

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Total Space of Vajra Sattva

composed by Prahe Vajra (Garab Dorje)

Translated into Italian by Chögyal Namkhai Norbu,

translated into English by Adriano Clemente

adapted and amplified by Lama Jigme Gyatso

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“The Total Space of Vajra Sattva” – composed by Garab Dorje

Í pay homage to the Bha-ga-van glorious Vaj-ra Sát-tva!

Lama Jigme’s NOTES:

What is meant by the divine nature
of the archetype of indestructible mind?

The circumstantial is seen yet NOT graspable,
the physical is sensual yet NOT graspable,
the interpersonal is resounding yet NOT graspable, and
the mental is lucid yet NOT graspable.

I. On the Dhar-ma-ta

“The Total Space of Vajra Sattva” – composed by Garab Dorje

1st of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
Buddha Nature



The total space of Vaj-ra Sat-tva
is the ever-good,
án immense ultimate dimension
of phenoména.

“The Total Space of Vajra Sattva” – composed by Garab Dorje



Béing the pure, total path
that liberátes ALL
ít does NOT arise or cease;
it does NOT think of anýthing.

—^—

Lama Jigme's NOTES:

The wisdom of letting go
is the one path that liberates ALL,
and yet it is neither graspable (itself)

nor is it a sentient entity
requiring either faith nor worship.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

2nd of 55 verses

The Total Space of Vajra Sattva (or *Dor-je Sem-pa Nam-kha Che*) composed by **Prahe Vajra** (or Garab Dorje)
Love: Spontaneous and Uncontrived

**Béing love,
and thus thoroughly accomplished,
it does NOT practice great compásson.**

“The Total Space of Vajra Sattva” – composed by Garab Dorje

**Béing great,
the profound qualities of greatness
need NOT bé praised. _^_**

Lama Jigme’s NOTES:

The correct and consistent practice
of mindfulness and meditation
unleashes the highest love:
spontaneous and uncontrived.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

3rd of 55 verses

The Total Space of Vajra Sattva (or *Dor-je Sem-pa Nam-kha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
Spontaneous Wisdom of Letting-go

Phénomena do NOT move the authentic condition,

Lama Jigme's NOTES:

Regardless of what phenomena manifest
relaxing into exhalation
always makes release possible.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

since self-originated wisdom
is beyond searching,
in liberating itself
it also shows the path of liberation.



Lama Jigme's NOTES:

As we master the Ati-yoga
of noticing and releasing
students are drawn to our example
like moths to a porch light.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of Dhar-ma-ta

II. On How it Exists by Nature

“The Total Space of Vajra Sattva” – composed by Garab Dorje

4th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
Independent Enlightenment


The great elements are the Bha-ga-van
that exists by nature in **ÁLL** beings.

Lama Jigme’s NOTES:

What is the, so called, divine nature
of all elements?

Air is spacious yet NOT graspable,
fire is warm yet NOT graspable,
water is wet yet NOT graspable, and
earth is solid yet NOT graspable
wind is dynamic yet NOT graspable.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Howeever wrongly it may be conceived,
liberation originates from oneself
and NOT elsewhere. 

Lama Jigme's NOTES:

The consummate renegade, Prahe Vajra infers
that the oppressive master student relationship
prescribed by Patriarchy
is redundant and NOT required.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

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The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

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“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of Dhar-ma-ta

II. On How it Exists by Nature

III. On How it Exists by Nature as Greatness

“The Total Space of Vajra Sattva” – composed by Garab Dorje

5th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
The Folly of Guru Devotion

The wisdom of greatness
is difficult to find;
it is realized
through Praj-na and Méthod.

Lama Jigme Gyatso's NOTES:

The greatness of Ati-yoga flows

*from the method of NOTICING: vulnerably, passively, viscerally, and randomly
during each inhalation*

and the Praj-na accessed during each exhalation

by the mental release that seems to surf upon the carrier wave of physical relaxation.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Thóugh it could be said
to depend on something else,
real **bliss** originates from óneself.

—^—

Lama Jigme Gyatso's NOTES:

*Again our favorite feminist reminds us
that our bliss is not dependent
upon guru or ritual.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of Dhar-ma-ta

II. On How it Exists by Nature

III. On How it Exists by Nature as Greatness

IV. On How it is Beyond Searching

“The Total Space of Vajra Sattva” – composed by Garab Dorje

6th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
The Miraculous Flows from Within

**The great miracle is NOT difficult.
ALL qualities and capabilities,**

Lama Jigme Gyatso's NOTES:

*Whether we recognize the benefits
of the mundane's (pacification, increase, control, or wrathful actions)
or the supra-mundane's full enlightenment
the miraculous is (at one time or another) craved by all.*

*Perhaps the greatest miracle
is all one's choices, utterances, and deeds
effortlessly and automatically flowing
from love's centered spontaneity.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

through subtle understanding
of the authentic condition,
immediately arise from oneself.



Lama Jigme Gyatso's NOTES:

*Inhalation's awareness
(vulnerable, passive, visceral, and random)*

*is the root of authenticity
the key to recognizing both the causes of pain
as well as the causes of pleasure.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

7th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
Authentic Meditation

**Méditation is relaxing
without séeking**

ín the Dhar-ma-ta 's (*mastery of awareness and letting-go*)
that does NOT appear visíibly.

Lama Jigme Gyatso's NOTES:

*Here, in the seventh quatrain
we learn that meditation is comprised
of physical relaxation
and mental release.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Íf one (*actively*) searches
(*either*) for (*the*) *Dhar-ma-ta*
or for something **ín** it

thé natural condition
will never manífest.



Lama Jigme Gyatso's NOTES:

*Without vulnerability, passivity, and spontaneity
passive awareness is NOT passive awareness
BUT instead degenerates into active concentration:
the antidote to happiness and good fortune.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of Dhar-ma-ta

II. On How it Exists by Nature

III. On How it Exists by Nature as Greatness

IV. On How it is Beyond Searching

V. On How it is Ineffable (or Inexpressible)


“The Total Space of Vajra Sattva” – composed by Garab Dorje

8th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
No Substitute for Experience

This supremely secret reality
cannot be heard
through the sense of hearing.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Likewise it cannot be expressed
by the tongue,
NOT even in the slightest. 

