

Truth and Peace and Love

16jun26b

Truth and
Peace and
Love

Standard Table of Contents

- I Contemplation of **Letting-go**
- II Meditation of **Clarity**
- III Meditation of **Bliss**
- IV Contemplation of **Kindness**



Mahamudra's Table of Contents

- I **Emptiness'** Tantra Mahamudra
- II **Clarity's** Sutra Mahamudra
- III **Bliss'** Bindu Mahamudra
- IV **Kindness'** Tantra Mahamudra



Ati-yoga's Table of Contents

- I **Emptiness' Maha-yoga**
- II **Clarity's Ati-yoga**
- III **Bliss' Anu-yoga**
- IV **Kindness' Maha-yoga**



English's Table of Contents

- I **Emptiness'** Creation stage
- II **Clarity's** Great-completion stage
- III **Bliss'** Completion stage
- IV **Kindness'** Creation stage



Dzogchen's Table of Contents

- I **Ultimate** Bodhichitta's (*Tokal*) Leap-over pride's obstructions to Omniscience
- II **Clarity's** (*Trekcho*) Slice-through dread and desire's obscuring emotions
- III **Bliss'** (*Tikle*) Channels, Winds, and **Drops**
- IV **Conventional** Bodhichitta's (*Tokal*) Leap-over jealousy's obstructions to Omniscience

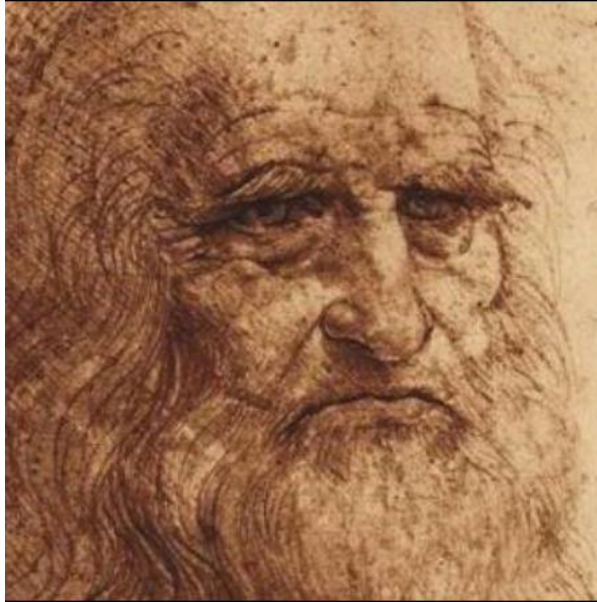


Ti-lak-kha-na's
Three
Marks of
Reality

Transforming
Dread
into
Peace

Wisdom of Letting-go...

The FIRST fold
of the Buddha's
Eight-fold path
of Enlightenment



*“Simplicity is
the ultimate
sophistication.”*

Leonardo da Vinci

Four Bases of Mindfulness

- I The Mental
- II The Interpersonal
- III The Physical
- IV The Circumstantial

As we breathe IN we could
vulnerably, passively, viscerally,
randomly, and fleetingly

watch the dread
of the circumstantial or LOTS...

**As we restfully breathe OUT
the experience
of the circumstantial or LOTs**

**could feel at least a little:
less stressful (or duk-kha),
less permanent (or a-nic-ca), and
less defining (or a-nat-ta).**

inhalation LOTs
exhalation Change

As we breathe IN we could
vulnerably, passively, viscerally,
randomly, and fleetingly

watch the dread
of the physical or **FORM**s...

**As we restfully breathe OUT
the experience
of the physical or FORMs**

**could feel at least a little:
less stressful (or duk-kha),
less permanent (or a-nic-ca), and
less defining (or a-nat-ta).**

inhalation FORMs

exhalation Change

As we breathe IN we could
vulnerably, passively, viscerally,
randomly, and fleetingly

watch the dread
of the interpersonal or FEELS...

**As we restfully breathe OUT
the experience
of the interpersonal or FEELs**

**could feel at least a little:
less stressful (or duk-kha),
less permanent (or a-nic-ca), and
less defining (or a-nat-ta).**

inhalation FEELs

exhalation Change

As we breathe IN we could
vulnerably, passively, viscerally,
randomly, and fleetingly

watch the dread
of the mental or **MIND**s...

**As we restfully breathe OUT
the experience
of the interpersonal or MINDs**

**could feel at least a little:
less stressful (or duk-kha),
less permanent (or a-nic-ca), and
less defining (or a-nat-ta).**

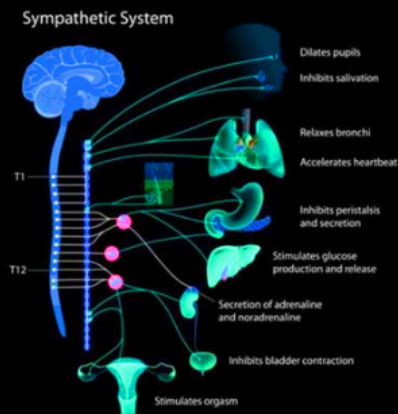
inhalation **MINDs**

exhalation **Change**

MINDFULNESS - the 7th Fold

- Vulnerably,
- Passively,
- 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, and
- Glorious to Grotesque

