

Very Easy Meditation – visual aids

Dzokchen Semde Lama: Jigme Gyatso's

Very Easy Meditation

visual aids

15apr26b



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Meditate Like a Jedi

Proto-Buddhism..... 5
Eight-fold Path..... 9
Seven Enlightenment Factors..... 22

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Come, let us explore, “Chandali or Tummo Meditation?” followed by “Meditating like a Jedi”

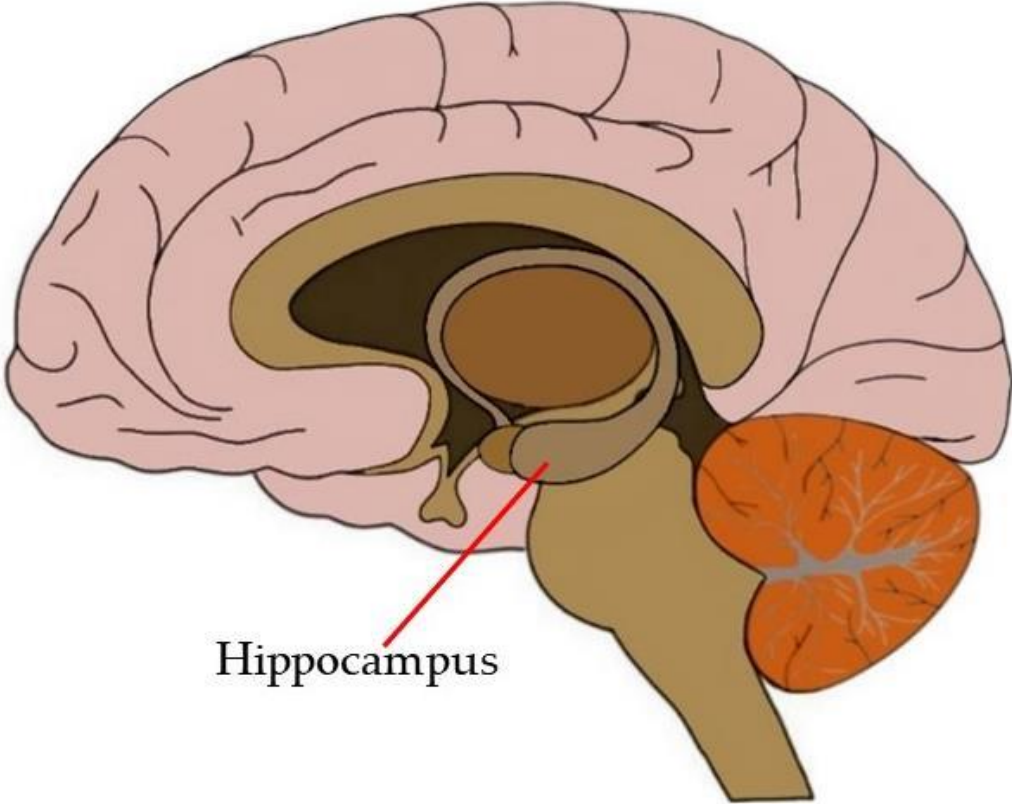


ERRORS:

- concentration
- elitism

KEY: effortless Anu-yoga

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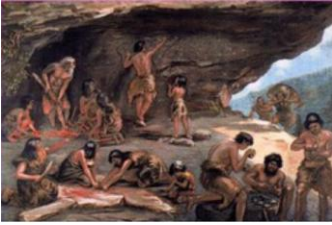


Hippocampus

Proto Buddhism

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Why do Many Mythologies Explore a Fall from Grace?



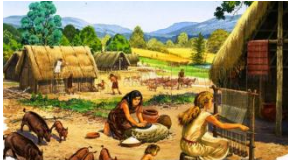
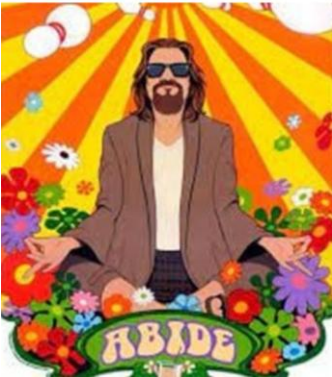
Sturgeon's Law Ninety-percent of everything Sucks

Yin's Spiritual Matriarchy

- Flexible,
- Loving,
- Rational,
- Laid-back,
- Egalitarian,
- Lucid,
- Cooperative, &
- Kind