Lama Jigme Gyatso's NOTES:

*The Dhar-ma-ta or mastery of awareness and letting-go
is not hidden by the fearful or petty
but by the cloying ineptitude of yang's hard patriarchal tendencies
to be: rigid, fearful, controlling, elitist, cryptic, competitive, and cruel.*

*Ironically it is only revealed by yin's soft matriarchal tendencies
of being: flexible, loving, laid-back, egalitarian, lucid, cooperative, and kind.*

*The benefits of so mastering mindfulness and meditation
that we practice it: spontaneously, habitually, easily, and effectively;
are as indescribable as the taste of a persimmon
or the scent of an orange.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

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“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of the Ultimate Dimension

VI. *On How Beings are Not Subject to (spooky) Karma*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

9th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
The Non-duality of Suffering

The suffering of beings
is the Bo-dhi-chit-ta
(*or mindset of enlighténment*)

thát fully manifests
while pervadíng ALL.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Without ever being moved,
it abides equally
just as the reaches of space.



Lama Jigme Gyatso's NOTES:

*How ironic is it
that the very act of coping with suffering
through the two truths of noticing and releasing
causes us to master the mindset of enlightenment.*

*Nick-named “nothing special,”
this enlightened mindset
is available for all beings
with a rudimentary nervous system.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

10th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
The Illusion of Karma

That which is
the equality of ALL distinctions
is conceived by saying
“It is Káрма!”

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Wére it really
under the power of Kárma,
Sélf-originated wisdom
would NOT éxist. _^_

Lama Jigme Gyatso's NOTES:

*We indulge our controlling tendencies
as we seek our cause of stress
that it we might remedy.*

*These controlling tendencies
are the common denominator
of that which exacerbates stress.*

*There is no purification
like the relaxation and release of meditation.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

11th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
Birthlessness

The cause is the Vaj-ra,
as are the secondary conditions.
Never having been born,
it can NOT be destroyed.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Since it is the Bodhi-essence
that exists from the beginning,
the ultimate dimension is NOT moved
by the effort of thought. _Λ_

Lama Jigme Gyatso's NOTES:

*The functions of our autonomic nervous system
that support mindfulness and meditation
are effortless and automatic
and NOT the fruit of our controlling tendencies.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of the Ultimate Dimension

VI. *On How Beings are Not Subject to (spooky) Karma*

VII. *On How it is Free from Mental Effort*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

12th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
Freedom from Labeling, Suppression, and Control

Méditative stability
of supreme quality,
being real meditative stability
is beyond (*the tyranny of*) thought.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Without applying thought or purifying
in accordance with nature,
from thought itself
wisdom springs forth.



Lama Jigme Gyatso's NOTES:

*Although meditation effortlessly and spontaneously
relaxes and releases
the thoughts noticed during mindfulness*

*those self-same thoughts
are the grist for its mill
and therefore support the process.*

*Thoughts are therefore NOT the problem,
rather it is contrivance and controlling tendencies
that are the culprit.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

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“The Total Space of Vajra Sattva” – composed by Garab Dorje

13th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
The Folly of Mind Blanking

Coining the expression
“gate (*way*) to the s**ú**btle”
théy seek the path
by isolating thé mind,

“The Total Space of Vajra Sattva” – composed by Garab Dorje

máintaining isolation
in a secludéd place:
íf we examine well,
this is conceptual meditátion.



Lama Jigme Gyatso's NOTES:

*Those who prize
being: rigid, fearful, controlling, elitist, cryptic, competitive, and cruel
teach the value of the meditator
isolating themselves from society.*

*Some are malicious, most are just lazy-minded,
but either way by forgetting that humans have evolved to be social
they do far more harm than good.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

14th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by **Prahe Vajra** (or Garab Dorje)
DUALITY: the Analog of Ethics

Théy coin the terms
“*cause and éffect,*”
BÚT both virtues and negativities
dissolve complétely.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Théy say,
“*We will get out of thís world,*”
ÁND nurture supreme complacency
in accepting and rejécting. _Λ_

Lama Jigme Gyatso's NOTES:

*Just as impermanence
makes of spooky karma a phantom*

*likewise renunciation
drags us even deeper
into the quagmire of Duality's
desire and dread*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of the Ultimate Dimension

VI. *On How Beings are Not Subject to (spooky) Karma*

VII. *On How it is Free from Mental Effort*

VIII. *On How it is NON-dual and Free from Defects*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

15th of 55 verses

The Total Space of Vajra Sattva (or *Dor-je Sem-pa Nam-kha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
Even Dualistic Extremes are One in their Empty Nature

**Attachment and NON-attachment are
the path of words,
and something in the middle is the same,
like an écho.**

Lama Jigme Gyatso's NOTES:

*The extremes of dread and desire and all points in between
sound resounding as we notice during our inhalation
yet feel as NON-graspable as an echo as we relax during our exhalation.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje



*“Háppiness and suffering
have the sáme cause,”*
sáid Vaj-ra Sat-tva,
lord óf beings. _Λ_

Lama Jigme Gyatso's NOTES:

*Though prized and shunned
happiness and suffering
are just emotions nothing more.
Come, let us rest in NON-duality.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of the Ultimate Dimension

VI. On How Beings are Not Subject to (spooky) Karma

VII. On How it is Free from Mental Effort

VIII. On How it is NON-dual and Free from Defects

IX. On How Wisdom Arises from Oneself

“The Total Space of Vajra Sattva” – composed by Garab Dorje

16th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
Appearing yet Void

Attachment, anger,
and ignorance
arise from the path
of (*enlightenment's*) total Bó-dhi.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Thé five (*sense*) objects
of enjoyment, too,
áre said to be the ornament
of the Dhar-ma-da-ta diménsion.



