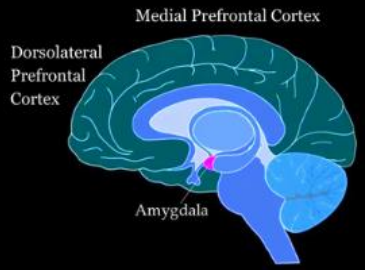
# Very Easy Meditation

*by Dzogchen Lama: Jigme Gyatso*
*9nov26a*

When the
Competition and Cruelty
of our Survival Oriented

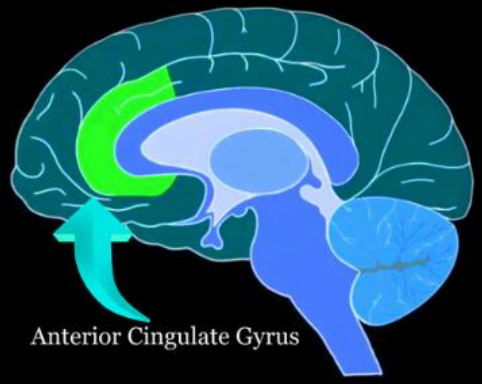







life can become
(*in the words of Thomas Hobbes*)
Nasty, Brutish, and Short!

However, authentically training
in Mindfulness and Meditation
once every 12 hours or so

