

# The Buddha's Forgotten Yogas of Love & Letting-go

6<sup>th</sup> Lesson Text

Smart Phone Edition

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# I. Opening Material

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## B. Recommended Reading

### Lesson

1 <sup>st</sup>	Homework
2 <sup>nd</sup>	Eleven Benefits of Love
3 <sup>rd</sup>	Anapanasati Sutta
4 <sup>th</sup>	Class Etiquette
5 <sup>th</sup>	What was the Buddha?
6 <sup>th</sup>	Why do we Meditate?
7 <sup>th</sup>	What is the “Unborn”?
8 <sup>th</sup>	Why “THE buddha”?

### Lesson

9 <sup>th</sup>	The Fall of Emperor Palpatine
10 <sup>th</sup>	Metaphorically Playing Victim
11 <sup>th</sup>	If we are short of temper what...
12 <sup>th</sup>	When Religion Opposes...
13 <sup>th</sup>	Fear in the Time of Covid 19
14 <sup>th</sup>	Master Windu's Glare
15 <sup>th</sup>	Count Dooku's Taunts
16 <sup>th</sup>	Making Wise Decisions

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## II. Love Meditations

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

# A. CLASSIC Loving-kindness Meditation

*(or Metta Bhavana if you prefer Pali)*

# The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## *1. Circumstantial Love*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Safety for ...*

*OUT-breath:*

*one quarter!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **lower** set of creases  
count the four breaths upon the right **little** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Safety for ...*

*OUT-breath:*

*two quarters!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **lower** set of creases  
count the four breaths upon the right **ring** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*



## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Safety for ...*

*OUT-breath:*

*three quarters!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **middle** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Safety for ...*

*OUT-breath:*

*all quarters!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **index** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

# The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## *2. Physical Love*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*                      *Great health for...*

*OUT-breath:*                      *one quarter!*                      *one set of four breaths*  
*touch tip of left thumb to left little finger's **middle** set of creases*  
*count the four breaths upon the right **little** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Great health for...*

*OUT-breath:*

*two quarters!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **middle** set of creases*

*count the four breaths upon the right **ring** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Great health for...*

*OUT-breath:*

*three quarters!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **middle** set of creases*

*count the four breaths upon the right **middle** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Great health for...*

*OUT-breath:*

*all quarters!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **middle** set of creases*

*count the four breaths upon the right **index** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

### *3. Interpersonal Love*



# The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Great peace for...*

*OUT-breath:*

*one quarter!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **higher** set of creases  
count the four breaths upon the right **little** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*                      *Great peace for...*

*OUT-breath:*                      *two quarters!*                      *one set of four breaths*  
*touch tip of left thumb to left little finger's **higher** set of creases*  
*count the four breaths upon the right **ring** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*                      *Great peace for...*

*OUT-breath:*                      *three quarters!*                      *one set of four breaths*  
*touch tip of left thumb to left little finger's **higher** set of creases*  
*count the four breaths upon the right **middle** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Great peace for...*

*OUT-breath:*

*all quarters!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **higher** set of creases*

*count the four breaths upon the right **index** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

# The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## *4. Mental Love*

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Great joy for ...*

*OUT-breath:*

*one quarter!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **higher** set of creases  
count the four breaths upon the right **little** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Great joy for ...*

*OUT-breath:*

*two quarters!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **higher** set of creases*

*count the four breaths upon the right **ring** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Great joy for ...*

*OUT-breath:*

*three quarters!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **higher** set of creases  
count the four breaths upon the right **middle** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*



## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Great joy for ...*

*OUT-breath:*

*all quarters!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **higher** set of creases*

*count the four breaths upon the right **index** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## B. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and  
RELAXING into its Release

{ *Sati Passaddhi in Pali, Mahamudra or Mahasandhi in Sanskrit, and  
Trekchöa in Tibetan Dzogchen* }



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## Watching the Play of Mind

*Observant inhalation:* **Notice this ...** {This...

*Relaxing exhalation:* **relaxing!** yes!} *one set of sixteen breaths*  
*slide left thumb over tip of left little finger until it comes to rest upon the **higher knuckle***  
*count the four breaths upon the right: little, ring, middle, and index finger's:*  
*lower, middle, and higher sets of creases, as well as their tips.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

# C. Loving-kindness for INSOMNIA

*(or Metta Bhavana if you prefer Pali)*

# The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## *1. Circumstantial Love*

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Safe for some...*

*OUT-breath:*

*relaxing!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **little** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Safe for half...*

*OUT-breath:*

*relaxing!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **ring** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Safe for most...*

*OUT-breath:*

*relaxing!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **middle** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Safe for all...*

*OUT-breath:*

*relaxing!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **index** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

# The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## *2. Physical Love*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Health for some...*