Lama Jigme Gyatso's NOTES:

*Although those who prize being
rigid, fearful, controlling, elitist, cryptic, competitive and cruel
forsake: desire, dread, and dullness
as well as the delights of sight, sound, sensation, flavor, and scent;*

*those who treasure being
flexible, loving, laid-back, egalitarian, lucid, cooperative, and kind
recognize them as the fuel that turns the gears
of the enlightenment machine.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

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“The Total Space of Vajra Sattva” – composed by Garab Dorje

17th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by **Prahe Vajra** (or Garab Dorje)
Clear yet Void – or – Radical Acceptance

Spáce is beyond
the arising óf thought,
ánd thought itself
is líke space.

Lama Jigme Gyatso's NOTES:

SPACE: that which we use to describe both

1) the infinity of objects perceived during inhalation

2) and the non-graspability experienced during exhalation

cannot be controlled by mind.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Without attachment,
from space dedication
one’s great aim
manifests as space. $_ \wedge _$

Lama Jigme Gyatso’s NOTES:

*Ironically noticing our dreads and desires
and then releasing them
hastens the profoundly abundant manifestation
of the protection and acquisition we crave.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of the Utterly Pure Ultimate Dimension

X. *On the Way of Applying the Function of Energy*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

18th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
Balance comes not from contemplation but meditation

Thought-free equality
is the Dhar-ma-ka-ya
(*mastery of awareness and letting-go*):

“The Total Space of Vajra Sattva” – composed by Garab Dorje

líke the moon’s reflection in water,
it can NOT bé grasped.

Lama Jigme Gyatso’s NOTES:

*The freedom indorsed
is NOT freedom from the literal presence of thoughts
but rather from their figurative tyranny.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Through the energy manifestation
of Sa-man-ta-bhá-dra
thé A-li Ka-li (*or vowels and consonants*)
are profoundly díisplayed. _Λ_

“The Total Space of Vajra Sattva” – composed by Garab Dorje

19th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
Communication reveals our mind

Through the **Ah**
and the beautiful **Ta**,
thé **Pa**
and their emanated bránches

“The Total Space of Vajra Sattva” – composed by Garab Dorje

ín the sphere of experience
of the whóle world
thé profound
Voice of the Buddha aríses.



Lama Jigme Gyatso's NOTES:

*Although there is a correlation
between energy and sound,
as we shall see in a later passage,*

*it is NOT an end-run-around
the Buddha's path of being
vulnerable, passive, visceral, and spontaneous.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

20th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
Seed mantras are NOT keys to unlock enlightenment's door

Wonderful! This sphere of experience
of the Buddhas
is NOT a place
to be found by searching,

Lama Jigme Gyatso's NOTES:

*This liberation is the fruit
not of the effort of concentration
but the ease of passively noticing and relaxing
in harmony with our inhalation and exhalation.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Ánd like the phenomena
of the six sénses,
ít is (*also*) NOT an object
(*we shoúld grasp áfter*):

“The Total Space of Vajra Sattva” – composed by Garab Dorje

thóse who search for it
are like the blind
reaching for thé sky.



Lama Jigme Gyatso's NOTES:

This is a double figure of speech exploring:

- 1) *the impossibility of the blind seeing the sky as well as*
- 2) *the impossibility of anyone successfully grasping a handful of sky.*

*Thus exemplifying the ludicrousness
of indulging our controlling tendencies.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

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“The Total Space of Vajra Sattva” – composed by Garab Dorje

21st of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
The Folly of the Gradual Path

**Thé (*gradual*) path of purity
that leads higher and higher
does NOT correspond
to the Nature behind áction.**

Lama Jigme Gyatso's NOTES:

*The so-called Gradual Path is in conflict with fact
that all healthy, vertebrate lifeforms already have
the neurological equipment to master mindfulness, meditation, and empathy.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Were there really a path to tread,
just like the bounds of the sky,
one would never arrive. _Λ_

Lama Jigme Gyatso's NOTES:

*Upon the so-called gradual path
there is no end in sight
as with the illusion of the infinite azure sky
on a bright and beautiful cloudless day.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of the Utterly Pure Ultimate Dimension

X. On the Way of Applying the Function of Energy

XI. On How it is Perfectly Complete

“The Total Space of Vajra Sattva” – composed by Garab Dorje

22nd of 55 verses

The Total Space of Vajra Sattva (or *Dor-je Sem-pa Nam-kha Che*) composed by **Prahe Vajra** (or Garab Dorje)
What if meditation were less a path and more a destination?

**The authentic condition being thus,
by being shown as it is,
it is attained.**

Lama Jigme Gyatso's NOTES:

*Already born with: sympathetic and parasympathetic nervous systems
one needs only to be shown that passive noticing correlates with inhalation
that relaxing release correlates with exhalation,*

*and that their fruit is LOVE: spontaneous and contrived
to relax into the mastery that is our birthright.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Ás it is the very essence,
its manifestation arises from it:
(*oh how*) marvéulous! _Λ_

Lama Jigme Gyatso's NOTES:

*Despite the complexity and contrivances
of the three pound super computer between our ears
we can step out of our own way
and into the enlightenment that is our birthright.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

23rd of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by **Prahe Vajra** (or Garab Dorje)
Ati-yoga: NOT only for the Elite BUT for ALL

Time past and time present
are the authentic condition
that is *complete* in its **ó**wn place.

Lama Jigme Gyatso's NOTES:

*Neither memories nor perceptions
are inferior nor superior to each other
they both serve as objects
of awareness and release.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Líkewise, its path is the same,
this is its very náture. _^_

Lama Jigme Gyatso's NOTES:

*Whether it is: sights, sounds, sensations, flavors, scents,
emotions, intentions, cognitions, recollections, or imaginings
are perceived and released
the process is the same.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

24th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
NON-duality Renders Contrivance and Analysis Obsolete

The universal path
that is the same ás that
ís like the moon
and the basis of its refléction.

Lama Jigme Gyatso's NOTES:

*Just as one full moon
is reflected in a hundred thousand puddles
likewise there is NO need for elitism
enlightenment is available for ALL.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

As it is
the absolute equality of ALL,
it is NOT realized
with a limited view.



