

Easy Enlightenment

# Easy Enlightenment

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INTRODUCTION

This is the renegade Lama:  
Jigme Gyatso of the  
Buddha Joy Meditation School

for more than thirty years  
I have harnessed  
autistic special interests

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and my ADHD hyper focus  
to spend about eight hours a day  
almost every day

studying, practicing, mastering,  
and reverse engineering

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the teachings, practices  
and techniques  
of each school of meditation

so that I could become your:  
nerdy, neurodivergent,  
guide to Nirvana. \_^\_

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STRESS

*the first of the buddha's four noble truths*

Contrary to the ravings  
of a thousand and one

self-help gurus, personal coaches,  
and con-men,

the experience of stress  
is NOT an indictment.

If we asked an evolutionary biologist  
they could tell us:  
there are stressors.



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Some are circumstantial,  
some are physical,

some are interpersonal,  
and some are mental.

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NO, stress (*or Duk-kha*)  
is NOT the smoking gun

proving that: we believe in a permanent  
or independent self,

thát we are arrogant,  
cowardly, or fáithless.

Our visceral response to stress  
evolved as an evolutionary mechanism

in response to peril  
in order to keep us alive.

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# Tó paraphrase Doctor of Philosophy Neil deGrasse Týson,

“(it could feel like)

the universe is trying to kíl us”

and biology has evolved mechanisms to respond to the danger appropriately.

Fór lifeforms born  
without a stress réponse

týpically did NOT live long enough  
to reproduce  
and pass on their genétíc traits.

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**NÓ** sentient being is a stranger  
to the stréssors

óf NOT getting what we want  
when we wánt it,



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**NÓT** keeping what we like  
for as long as **wé** please,

**á**nd enduring that  
which we do **NÓT** want.

Birth is stressful,  
illness is stressful,  
even dying is stressful.

Since stress  
*(from the petty to the existential)*  
is more of a rule than an exception

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the wise develop strategies  
to deal with it.

This is why the Buddha taught  
mindfulness and meditation. \_^\_

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INSTINCT's  
*dreadful cure that exacerbates stress*

If the first noble truth  
was the pervasive nature of suffering  
(*or more accurately stress*)

then the second noble truth  
is its cause (*or actual exacerbation*).

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Evolution has gifted us  
with a dopamine-oriented system  
in our under-brain

that rewards for procreation  
with fleeting feelings of pleasure  
that, as such, keep us coming back for more.

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It also rewards for finding:  
warmth when it's cold,  
shade when it's hot,

water when we're thirsty,  
food when we're hungry,  
and rest when we're weary.

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Why? For all these things  
keep us alive long enough  
to pass on our genetic traits.

And that is of primary concern  
to our genes;  
the puppet master behind the scenes.

The religious folk  
sometimes describe the primary drives

of this dopamine-oriented reward system  
as pushing, pulling, and clinging.



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Perhaps we're just crass enough  
to prefer the five F's.

Whén exposed to any:  
thing, being or phenoména

déep within our viscera  
we seem tó ask,

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“Should I Fuck this,  
Feed on this,  
Fight this,

Flee from this,  
Faint before this,  
or Fawn over this?”

**Yés, this mechanism  
could occasionally aid in our survival.**

**Bút a life defined only by survival  
is rather shallow and unsatisfying.**

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**You** see we also have  
an oxytocin-oriented system  
in the basement of **our** brain

**that** rewards cooperation  
with feelings of fulfillment.

Whén this system  
is our default mechanism  
life could be prettý sweet,

bút sometimes we get stuck  
in our dopamine-oriented system  
and life bécomes

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*(ás Thomas Hobbes insisted)*

“...solitary, poor, nasty,  
brutish, ánd short.”

Ín his Third Noble Truth  
the Buddha offers us liberation.  
But liberation fróm what?

Fróm that tyranny  
of our dopamine-oriented  
survival impúlses,

fréedom from its job of tyrant  
and instead, its relegation  
to the role of mére tool:



harmless, benign,  
and (*at times*) even useful.

This is why the Buddha taught  
mindfulness and meditation. \_^\_

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BUDDHA's  
*one stop shopping*

How do we transcend stress' control  
over our choices, utterances, and deeds?

The Buddha's  
eight fold path.

How do we transform  
our raw survival instincts

from being our tyrant  
to merely being our tool?

The Buddha's  
eight-fold path.

What about holy grail  
of enlightenment itself?

What if enlightenment  
was merely the mastery  
of the Buddha's eight-fold path?

But  
what is mastery?

Ás little children we found  
the tying of our shoes  
to be a daunting task.