Yang's Religious Patriarchy

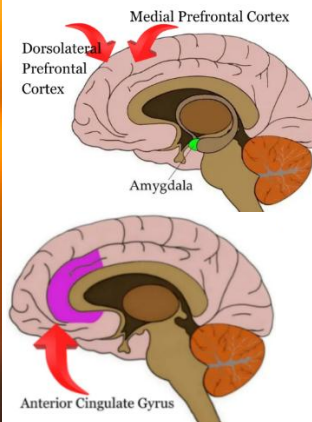
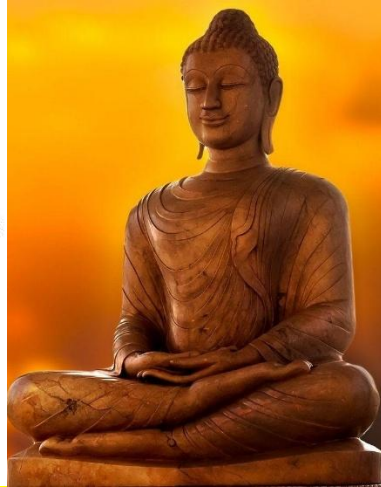
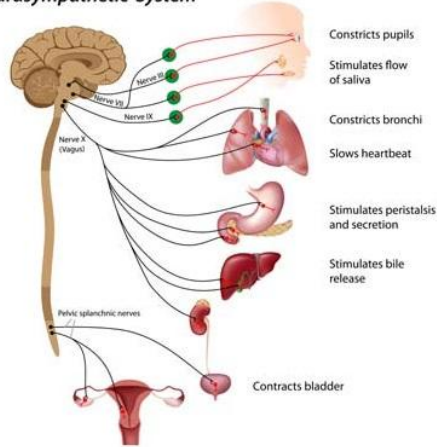
- Rigid,
- Fearful,
- Superstitious,
- Controlling,
- Elitist,
- Cryptic,
- Competitive, &
- Cruel



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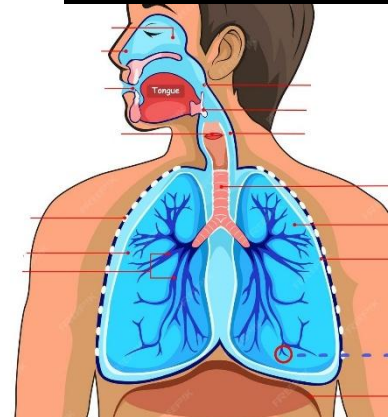
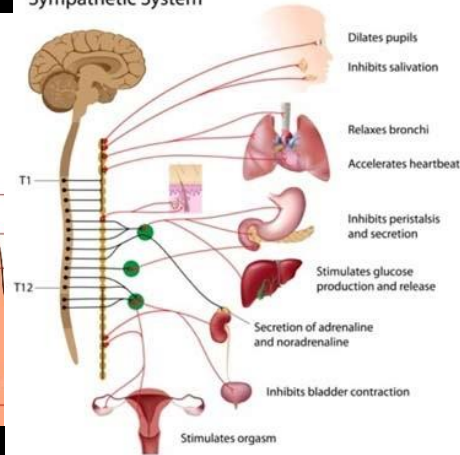
Ati-yoga's (Trekchö's or Sutra-mahamudra's) Mindfulness and Meditation

Parasympathetic System



Notice
-Vulnerably,
-Passively,
-Viscerally,
-Randomly, and
-Fleetingly

Sympathetic System



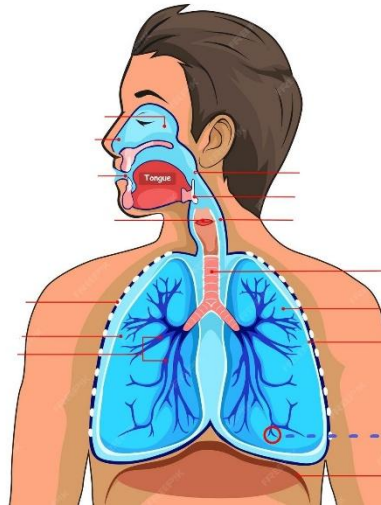
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Meditation **relaxing** exhalation rest

Fleetingly LESS stressful, LESS permanent, and LESS defining

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Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

**Mind's Antics of
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**All Manner of Phenomena:
External to Internal,
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Mindfulness perception inhalation

Meditation cessation exhalation

**This
rest**

As NON-graspable as a vast, EMPTY void...