Lama Jigme Gyatso's NOTES:

*Just as one's peripheral vision is compromised
when gazing at the milky way through a narrow pipe,
likewise our fearful and rigid preconceptions
undermine the perception of our enlightened potential.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

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The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

composed by Garab Dorje (*or Prahe Vajra*) edited by Chögyal Namkhai Norbu

translated by Adriano Clemente and adapted as well as amplified by Lama Jigme Gyatso

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of the Utterly Pure Ultimate Dimension

X. On the Way of Applying the Function of Energy

XI. On How it is Perfectly Complete

XII. On How it is Free from Attachment

“The Total Space of Vajra Sattva” – composed by Garab Dorje

25th of 55 verses

The Total Space of Vajra Sattva (or *Dor-je Sem-pa Nam-kha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
Let us Shed our Fearful and Controlling Tendencies as a Butterfly does its Chrysalis

**Présent bliss and later bliss
are what is directly experienced
and what ensues fróm it.**

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Since they imply
the defect of an aspect,
one should NOT rely ón them.



Lama Jigme Gyatso's NOTES:

*Although the practice of mindfulness and meditation
can be pleasurable,
and they induce even more pleasure in the future,*

*BOTH bliss and pain are just sensations
and in there non-duality
render bliss seeking an absurdity.*

*Instead we notice and release
that our choices, utterances, and deeds
might better flow from centered spontaneity
that we might effortlessly do great good for all beings.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of the Utterly Pure Ultimate Dimension

X. On the Way of Applying the Function of Energy

XI. On How it is Perfectly Complete

XII. On How it is Free from Attachment

XIII. On the Essence of Primordial Greatness

“The Total Space of Vajra Sattva” – composed by Garab Dorje

26th of 55 verses

The Total Space of Vajra Sattva (or *Dor-je Sem-pa Nam-kha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
Emptiness is the Universal Common Denominator Unifying and Healing All

The three times are one,
without distinction.
Without past or future,
it exists from the beginning.

Lama Jigme Gyatso's NOTES:

*PAST time, PRESENT time, and FUTURE time
are all just time.
In the ease of NON-duality, time is just time.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Sínce ALL,
pervaded by the Dhar-ma-ká-ya
(thát is the mastery of awareness and release),
is thé same,

“The Total Space of Vajra Sattva” – composed by Garab Dorje

It abides in nature's
total greatness.



Lama Jigme Gyatso's NOTES:

*The greatest sights, sounds, sensations, flavors, scents,
emotions, intentions, cognitions, recollections, and imaginings
are the ones we perceive
through the ease of NON-duality.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of the Utterly Pure Ultimate Dimension

X. On the Way of Applying the Function of Energy

XI. On How it is Perfectly Complete

XII. On How it is Free from Attachment

XIII. On the Essence of Primordial Greatness

XIV. On how it is Always Free from Aspirations

“The Total Space of Vajra Sattva” – composed by Garab Dorje

27th of 55 verses

The Total Space of Vajra Sattva (or *Dor-je Sem-pa Nam-kha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
ALL Phenomena's Interdependence and NON-graspability are Revealed by Inhalation and Exhalation, Respectively

Finding oneself
in the three realms of existence,
ÁLL is just
a name and a magical illúision.

Lama Jigme Gyatso's NOTES:

*As we physically relax and mentally release during our exhalation
whatever desire realms, form realms, or formless realms we perceived during our previous inhalation
could feel as NON-graspable as if they were nothing but fancy labels
adhered to magical illusions.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Éven the great status
of a Chak-ra-var-tin (*universál king*),
béing a magical illusion,
is an abode to purify. _Λ_

Lama Jigme Gyatso's NOTES:

*As we relax into our exhalation
whatever we perceived during our previous inhalation
(be it scarcity and impotence or even the power and wealth of a universal monarch)
are as NON-graspable as a treasure found in last night's dream.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

28th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by **Prahe Vajra** (or Garab Dorje)
The Peril of Pseudo-intellectual Analysis

Fór those whose attitude
depends on time
it does NOT manifest ín time.

Lama Jigme Gyatso's NOTES:

*There are practitioners of Freudian psychiatry
who insist that only rational emotions are to be respected.
Similarly there are would-be contemplatives
who insist that only this moment is important.*

*All memories, perceptions, and fantasies are relevant
and inform our centered spontaneity
after being processed through awareness and release.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

If one practices with an aspiration,
without being free,

the saying
on the characteristic of emptiness
applies.



Lama Jigme Gyatso's NOTES:

*When our only goal is the practice
EVERYTHING else takes care of itself,
in the most wonderful way.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

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The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

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The Thigle of the Utterly Pure Ultimate Dimension

X. On the Way of Applying the Function of Energy

XI. On How it is Perfectly Complete

XII. On How it is Free from Attachment

XIII. On the Essence of Primordial Greatness

XIV. On how it is Always Free from Aspirations

XV. On the Revelation of the Teaching

“The Total Space of Vajra Sattva” – composed by Garab Dorje

29th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
The Path of the Yogi

It is one,
totally beyond an aspect.
The yogi dwells in the pathways
of birds in the sky.

Lama Jigme Gyatso's NOTES:

*The freedom accessed through the ease of NON-duality
defies description
as does love's path
of centered spontaneity.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Ín the essence
that never occurred
and never origináted

whére are ALL phenomena
supposed to éxist? _^_

Lama Jigme Gyatso's NOTES:

*Birthlessness and emptiness
cloy the mind when taken literally
but comfort completely as metaphors.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

30th of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
The Folly of Names and Labels

Óuter and inner are both:
the outer is the íinner.

Thé profound
is NOT an object of understanding,
NOT even a part óf it.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Lama Jigme Gyatso's NOTES:

*All the dualities that are perceived as we inhale
are reconciled in the figurative NON-graspability
that is accessed as we physically relax and mentally release.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Éxistence is only a name,
the power of mistaken exístence;
thús one remains separate
from the equality of *meditátion*.