Bút after (*what seemed like*) a great amount  
of time, and tears, and repeat instrúctions

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wé finally got so good  
at tying those sneakers  
that we could dó so

spóntaneously, habitually,  
easily, and effectívely.

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The same held true  
for potty training, dental hygiene,  
and even bicycle riding.

Likewise, we could so master  
the Buddha's eight-fold path.



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The seventh and eighth folds  
of the path  
are mindfulness as well as meditation

and when practiced correctly  
they are the key  
to the remainder of the path.

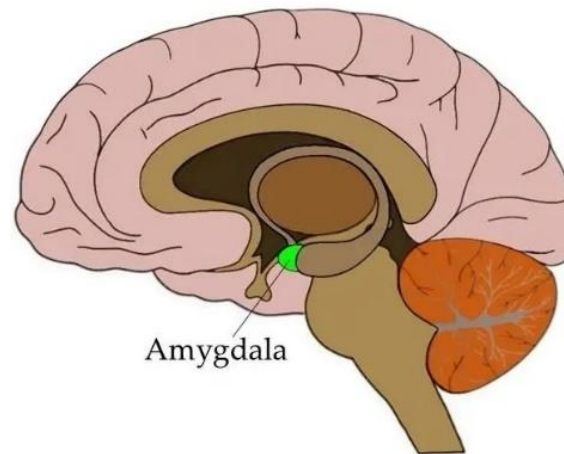
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Mindfulness and meditation  
could be the engine that drives

the cogs and gears of the Buddha's  
metaphoric enlightenment machine.

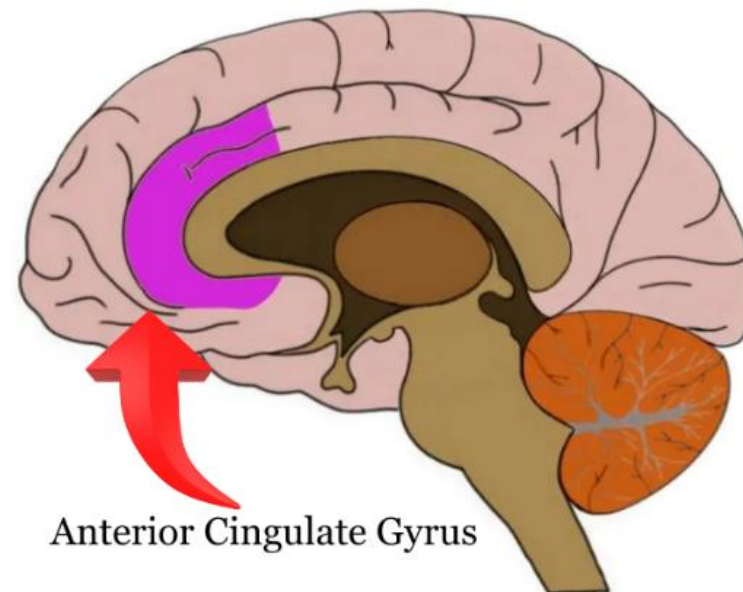
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When practiced authentically  
mindfulness and meditation



could calm our Amygdala  
*(the seat of anxiety and aggression)*

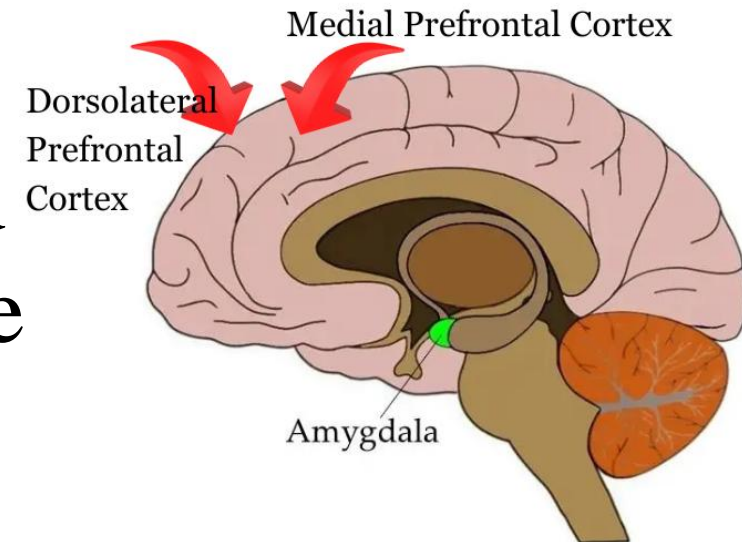
and stimulate  
our anterior cingulate gyrus  
(*the seat of empathy*).