**like the illusion of the infinite azure sky
on a bright and beautiful cloudless morn;
which although could look
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Eight-fold Path

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Wise VIEW supporting release

- 1 - Right View of Impermanence, NO-self, and Emptiness
- 2 - Right Mentally Kind Intention (*essence of the Bodhisattva Vows*)

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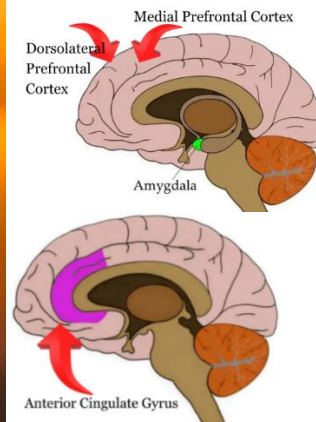
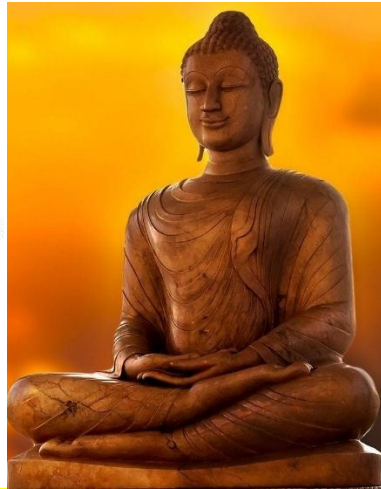
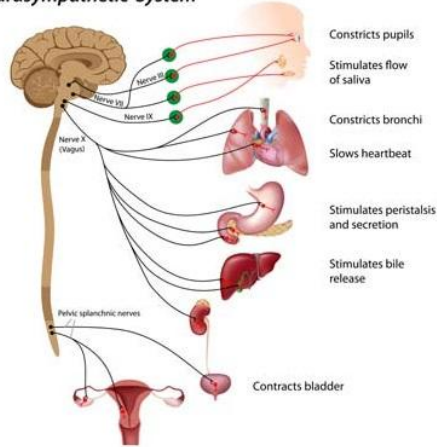
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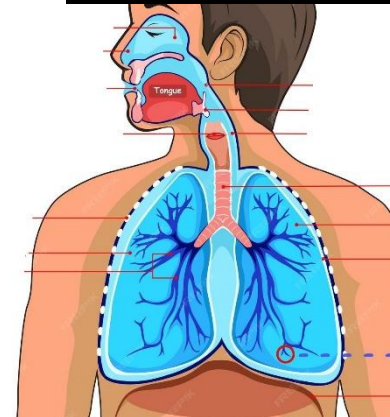
