

Green Heroine's Easy Tantra

Green Heroine's Easy Tantra

by Dzogchen Lama: Jigme Gyatso

inspired by the teachings of:

Garab Dorje, Dza Patrul Rinpoche, and Dudjom Lingpa Rinpoche

6nov25c



Green Heroine's Easy Tantra

Contents

Sutra Ngondro

(<i>Lam Rim's</i>) Precious Opportunity.....	pg.	4
(<i>Lam Rim's</i>) Interdependence.....	pg.	4
(<i>Lam Rim's</i>) Stress.....	pg.	4
(<i>Lam Rim's</i>) Impermanence.....	pg.	4

Tantra Ngondro (*first half*)

(<i>Tokal's</i>) Tokal's Mandala Offering.....	pg.	6
(<i>Tikle's</i>) Calling the Lama from Afar.....	pg.	7
(<i>Trekchö's</i>) Watching the play of mind and Relaxing into its non-graspable nature.....	pg.	8

Tantra Ngondro (*second half*)

(<i>Tokal's</i>) Bringing Wisdom into the Four Bases of Mindfulness.....	pg.	12
(<i>Tikle's</i>) Blending with the Lama's Mind.....	pg.	26
(<i>Trekchö's</i>) Watching the play of mind and Relaxing into its non-graspable nature.....	pg.	27

Conclusion

(<i>Tokal's</i>) Bringing Love into the Four Bases of Mindfulness.....	pg.	37
(<i>Lam Rim's</i>) Bodhichitta.....	pg.	45
(<i>Lam Rim's</i>) Refuge.....	pg.	47
(<i>Lam Rim's</i>) Buddha Bowing.....	pg.	49
(<i>Lam Rim's</i>) Wishes for the Preservation of the Buddha's Teachings.....	pg.	50

Green Heroine's Easy Tantra

Sutra Ngöndro

Green Heroine's Easy Tantra
The Dzogchen Semde Lam Rim

(_{precious}) Lét us make the most
of this precious opportunity

(_{karma}) bý vulnerably noticing interdependent
(_{stress}) stress and exploring
(_{change}) its impermánnence.

Green Heroine's Easy Tantra

Tantra

Ngöndro

(first half)

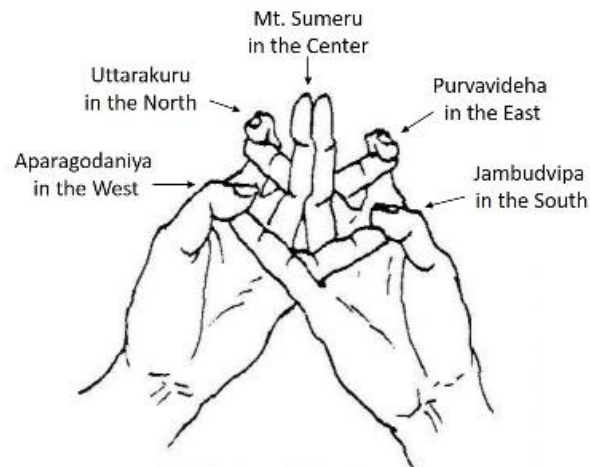
Green Heroine's Easy Tantra

A life squandered in greed & competitiveness leads neither to peace nor fulfillment

also known as Ngöndro or Preliminary Practice

Áll I have and crave
I give tó ALL!

4 or 16, repetitions



Green Heroine's Easy Tantra

Thik-le (Bliss and Letting-go's) Calling the Lama from Afar – Lama Khyenno



Lá-ma come
to this crown!