Lama Jigme Gyatso's NOTES:

*All our perceptions
are seen though the lens of our preconceptions
and thus distorted.*

*Fortunately this confusion is transcended
through awareness and release.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

31st of 55 verses

The Total Space of Vajra Sattva (or Dor-je Sem-pa Nam-kha Che) composed by Prahe Vajra (or Garab Dorje)
The Folly of Vows

Ín it the outer and inner Sa-ma-yas
(or commitments to rely upon our teacher’s
example, instructions, and students)

“The Total Space of Vajra Sattva” – composed by Garab Dorje

ábide in the nature of the aggregates
(*of form, feeling, appraisal, impulse, and awáreness*)

ánd sense bases

(*of seeing, hearing, feeling, tasting, smelling,
emoting, intending, cognizing, recalling, and imagíning*).

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Since in the three times
no one is ever separate from it,
there is NO need
to ever use the word “*Sa-má-ya.*”

Lama Jigme Gyatso's NOTES:

*Because our commitments, aggregates, and minds
are one in their empty nature
even the utterance of the word “vow” is redundant.*

*Simply cultivate love's centered spontaneity
through the easy practice of awareness and release
and everything else could take care of itself.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of Total Wisdom

XVI. *On Absolute Equality*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

32nd of 55 verses

The Total Space of Vajra Sattva (or *Dor-je Sem-pa Nam-kha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)

Inner or outer, Physical or mental, Pleasurable or painful, Interesting or boring, Glorious or grotesque, Every Object of Perception is Key to Unlocking Wisdom

Ímmoveable,
it is the symbol of the Body.
Unshakable, it is wísdom.

Lama Jigme Gyatso's NOTES:

*NON-graspability is the symbol
of the mastery of awareness and letting-go.
NON-graspability is as stable and reliable
as our every exhalation.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

NÓT taking hold of anything,
it has **NÓ** self.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

NÓT rejecting anything,
it has the equality
that transcénds words.



Lama Jigme Gyatso's NOTES:

*NON-graspability lets go of everything
including the illusion of a self.*

*NON-graspability applies to everything
and is therefore the great equalizer.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

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The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

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“The Total Space of Vajra Sattva” – composed by Garab Dorje

33rd of 55 verses

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by Prahe Vajra (or Garab Dorje)
The Folly of Duality

Nótwithstanding
what, whose, **á**nd where
ÁLL that one uses and enjoys
arises from **ó**neself.

Lama Jigme Gyatso's NOTES:

*Is it we who manifest our world
with all its blessings and curses?
If so, do we do this literally or figuratively?*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Hére, of “*Males and Females*”
the king of equality
has never spóken. _^_

Lama Jigme Gyatso's NOTES:

*The distinctions we cling to
with white-knuckle intensity
are of no consequence
to those who see with eyes of wisdom*

*Are we our own jailers
who build our prison cells
from our controlling tendencies
and their trivial distinctions?*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of Total Wisdom

XVI. On Absolute Equality

XVII. On How it Transcends Attachment to the Bliss of the Great Siddhi

“The Total Space of Vajra Sattva” – composed by Garab Dorje

34th of 55 verses

The Spaciousness of Vajra Sattva (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
The Folly of Mantra meditation, Completion stage, Anu-yoga, Bindu mahamudra, and Thikle

Hére there is NO mention
of something to accómplish
bý means
of resolute, forceful cónduct;

Lama Jigme Gyatso's NOTES:

*Abandoning our rigidity and controlling tendencies
like so much night soil
The Mahasandhi Yogi lives
spontaneous, carefree, and at ease.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

bút it is deemed
that, possessing the **A** and the **Pa**,
the bliss of magical illusion aríses.

—^—

Lama Jigme Gyatso's NOTES:

*As foreshadowed earlier in this text
we have returned to the potency of vowels and consonants
the syllables that may very well lure us into contrivance
with the promise of bliss.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

35th of 55 verses

The Spaciousness of Vajra Sattva (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
The Folly of Mantra meditation, Completion stage, Anu-yoga, Bindu mahamudra, and Thikle

Since nature cannot be defined
in one single way,
it appears according
to how one looks at it.

Lama Jigme Gyatso's NOTES:

*In the swirling maelstrom of
the circumstantial, the physical, the interpersonal, and the mental
our perspective, comprehension, and sensory acuity are ever changing;
rendering the rigid grasp upon our assessments utter folly.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Éven the bliss from the effort
and wish for its manifestation
is a great hindrance and défaut.



Lama Jigme Gyatso's NOTES:

*The quest
for the blue bird of happiness
often ends with guano
dropped upon the seeker's head.*

*Like a cat hiding under the couch
who is coaxed out by the sound of a can opener
and the promise of tuna.*

*rather than chase happiness
let us simply make the path our goal.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

36th of 55 verses

The Spaciousness of Vajra Sattva (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
The Folly of Generation stage, Creation stage, Maha yoga, Tantra mahamudra, and Tokal,

**Ín ALL the secondary methods
for Bo-dhi (*enlighténment*)**

**óne meditates on (*the*) attributes
(*of a tantric archetype*)
*like the moon’s reflection on wáter.***

Lama Jigme Gyatso’s NOTES:

“The Total Space of Vajra Sattva” – composed by Garab Dorje

BÚT even if something untainted
and unattached **résults,**

súch meditation
is like the sphere of experience
of an ordinary **pérson.**



Lama Jigme Gyatso's NOTES:

*The Mahasandhi Yogi: Prahe Vajra's radical teaching
is that Ati yoga's awareness and release
is superior to Maha yoga's ritual, visualization, and mantra;
and yet most who claim to be his followers still practice it.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

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The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

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“The Total Space of Vajra Sattva” – composed by Garab Dorje

37th of 55 verses

The Spaciousness of Vajra Sattva (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
The Folly of Mantra meditation, Completion stage, Anu-yoga, Bindu mahamudra, and Thikle

Álthough by identifying with the body
of the Great Wrathful One (*árchetype*)
wíth its body,
wrathful grimaces *as well as* attríbutes

“The Total Space of Vajra Sattva” – composed by Garab Dorje

(*with even*) the *syllable* concretely actualized,
the authentic condition
of the quiescent state is **NÓT** seen. ^

Lama Jigme Gyatso's NOTES:

*Again the Dzogchen Naljorpa: Garab Dorje
reminds us (this time)
that both (Tokal) Maha yoga and (Thigle) Anu yoga
are an unproductive distraction*

*from the power and ease
of (Trekchö) Ati yoga
with it's mindfulness and meditation*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

38th of 55 verses

The Spaciousness of Vajra Sattva (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
The Folly of Destructive Approaches PART I

**Júst as the top of a palm tree
is cropped
and just as a seed is burnt by fíre,**

“The Total Space of Vajra Sattva” – composed by Garab Dorje

(*likewise*) the dominion
of *powerful* emotions
(*may be*) prevented (*as some*) **háve** taught.