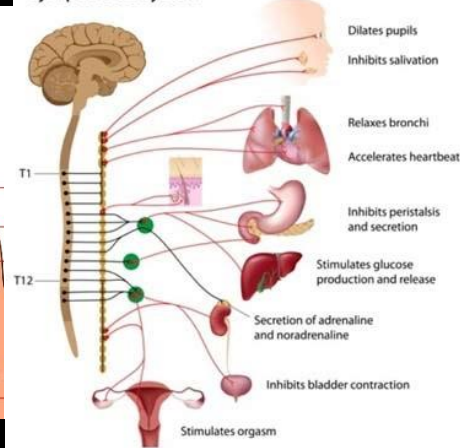
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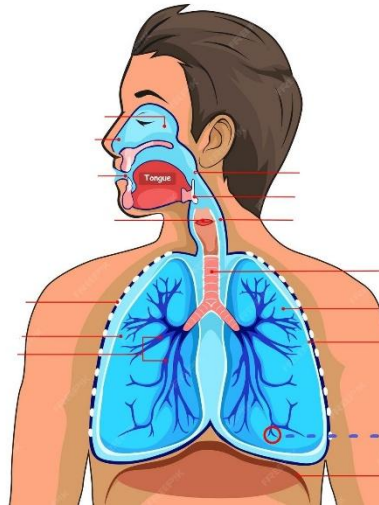
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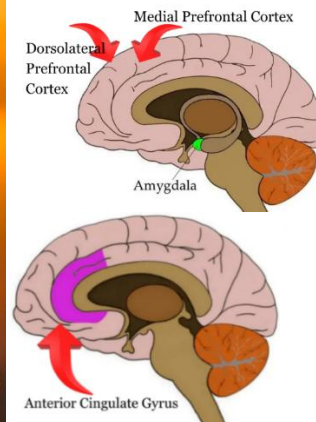
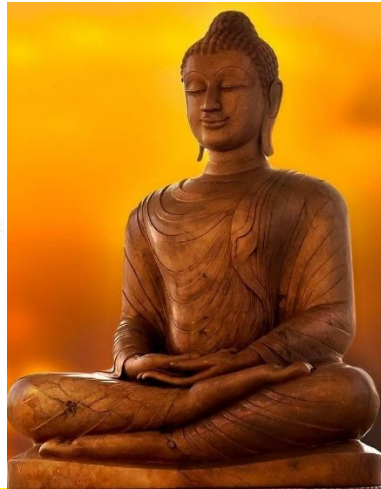
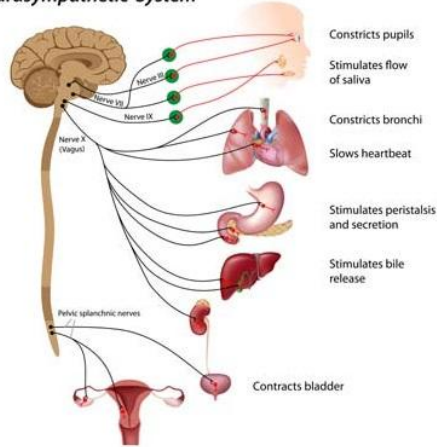
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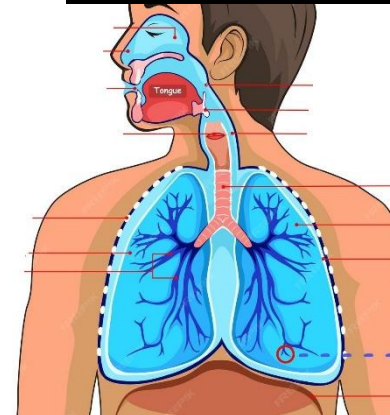
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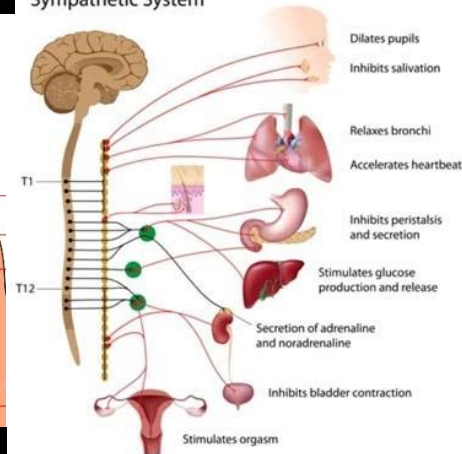
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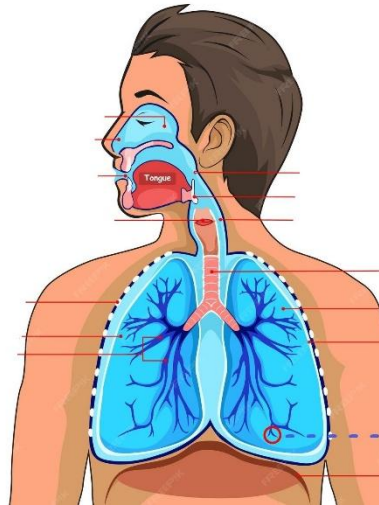
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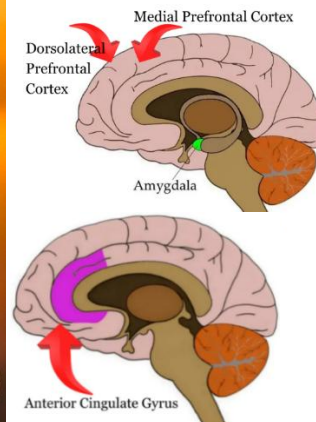