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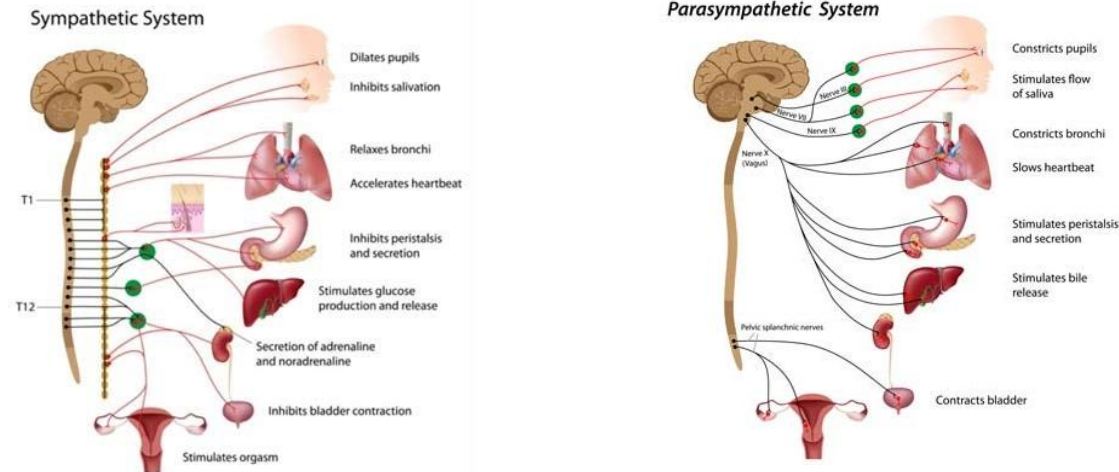
This is why the late Tulku Thondup insisted that the highest love was **NOT** the result of focus or analysis

but rather the spontaneous and uncontrived byproduct of mere mindfulness and meditation.



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The significance of this cannot be overstated



for loving-kindness comprises fifty percent of the Buddha's eight-fold path:

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the second fold's kind intention,  
the third fold's kind communication,

the fourth fold's kind conduct,  
and the fifth fold's kind commerce.

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Persist in the consistent, enthusiastic,  
and correct practice  
of mindfulness as well as meditation

and we could find  
that our choices, utterances, and deeds



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could flow from  
the right (*or effortless*) effort

of love's centered spontaneity  
which is the sixth fold of the path.

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But what about the first fold:  
the view of reality's

literal impermanence  
and figurative emptiness  
that support letting go?

We could sit  
in mindfulness as well as meditation

and strive to see permanence  
but find it, we shall NOT.

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Instead we'll be assailed  
with perceptions of sights, sounds,  
sensations, flavors, and scents

ever shifting in a manner  
ranging from the subtle to the jarring.

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The internal is no different.  
Mindfulness and meditation  
rub our face in the ever-changing nature

of our emotions, intentions, thoughts,  
memories, and imaginings.

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Mindfulness and meditation  
are the keys that unlock our mastery  
of the Buddha's eight-fold path.

A mastery that he taught  
could be accomplished in as little

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as: seven years,  
seven quarters,  
seven months,

seven fortnights,  
seven weeks, **or** as little  
as seven days.

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This is why the Buddha taught  
mindfulness and meditation. \_^\_



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WRONG  
*way to meditate*

Sturgeon's law reminds us  
that ninety percent of everything sucks,  
but not in the fun, tingly way.

This includes humanity,  
even those who fancy themselves  
teachers of meditation.

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According to some Gau-ta-ma  
(*who was known as the Buddha*)

was rather:

flexible, loving, rational, laid-back,  
lucid, egalitarian, cooperative and kind.

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This is why many people  
are enthusiastic to emulate his example.

Many people (*that is*)  
other than his foolish cousin De-va-dat-ta.

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What was he like? De-va-dat-ta was:  
rigid, fearful, superstitious, controlling,  
cryptic, elitist, competitive, and cruel.

**Yang's Religious Patriarchy**

**Rigid,  
Fearful,  
Superstitious,  
Controlling,**

**Elitist,  
Cryptic,  
Competitive, &  
Cruel**

**Yin's Spiritual Matriarchy**

**Flexible,  
Loving,  
Rational,  
Laid-back,**

**Egalitarian,  
Lucid,  
Cooperative, &  
Kind**

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Gau-ta-ma's path could be described  
by many terms including: yin  
or spiritual matriarchy

and De-va-dat-ta's as yang  
or religious patriarchy.

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Statistically the majority  
of meditation teachers

unwittingly follow in the footsteps  
of the Buddha's foolish cousin.

Therefore it could come  
as little surprise

that these individuals  
implore their students  
to **ACTIVELY** focus and analyze.