*OUT-breath:*

*relaxing!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **middle** set of creases  
count the four breaths upon the right **little** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Health for half...*

*OUT-breath:*

*relaxing!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **middle** set of creases  
count the four breaths upon the right **ring** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Health for most...*

*OUT-breath:*

*relaxing!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **middle** set of creases  
count the four breaths upon the right **middle** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*                      *Health for all...*

*OUT-breath:*                      *relaxing!*                      *one set of four breaths*  
*touch tip of left thumb to left little finger's **middle** set of creases*  
*count the four breaths upon the right **index** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

### *3. Interpersonal Love*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Peace for some...*

*OUT-breath:*

*relaxing!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **higher** set of creases*

*count the four breaths upon the right **little** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Peace for half...*

*OUT-breath:*

*relaxing!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **higher** set of creases  
count the four breaths upon the right **ring** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Peace for most...*

*OUT-breath:*

*relaxing!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **higher** set of creases*

*count the four breaths upon the right **middle** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Peace for all...*

*OUT-breath:*

*relaxing!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **higher** set of creases  
count the four breaths upon the right **index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

# The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## *4. Mental Love*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Joy for some...*

*OUT-breath:*

*relaxing!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **tip**  
count the four breaths upon the right **little** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*                      *Joy for half...*

*OUT-breath:*                      *relaxing!*                      *one set of four breaths*

*touch tip of left thumb to left little finger's **tip**  
count the four breaths upon the right **ring** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Joy for most...*

*OUT-breath:*

*relaxing!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **tip**  
count the four breaths upon the right **middle** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*IN-breath:*

*Joy for all...*

*OUT-breath:*

*relaxing!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **tip**  
count the four breaths upon the right **index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

# D. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and  
RELAXING into its Release

{ *Sati Passaddhi in Pali, Mahamudra or Mahasandhi in Sanskrit, and  
Trekchöa in Tibetan Dzogchen* }



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## Watching the Play of Mind

*Observant inhalation:* **Notice this ...** {This...

*Relaxing exhalation:* **relaxing!** yes!} *one set of sixteen breaths*

*slide left thumb over tip of left little finger until it comes to rest upon the **higher knuckle**  
count the four breaths upon the right: little, ring, middle, and index finger's:  
lower, middle, and higher sets of creases, as well as their tips.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

# E. Wishing Love: a very concise OPENING practice



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

A. Circumstances

*IN-breath:*

*Profound boon...*

*OUT-breath:*

*for each lot!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **lower** set of creases*

*count the four breaths upon the right **little** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

B. Bodies

*IN-breath:*                      *Profound health...*

*OUT-breath:*                      *for each form!*                      *one set of four breaths*  
*count the four breaths upon the right **ring** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## C. Feelings

*(our Inter-personal dynamics)*

*IN-breath:*

*Profound peace...*

*OUT-breath:*

*for each feel!*

*one set of four breaths*

*count the four breaths upon the right **middle** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

D. Minds

*IN-breath:*                    *Profound joy...*

*OUT-breath:*                *for each mind!*                                    *one set of four breaths*

*count the four breaths upon the right **index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## F. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and  
RELAXING into its Release

{ *Sati Passaddhi in Pali, Mahamudra or Mahasandhi in Sanskrit, and  
Trekchöa in Tibetan Dzogchen* }





The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## Watching the Play of Mind

*Observant inhalation:* **Notice this ...** {This...

*Relaxing exhalation:* **relaxing!** yes!} one set of sixteen breaths  
 touch tip of left thumb to left little finger's **middle** set of creases  
 count the four breaths upon the right: little, ring, middle, and index finger's:  
 lower, middle, and higher sets of creases, as well as their tips.

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

# G. Wishing Love: a very concise CLOSING practice



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

A. Circumstances

*IN-breath:*

*Profound boon...*

*OUT-breath:*

*for each lot!*

*one set of four breaths*

*touch tip of left thumb to left little finger's **higher** set of creases*

*count the four breaths upon the right **little** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

B. Bodies

*IN-breath:*

*Profound health...*

*OUT-breath:*

*for each form!*

*one set of four breaths*

*count the four breaths upon the right **ring** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## C. Feelings

*(our Inter-personal dynamics)*

*IN-breath:*

*Profound peace...*

*OUT-breath:*

*for each feel!*

*one set of four breaths*

*count the four breaths upon the right **middle** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

D. Minds

*IN-breath:*                    *Profound joy...*

*OUT-breath:*                *for each mind!*                    *one set of four breaths*

*count the four breaths upon the right **index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

# III. Mindfulness WITH breathing

*or Anapanasati if you prefer Pali*



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## A. Body's base of mindfulness