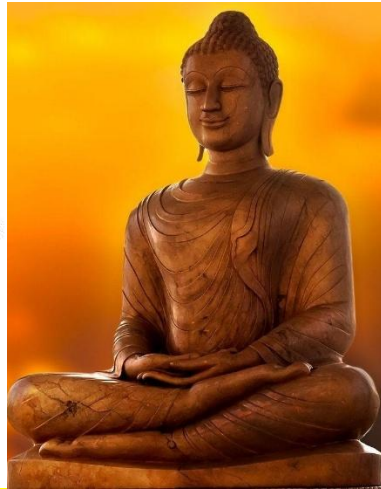
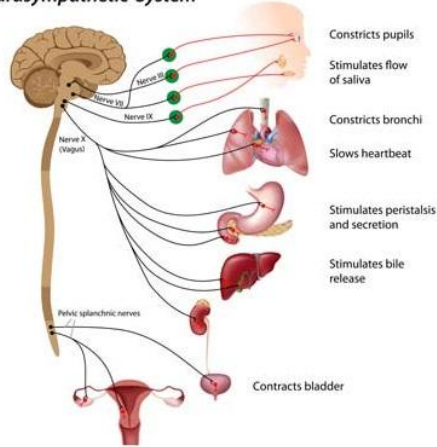
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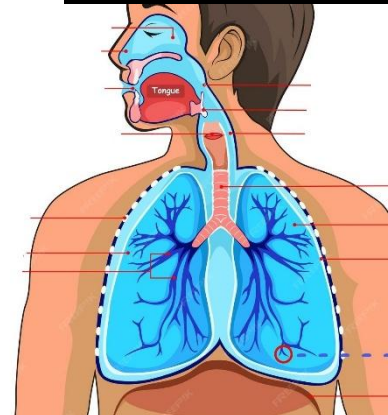
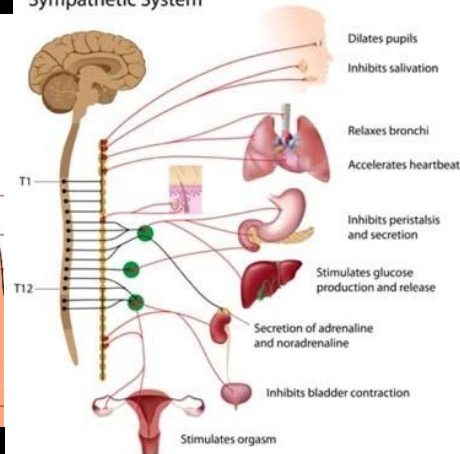
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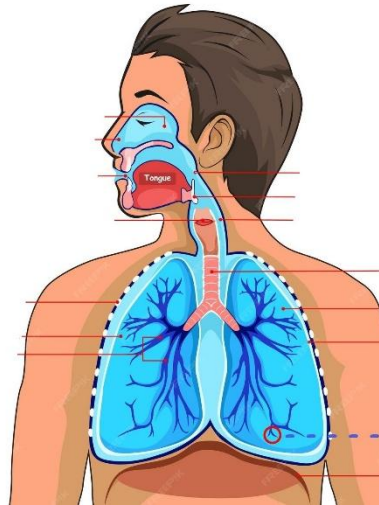
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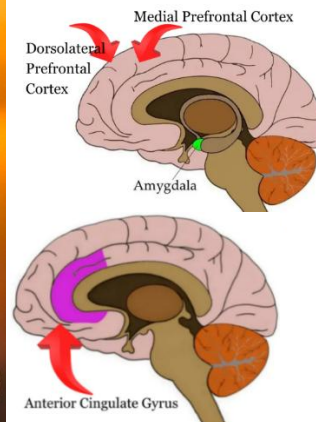
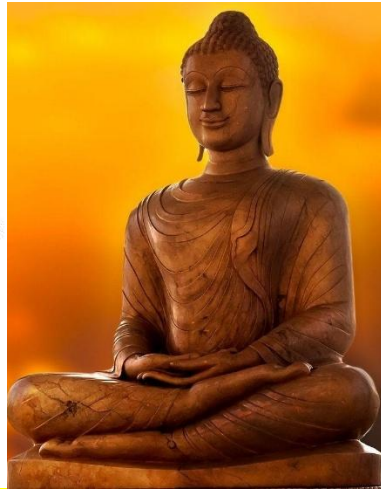
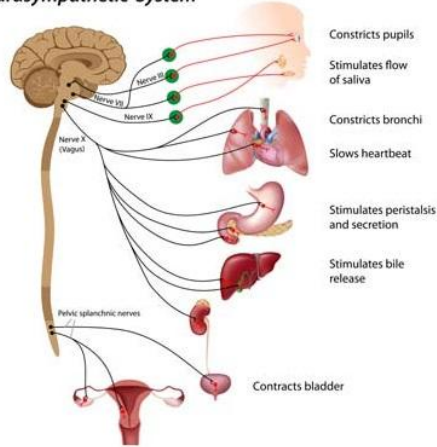
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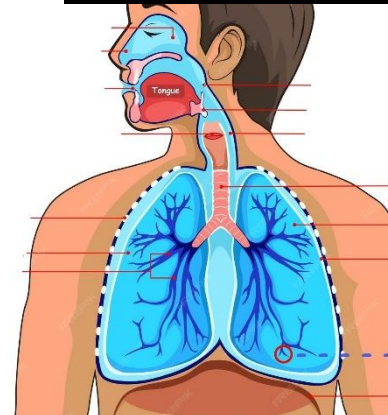
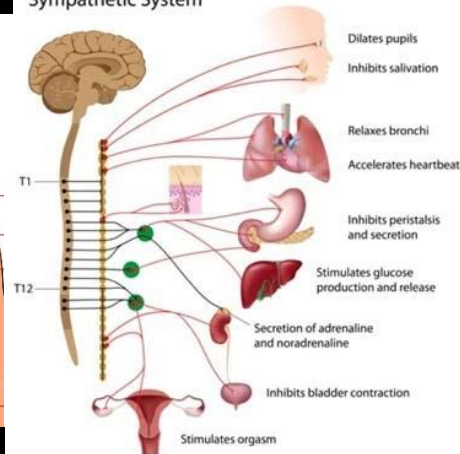
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Seven Enlightenment Factors