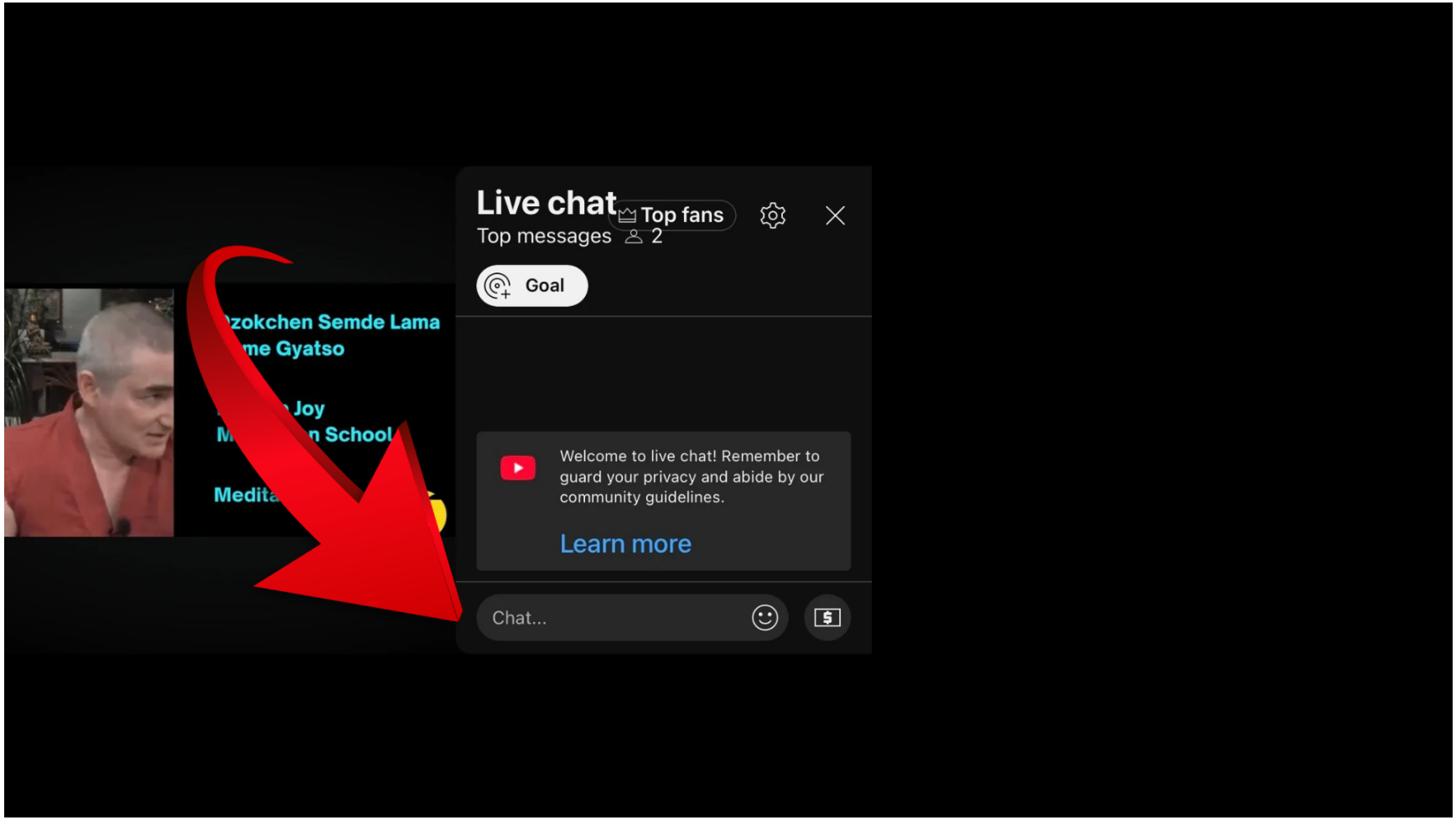






in a manner that is
distinctly fulfilling!


Let Us
Meditate
like a
Jedi


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Grounding MEDITATION
Grounding Tummo Energy Latent within our Abdomen
inhalation