*or Ka-ya if you prefer Pali*

*Mindfulness of breath's length*

*Mindfulness of breath's brevity*

*Mindfulness of the body*

*Mindfulness of the body's tranquility*



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Body's FIRST meditation*

*IN-breath:*

*How long breath...*

*How...*

*OUT-breath:*

*how long breath?*

*long?*

*one set of four breaths*

*touch tip of left thumb to its little finger's **lower** set of creases*

*count the four breaths upon the right little finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Body's SECOND meditation*

*IN-breath:*

*How short breath...*

*How...*

*OUT-breath:*

*how short breath?*

*short?*

*one set of four breaths*

*touch tip of left thumb to its little finger's **middle** set of creases*

*count the four breaths upon the right ring finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Body's THIRD meditation*

*IN-breath:*

*Notice form ...*

*This ...*

*OUT-breath:*

*notice form!*

*form!*

*one set of four breaths*

*touch tip of left thumb to its little finger's **higher** set of creases*

*count the four breaths upon the right middle finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Body's FOURTH meditation*

*IN-breath:*

*Calming form ...*

*Form ...*

*OUT-breath:*

*calming form!*

*calm!*

*one set of sixteen breaths*

*touch tip of left thumb to its little finger's **tip***

*count the four breaths upon the right index finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

## B. Feeling's base of mindfulness

*or Ve-da-na if you prefer Pali*

*Mindfulness of physical pleasure which generates  
Tranquility's experience of physical bliss*

*Mindfulness of emotional pleasure which generates  
Tranquility's experience of emotional joy*

*Mindfulness of mind's coarser functions which generates  
Tranquility's experience of mental contentment*

*Mindfulness of mind's coarser calmness which generates  
Tranquility's experience of mental stillness*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Feelings' FIRST meditation*

*IN-breath:*

*Where feel bliss ...*

*Where...*

*OUT-breath:*

*where feel bliss?*

*bliss?*

*one set of four breaths*

*touch tip of left thumb to its little finger's **middle** set of creases*

*count the four breaths upon the right little finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Feelings' SECOND meditation*

*IN-breath:*

*Where feel joy...*

*Where...*

*OUT-breath:*

*where feel joy?*

*joy?*

*one set of four breaths*

*touch tip of left thumb to its little finger's **middle** set of creases*

*count the four breaths upon the right ring finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Feelings' THIRD meditation*

*IN-breath:*

*Notice thoughts ...*

*These...*

*OUT-breath:*

*notice thoughts*

*thoughts!*

*one set of four breaths*

*touch tip of left thumb to its little finger's **middle** set of creases*

*count the four breaths upon the right middle finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Feelings' FOURTH meditation*

*IN-breath:*

*Calming thoughts ...*

*Thoughts...*

*OUT-breath:*

*calming thoughts!*

*calm!*

*one set of four breaths*

*touch tip of left thumb to its little finger's **middle** set of creases*

*count the four breaths upon the right index finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

## C. Mind's base of mindfulness

*or Cit-ta if you prefer Pali*

*Mindfulness of mind's subtle passive awareness which generates  
Tranquility's experience of infinite physical space*

*Mindfulness of passive awareness' gladness which generates  
Tranquility's experience of infinite mental awareness*

*Mindfulness of passive awareness' collectedness which generates  
Tranquility's experience of a lack of anything to grasp*

*Mindfulness of passive awareness' freedom which generates  
Tranquility's experience of passive awareness*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Mind's FIRST meditation*

*IN-breath:*

*Notice mind...*

*This...*

*OUT-breath:*

*notice mind!*

*mind!*

*one set of four breaths  
touch tip of left thumb to its little finger's **higher** set of creases  
count the four breaths upon the right little finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Mind's SECOND meditation*

*IN-breath:*

*Gladden mind...*

*Cheer...*

*OUT-breath:*

*gladden mind!*

*mind!*

*one set of four breaths*

*touch tip of left thumb to its little finger's **higher** set of creases*

*count the four breaths upon the right ring finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Mind's THIRD meditation*

*IN-breath:*

*Calming mind...*

*Mind...*

*OUT-breath:*

*calming mind!*

*calm!*

*one set of four breaths*

*touch tip of left thumb to its little finger's **higher** set of creases*

*count the four breaths upon the right middle finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Mind's FOURTH meditation*

*IN-breath:*

*Freeing mind...*

*Mind..*

*OUT-breath:*

*freeing mind!*

*free!*

*one set of four breaths*

*touch tip of left thumb to its little finger's **higher** set of creases*

*count the four breaths upon the right index finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## D. Phenomena's base of mindfulness

*or Dham-ma if you prefer Pali*

*Mindfulness of change*

*Mindfulness of fading*

*Mindfulness of ceasing*

*Mindfulness of release*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Phenomena's FIRST meditation*