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They might even use labels like  
analysis, contemplation, Vi-pas-sa-na,

Sa-ma-tha, concentration, focus,  
or even mindfulness



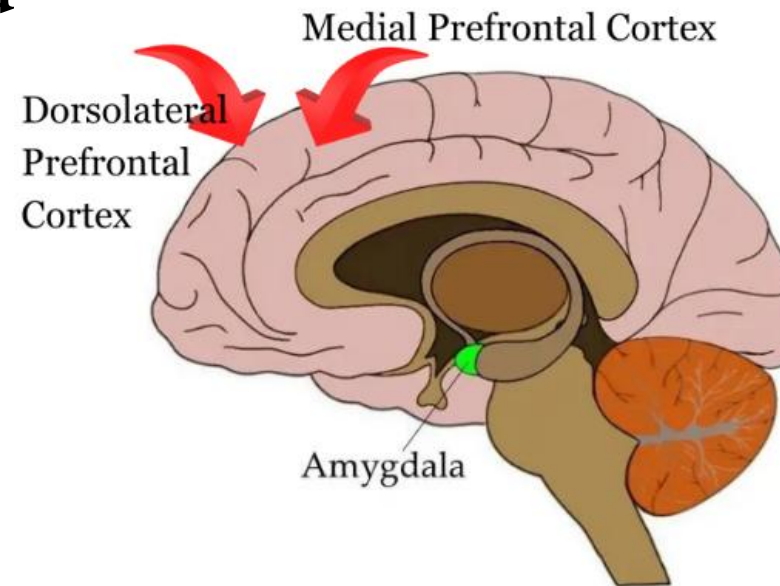
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*(even though that final term  
is often woefully misapplied).*

The **ONLY** way to practice  
either active focus,  
active analysis (*or both*)

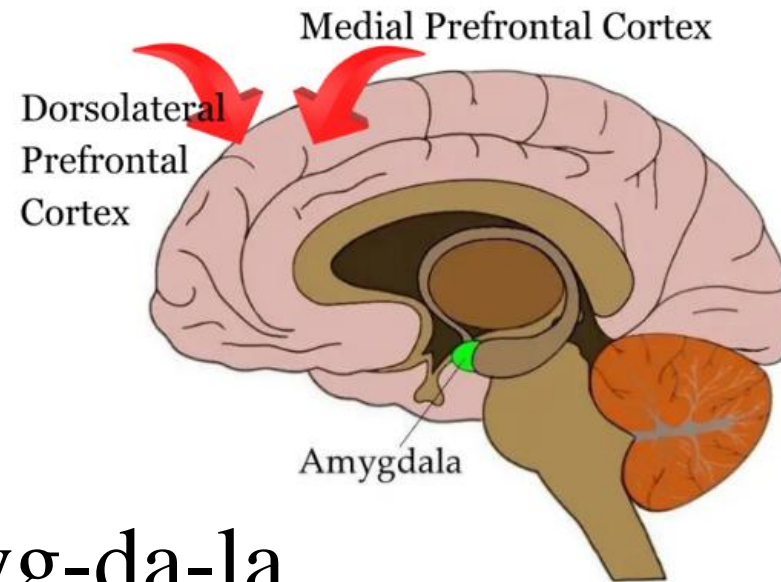
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is to rely upon discrete neural pathways such as those found



in our medial prefrontal cortex or our dorsolateral prefrontal cortex.

Overuse of such regions  
could exhaust our prefrontal cortex



triggering our A-myg-da-la  
*(the seat of anxiety and aggression).*

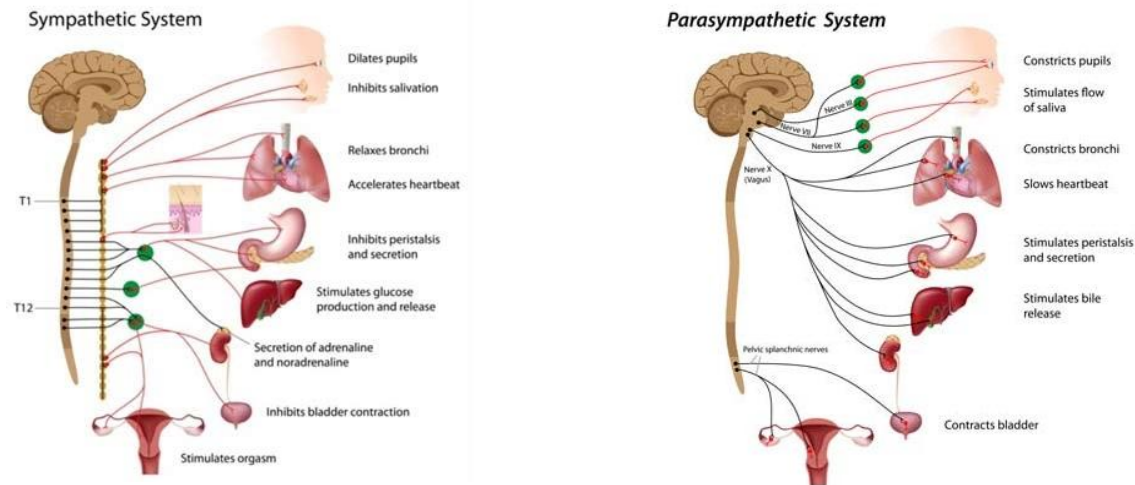
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This is clearly antithetical  
to the peace and love

that lure us into what we hope  
is the Buddha's path of meditation.