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Buddha's Seven Enlightenment Factors

1. Mindfulness
2. Investigation
3. Energy
4. Joy
5. Tranquility
6. Coalescence
7. Equanimity

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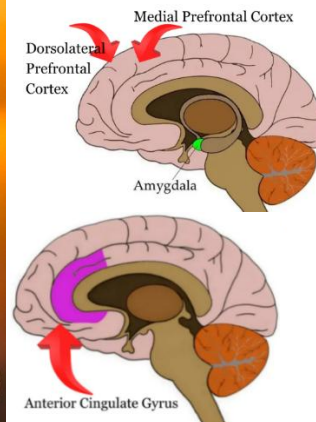
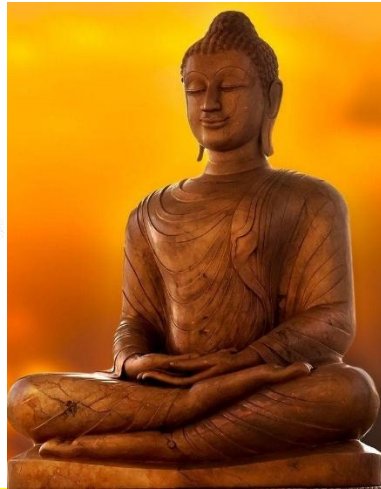
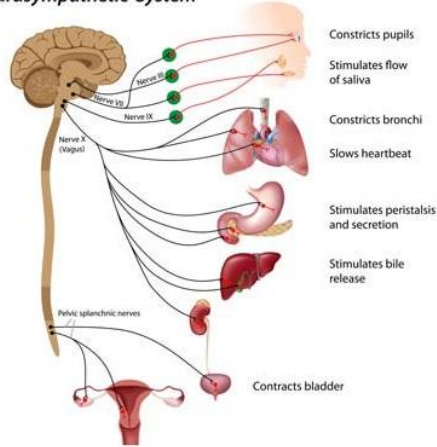
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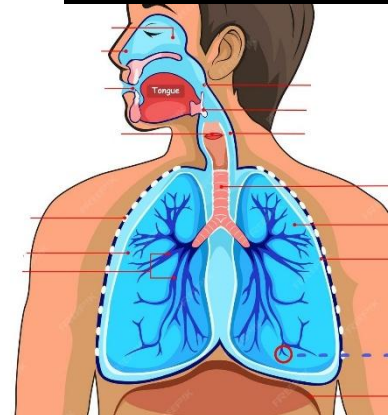
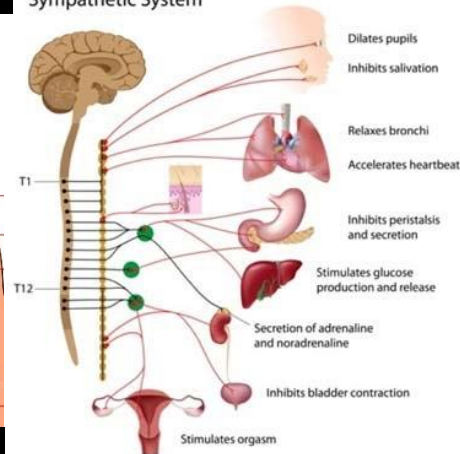