*IN-breath:*

*What changing...*

*What..*

*OUT-breath:*

*what changing?*

*change?*

*one set of four breaths*

*touch tip of left thumb to its little finger's **tip***

*count the four breaths upon the right little finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Phenomena's SECOND meditation*

*IN-breath:*

*What fading...*

*What..*

*OUT-breath:*

*what fading?*

*fade?*

*one set of four breaths*

*touch tip of left thumb to its little finger's **tip***

*count the four breaths upon the right ring finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Phenomena's THIRD meditation*

*IN-breath:*

*What ceasing...*

*What..*

*OUT-breath:*

*what ceasing?*

*cease?*

*one set of four breaths*

*touch tip of left thumb to its little finger's **tip***

*count the four breaths upon the right middle finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

*Phenomena's FOURTH meditation*

<i>IN-breath:</i>	<i>Releasing...</i>	<i>This..</i>
<i>OUT-breath:</i>	<i>releasing!</i>	<i>yes!</i>

*one set of four breaths  
touch tip of left thumb to its little finger's **tip**  
count the four breaths upon the right index finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

# E. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and  
RELAXING into its Release

{ *Sati Passaddhi in Pali, Mahamudra or Mahasandhi in Sanskrit, and  
Trekchöa in Tibetan Dzogchen* }



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## Watching the Play of Mind

*Observant inhalation:* **Notice this ...** {This...

*Relaxing exhalation:* **relaxing!** yes!} *one set of sixteen breaths*  
*slide left thumb over tip of left little finger until it comes to rest upon the **higher knuckle***  
*count the four breaths upon the right: little, ring, middle, and index finger's:*  
*lower, middle, and higher sets of creases, as well as their tips.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

# F. Wishing Love: a very concise CLOSING practice



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

A. Circumstances

*IN-breath:* ***Profound boon...***

*OUT-breath:* ***for each lot!*** *one set of four breaths*  
*slide left thumb further down back of left little finger until it comes to rest upon the **middle knuckle***  
*count the four breaths upon the right **little** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

B. Bodies

*IN-breath:*                    *Profound health...*

*OUT-breath:*                *for each form!*                    *one set of four breaths*  
*slide left thumb further down back of left little finger until it comes to rest upon the **middle knuckle***  
*count the four breaths upon the right **ring** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## C. Feelings

*(our Inter-personal dynamics)*

*IN-breath:*                    *Profound peace...*

*OUT-breath:*                *for each feel!*                    *one set of four breaths*

*slide left thumb further down back of left little finger until it comes to rest upon the **middle knuckle**  
count the four breaths upon the right **middle** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

D. Minds

*IN-breath:*                    *Profound joy...*

*OUT-breath:*                *for each mind!*                    *one set of four breaths*

*slide left thumb further down back of left little finger until it comes to rest upon the **middle knuckle**  
count the four breaths upon the right **index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## IV. The Eight Worldly Concerns:

*also known as the Eight Failings of the World  
or Lo-ka-vi-pat-ti if you prefer Pali*



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

# A. CIRCUMSTANCE: the Fourth Base of Mindfulness



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

# 1. LOSS

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## a. Compassionately Soothing Loss

for all { Circumstances or Phenomena } { *Dhamma in Pali* }

of the Four Bases of Mindfulness { *Sa-ti-pat-tha-na in Pali* }

Right Aspiration { *Sam-ma San-kap-pa in Pali* }

or Compassion { *Ka-ru-na in Pali* }

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

One Quarter

*IN-breath:*                    *Soothe loss for...*

*OUT-breath:*                *one quarter!*                    *one set of four breaths*  
*touch tip of left thumb to left little finger's **lower** set of creases*  
*count the four breaths upon the right **little** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## Two Quarters

*IN-breath:*                    *Soothe loss for ...*

*OUT-breath:*                *two quarters!*                    *one set of four breaths*  
*touch tip of left thumb to left little finger's **lower** set of creases*  
*count the four breaths upon the right **ring** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## Three Quarters

*IN-breath:*                    *Soothe loss for ...*

*OUT-breath:*                *three quarters!*                    *one set of four breaths*  
*touch tip of left thumb to left little finger's **lower** set of creases*  
*count the four breaths upon the right **middle** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## All Quarters

*IN-breath:*                    *Soothe loss for ...*

*OUT-breath:*                *all quarters!*                    *one set of four breaths*  
*touch tip of left thumb to left little finger's **lower** set of creases*  
*count the four breaths upon the right **index** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