Sturgeon's Law

Ninety-percent of everything Sucks

Content

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**

Cowardly

Compassionate

Cranky

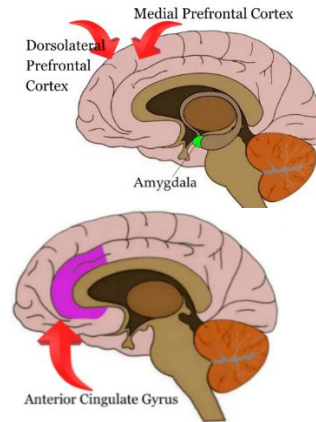
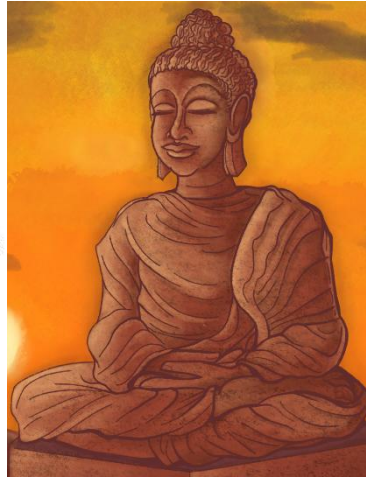
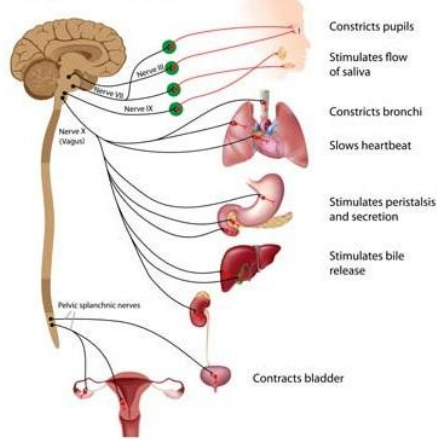
Cooperative

Competitive

Green Heroine's Easy Tantra

Trekchö's (Awareness and Letting-go's) Slicing-through the Obscuring emotions of Hope and Fear

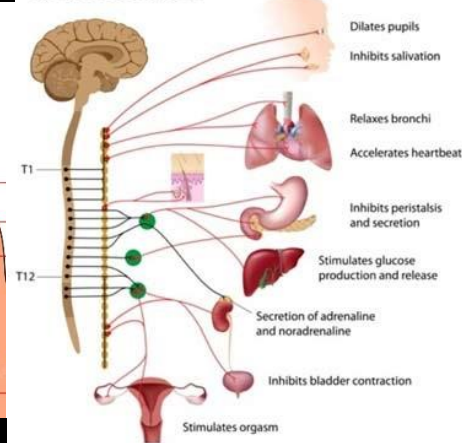
Parasympathetic System



Notice

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

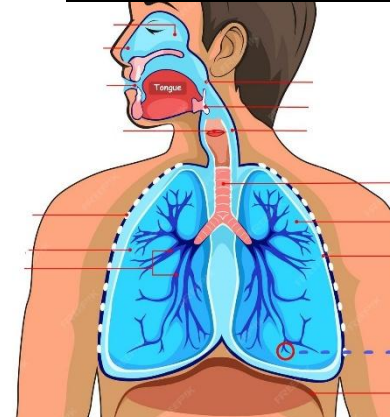
Sympathetic System



Mindfulness noticing inhalation

*Meditation **relaxing** exhalation*

*Watch
rest*

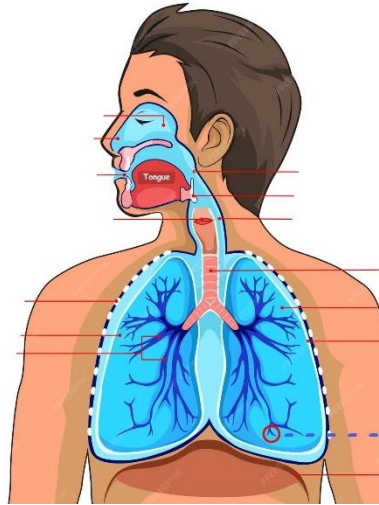


Fleetingly LESS stressful, LESS permanent, and LESS defining

Green Heroine's Easy Tantra

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 noticing inhalation

Meditation relaxing exhalation

This
ease

As NON-graspable as a Vast, Empty Void
like the Illusion of the Infinite, Azure Sky

Green Heroine's Easy Tantra

What if Enlightenment was simply
the spontaneous, habitual, easy, and effective practice
of (Gautama or Shakyamuni) Buddha's Eight fold path?