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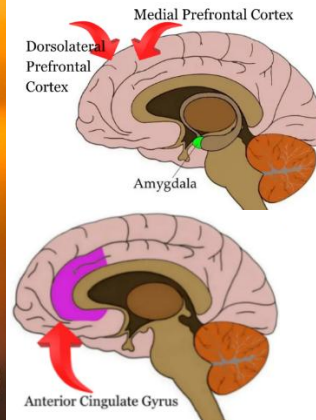
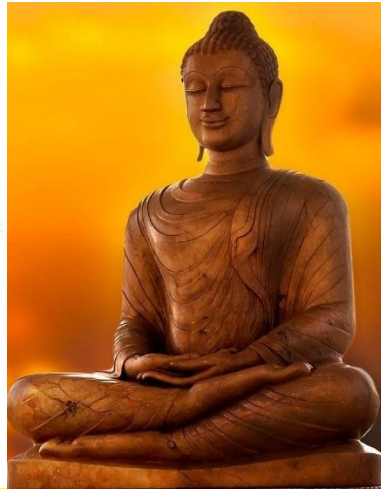
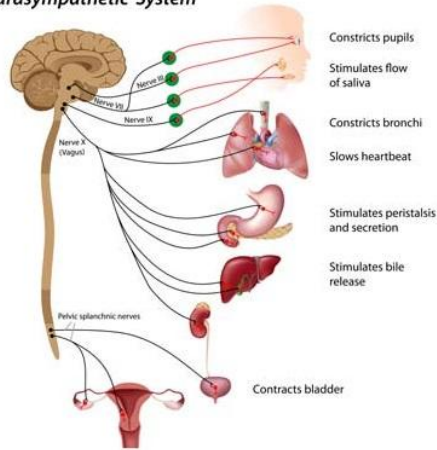
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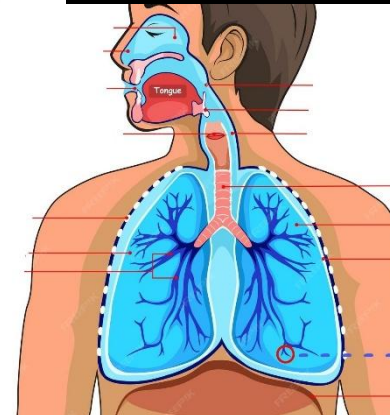
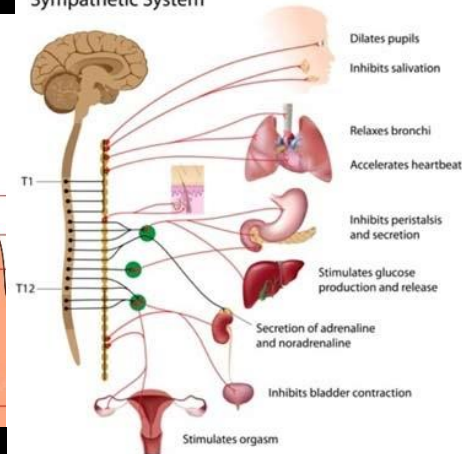
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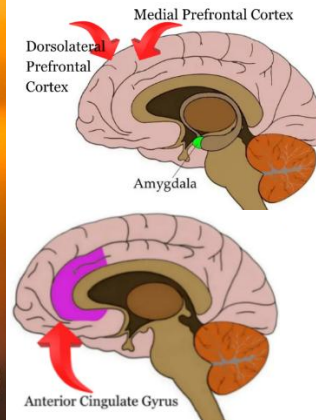
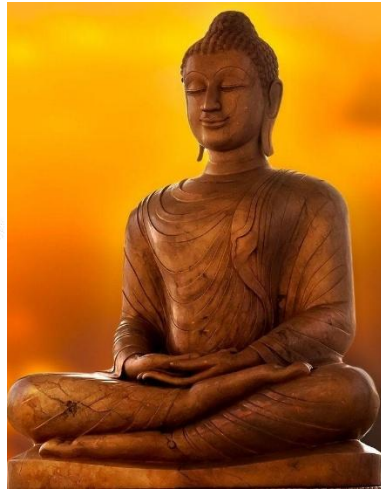
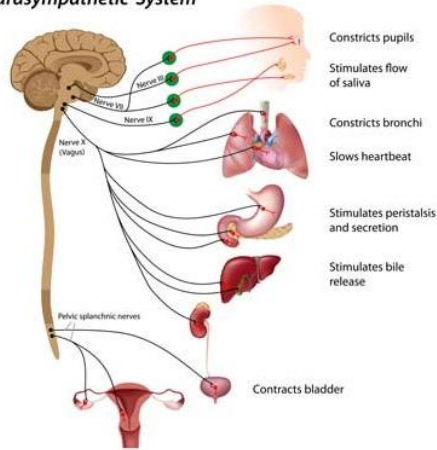
Very Easy Meditation – visual aids

