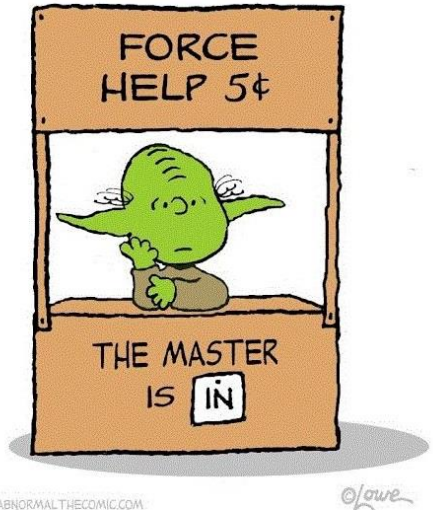
This Morning let's Explore…

This morning we could explore
"**The Supreme Blessing**"
that you too could meditate like a Jedi.



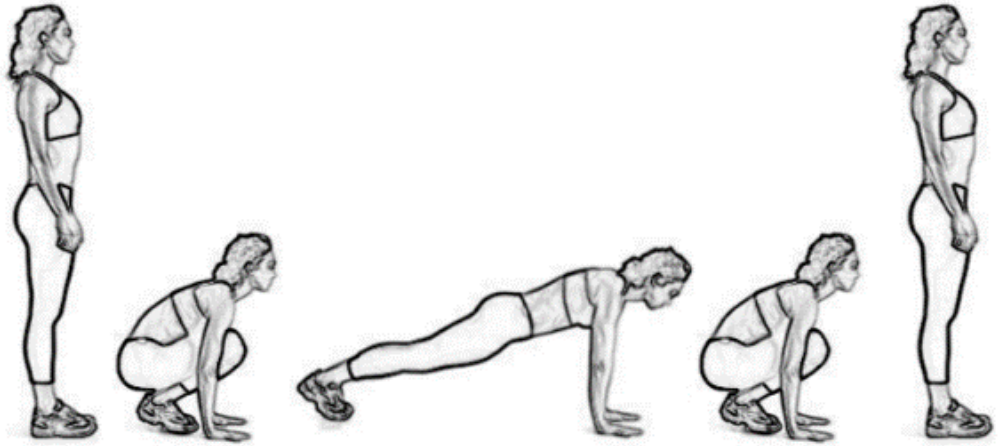
Right Aspiration's and Zeal's Second and Sixth Folds of Enlightened Fitness

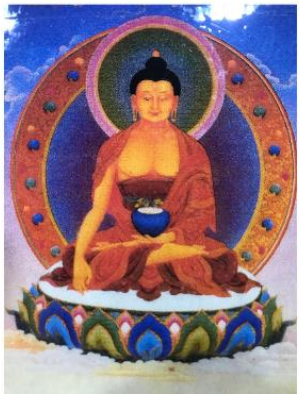
Bodhichitta and Refuge

Enlightenment's Motivation and Means

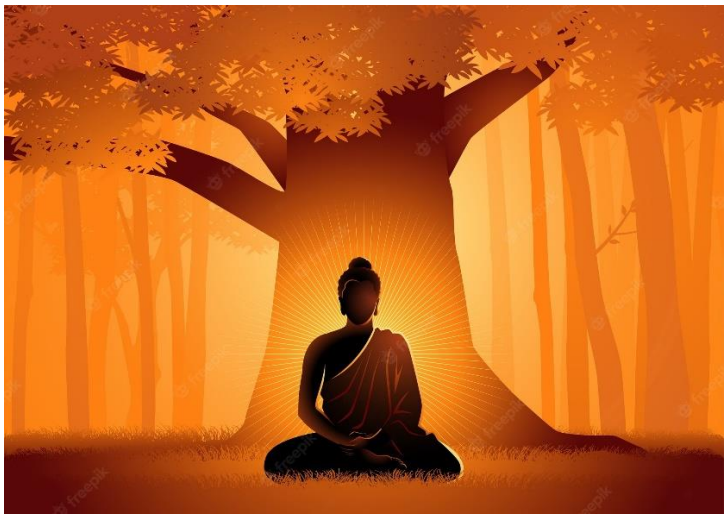
M**á**y I liberate all beings
by relying on the Buddha's
example, instructions, and st**ú**dents.

3 repetitions





9 – Great Discourse on Blessings



adapted from Man-ga-la Sut-ta
translated by Gu-na-rat-na Ma-ha-the-ra
adapted by Lama Jigme Gyatso

At one time
the Exalted One
was living in Je-ta Grove.

A certain deity of astounding beauty approached the Exalted One and said:

"*Many deities and humans*
have pondered on blessings.
Tell me (of) the blessings supreme."

The Buddha replied:

"To associate NOT with the foolish,
to be with the wise,

to honor the worthy ones
this is the blessing supreme.

To reside in a suitable location,
to have good past deeds done,
to set oneself in the right direction
this is a blessing supreme.

To be well spoken,
highly trained,
well educated,
skilled in handicraft,

and highly disciplined,
this is a blessing supreme.

