i><u>What</u> perceive?/ Relaxing!</i>	<i><u>How</u> perceive?/ Relaxing!</i>	<i><u>Who</u> perceives?/ Relaxing!</i>

<i><u>Observant</u> inhalation:</i>	<i>This...</i>	<i>(Notice <u>this</u>...)</i>
<i>Releasing exhalation:</i>	<i>yes!</i>	<i>(relaxing!)</i>

128 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.

Diamond Mind Tantra
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 Obstructions to Omniscience*

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



Máy this mind relax
into the union
of love and letting-go!

Diamond Mind Tantra

The Mantra's Meaning

ॐ ॥ ॐ ॥ ॐ ॥ ॐ ॥ ॐ ॥

Diamond Mind Tantra

Óm I invoke

the Ben-za diamond-like strength

of a Sat-to mind

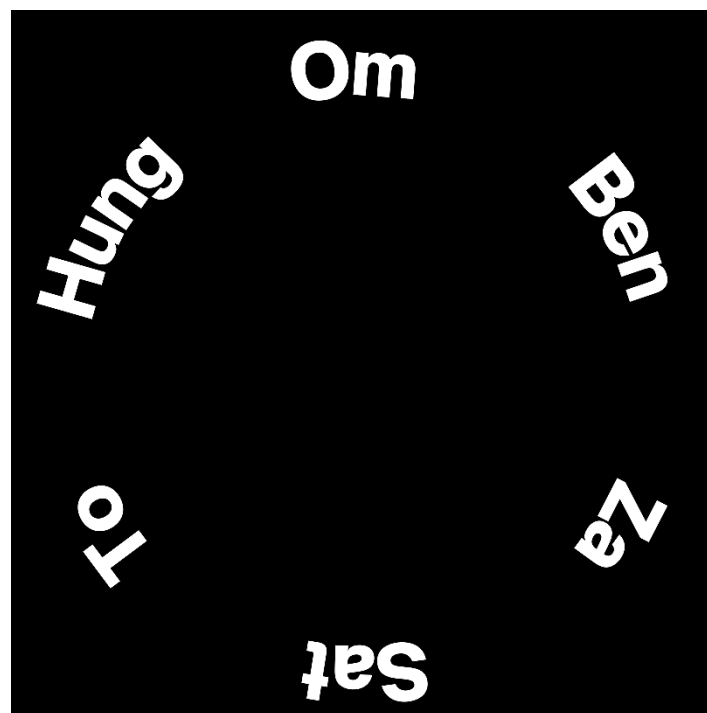
well trained in love and letting-go

súpplicating with Hoong

“may love & letting-go be mastered bý all!”

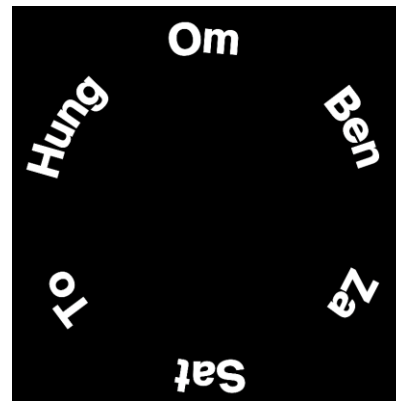
Diamond Mind Tantra

Mantra Mala Yoga



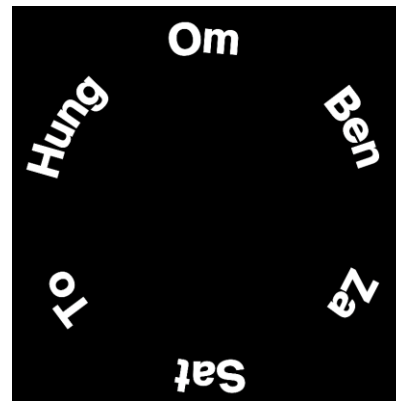
Diamond Mind Tantra

As we chant the mantra it could feel as if diamond rays were emitting from a thumb-nail sized, horizontal, six syllable mantra rosary at our heart



Diamond Mind Tantra

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



Diamond Mind Tantra

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



Diamond Mind Tantra

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

Hoong

Diamond Mind Tantra

Máy each mind (or Chit-ta)
now be lavished with every good thing
in the most wonderful way

Hoong

Diamond Mind Tantra

ás if it was a Buddha's mind
symbolized by a real or imagined
seed (*or Bi-ja*) mántra!

Hoong

Diamond Mind Tantra

Hoong

Observant inhalation:

Bi-ja **wise**

Relaxing exhalation:

for ALL minds!

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

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

Diamond Mind Tantra

Observant inhalation:

Bi-ja wise
for ALL minds...

Relaxingly chant:

Óm Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-tó Hoong!

Four mantras per breath for three breaths.
Count four breaths upon the LEFT little, ring, middle, & index fingers'
lower, middle, & higher creases and tips.
Count one set upon RIGHT little, ring, middle, index, little, & ring finger's
lower, middle, & higher sets of creases & tip.