Lama Jigme Gyatso's NOTES:

*By relaxing and releasing
in harmony with our exhalation
whatever turbulent emotions
that were perceived during our previous inhalation*

*are now decapitated
like a vampire in a penny dreadful.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

39th of 55 verses

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by Prahe Vajra (or Garab Dorje)
The Folly of Destructive Approaches PART 2

ÁLL the hundreds and thousands
of méthods,
áccording to what one practices,
bear their specific *fruit*.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

BÚT since (*enlightenment*) is beyond
conceptual characteristics,
it does **NOT** manifest
from these **ábodes**.

Lama Jigme Gyatso's NOTES:

*As Paul the apostle wrote
“although everything is permitted
not everything is beneficial”*

*Similarly, although many spiritual practices can create some kind of result
they are NOT equal to the result
of Great Completion Stage's awareness and release.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of Total Wisdom

XVI. On Absolute Equality

XVII. On How it Transcends Attachment to the Bliss of the Great Siddhi

XVIII. On How it is Free from Effort

“The Total Space of Vajra Sattva” – composed by Garab Dorje

40th of 55 verses

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by Prahe Vajra (or Garab Dorje)
Enjoying Life without Clinging to Life

Góod fortune has the **Yogi**
who abides in this
indescribable state.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Fór by NOT discriminating
between self and óthers,
thé magical illusion
of self-perfection manífest.



Lama Jigme Gyatso's NOTES:

*During each relaxing exhalation
we sample the single taste of emptiness
shared by all who we notice during our previous inhalation
including our sense of self.*

*This is the easy path
of instant enlightenment.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

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The Thigle of Total Wisdom

XVI. On Absolute Equality

XVII. On How it Transcends Attachment to the Bliss of the Great Siddhi

XVIII. On How it is Free from Effort

XIX. On the Ever Immutable (changeless) Dhar-ma-ta

“The Total Space of Vajra Sattva” – composed by Garab Dorje

41st of 55 verses

The Spaciousness of Vajra Sattva (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
Savoring Liberation in the Here and Now

Ás nothing is excluded,
it is perfectly cómplete.
Ít is unchanging
and remáins straight.

Lama Jigme Gyatso's NOTES:

*The Dhar-ma-ka-ya's mastery of awareness and letting-go
is always utterly vulnerable to ALL things, beings, and phenomena....*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

**Bóundless like space,
it is NOT a phenomena
that depends on something else.**

Lama Jigme Gyatso's NOTES:

Let us review the “natural state” of enlightenment:

*EVERY inhalation grants us access to the sympathetic nervous system
which is wired for PERCEPTION: vulnerable, passive, visceral, and random.*

*EVERY exhalation grant us access to the parasympathetic nervous system
which is already wired to physically RELAX and mentally release.*

The mechanisms of enlightenment are factory installed,

ALL we have to do is step out of our own way.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

42nd of 55 verses

The Spaciousness of Vajra Sattva (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
The True Source of Bliss

The spontaneously existing total bliss
arises from one's recognition
through the very power
of incomparable wisdom:

“The Total Space of Vajra Sattva” – composed by Garab Dorje

réality does NOT originate
from anything else.

Lama Jigme Gyatso's NOTES:

*The bliss
that our dopamine oriented reward system
is wired to crave*

*is accessed
through the wisdom of letting go
simply by relaxing
in harmony with each exhalation.*

*Be thou NOT deceived:
something can be very easy
and yet be extremely powerful.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

43rd of 55 verses

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by Prahe Vajra (or Garab Dorje)
The Folly of Pseudo-intellectual Explanations

Ít is easy and difficult,
and it is difficult
because it is éasy.

Ít does NOT manifest directly
but is ALL perváding.

“The Total Space of Vajra Sattva” – composed by Garab Dorje



NÓT even Vaj-ra Sat-tva
can point it out with a name,
saying “*This ís It!*”

Lama Jigme Gyatso's NOTES:

*Einstein quipped: “Any educated idiot can make things more, complicated, more difficult, and more violent.
It takes a lot of courage and a little bit of genius to do the opposite.
The lies of patriarchy strive to convince us otherwise.*

*For, as matriarchy reminds us,
although we cannot think our way to enlightenment we could feel our way there.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of Total Wisdom

XVI. On Absolute Equality

XVII. On How it Transcends Attachment to the Bliss of the Great Siddhi

XVIII. On How it is Free from Effort

XIX. On the Ever Immutable (changeless) Dhar-ma-ta

XX. On How it is Not Produce by Causes and Conditions

“The Total Space of Vajra Sattva” – composed by Garab Dorje

44th of 55 verses

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by Prahe Vajra (or Garab Dorje)
Life's Amazing Play of Energy

This amazing,
marvelous energy manifestation
is beyond action
and equal to space.

Lama Jigme Gyatso's NOTES:

*The infinite variables of reality
feel like a tumultuous ocean.
We can NOT control it
BUT we can surf it.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Fróm the ignorance
that does NOT conceptualize
anýthing

ít immediately arises
within óneself.



Lama Jigme Gyatso's NOTES:

*As Bodhi said to Johnny Utah, "Fear will make you hesitate, and hesitation will make your worst nightmares come true."
Through mindfulness and meditation's centered spontaneity we surf reality carefree and at ease.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

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The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

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“The Total Space of Vajra Sattva” – composed by Garab Dorje

45th of 55 verses

The Spaciousness of Vajra Sattva (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
Our Stressors Drive us to the Doctors that Prescribe the Panacea of Letting-go

This is the path
equal for ALL
that naturally abides
in ALL beings.