To be well caring of mother, of father,
to look after spouse and children,
to engage in a harmless occupation,
this is a blessing supreme.

Outstanding behavior,
blameless action,

open hands to all relatives
and selfless giving,
this is a blessing supreme.

To cease and abstain from evil,
to avoid intoxicants,
to be diligent in virtuous practices,
this is a blessing supreme.

To be reverent and humble,
content and grateful,
to hear the Dhar-ma at the right time,
this is a blessing supreme.

To be patient and obedient,
to visit with spiritual people,
to discuss the Dhar-ma at the right time,
this is a blessing supreme.

To live austerely and purely,
to see the noble truths,
and to realize Nir-va-na,
this is the blessing supreme.

A mind unshaken
when touched by the worldly states,
sorrowless, stainless, and secure,
this is the blessing supreme.

Those who have fulfilled all these
are everywhere invincible;
they find wellbeing everywhere,
theirs is the blessing supreme. _/_

Yang's Attributes

Rigid,
Fearful,
Controlling,
Elitist, and
Competitive

Yin's Attributes

Flexible,
Loving,
Laid-back,
Egalitarian, and
Cooperative

Notice form… relaxing *Notice mind… relaxing* *Notice me…relaxing*
That action… relaxing *That actor… relaxing* *This actee… relaxing*
That action… relaxing *That actee… relaxing* *This actor… relaxing*
_____ and _____… how NOT two?
this and that… how NOT two?

<u>Observant</u> inhalation:	*Notice <u>this</u>…*	*(<u>This</u>…)*
***Releasing** exhalation:*	***relaxing!***	*(**ease**!)*

1st set of 256 rounds

*count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:*
lower, middle, & higher creases, & their tips.
*count sixteen SETs upon the right **little, ring, middle, and index** finger's*
lower, middle, & higher crease sets & tip

The Eight Worldly Concerns

	HATE	CRAVE
CIRCUMSTANCE	scarcity	abundance
BODY	pain	pleasure
COMMUNICATION	scorn	praise
MIND	obscurity	fame

The Four Noble Truths:

1 – Stress
   a) the HATE of enduring what seems harmful
   b) the CRAVING of longing for what seems necessary
   c) the CLINGING of anticipating the loss of what seems necessary

2 – Exacerbation
   Devadatta's domineering duality of dread and desire – resistance (yang, patriarchy)
   the Buddha's flexible flow of love and letting-go – acquiescence (yin, matriarchy)

3 – Liberation from the tyranny of resistance
   a) not from believing in a real or imagined celestial entity,
   b) not from worshiping a real or imagined celestial entity, and
   c) not from supplicating a real or imagined celestial entity

4 – Mastering the Eight-fold Path
   to the point of practicing it spontaneously, habitually, easily, and effectively

Skillful Means:

Scatteredness + Mindfulness = Centeredness

Controlling tendencies + Meditation = Spontaneity

Centeredness + Spontaneity = Skillful means or Simplicity

For, when our decisions, utterances, and deeds
FLOW from centered spontaneity
any harm we do is minimized
and any good we do is maximized.

Eight fold path:

VIEW or contemplation
1 – Liberating view (*supporting letting-go*)
2 – Liberating intention (*compassionate and loving*)

compassionate ACTION
3 – Liberating communication (*which is rather kind*)
4 – Liberating conduct (*which is rather kind*)
5 – Liberating commerce (*which is rather kind*)

MEDITATION as described by the seven enlightenment factors
6 – Liberating enthusiasm (*that is rather joyful*) 4 & 3
7 – Liberating mindfulness (*that is vulnerable, passive, visceral, & spontaneous*) 1, 2, & 6
8 – Liberating meditation (*constituting physical relaxation, psychic release*) 5

The Seven Enlightenment Factors:

1 mindfulness,
2 curiosity,
3 energy,

4 joy,

5 tranquility,
6 coalescence,
7 balance

Whatever comes
let it come

whatever stays
let it stay

whatever goes
let it go

Awareness and Letting-go:

Observant inhalation: *Notice this…*

Relaxing** exhalation:* ***relaxing!

NOTICE: vulnerably, passively, viscerally, and randomly
Whether that which we notice is: sensation,
flavor
scent
sound
sight

Whether that which we notice is: emotion,
intention
thought
memory
imagination

Whether that which we notice is: External or Internal,
Physical or Mental
Pleasurable or Painful
Interesting or Boring
Glorious or Grotesque

Awareness and Letting-go:

Observant inhalation: *Notice this…*

Relaxing** exhalation:* ***relaxing!

Let us NOT ignore the AT AT in the room

What are we to DO
with that which we notice?

Are we to shove at that which we perceive
like Yoda force pushing Darth Sidious
in “Revenge of the Sith?”

Are we to greedily, hungrily, and desperately
reach for that which we perceive

like Smeagol chasing after his precious
only to plummet into the bowels of Mount Doom
in “Return of the King?”

Are we to obsessively analyze and label
that which we perceive

like poor, mad Renfield
forever organizing and then RE-organizing his bugs
in “Dracula?”