Tasting THIS
exhalation
relaxing

# What is the difference between
## Proto Buddhism and Institutional Buddhism?



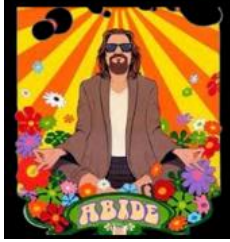




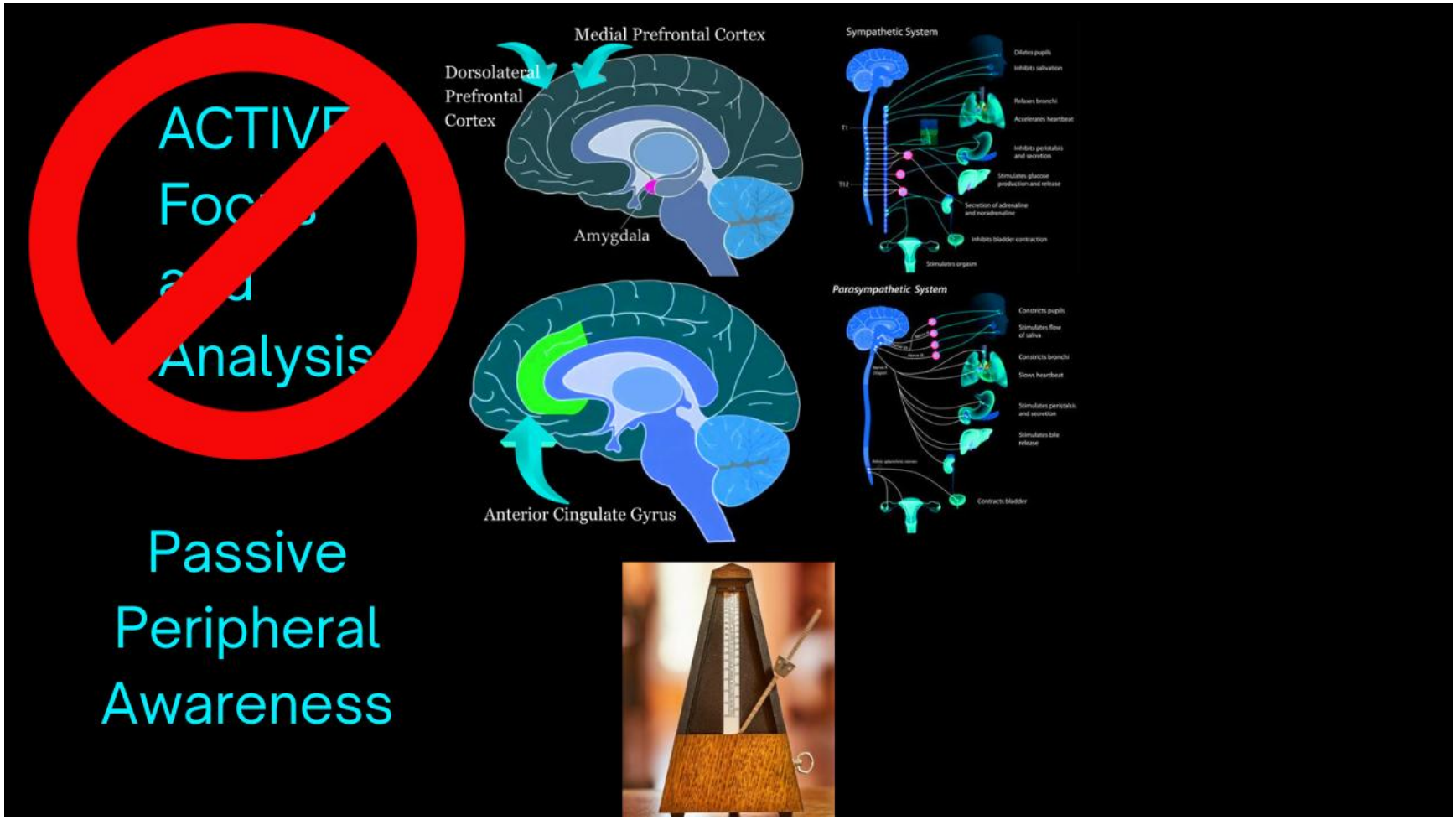
## Sturgeon's Law
Ninty-percent of everything Sucks!