Lama Jigme Gyatso's NOTES:

*Since EVERY healthy, vertebrate lifeform
is wired for mindfulness, meditation, and empathy
this great completion stage is not only for the elite,
but rather for ALL.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Bút since ordinary people
are deluded due to defilément,
ít is like when the doctor
has to find the **medícine**.

Lama Jigme Gyatso's NOTES:

*Due to the complexity
of the three pound supercomputer between our ears
we have forgotten to cooperate
with the inner therapist that is our autonomic nervous system.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of Total Wisdom

XVI. On Absolute Equality

XVII. On How it Transcends Attachment to the Bliss of the Great Siddhi

XVIII. On How it is Free from Effort

XIX. On the Ever Immutable (changeless) Dhar-ma-ta

XX. On How it is Not Produce by Causes and Conditions

XXI. On How Enlightenment is within All Beings

“The Total Space of Vajra Sattva” – composed by Garab Dorje

46th of 52 verses

The Spaciousness of Vajra Sattva (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
Experiencing: Void-appearance, Void-sensation, Void-resonance, or Void-clarity with each Round of Breath

Ín the domain of understanding
is totál bliss:
thát itself
is (*like*) the utterly pure *land* (*or Vá-ti*).

Lama Jigme Gyatso's NOTES:

*As we relax and release in harmony with each exhalation
we slice through our habitual resistance
as if we were now dwelling the mythic paradise of a buddha.
Perhaps that is what the late Thich Nhat Hanh meant by,
“The pure land is now or never.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Whén lights concentrate
from **ÁLL** sides,

thé four directions, the intermediate ones,
and the above and below
are **próduced**. ^

Lama Jigme Gyatso's NOTES:

*With each vulnerably perceptive inhalation our breath blissfully coalesces within our **lungs**
which could cause us to feel rather connected
with all beings, of all lands, of all directions.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

47th of 55 verses

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by Prahe Vajra (or Garab Dorje)
Enjoying Life without Clinging to Life

From the indefinite colors of the rainbow
the features of the (*five buddha*) families
manifestly appear,

Lama Jigme Gyatso's NOTES:

During the vulnerable inhalation and relaxing exhalation of Mahasandhi's great meditation it could feel like:

*all the mental poison of **hate** effortlessly transforms into the Mirror-like wisdom of the **Diamond** or **Vaj-ra** family,
all the mental poison of **craving** effortlessly transforms into the Discerning wisdom of the **Lotus** or **Pad-ma** family,
all the mental poison of **confusion** effortlessly transforms into the wisdom of the Basic Space of Phenomena of the **Buddha** family,
all the mental poison of **jealousy** or **competitiveness** effortlessly transforms into the All-accomplishing wisdom of the **Action** or **Kar-ma** family, and
all the mental poison of **pride** or **clinging** effortlessly transforms into the Equalizing wisdom of the **Jewel** or **Rat-na** family.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

and likewise the moving particles and
the unmoving environment;
but it is superior to the five elements.

Lama Jigme Gyatso's NOTES:

1 – With the bliss and release of Mindfulness' vulnerable inhalation and Meditation's relaxing exhalation it could feel as if:

*our Water element was lavished with the empowerment of **Ak-sho-bhya**,
our Fire element was lavished with the empowerment of **A-mi-ta-bha**,
our Space element was lavished with the empowerment of **Vai-ro-cha-na**,
our Wind element was lavished with the empowerment of **A-mo-gha-sid-dhi**, and
our Earth element was lavished with the empowerment of **Rat-na-sam-bha-va**.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of Samantabhadra

XXII. *On Bestowing Accumulated Offerings*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

48th of 55 verses

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by **Prahe Vajra** (or Garab Dorje)
SHUNYATA: the Antidote to Contrivance

It does NOT abide
in the designations
of past, future, and présent:

Lama Jigme Gyatso's NOTES:

*During our vulnerable inhalation we could spontaneously observe
the three times of past, future, and present
and during our relaxing exhalation
they could feel like they each taste of non-graspability.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

únderstanding that it has
NO arising *nor* céasing,
thát itself is the integration
of the three times in the totál state.



Lama Jigme Gyatso's NOTES:

*During our passive inhalation we could spontaneously observe
arising and ceasing
and during our releasing exhalation
they could feel like they each taste of non-graspability.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

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The Total Space of Vajra Sattva (*or Dorje Sempa Namkha Che*)

composed by Garab Dorje (*or Prahe Vajra*) edited by Chögyal Namkhai Norbu

translated by Adriano Clemente and adapted as well as amplified by Lama Jigme Gyatso

“The Total Space of Vajra Sattva” – composed by Garab Dorje

49th of 55 verses

The Spaciousness of Vajra Sattva (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
The Folly of Ritual

**Béing equal,
there is nothing to arrange graduáally.**

Lama Jigme Gyatso's NOTES:

*Just as it is taught in the Dhammapada,
“better one hour of meditation
than a lifetime spent tending a single flame”*

*ritual and offerings are a dualistic distraction
from that which is truly important.*

*For if the makers of offerings are non-dual
with the recipients of offerings
then who is to make offerings to who?*

*And if night soil is nondual with flowers
that what is to be offered and what is not?*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

**Béing one,
it is beyond dedicating something
in a diréction.**

Lama Jigme Gyatso's NOTES:

*If all locations and all directions are NON-dual
that what is to be offered in what direction?*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Álthough the ornaments
of accumulated offerings
are árrayed,

sínce they exist by nature,
there is nothing to árray.

—^—

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Lama Jigme Gyatso's NOTES:

*Offerings made in gratitude for an entity with whom one is nondual
or for actions that are nondual with all other actions,*

*or in an effort to pacify or increase conditions or events
that are already nondual with all other conditions and events
is an act of folly that undermines the wisdom of nonduality.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

50th of 55 verses

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by **Prahe Vajra** (or Garab Dorje)

**Béing spontaneously present,
it is beyond dedicating.**

Lama Jigme Gyatso's NOTES:

*If here is nondual with there
then where is to be offered to where?*

Let's set aside our controlling tendencies and meditate.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Púre from the beginning,
it is néctar.