Wise VIEW supporting release

- 1 - Right View of Impermanence and Emptiness
- 2 - Right Mentally Kind Intention (*essence of the Bodhisattva Vows*)

Compassionate ACTION

- 3 - Right Interpersonally Kind Communication
- 4 - Right Physically Kind Conduct (*non-violent essence of the Pratimoksha Vows*)
- 5 - Right Circumstantially Kind Commerce (*competition & cruelty transformed into compassion & cooperation*)
- 6 - Right Effortless Effort (*that is Joyful Love's Centered Spontaneity*) 4 & 3

Liberating MEDITATION as described by the seven enlightenment factors

- 7 - Right Mindfulness (*during inhalation that is **vulnerable**, passive, visceral, random & fleeting*) 1, 2, & 6
- 8 - Right **Meditation** (*during **exhalation** that physically relaxes & mentally releases the duality of aversion & avarice*) 5 & 7

Green Heroine's Easy Tantra

*Let us Chant an Explanation
of this Ten Syllable Mantra*

**So-ha Om Tere
Ture Tu-ta-re**

Green Heroine's Easy Tantra

*Óm homage to Ta-ra
the swift and courageous, you drive
away ALL fears with Tu-tá-re,*

*héroine fulfilling ALL aims with Tu-re,
with the syllables Sö-ha,
may all be as beneficial ás you!*

Om
Ta-re
Tu-ta-re
Tu-re
Sö-ha

Green Heroine's Easy Tantra

Tokal's (Love and Letting-go's) Leap-over Pride's Circumstantial Obscurations to Omniscience

As we **relax** into our exhalation
circumstances or lots that we saw
during our previous inhalation

could feel as non-graspable
or **void** as a Buddha's real or imagined
paradise, pure land, or Va-ti of light.



Green Heroine's Easy Tantra



LOTs, like Va-ti,
seen yet void!

Green Heroine's Easy Tantra



LOTs, like Va-ti, seen yet void!
Óm Ta-re Tu-ta-re Tu-re Sö-ha

Green Heroine's Easy Tantra

Tokal's (Love and Letting-go's) Leap-over Pride's Physical Obscurations to Omniscience

Ás we **relax** into our exhalation
the **body** or **form** that we felt
during our previous inhalátion

coúld feel as non-graspable or **void**
as an archetype of enlightenment
or Yi-dam óf light.



Green Heroine's Easy Tantra



FORM, like Yi-dam,
felt yet void!

Green Heroine's Easy Tantra



FORM, like Yi-dam, felt yet void!
Óm Ta-re Tu-ta-re Tu-re Sö-ha

Green Heroine's Easy Tantra

Tokal's (Love and Letting-go's) Leap-over Pride's Interpersonal Obscurations to Omniscience

Ás we **relax** into our exhalation
all the communication that we heard
during our previous inhalátion

coúld feel as non-graspable or **void**
as a Buddha's real or imagined speech
or horizontal Man-tra rosary óf light.

Om
Tare
Ture
So-ha

Green Heroine's Easy Tantra

So-ha Om Tare
Ture Tu-ta-re

SPEECH, like Man-tra,
heard yet void!

Green Heroine's Easy Tantra

So-ha Om Ta-re
Tu-re Tu-ta-re

SPEECH, like Man-tra **heard yet void!**
Óm Ta-re Tu-ta-re Tu-re Sö-ha

Green Heroine's Easy Tantra

Tokal's (Love and Letting-go's) Leap-over Pride's Mental Obscurations to Omniscience

Ás we **relax** into our exhalation
all perception, emotion, intén^{ti}on,
cógnition, recollection, or imagination that
we noticed during our previous inhalá^{ti}on

coúld feel as non-graspable or **void**
as a Buddha's real or imagined
seed syllable **Tam** or Bi-ja óf light.

Tam

Tam

MIND, like Bi-ja,
clear yet void!

Tam

MIND, like Bi-ja **clear yet void!**
Óm Ta-re Tu-ta-re Tu-re Sö-ha

Green Heroine's Easy Tantra

Thikle (Bliss and Letting-go's) Blending with the Teacher's mind – Lama Naljor

Lá-ma blend
with thís mind!