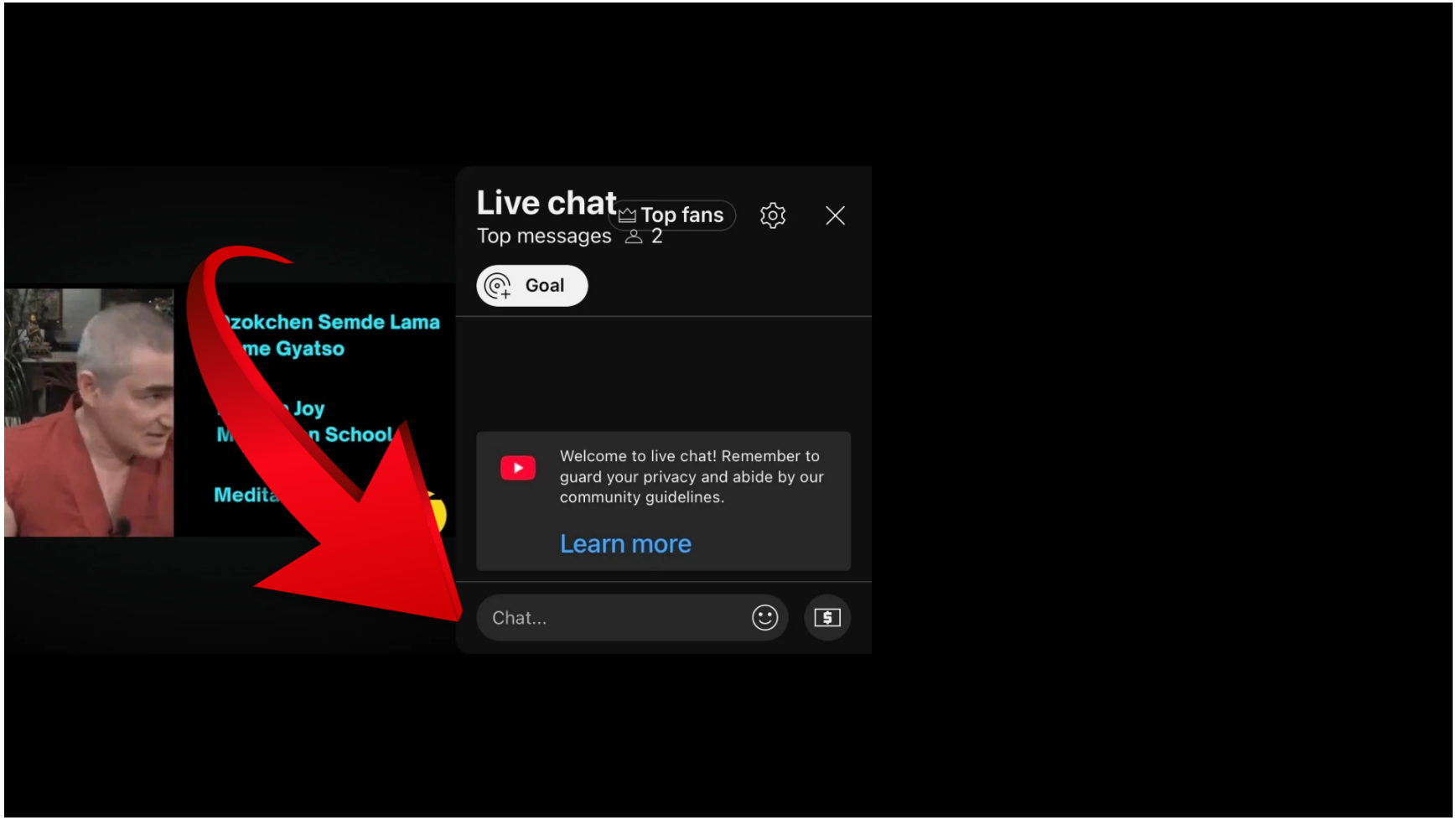
| Yin's Spiritual Matriarchy | Yang's Religious Patriarchy |
|---|---|
| Flexible, | Rigid, |
| Loving, | Fearful, |
| Rational, | Superstitious, |
| Laid-back, | Controlling, |
| Egalitarian, | Elitist, |
| Lucid, | Cryptic, |
| Cooperative, & | Competitive, & |
| Kind | Cruel |