Thé twelve sense bases
are NOT to be particularly focused on
with special inténtion. _^_

Lama Jigme Gyatso's NOTES:

*If this is nondual with that
then what is to be offered.
Let's set aside our agenda and meditate.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of Samantabhadra

XXII. On Bestowing Accumulated Offerings

XXIII. On How the Ornaments of Offerings are Naturally Self-perfected

“The Total Space of Vajra Sattva” – composed by Garab Dorje

51st of 55 verses

The Spaciousness of Vajra Sattva (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
Active Concentration is Trumped by Mindfulness: Vulnerable, Passive, Visceral, and Random

The intention of the mind,
the donor,
arrays ALL
through the power of perception.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Lama Jigme Gyatso's NOTES:

*Even though our intention to make offerings
masquerades as our permanent and independent self*

*the mere act of perception
is nondual with making offerings to our superiors
or giving gifts to our peers.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Ín the Sid-dhi (*accomplishment*)
that arises from having seen
balanced meditation is perfécted.



Lama Jigme Gyatso's NOTES:

*The natural act of PERCEPTION
(vulnerable, passive, visceral, and random)*

*followed by MEDITATION's
(physical relaxation and mental release)
is the perfection of balanced mindfulness and meditation.*

*Simply getting out of one's own way
and aligning one's intention*

*with their factory installed mechanisms
of the sympathetic and parasympathetic nervous systems
is the ultimate accomplishment.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of Samantabhadra

XXII. On Bestowing Accumulated Offerings

XXIII. On How the Ornaments of Offerings are Naturally Self-perfected

XXIV. On How it is Self-perfected


“The Total Space of Vajra Sattva” – composed by Garab Dorje

52nd of 55 verses

True Bliss of Mindfulness and Meditation is the Fulfillment of all Spiritual Vows

Keeping it for an instant
is únion,
éxperiencing pleasure
is Sa-má-ya.

“The Total Space of Vajra Sattva” – composed by Garab Dorje

Pérfforming
the dance movements of méthod
thé union of NON-duality
is óffered. 

Lama Jigme Gyatso's NOTES:

*The subtle pleasure of awareness and release
is the ultimate: mahamudra, morality and offering.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

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The Thigle of Samantabhadra

XXII. On Bestowing Accumulated Offerings

XXIII. On How the Ornaments of Offerings are Naturally Self-perfected

XXIV. On How it is Self-perfected

XXV. On the Ocean of Activities

“The Total Space of Vajra Sattva” – composed by Garab Dorje

53rd of 55 verses

The Spaciousness of Vajra Sattva (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
The Highest Offering, Mantra, and Windhorse

GÍving without (*with*)holding
is the Tor-ma (cake offering).
Béing beyond action
ALL activities are compléted.

Lama Jigme Gyatso's NOTES:

*Freed from karma by the Great Coalescence of Mahasandhi
the centered spontaneity of our generosity
fulfills ALL the ritual requirements of tantra.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

since NON-conceptual wisdom
eliminates obstrúctors,
*bá*lanced meditation without speaking
is the mántra. _^_

Lama Jigme Gyatso's NOTES:

*The NON-conceptual wisdom generated by silent Utmost Union or Ati-yoga
eliminates all real or metaphoric entities that seek to obstruct Dharma-practice
thus making the practice of mantra obsolete.*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of Samantabhadra

XXII. On Bestowing Accumulated Offerings

XXIII. On How the Ornaments of Offerings are Naturally Self-perfected

XXIV. On How it is Self-perfected

XXV. On the Ocean of Activities

XXVI. On the Bondage of Giving with a Self

“The Total Space of Vajra Sattva” – composed by Garab Dorje

54th of 55 verses

The Spaciousness of Vajra Sattva (or *Dorje Sempa Namkha Che*) composed by **Prahe Vajra** (or *Garab Dorje*)
The Folly of Greedy: Devotion, Generosity, and Merit-making-activities

**Máking offerings to the Guru,
generosítý,
ánd ALL the other
meritorioúś deeds,**

“The Total Space of Vajra Sattva” – composed by Garab Dorje

wíthout the power of detachment
and imperturbability,
become a great bóndage. _^_

Lama Jigme Gyatso's NOTES:

*What if the greatest offering we could give our lama
was simply the enthusiastic and skillful application
of his instructions of Dzogchen's Great Completion Stage of Tantra?*

“The Total Space of Vajra Sattva” – composed by Garab Dorje

The Thigle of Samantabhadra

XXII. On Bestowing Accumulated Offerings

XXIII. On How the Ornaments of Offerings are Naturally Self-perfected

XXIV. On How it is Self-perfected

XXV. On the Ocean of Activities

XXVI. On the Bondage of Giving with a Self

XXVII. On How the Contents of this Teaching are Revealed as Mere Symbolic Words

“The Total Space of Vajra Sattva” – composed by Garab Dorje

55th of 55 verses

The Spaciousness of Vajra Sattva (or Dorje Sempa Namkha Che) composed by Prahe Vajra (or Garab Dorje)
Simplicity Demands that we Step out of our own Way

Therefore,
that which is expressed
in this teaching

becomes obscured
when one tries to act towards it.

Lama Jigme Gyatso's NOTES:

“The Total Space of Vajra Sattva” – composed by Garab Dorje

**Béing thus,
if it is conceptualized
it will never be réalized.**



Lama Jigme Gyatso's NOTES:

*Our most distant ancestors merely perceived
in time they began to recall past perceptions
and imagine future ones.*

*We have evolved to think symbolically,
may we not be so rigid as to forget that.*

*Let us forsake the controlling tendencies
that wish to over analyze everything
tucking it, impotent, within the cubby hole
of the bento box of pseudo intellectualism.*

*Let us simply practice:
spontaneous, carefree and at ease*