**b. Wisely Releasing the CRAVING for the Absence of Loss  
through the Lens of the Three Marks of Existence**

{*Ti-lak-kha-na in Pali*}

Right View {*Sam-ma Dit-thi in Pali*} and Letting-go {*Pas-sad-dhi in Pali*}

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

1. The Stress of Shoving Loss away

{or *Duk-kha* in Pali}

*IN-breath:*

*How strain to shove...*

*OUT-breath:*

*loss* *away?*

*one set of four breaths*

*touch tip of left thumb to left little finger's **middle** set of creases*

*count the four breaths upon the right **little** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## 2. The Impermanence of Loss

{or *A-nic-ca* in Pali}

*IN-breath:*

*How could loss...*

*OUT-breath:*

***always change?***

*one set of four breaths*

*touch tip of left thumb to left little finger's **middle** set of creases*

*count the four breaths upon the right **ring** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

### 3. Disrupting our Habit of Defining ourselves by Loss

{ or *A-nat-ta* in Pali }

*IN-breath:*

*How could loss...*

*OUT-breath:*

***NOT be “me”?***

*one set of four breaths*

*touch tip of left thumb to left little finger's **middle** set of creases*

*count the four breaths upon the right **middle** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## 4. Passively Noticing Loss and Simply **Letting-go**

{ or *Sat-ti Pas-sad-dhi* in Pali }

*IN-breath:*

*Notice loss...*

*OUT-breath:*

***relaxing!***

*one set of four breaths*

*touch tip of left thumb to left little finger's **middle** set of creases*

*count the four breaths upon the right **index** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## c. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and  
RELAXING into its Release

{ *Sati Passaddhi in Pali, Mahamudra or Mahasandhi in Sanskrit, and  
Trekchöa in Tibetan Dzogchen* }





The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## Watching the Play of Mind

*Observant inhalation:* **Notice this ...** {This...

*Relaxing exhalation:* **relaxing!** yes!} one set of sixteen breaths  
 touch tip of left thumb to left little finger's **higher** set of creases  
 count the four breaths upon the right: little, ring, middle, and index finger's:  
 lower, middle, and higher sets of creases, as well as their tips.

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## 2. Gain

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## a. Lovingly Giving Gain

for all { Circumstance or Phenomena } { *Dhamma in Pali* }

of the Four Bases of Mindfulness { *Sa-ti-pat-tha-na in Pali* }

Right Aspiration { *Sam-ma San-kap-pa in Pali* }

or Wishing-love { *Met-ta in Pali* }

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## One Quarter

*IN-breath:*                    *Great gain for...*

*OUT-breath:*                *one quarter!*                    *one set of four breaths*  
*touch tip of left thumb to left ring finger's **lower** set of creases*  
*count the four breaths upon the right **little** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## Two Quarters

*IN-breath:*                    *Great gain for ...*

*OUT-breath:*                *two quarters!*                    *one set of four breaths*  
*touch tip of left thumb to left ring finger's **lower** set of creases*  
*count the four breaths upon the right **ring** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## Three Quarters

*IN-breath:*                    ***Great gain for ...***

*OUT-breath:*                ***three quarters!***                    *one set of four breaths*

*touch tip of left thumb to left ring finger's **lower** set of creases*

*count the four breaths upon the right **middle** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## All Quarters

*IN-breath:*                    ***Great gain for ...***

*OUT-breath:*                ***all quarters!***                    *one set of four breaths*

*touch tip of left thumb to left ring finger's **lower** set of creases*

*count the four breaths upon the right **index** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

**b. Wisely Releasing the Craving for the Presence of Gain  
through the Lens of the Three Marks of Existence**

{*Ti-lak-kha-na in Pali*}

Right View {*Sam-ma Dit-thi in Pali*} and Letting-go {*Pas-sad-dhi in Pali*}



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

1. The Stress of Reaching for Gain

{or *Duk-kha* in Pali}

*IN-breath:*

*How strain to...*

*OUT-breath:*

*reach for gain?*

*one set of four breaths*

*touch tip of left thumb to left ring finger's **middle** set of creases*

*count the four breaths upon the right **little** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## 2. The Impermanence of Gain

{or *A-nic-ca* in Pali}

*IN-breath:*

*How could gain...*

*OUT-breath:*

*always change?*

*one set of four breaths*

*touch tip of left thumb to left ring finger's **middle** set of creases*

*count the four breaths upon the right **ring** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

### 3. Disrupting our Habit of Defining ourselves by Gain

{ or A-nat-ta in Pali }

*IN-breath:*

*How could gain...*

*OUT-breath:*

*NOT be “me”?*

*one set of four breaths*

*touch tip of left thumb to left ring finger's **middle** set of creases*

*count the four breaths upon the right **middle** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## 4. Passively Noticing Gain and Simply **Letting-go**

{ or *Sat-ti Pas-sad-dhi* in Pali }

*IN-breath:*

*Notice gain...*

*OUT-breath:*

***relaxing!***

*one set of four breaths*

*touch tip of left thumb to left ring finger's **middle** set of creases*

*count the four breaths upon the right **index** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## c. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and  
RELAXING into its Release

{ *Sati Passaddhi in Pali, Mahamudra or Mahasandhi in Sanskrit, and  
Trekchöa in Tibetan Dzogchen* }



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## Watching the Play of Mind

*Observant inhalation:* **Notice this ...** {This...