Diamond Mind Tantra

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

ཨོཾ་བཏུ་ས་ཏུ་ཧྲི།

Máy ALL relationships (*communication or speech*)
now be lavished with every good thing
in the most wonderful way

ཨོཾ་མཐོ་མཐོ་མཐོ་མཐོ་མཐོ་

༡། རྩོམ་བརྒྱ་མ་དུ་དྲི།

Diamond Mind Tantra



Observant inhalation:

*Mantra **love**...*

***Relaxing** exhalation:*

for ALL speech!

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

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

Diamond Mind Tantra

Observant inhalation:

Man-tra love
for ALL speech...

Relaxingly chant:

Óm Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-tó Hoong!

Four mantras per breath for three breaths.

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

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

Diamond Mind Tantra

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



Diamond Mind Tantra

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



Diamond Mind Tantra

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



Diamond Mind Tantra



Observant inhalation:

***Relaxing** exhalation:*

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

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

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

Diamond Mind Tantra

Observant inhalation:

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

Relaxingly chant:

Óm Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-tó Hoong!

*Four mantras per breath for **three** breaths.*

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

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

Diamond Mind Tantra

Sixtieth passage

Bélieving the body to be solid is what causes servítude;

if you recognize it as (*like*) the *archetype*, sensual yet void, your body is (*as NON-graspable as*) *Dor-je Sem-pa Yab Yum* (*óf light*)
it is none other than (*like*) the *great purtfier*.

Ín the recognition of the *archetype*'s body, (*as*) sensual yet void, recite *this* six-syllable mántra.

Diamond Mind Tantra

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



Diamond Mind Tantra

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



Diamond Mind Tantra

ás if they were a Buddha's
real or imagined
paradise, pure land, (*or Vá-ti*)!



Diamond Mind Tantra



Observant inhalation:

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

***Relaxing** exhalation:*

for ALL lots!

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

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

Diamond Mind Tantra

Observant inhalation:

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

Relaxingly chant:

Óm Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-tó Hoong!

*Four mantras per breath for **three** breaths.*

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

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

Diamond Mind Tantra
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



Diamond Mind Tantra



Diamond Mind Tantra

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!



Diamond Mind Tantra



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.*

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

Diamond Mind Tantra

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

Relaxingly chant: Óm Ben-za Sat-to Hoong!
Om Ben-za Sat-to Hoong!
Om Ben-za Sat-to Hoong!
Om Ben-za Sat-tó Hoong!

*Four mantras per breath for **four** breaths.
Count four **breaths** upon the LEFT **little, ring, middle, & index** fingers'
lower, middle, & higher creases and tips.
Count one **set** upon RIGHT **little, ring, middle, index, & little** finger's
lower, middle, & higher **sets** of creases & tip.*

Diamond Mind Tantra

Thirtieth passage

Sam-sa-ra is nothing other than how things appear to you;
if you recognize every *circumstance* as (*non-graspable as*) the *Pure-land (of light)*, the good of others is consummated.
Seeing the purity of everything confers the four empowerments on all beings at once;
dredging the depths of Sam-sa-ra, recite *this* six-syllable *mántra*.

Diamond Mind Tantra



Diamond Mind Tantra

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



Diamond Mind Tantra

ás a real or imagined
archetype (*or Yi-dam*)
comprised only of light!



Diamond Mind Tantra



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.*

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

Diamond Mind Tantra

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

Relaxingly chant: Óm Ben-za Sat-to Hoong!
Om Ben-za Sat-to Hoong!
Om Ben-za Sat-to Hoong!
Om Ben-za Sat-tó Hoong!

*Four mantras per breath for **four** breaths.
Count four **breaths** upon the LEFT little, ring, middle, & index fingers'
lower, middle, & higher creases and tips.
Count one **set** upon RIGHT little, ring, middle, index, & little finger's
lower, middle, & higher sets of creases & tip.*

Diamond Mind Tantra

ཨ་ཨོ་ཨཱ་མ་ཏཱ་ཨྱ་

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

འཇིག་རྟེན་མེད་པའི་ཐུགས་རྒྱུ་།

༡། རྩོམ་བརྒྱ་མ་དུ་དྲི།

Diamond Mind Tantra



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

Relaxing exhalation: *void like Man-tra?*

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

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

Diamond Mind Tantra

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

Relaxingly chant: Óm Ben-za Sat-to Hoong!
Om Ben-za Sat-to Hoong!
Om Ben-za Sat-to Hoong!
Om Ben-za Sat-tó Hoong!

*Four mantras per breath for **four** breaths.
Count four **breaths** upon the LEFT little, ring, middle, & index fingers'
lower, middle, & higher creases and tips.
Count one **set** upon RIGHT little, **ring**, middle, index, little, & ring finger's
lower, middle, & higher sets of creases & tip.*

Diamond Mind Tantra

Hoong

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

Hoong

Diamond Mind Tantra

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

Hoong

Diamond Mind Tantra

Hoong

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

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

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

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

Diamond Mind Tantra

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

Relaxingly chant:

Óm Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-tó Hoong!