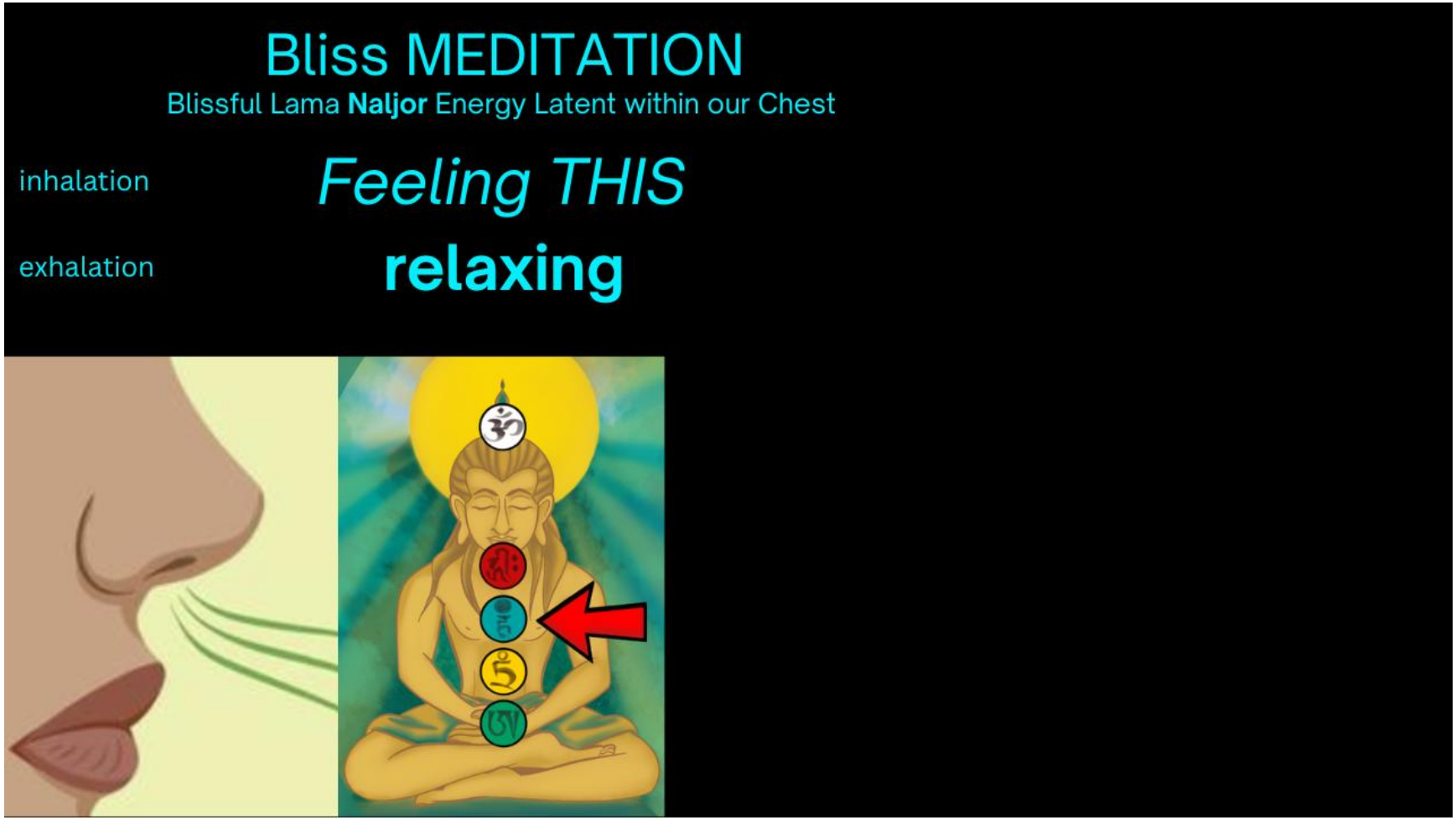






ACTIV
Foc
a
Analysis
Medial Prefrontal Cortex
Dorsolateral Prefrontal Cortex
Amygdala
Anterior Cingulate Gyrus
Sympathetic System
Parasympathetic System
Passive Peripheral Awareness


Grounding MEDITATION
Grounding Tummo Energy Latent within our Abdomen
inhalation
Tasting THIS
exhalation
relaxing

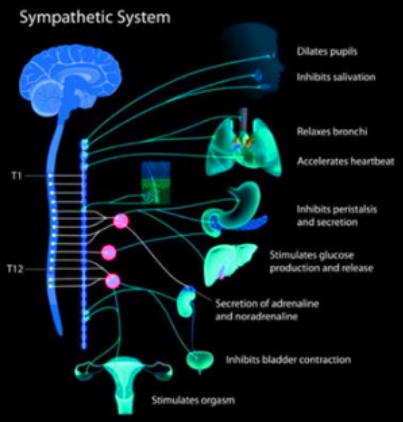

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Bliss MEDITATION
Blissful Lama **Naljor** Energy Latent within our Chest
inhalation
exhalation
*Feeling THIS*
**relaxing**

# MINDFULNESS

- Vulnerably,
- Pasively,
- Viscerally,
- Randomly, and
- Fleetingly

Notice




All Mind's Antics of:

- Perception,
- Emotion,
- Intention,
- Cognition,
- Recollection, and
- Imagination

All Manner of Phenomena:

- External to Internal,
- Physical to Mental,
- Pleasurable to Painful,
- Interesting to Boring,
- Convenient to Arduous, and
- Glorious to Grotesque