*Relaxing exhalation:* **relaxing!** yes!} *one set of sixteen breaths*  
*touch tip of left thumb to left ring finger's **higher** set of creases*  
*count the four breaths upon the right: little, ring, middle, and index finger's:*  
*lower, middle, and higher sets of creases, as well as their tips.*

# V. Appendix

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

# A. Youngling Training



# 1. Parable of the Movie CONCESSIONS

It was 1971 and I was in first, or second grade.  
A class mate's mother had taken many of us  
to see "Willy Wonka and the Chocolate Factory"  
for his birthday.

My family did not often go to movies  
so this was very exciting for me.

Timid, and uncertain, and polite,  
I did what I was told,  
and gratefully accepted what I was offered.

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

I was offered hot buttered popcorn  
and what seemed like a huge vessel  
of Dr. Pepper,  
a soda I had heretofore never tasted.

So there I sat,  
in the darkened theater,  
with my class mates  
and several hundred strangers;

eating my popcorn,  
and sipping my Dr. Pepper,  
and all the while enjoying the movie,  
which I still remember, to this day.

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

Upon first consideration  
one could understandably assume  
that the movie could distract me...

from my snacking and sipping  
and thus undermine  
my enjoyment of them.

But I experienced the opposite  
to be true:  
that the movie enhanced my enjoyment  
of the popcorn and the soda...

and the popcorn and the soda  
enhanced my enjoyment  
of the movie.

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

And this could be very much  
like our practice of meditation...

where during our inhalation  
we silently, and mentally recite,  
*“Notice this...”*

and during our exhalation  
we silently, and mentally recite,  
*“relaxing!”*...

while actually physically relaxing  
as best we can.

For just as I was able to observe the movie  
while snacking and sipping  
we can notice our mind  
while noticing and relaxing.

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

We could notice sensations,  
and flavors, and scents,  
and sounds, and sights...

as well as our emotions,  
and intentions, and reasonings,  
and recollections, and imaginings.

And we could notice  
all those things  
passively and non-conceptually.

And as we physically relax  
into each exhalation,  
*for that is what our bodies  
have evolved to do,*

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

all that we noticed as we breathed in  
could feel a little less graspable  
and a little easier to mentally release  
as we relax into our out breath.

And just as the snacking  
and the sipping  
did not undermine

my enjoyment  
of the movie  
but rather enhanced it...

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

likewise our silent and mental  
recitations of “*Notice this...*” and “*relaxing!*”  
in harmony with our breathing...

does not undermine our ability  
to watch the play of mind  
or relax into its non-graspable nature  
but rather facilitates it.

More than two millennia ago  
a Jewish carpenter  
is said to have explained

that man was not made  
for the Sabbath,  
but Sabbath for man.

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

Likewise, I tell you  
that we do not sit in meditation  
that we might more efficiently  
recite “*Notice this...*” and “*relaxing!*”

but rather  
that we silently and mentally recite  
“*Notice this...*” and “*relaxing!*”  
that we might more efficiently meditate

so that our passive and non-conceptual  
observation of the play of mind

and our physical, and visceral,  
and mental relaxation  
into its non-graspable nature....

might be more easy,  
and effective, and transformative.



## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

Recall Darth Bane's rule of two,  
wherein there must be a master  
to have power,  
and a student to crave it.

This is a form of elitism  
and manipulation.

And over the millennia  
many so-called spiritual teachers  
have used cryptic meditation  
instructions, and techniques...

to reinforce a rule-of-two-like  
elitism and coercion.

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

Some deliberately chose  
obfuscation and coercion  
because they embraced elitism  
and power, and prestige...

others chose the same obfuscation and coercion  
because they lacked the mental acuity  
to know better.

But I am here to tell you  
that something does NOT  
have to be difficult  
to be effective.

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

I'm telling you the opposite.  
I'm telling you that  
something must be easy  
and intuitive....

if it is to be sustainable,  
no less profound.

But do not take  
my word for it;  
put it to the test.

Play with these techniques  
every morning and every evening  
that you,  
like Rey Skywalker...

might meditate  
like a Jedi.

## 2. Parable of the Movie PATRON

Let us revisit our friend the movie patron.  
He has purchased his ticket, and his snack, and his beverage,  
and has taken his seat in the air conditioned comfort  
of the movie theater.

After a handful of trailers,  
how many?  
Just enough to make him forget  
what movie he came to see.

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

And after those trailers  
the movie begins.