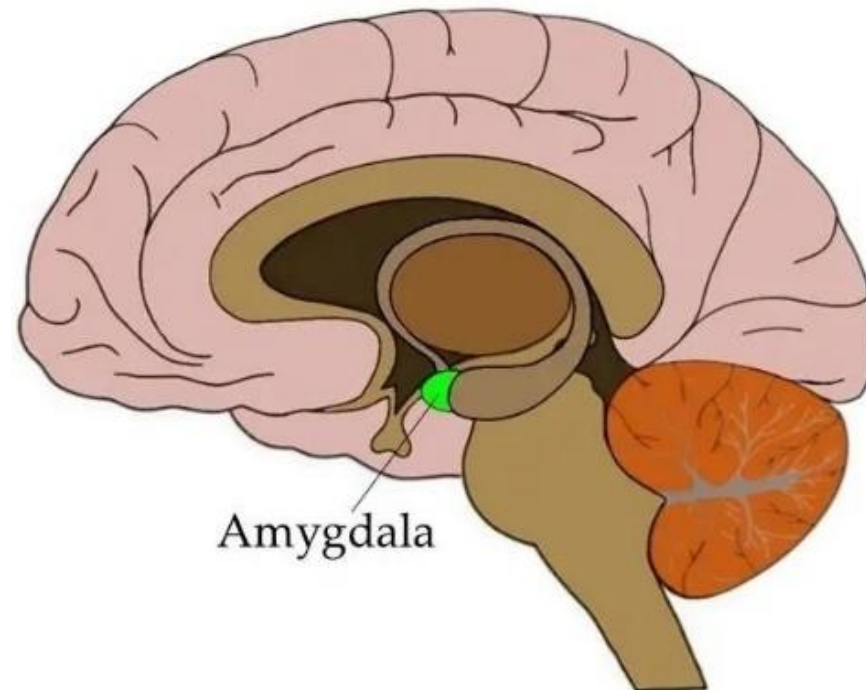
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Far better it is  
to practice mindfulness and meditation



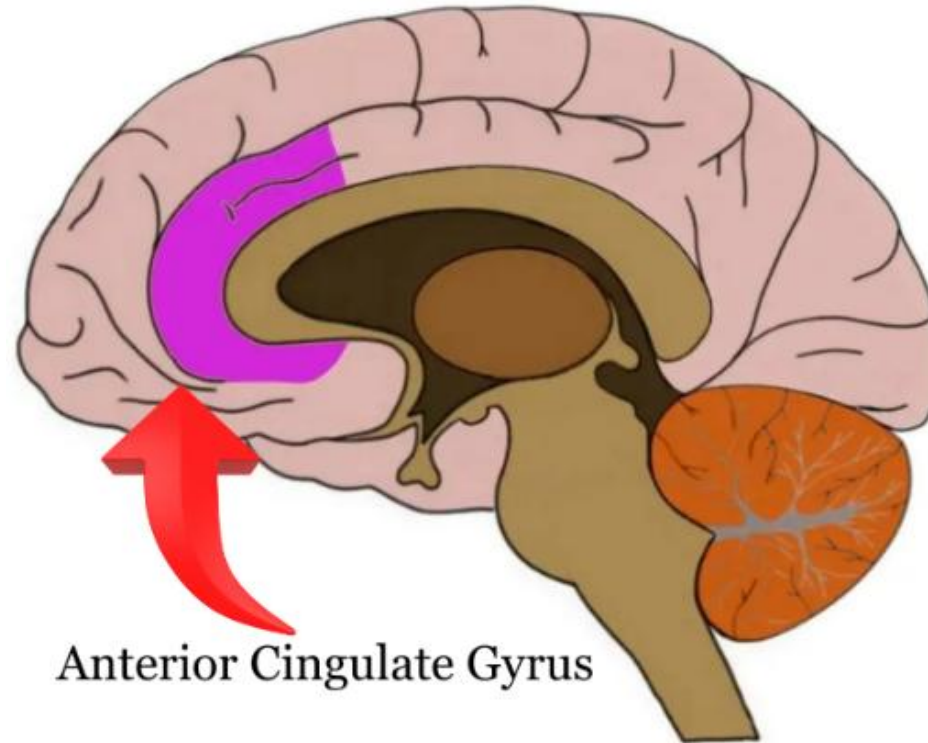
in reliance upon the two branches  
of our Autonomic Nervous System.