Sturgeon's Law

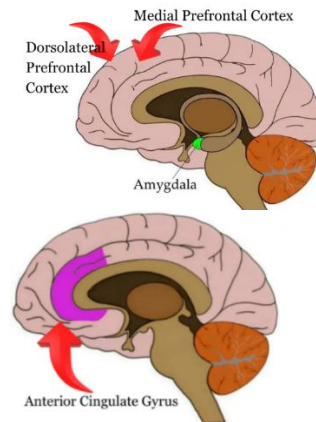
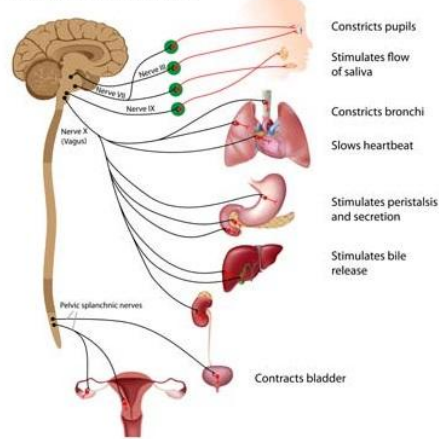
Ninety-percent of everything Sucks

Content	Yin's Spiritual Matriarchy Flexible, Loving, Rational, Laid-back,	Yang's Religious Patriarchy Rigid, Fearful, Superstitious, Controlling,	Cowardly
Compassionate	Egalitarian, Lucid, Cooperative, & Kind	Elitist, Cryptic, Competitive, & Cruel	Cranky
Cooperative			Competitive

Green Heroine's Easy Tantra

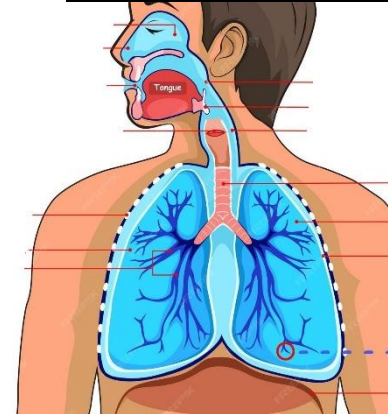
Trekchö's (Awareness and Letting-go's) Slice-through the Obscuring emotions of Hope and Fear

Parasympathetic System

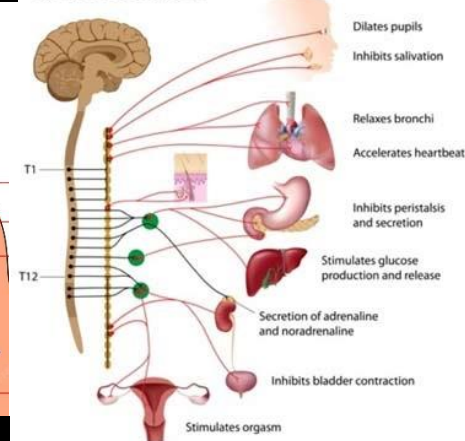


Notice

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



Sympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation

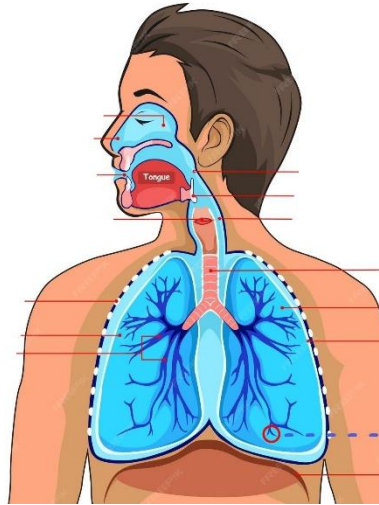
**Watch
rest**

Fleetingly LESS stressful, LESS permanent, and LESS defining

Green Heroine's Easy Tantra

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 noticing inhalation

*Meditation **relaxing** exhalation*

This
ease

As NON-graspable as a Vast, Empty Void
like the Illusion of the Infinite, Azure Sky

Green Heroine's Easy Tantra

What if Enlightenment was simply
the spontaneous, habitual, easy, and effective practice
of (Gautama or Shakyamuni) Buddha's Eight fold path?