Mindfulness *Feel* inhalation

Meditation **rest** exhalation

# *Meditation*

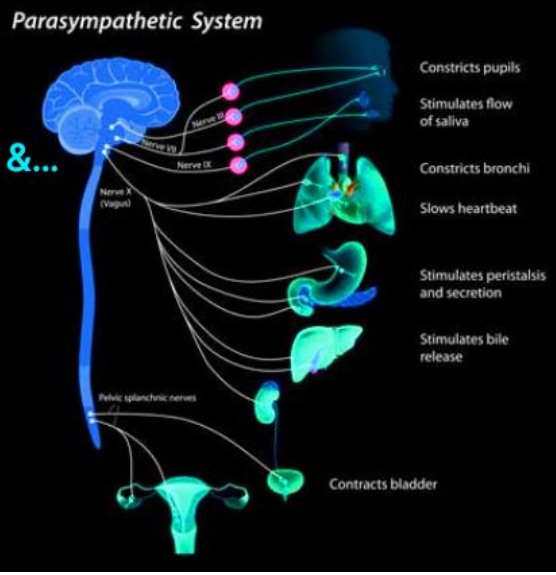
Mindfulness ***Feel*** inhalation

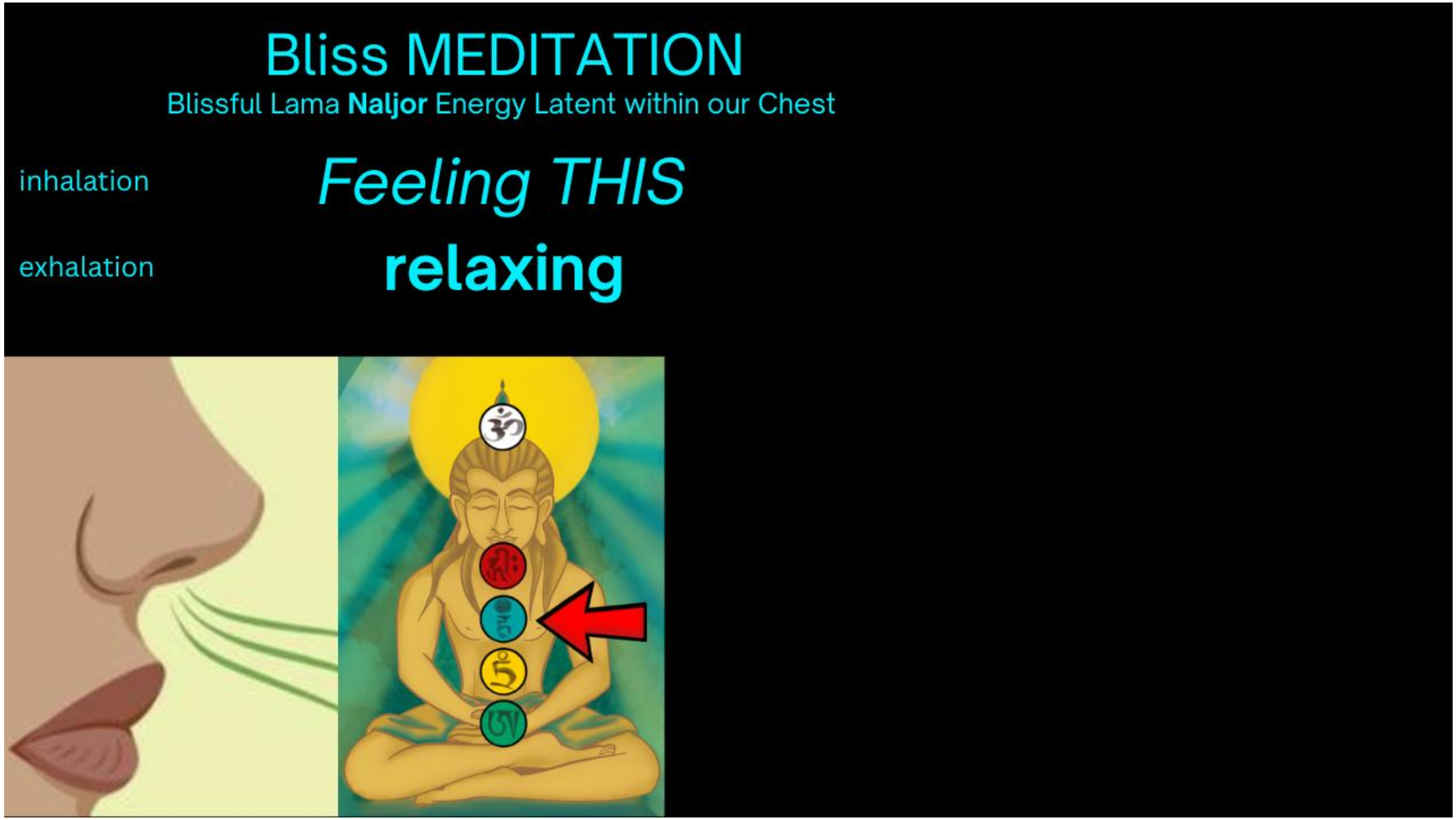
Meditation **rest** exhalation

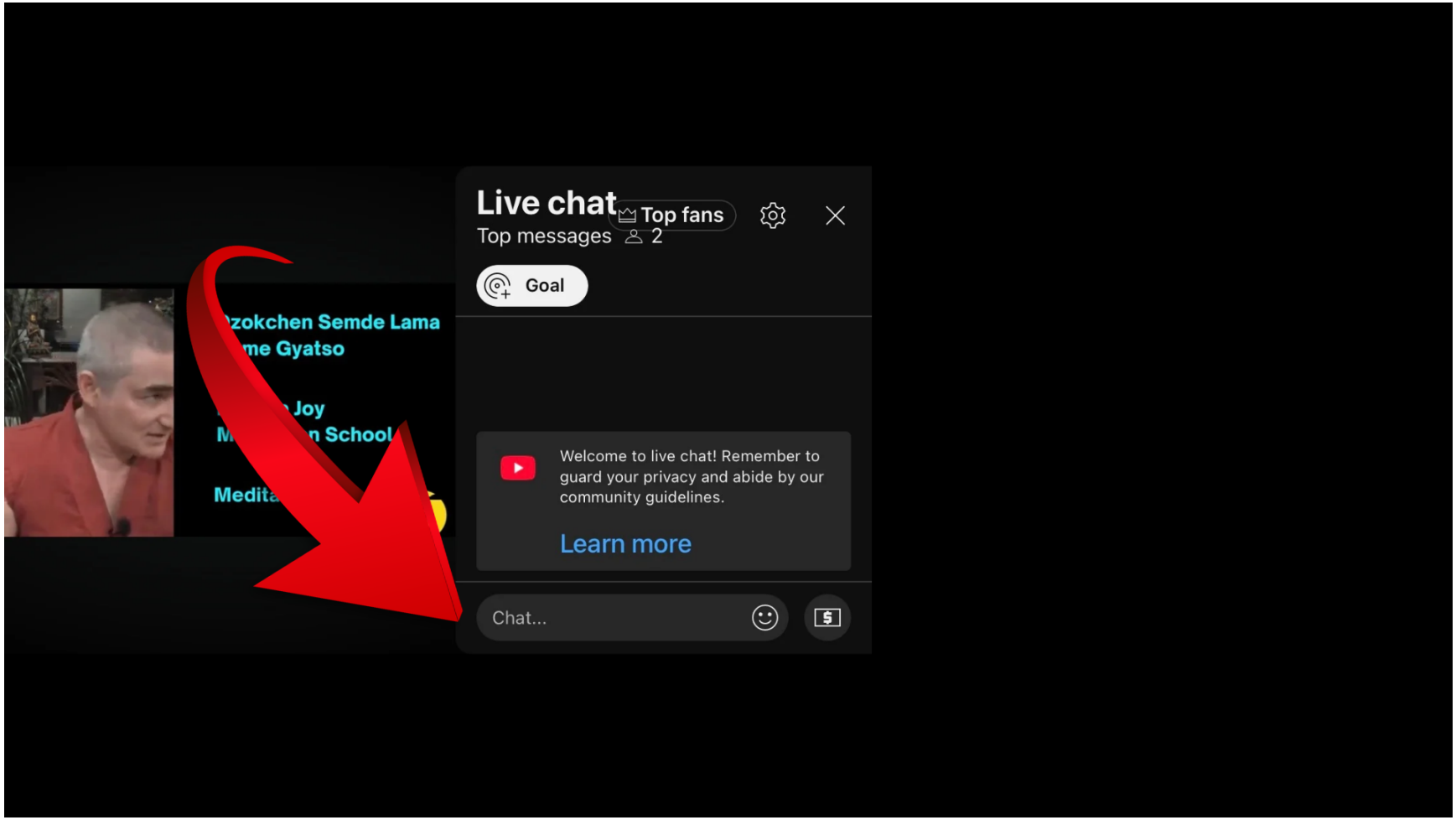
**Fleetingly:**

- **LESS stressful,**
- **LESS permanent,**
- **LESS defining (*NOT-self*) &...**
- **as NON-graspable as a vast, EMPTY void.**






Bliss MEDITATION
Blissful Lama **Naljor** Energy Latent within our Chest
inhalation
exhalation
*Feeling THIS*
**relaxing**