And whether it is adventure, or horror,  
or comedy, or drama  
our friend the patron sits back and enjoys the ride  
as he knows he has little other choice.

For he does not confuse himself  
with the screenwriter, nor editor, nor director, nor producer  
and knows completely

that what occurs upon the screen  
is utterly out of his control.

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

So he nibbles his snack  
and sips his beverage  
and enjoys the movie.

Likewise, when the wise sit down,  
cross-legged to meditate  
upon: earth, or floor, or blanket, or cushion

they know it is NOT their job to select  
the sensations, or flavors, or scents, or sounds, or sights,  
or emotions, or intentions, or reasonings, or recollections, or imaginings  
that cartwheel across the metaphoric stage of their mind.

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

What then is their job?

To notice: vulnerable, and passive,  
without bothering to analyze or label  
and to physically relax that they might mentally let go.

And to do all this  
in harmony with the tightening tendencies of each inhalation  
and with the relaxing propensities of each exhalation.

For, in our very good fortune,  
that is how evolutionary biology  
selected for our bodies and minds to best operate.

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

And if we put this advice into action,  
every morning and every evening,  
then we could very much be like a child, with a video game:  
difficult, and frustrating, and seemingly impossible to prevail against;

who at long last receives the manufacturer's cheat-codes  
and is at last able to transform  
their time spent with the video game  
from an ordeal, into a delight.



The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

### 3. Karezza Tantra's ROMANTIC Panacea



One can not gaze at an image of Dröl-ma Mar-mo Yab Yum without noticing that she is sporting in Tantric union.

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

Just as the Baskin Robins franchise of ice cream parlors  
claims to offer thirty-one flavors  
likewise there many varieties of sexual tantra.

As with all things, there are also patriarchal as well as matriarchal takes  
on what the Buddhist Tantrikas refer to as Karma Mudra in Sanskrit,  
or Yab Yum if you prefer Tibetan.

In the book "*Cupid's Poisoned Arrow*"  
the author Marnia Robinson does an outstanding job  
explaining the flavor of sexual tantra that could be described as:  
matriarchal, or valley, or yin, or bonding , or oxytocin-oriented;

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

she explains this through the lenses of anthropology, and genetics, and neuroscience, and trenchant pragmatism.

Oh how I wish that her text was required reading  
in every junior high school Sexual Education class  
for the way we choose to make love or masturbate,  
and our choices in pornography, and erotica, and even fantasy

have a profound effect upon each of our midbrain's  
dopamine pathways, and oxytocin pathways,  
and our mental health, and our physical health,  
all our relationships,  
as well as our educational and vocational well-being.

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

The endocrino-neurological, and emotional, and intellectual, and romantic, and social, and educational, and vocational, and developmental healing made available

by the subtle and often G-rated techniques of Karezza tantra are a virtual panacea.

Purchase this book from Amazon dot com tonight either as a paper back or read it through the FREE kindle app on the digital devise of our choosing.

Read it with your partner aloud before bed.

Apply its teachings, for no less then twenty-eight consecutive days, and watch your life change.

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

**FULL DISCLOSURE:** neither the Buddha Joy Mediation School  
nor Meditate Like a Jedi  
make **NO** money from your purchase  
of Marnia Robinson's "*Cupid's Poisoned Arrow.*"

## 4. Panic Attack

<i>Observant inhalation:</i>	<i>Notice this...</i>	
<i>Tranquil hold-breath:</i>	<i>notice this...</i>	
<i>Relaxing exhalation:</i>	<i>relaxing...</i>	
<i>Tranquil pause-breath:</i>	<i>relaxing!</i>	<i>four to sixteen breaths</i>

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

# 5. Lethargy

*Squeezing* inhalation:

*1, 2, 3, 4,*

*Releasing* exhalation:

*yes!*

*This performed while making the “thumbs up” gesture with one hand while squeezing the nail into its thumb with the thumb and index-finger of the other hand in rhythm to the counted breaths.*

## 6. Whole-food Veganism's PHYSICAL Panacea

Buddhist tantra is the path of love and letting-go.  
Love is much more than just a feeling.

Compassion is an intention that effects our choices,  
and our behaviors, and the ripples that we generate  
that, in turn, effect the world around us.



## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

Choosing a cruelty-free diet  
is one of the easiest ways  
to diminish the suffering created  
by our consumer choices.

The benefits generated  
by embracing a whole-food vegan diet  
are NOT limited to non-human animals  
with whom we share this planet,

nor even this planet itself,  
the only place in the known universe  
that we are certain sustains life (*for the time being*).

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

The physical, and endrocrinological,  
and neurological, and psychological benefits  
that we could savor on a whole-food vegan diet  
have been observed in peer reviewed scientific journals.