Mindfulness

Watch

inhalation

Meditation

Rest

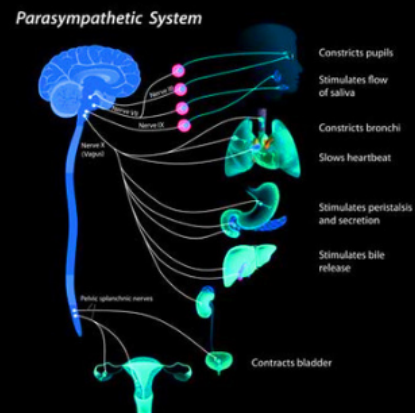
exhalation

MEDITATION - the 8th Fold

that slices through duality's obscuring emotions of dread and desire

Mindfulness **Watch** inhalation

Meditation **Rest** exhalation



Mindfulness & Meditation of Clarity & Letting-go

~~Active
Focus~~

**Passive
Peripheral
Awareness**



Union of Awareness and Letting-go

inhalation **Watch**

exhalation **Rest**

Download FREE
practice materials
LinkTr.ee/LamaJigmeG



Mindfulness & Meditation of Bliss & Letting-go

The Union of Bliss and Letting-go

inhalation **Feel**

exhalation **Rest**

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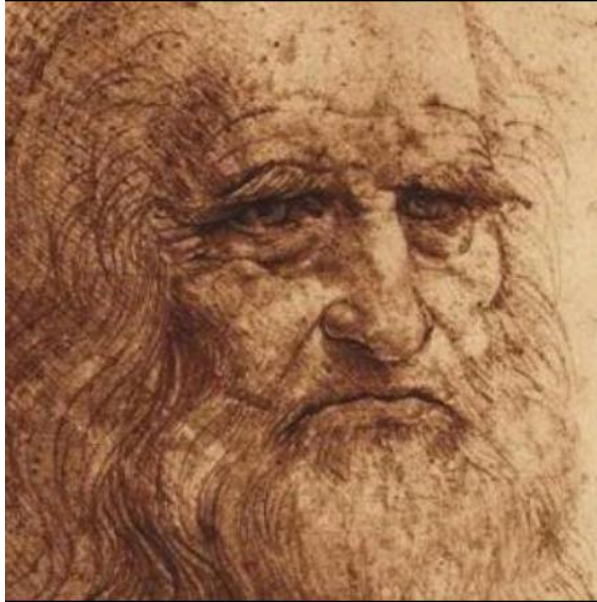
Metta's Loving Kindness

Transforming
Desire
into
Love

Passively
Contemplate
the Union of
Love & Letting-go

The Union of Love and Letting-go...

Let us bring
our personal
needs and desires
into manifesting's path
of universal love



*“Simplicity is
the ultimate
sophistication.”*

Leonardo da Vinci

Four Bases of Mindfulness

- I The Mental
- II The Interpersonal
- III The Physical
- IV The Circumstantial

Mental Kindness...

The SECOND fold
of the Buddha's
Eight-fold path
of Enlightenment

As we breathe IN we could
vulnerably, passively, viscerally,
randomly, and fleetingly feel

the wholesome desire
for mental joy...

**As we relaxingly breathe OUT
Loving-kindness (or met-ta)**

**could wish
mental joy
for all beings.**

inhalation Joy

exhalation All

Interpersonal Kindness...

The THIRD fold
of the Buddha's
Eight-fold path
of Enlightenment

As we breathe IN we could
vulnerably, passively, viscerally,
randomly, and fleetingly feel

the wholesome desire
for interpersonal peace...

**As we restfully breathe OUT
Loving-kindness (or met-ta)**

**could wish
interpersonal peace
for all beings.**

inhalation Peace

exhalation All

Physical Kindness...

The FOURTH fold
of the Buddha's
Eight-fold path
of Enlightenment

As we breathe IN we could
vulnerably, passively, viscerally,
randomly, and fleetingly feel

the wholesome desire
for physical health...

**As we relaxingly breathe OUT
Loving-kindness (or met-ta)**

**could wish
physical health
for all beings.**

inhalation **Health**
exhalation **All**

Circumstantial Kindness...

The FIFTH fold
of the Buddha's
Eight-fold path
of Enlightenment

As we breathe IN we could
vulnerably, passively, viscerally,
randomly, and fleetingly feel

the wholesome desire
for circumstantial safety...

**As we relaxingly breathe OUT
Loving-kindness (or met-ta)**

**could wish
circumstantial safety
for all beings.**

inhalation **Boone**

exhalation **All**

end

Bodhichitta, Refuge, and Buddha Bowing

Bodhichitta

In our compassion
may we long to free all beings
from the toxic tyranny of:

dread, desire, and delusion,
metaphorically known
as the three *mental* poisons.

Refuge - a

In our pragmatism
may our liberation of all others

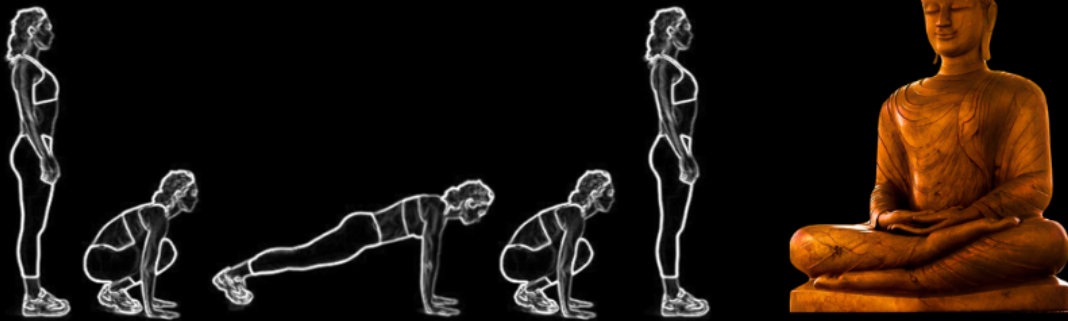
be fueled by the
Three *wish-fulfilling* Jewels of...

Refuge - b

- following the buddha's example,
- applying his instructions, and
- cooperating with his students.

Spiritual Squat-thrusts

May we
free all
through the
Three Jewels.



end



**You have taken your first step
into a much larger world**