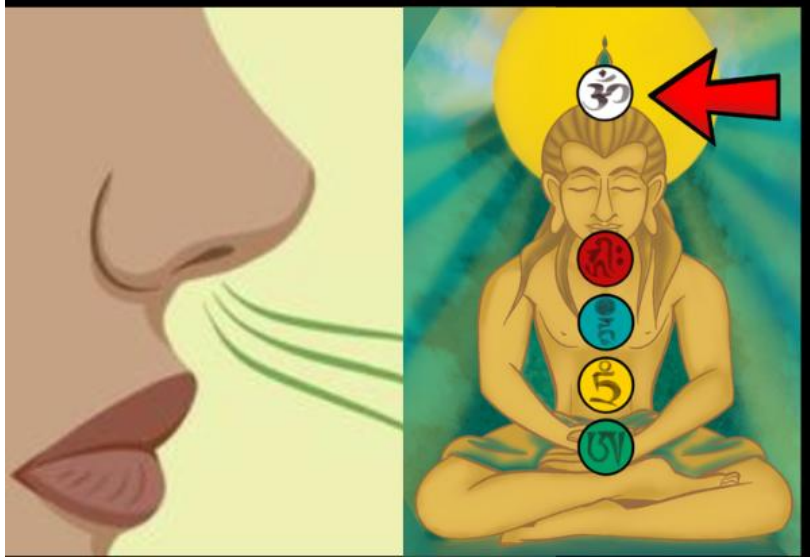

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# Peace MEDITATION

Peaceful Lama **Khyenno** Energy Latent within the Summit of our Scalp

inhalation *Watching THIS*

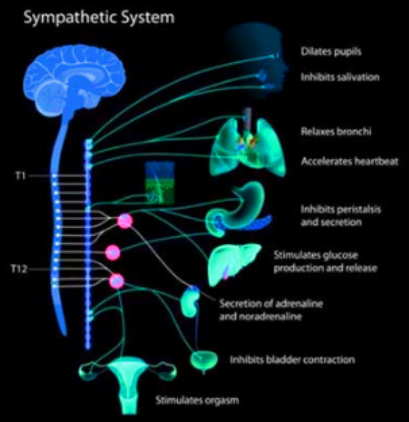
exhalation **relaxing**



# MINDFULNESS

- Vulnerably,
- Pasively,
- Viscerally,
- Randomly, and
- Fleetingly

**Notice**




**All Mind's Antics of:**

- Perception,
- Emotion,
- Intention,
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**All Manner of Phenomena:**

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- Physical to Mental,
- Pleasurable to Painful,
- Interesting to Boring,
- Convenient to Arduous, and
- Glorious to Grotesque

Mindfulness *Watch* inhalation

Meditation **rest** exhalation

# *Meditation*

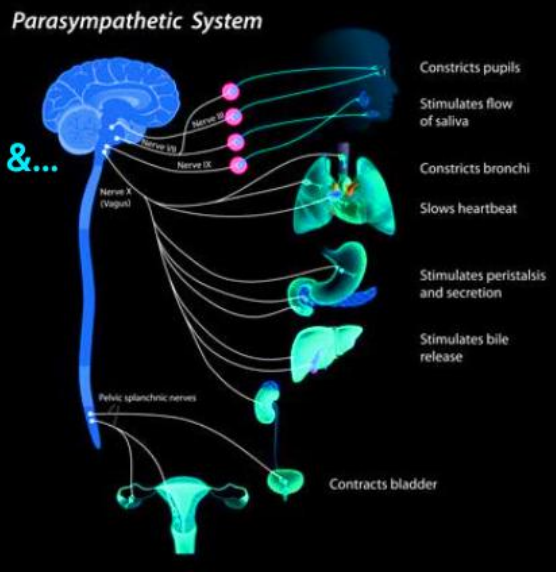
Mindfulness ***Watch*** inhalation

Meditation **rest** exhalation

**Fleetingly:**

- **LESS stressful,**
- **LESS permanent,**
- **LESS defining (*NOT-self*) &...**
- **as NON-graspable as a vast, EMPTY void.**





# Peace MEDITATION

Peaceful Lama **Khyenno** Energy Latent within the Summit of our Scalp

inhalation

exhalation

*Watching THIS*

**relaxing**