In the parody song "*White and Nerdy*"  
Weird Al Yankovic sings of a fellow  
who "...does calculous just for fun...".

Which reminds me of Dr. Michael Greger, M.D.  
whose full time job is to analyze  
EVERY peer-reviewed, nutrition-oriented study  
published in English, every year (*so we won't have to*).

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

This man is no ideologue,  
content to twist the facts  
in order to support his world view.

Rather, his top priority is to discover the dietary interventions  
that could prevent disease, and reverse disease,  
as well as increase quality of life and longevity.

Towards that end  
he uses meta-analysis to follow the facts  
wherever they lead;  
like a contemporary, medical Sherlock Holmes...

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

if Sherlock was so geeky  
as to name his book  
after the Monty Python skit,  
“How not to be seen.”

“How NOT to Die”

first explores the top fifteen causes of premature death in America,  
secondly shares a dozen things we could do  
to prevent and reverse these disorders,

and thirdly contains hundreds of citations  
to peer-reviewed studies.

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

This book is a virtual panacea of all medical disorders.  
It is available on Amazon dot com  
both in print and audio formats

and the Buddha Joy Meditation School  
receives absolutely NO remuneration  
for your purchase of this life-saving book.

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

## D. Addendum

The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

<b>Week</b>	<b>Rumination</b>	<b>Supplementation</b>	<b>Meditation</b>
		<b>Youngling Training</b>	
<b>First</b>	Homework	Parable of the Movie Concession	Compassionately Soothing Loss, Wisely Releasing Loss, Spontaneous Awareness Med.
<b>Second</b>	Eleven Benefits of Loving Kindness	Parable of the Movie Patron	Lovingly Wishing Gain, Wisely Releasing Gain, Spontaneous Awareness Meditation
<b>Third</b>	Anapanasati Sutta	ROMANTIC Panacea	Wisely Releasing Circumstance Spontaneous Awareness Meditation
<b>Fourth</b>	Class Etiquette	Panic Attack	Compassionately Soothing Pain, Wisely Releasing Pain, Spontaneous Awareness Med.
<b>Fifth</b>	What Was the Buddha?	Lethargy	Lovingly Wishing Bliss, Wisely Releasing Bliss, Spontaneous Awareness Meditation
<b>Sixth</b>	Why do we Meditate?	PHYSICAL Panacea	Meditations for PHYSICAL mindfulness and release
<b>Seventh</b>	In Buddhism what is the “Unborn”?	Two Paths	Compassionately Soothing Scorn, Wisely Releasing Scorn, Mahamudra
<b>Eighth</b>	Why use the article “THE buddha”?	Essence of the Four Vows	Lovingly Wishing Praise, Wisely Releasing Praise, and Spontaneous Awareness Med.
		<b>Padawan Training</b>	
<b>Ninth</b>	The Fall of Emperor Palpatine	Good Night and Wake-up Channels	INTER-personal Mindfulness, Release, and Spontaneous Awareness Meditation
<b>Tenth</b>	Metaphorically Playing Victim	Walking Meditation	Compassionately Soothing Shame, Wisely Releasing Shame, & Trekchöd
<b>Eleventh</b>	If we are short of temper, what is NOT our friend?	Gazing Meditation	Lovingly Wishing Fame, Wisely it and Spontaneous Awareness Meditation
<b>Twelfth</b>	When Religion Opposes Science	Four Levels	Mindfulness of Mind, Release, and Spontaneous Awareness Meditation
		<b>Jedi Knight Training</b>	
<b>Thirteenth</b>	Fear in the Time of Covid 19	PATH of Mastery	Concise Love, Letting-go, and Spontaneous Awareness Meditation
<b>Fourteenth</b>	Master Windu's Glare	MEANS of Mastery	Classic Metta Meditation and Spontaneous Awareness Meditation
<b>Fifteenth</b>	Count Dooku's Taunts	NOT a Sprint BUT a Stroll	Sedating Metta Meditation and Spontaneous Awareness Meditation
<b>Sixteenth</b>	Making Wise Decisions	Final Q and A	Mindfulness WITH Breathing Meditation and Spontaneous Awareness Meditation

## The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

**Their nudity reminds us  
of mindfulness' vulnerability,  
their bodies comprised of light  
remind us of non-graspability,**

**their beauty reminds us  
of love's energy,  
the stability with which he sits  
reminds us of centeredness, and**

**the abandon with which she sports  
reminds us of spontaneity.**

**MEDITATE LIKE  
A JEDI**





The Buddha's Forgotten Yogas of Love and Letting-go – 6<sup>th</sup> Lesson Text

May love and insight  
drive our veganism.

The love that yearns to minimize  
our participation  
in the exploitation of others;

and the insight that seeks  
sustainability,  
both ecological and medical.

MEDITATE <sup>LIKE</sup> A JEDI