For doing so could calm  
the anxiety and aggression  
of our Amygdala



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as well as excite the empathy  
our Anterior Cingulate Gyrus.



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With consistency it could even cause  
our choices, utterances, and deeds

to habitually flow  
from the right (*or effortless*) effort  
of **love**'s centered spontaneity.



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This is why the Buddha taught  
mindfulness and meditation. \_^\_

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The Right Way  
*to meditate*

Nothing dispels  
the disinformation, misinformation,  
mythology, and superstition

surrounding mindfulness and meditation  
quite like neuroscience.

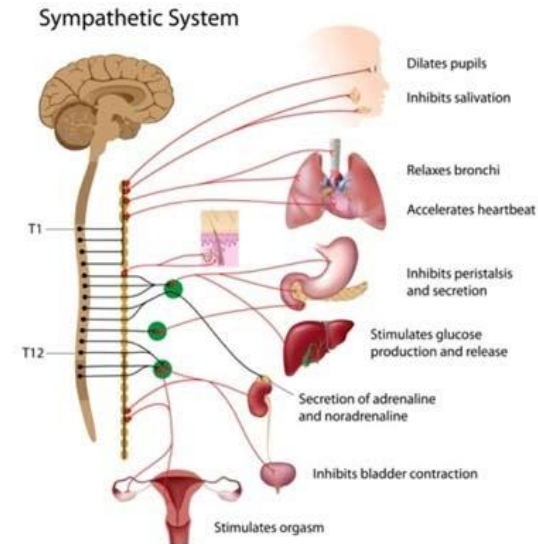
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Let us begin by considering  
**MINDFULNESS.**

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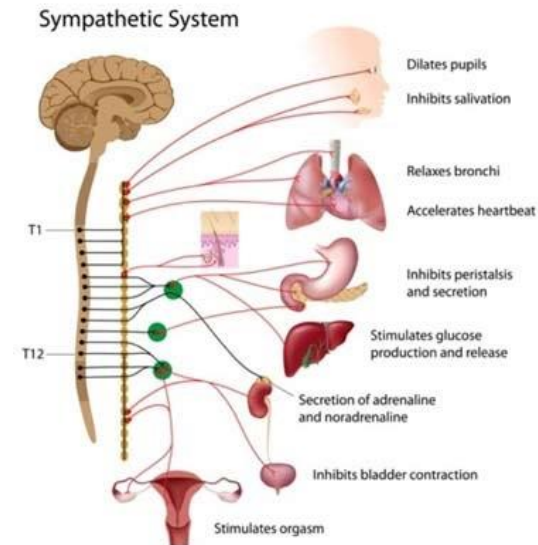
Every time we inhale  
we are wired to access  
the sympathetic nervous system

ensconced within the middle third  
of our spinal cord.



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This bad boy has evolved  
to help us NOTICE  
in a very special way:



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vulnerably, passively, viscerally,  
randomly, and fleetingly;  
which is quite antithetical

to the rigidity and controlling tendencies  
inherent to concentration.

**Bút WHAT have we evolved to nóvice?**

**Wé have evolved to notice perceptions: such as seeing, hearing, feeling, tasting, smelling, and thé like.**

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We have also evolved to notice  
the full spectrum of human:

émotions, intentions, cognitions,  
recollections, and imaginings.



If this mindfulness  
is the natural function  
of our Sympathetic Nervous Sýstem

thén why do we sit down,  
every twelve hours or so,  
to formally practice?

Évery time we  
silently and mentally récite

thé demonstrative pronoun “*This,*”  
or the verb “*Noticing,*”  
during our inhalátion

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we interrupt the habit  
of our clever Cerebral Cortex

to compete against  
our Sympathetic Nervous System

and instead we set space  
for these two **to** cooperate.

But what are we to do  
with all that we notice?