1. Mindfulness
2. Investigation
3. Energy
4. Joy
5. Tranquility
6. Coalescence
7. Equanimity

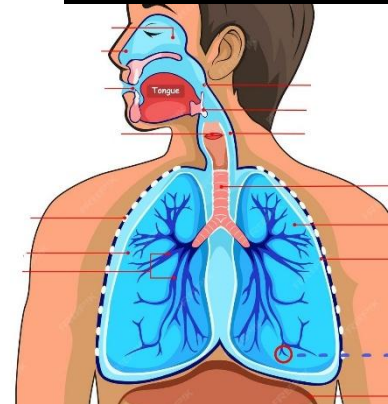
Very Easy Meditation – visual aids

Ati-yoga's (Trekchö's or Sutra-mahamudra's) Mindfulness and Meditation

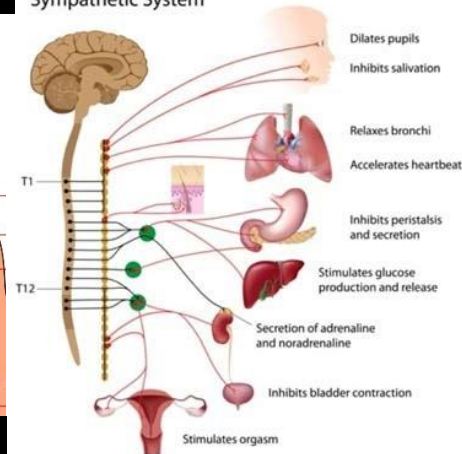
Parasympathetic System



Notice
-Vulnerably,
-Passively,
-Viscerally,
-Randomly, and
-Fleetingly



Sympathetic System



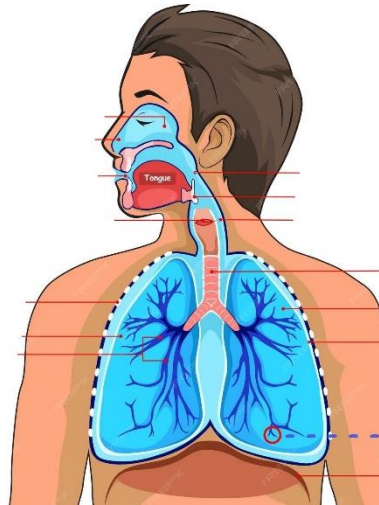
Mindfulness **noticing** inhalation This
Meditation **relaxing** exhalation rest

Fleetingly LESS stressful, LESS permanent, and LESS defining

Very Easy Meditation – visual aids

Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

**Mind's Antics of
Perception,
Emotion,
Intention,
Cognition,
Recollection, &
Imagination**



**All Manner of Phenomena:
External to Internal,
Physical to Mental,
Pleasurable to Painful,
Interesting to Boring,
Glorious to Grotesque**

Mindfulness perception inhalation

Meditation cessation exhalation

**This
rest**

As NON-graspable as a vast, EMPTY void...

**like the illusion of the infinite azure sky
on a bright and beautiful cloudless morn;
which although could look
tantalizing to the eye
could feel NON-graspable to the hand.**

Very Easy Meditation – visual aids

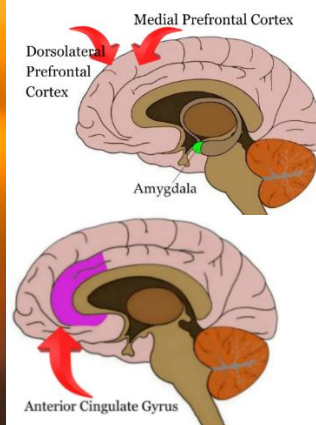
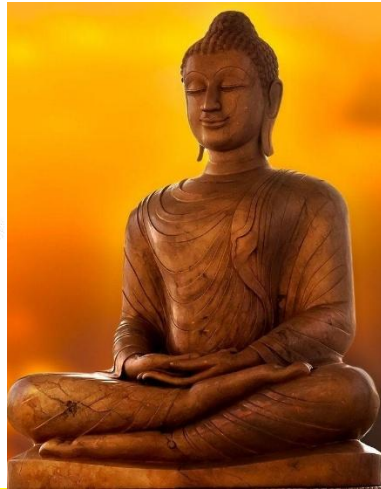
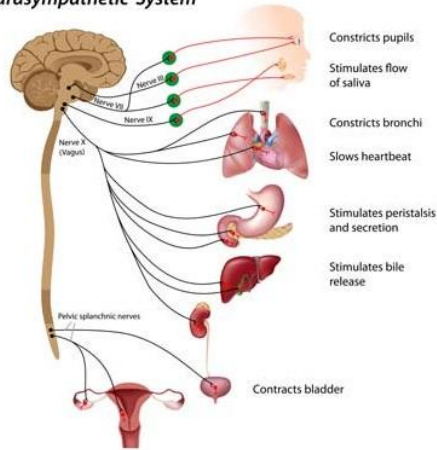
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Very Easy Meditation – visual aids

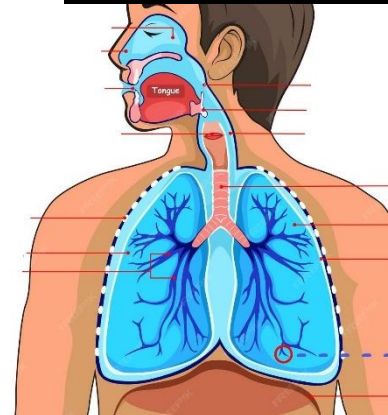
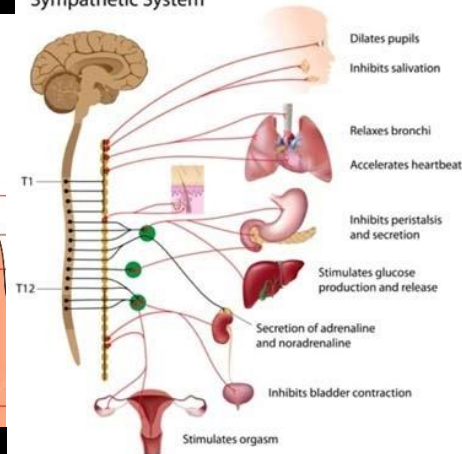
Ati-yoga's (Trekchö's or Sutra-mahamudra's) Mindfulness and Meditation

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Notice
-Vulnerably,
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Sympathetic System



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Very Easy Meditation – visual aids