Wise VIEW supporting release

- 1 - Right View of Impermanence and Emptiness
- 2 - Right Mentally Kind Intention (*essence of the Bodhisattva Vows*)

Compassionate ACTION

- 3 - Right Interpersonally Kind Communication
- 4 - Right Physically Kind Conduct (*non-violent essence of the Pratimoksha Vows*)
- 5 - Right Circumstantially Kind Commerce (*competition & cruelty transformed into compassion & cooperation*)
- 6 - Right Effortless Effort (*that is Joyful Love's Centered Spontaneity*) 4 & 3

Liberating MEDITATION as described by the seven enlightenment factors

- 7 - Right Mindfulness (*during inhalation that is **vulnerable**, passive, visceral, random & fleeting*) 1, 2, & 6
- 8 - Right **Meditation** (*during **exhalation** that physically relaxes & mentally releases the duality of aversion & avarice*) 5 & 7

Green Heroine's Easy Tantra

*Let us Chant an Explanation
of this Ten Syllable Mantra*

**So-ha Om Ta-re
Tu-re Tu-ta-re**

Green Heroine's Easy Tantra

Óm *homage to Ta-ra*
the swift and courageous, you drive
away ALL fears with Tu-tá-re,

héroine fulfilling ALL aims with Tu-re,
with (the) syllables Sö-ha,
may all be as beneficial ás you!

Om
Ta-re
Tu-ta-re
Tu-re
Sö-ha

Máy all minds of all beings now be as
Joyfully enlightened as the mínd of

á real or imagined Buddha
symbolized by a Bi-ja, one syllable
seed mantra **Tam**, or Thik-lé drop!

Tam

Tam

*Bi-ja WISE
for all minds*

Tam

Bi-ja WISE for all minds!

Óm Ta-re Tu-ta-re Tu-re Sö-ha

Green Heroine's Easy Tantra

Tokal's (Love and Letting-go's) Leap-over Jealousy's Interpersonal Obscurations to Omniscience

Máy all relationships,
communication, or speech of all
beings now be as **Peacefully** loving ás a

réal or imagined Buddha's speech or
communication symbolized by this
horizontal, ten syllable **Mán-tra**!

So-ha Om Ta-re
Tu-ta-re

Green Heroine's Easy Tantra

So-ha Om Ta-re
Tu-re Tu-ta-re

*Man-tra LOVE
for all speech*

Green Heroine's Easy Tantra

So-ha Om Ta-re
Tu-re Tu-ta-re

Man-tra Love for all speech!
Óm Ta-re Tu-ta-re Tu-re Sö-ha

Green Heroine's Easy Tantra

Tokal's (Love and Letting-go's) Leap-over Jealousy's Physical Obscurations to Omniscience

Máy all bodies or forms of all beings
now enjoy the **Beautiful** health
depicted in Buddhist statuáry

óf the blissful body of a De-vi or
Yi-dam: an archetype of
enlightenment such as Green Tara!



Green Heroine's Easy Tantra



*Yi-dam HEALTH
for all forms*

Green Heroine's Easy Tantra



Yi-dam HEALTH for all forms!
Óm Ta-re Tu-ta-re Tu-re Sö-ha

Green Heroine's Easy Tantra

Tokal's (Love & Letting-go's) Leap-over Jealousy's Circumstantial Obscurations to Omniscience

Máy all circumstances or lots
of all beings now have the safety,
good fortune ór BOON



ás a Buddha's real or imagined
paradise, pure land, or Vá-ti!