With each inhalation  
we are wired to notice  
all manner of thing:

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from the internal to the external,  
from the physical to the mental,  
from the pleasurable to the painful,

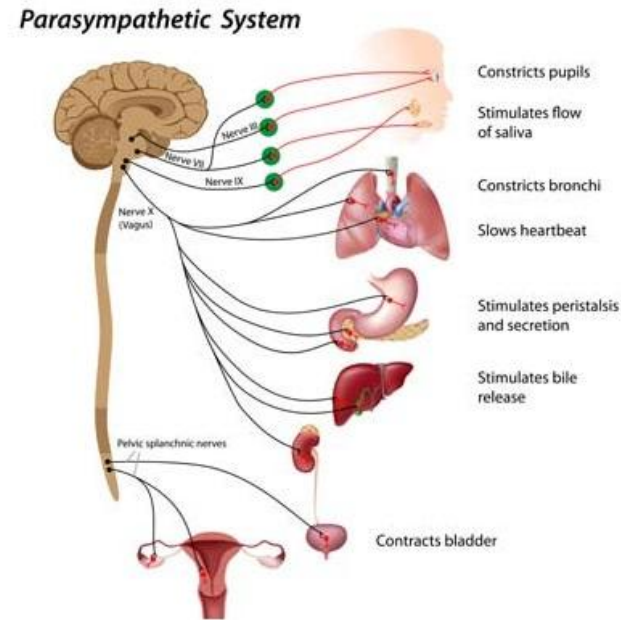
from the interesting to the boring,  
from the glorious to the grotesque.

What are we to do  
with all this stuff?  
Meditate!

So, come let us explore  
the neuroscience of **MEDITATION**.

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Each time we exhale  
we are wired



to effortlessly and automatically access  
our Parasympathetic Nervous System

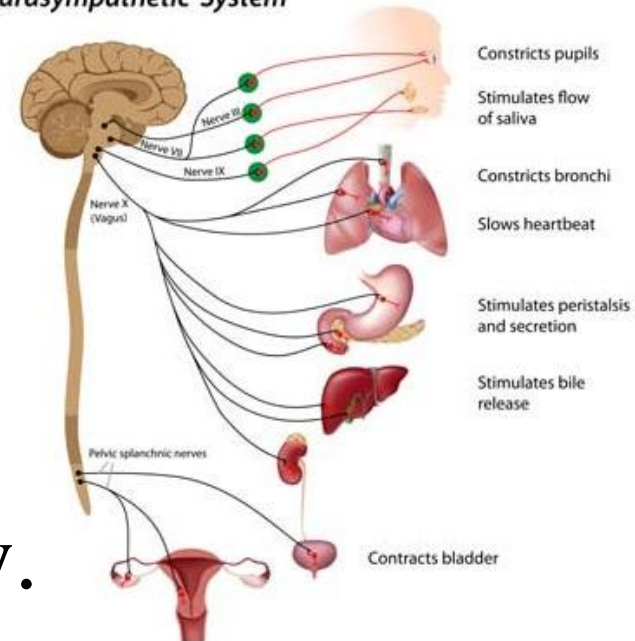


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which is divided between  
the lower third and the upper third

of that same spinal cord  
we mentioned previously.

*Parasympathetic System*



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This Parasympathetic Nervous System  
has evolved to support

our physical relaxation  
as well as mental release

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of that which we noticed  
during our previous inhalation  
to the point

that, that which we noticed  
could feel as non-graspable  
as a vast, empty void.

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Now any good English teacher  
could remind us

that a simile is only as effective  
as it is relatable.

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Thus we have to ask the question:  
“*What is a real world example*

*of a non-graspable,  
vast, empty void?”*

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How about the illusion  
of the infinite azure sky

on a bright and beautiful  
cloudless morn,



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which although compelling  
to the eye,

is non-graspable  
to the hand?



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Thus as we could see,  
emptiness only makes sense

when seen through  
a flexible world view



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that accepts that **NOT** all statements  
are literal,

requiring: blind faith, or  
pseudo-intellectual mental gymnastics.

One might ask,  
*“If this relaxing and releasing*

*is the natural behavior  
of our Parasympathetic Nervous System*

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*then why bother sitting  
in mindfulness and meditation  
every twelve hours or so?”*

Each time we silently  
and mentally recite

the one syllable verb “**ease,**”  
or the multi-syllabic verb “**relaxing,**”  
during our exhalation

we are interrupting  
the habit of our clever Cerebral Cortex

to actively compete against  
our Parasympathetic Nervous System

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and instead open space for these two  
to cooperate  
in a delightfully therapeutic manner.

For some of us  
sitting in mindfulness and meditation

for about an hour twice daily  
is absolutely no problem.

However some of us could require  
a more gradual or hedonistic approach.



Thus sitting  
in mindfulness and meditation  
for about five minuets

every twelve hours or so  
could be a good start

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The second week  
that could be lengthened  
to ten minutes every twelve hours

the third week  
that could be lengthened  
to fifteen minutes every twelve hours.

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Over the course of twelve weeks  
one could progress by an  
additional five minutes every week

and thusly condition  
one's body and mind to sit for an hour  
every twelve hours or so.