*Four mantras per breath for **four** breaths.
Count four **breaths** upon the LEFT **little, ring, middle, & index** fingers'
lower, middle, & higher creases and tips.
Count one **set** upon RIGHT **little, ring, middle, index, little, & ring** finger's
lower, middle, & higher sets of creases & tip.*

Diamond Mind Tantra

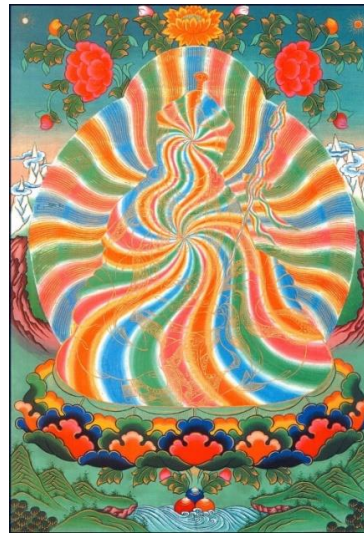
Right View's First fold of

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



Diamond Mind Tantra



ÁLL **places** could blissfully melt *(Each lot melts...)*
into rainbow light *(into forms!)*
that absorbs into ALL bódiés,

Diamond Mind Tantra



ÁLL **bodies** could blissfully melt (*Each form melts...*)
into rainbow light (*into speech!*)
that absorbs into ÁLL speech,

Diamond Mind Tantra



ÁLL **speech** could blissfully melt (*All speech melts...*)
 into rainbow light (*into minds!*)
 that absorbs into ÁLL minds,

Hoong

ÁLL **minds** could blissfully melt (*Each mind melts...*)
into rainbow light (*into void!*)
that absorbs into infinite empt**i**ness,

Diamond Mind Tantra

Right Mindfulness & Meditation's Seventh & Eighth Folds of

Silent Meditation

slicing-through: the duality of hating and craving 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!*)

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 finger's lower, middle, & higher sets of creases & tip.*

Diamond Mind Tantra

<i>Notice form/ relaxing!</i>	<i>Notice mind/ relaxing!</i>	<i>Notice me/ relaxing!</i>
<i>What action?/ Relaxing!</i>	<i>What actor?/ Relaxing!</i>	<i>This actee/ relaxing!</i>
<i><u>What</u> perceive?/ Relaxing!</i>	<i><u>How</u> perceive?/ Relaxing!</i>	<i><u>Who</u> perceives?/ Relaxing!</i>

<i><u>Observant</u> inhalation:</i>	<i>This...</i>	<i>(Notice <u>this</u>...)</i>
<i>Releasing exhalation:</i>	<i>yes!</i>	<i>(relaxing!)</i>

128 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.

Diamond Mind Tantra
Right Intention's

Sharing our Positive Vibrations with All



Diamond Mind Tantra
Accomplishing Mastery of the Eight-fold Path



Máy all beings, like Dor-je Sem-pa
master the Buddha's eight-fold path
and liberate ALL óthers.

Diamond Mind Tantra
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.

Diamond Mind Tantra
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.

Diamond Mind Tantra

*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.

Diamond Mind Tantra



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

Diamond Mind Tantra
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,

Diamond Mind Tantra



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



V. Appendix

Diamond Mind Tantra

The Mantra's Benefits



by Khenchen Jigme Phuntsok
found in the colophon of his Terma:

“The Cintamani (*wish-fulfilling jewel*) Instruction
a Sadhana of the Glorious Vajrasattva,
a Method of Purification and Accomplishment for Both Self and Others”

Diamond Mind Tantra

In this life, one will be able to eliminate,
all dangers, and extend one's lifespan,
increase one's wealth, remove illness etcetera,
attaining all that one wishes.

In the next life, one will definitely take rebirth
in the pure land of Amitabha,
or whichever pure land one aspires to be born in.

Diamond Mind Tantra

This practice, which removes obstacles, can be practiced by anyone, whether he is following the exoteric Mahayana schools, Secret Mantra (Vaj-ra-ya-na) schools, or even if he has yet to receive initiation.

Everyone should understand this clearly.
This is authenticated by Jigme Phuntsok,
at the Larong Buddhist University
in the presence of some tens of thousands of ordained monastics.
May auspiciousness increase!

Diamond Mind Tantra

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...*

Diamond Mind Tantra

*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).*

Diamond Mind Tantra

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.*

Diamond Mind Tantra

C. The Path of Mastery

Unconscious Incompetence

Conscious Incompetence

Conscious Competence

Unconscious Competence

When have we mastered the sages' path?



Diamond Mind Tantra

*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**.*

Diamond Mind Tantra

*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.*