Green Heroine's Easy Tantra



*Va-ti BOON
for all lots!*

Green Heroine's Easy Tantra



Va-ti BOON for all lots!
Óm Ta-re Tu-ta-re Tu-re Sö-ha

Green Heroine's Easy Tantra

Bodhichitta, Refuge, and Bowing

Green Heroine's Easy Tantra
Bo-dhi-chit-ta

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

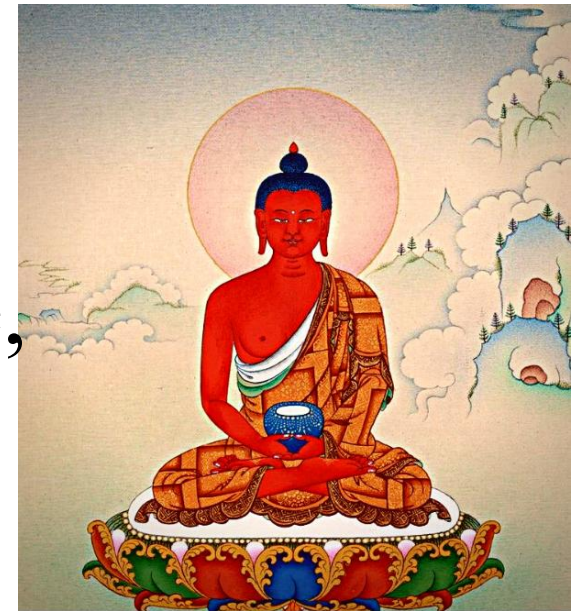
háting, craving, and clinging
metaphorically known
as the three *mental* poísons.



Green Heroine's Easy Tantra
Refuge

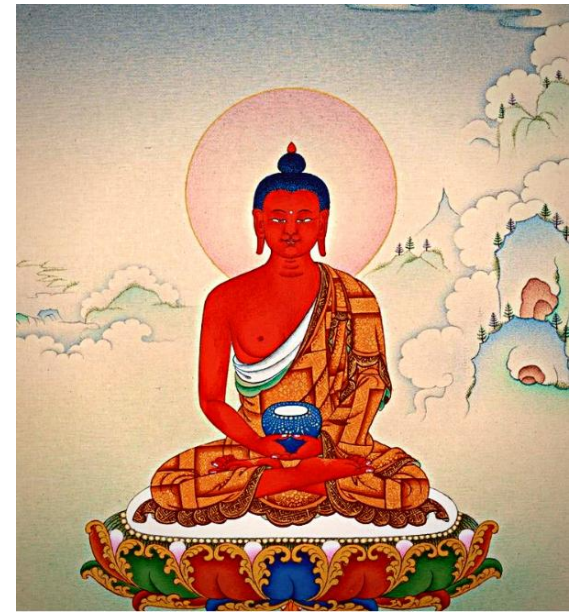
Ín our pragmatism
may our liberation of all others
be fúeled by:

- fóllowing the Buddha's example,
- applying his instructions, and
- cooperating with his stúdents,



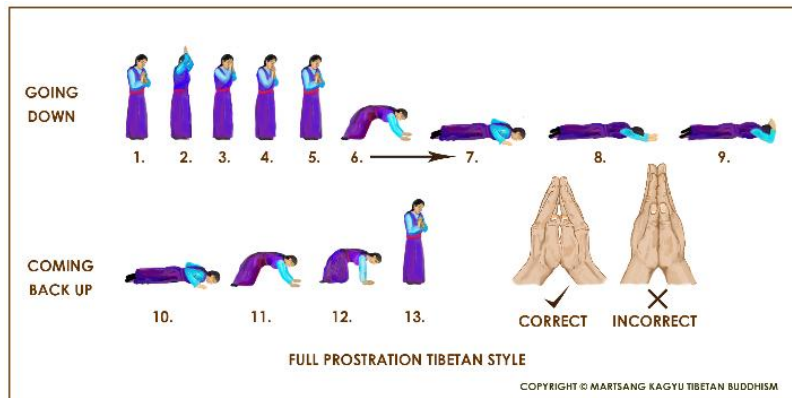
Green Heroine's Easy Tantra

described by the metaphor
of the Three *wish-fulfilling* Jewels.



Green Heroine's Easy Tantra
Invigorating Buddha Bowing

(*Bo-dhi-chit-ta*) May we
free all
(*Refuge*) through the
three jewels!



Green Heroine's Easy Tantra
Lama Jigme Gyatso's

Wishes for the Preservation of the Buddha's Teachings



Máy each meditation teacher truly
understand the Buddha's téachings,

ánd practice, master, as well as teach them
generously, lovingly and wisely
in the manner of centered spontaneíty.

Máy each meditation teacher
spontaneously réceive:

- générous patrons,
- enthusiastic students, as well as
- devoted apprentíces,

and thus may many Dhar-ma centers
be successfully:

- planted,
- nurtured, and
- supported.



Green Heroine's Easy Tantra



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