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One of the benefits of this incremental approach is that it could give our body, mind,

partner, pets, children, and schedule an opportunity to gently acclimate to this lifestyle change.

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Walking in the Buddha's foot steps  
we too could master  
mindfulness and meditation. \_^\_

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BENGALI  
*crease counting and energy work*

In these days of technological terrors  
we can easily time our meditation

using the stopwatch app  
on our smart phones.

In days of yore, however,  
one might time one's meditation session

by burning one, two, or three  
sticks of incense (*one after the other*).

This method of crease counting however was inspired by the techniques practiced by many Bengalis.



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Those of us living in countries  
enduring a rise of fascism

know that although  
cranky officials in polyester  
could confiscate

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both smartphones and rosaries alike,  
we'll most always have our hands

and by extension  
this means  
of practicing crease counting.

Those of us who have endured  
disabilities (*numerous and life-long*)

are often drawn to the energy work  
of Taoism as well as Tantric Buddhism.

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Although we could influence our bodies'  
channels, winds, and drops

*(or Na-di, Pra-na, and Bin-du in San-skrit)*  
through visualization, and invocation

the easiest and most therapeutic method  
is to use the finger gestures (*or Mu-dra*)

that are part and parcel of this practice  
of Bengali Crease Counting.

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# Beginning with the FIRST pillar: over the span of twelve inhalations



we could touch the tip of our right thumb to the lowest, middling, and uppermost sets of creases upon its little finger.

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It could then count likewise upon its ring, middle, and then index fingers.



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Continuing with the **SECOND** pillar:  
we could count sets

of twelve inhalations each  
this time  
with our left thumb.



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To count four sets  
we could touch the tip of our left thumb  
to the **lowest** set of creases  
upon the little, ring, middle, and index  
fingers of our left hand.



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Yes, to count eight sets  
we could touch both

the lowest and **middling** sets of creases  
upon the four fingers of our left hand;



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and even count twelve sets by touching  
the lowest, middling and  
**uppermost** sets

of the creases  
upon the four fingers of left hand;



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but typically we'll only count  
the four sets  
of twelve inhalations each.



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Finishing with the **THIRD** pillar:  
we could gather four collections

of four, eight, or twelve sets  
of twelve inhalations each

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in a manner that gently, therapeutically,  
and sustainably influences  
our channels, winds, and drops.

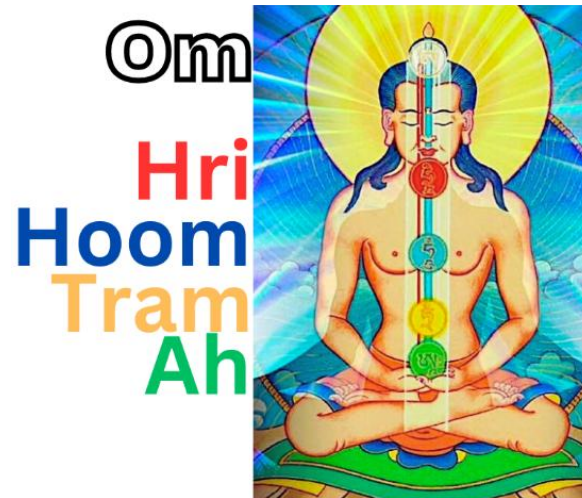
## Easy Enlightenment

Upon the tip of left index finger,  
we could rest the great knuckle  
at the base of our right index finger  
palms up, in our lap.



## Easy Enlightenment

Doing so could gently invite  
our real or imagined, subtle energies,  
to automatically coalesce  
at the **Crown** region of our head.





## Easy Enlightenment

Upon the tip of left little finger,  
we could rest the great knuckle  
at the base of our right little finger  
palms up, in our lap.



## Easy Enlightenment

Doing so could gently invite our real or imagined, subtle energies, to automatically coalesce in the **Bladder** region of our lower abdomen.



## Easy Enlightenment

Upon the tip of left middle finger,  
we could rest the great knuckle  
at the base of our right middle finger  
palms up, in our lap.



## Easy Enlightenment

Doing so could gently invite our real or imagined, subtle energies, to automatically coalesce at the **Heart** region of our chest.



## Easy Enlightenment

Upon the tip of left ring finger,  
we could rest the great knuckle  
at the base of our right ring finger  
palms up, in our lap.



## Easy Enlightenment

Doing so could gently invite our real or imagined, subtle energies, to automatically coalesce in the **Navel** region of our mid-abdomen.



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Although these actions  
might NOT bestow upon us

the miraculous powers  
a Tolkien fever dream

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they could assist our bodies' practice  
of the Buddha's  
mindfulness and meditation. \_^\_



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SECRET  
*of our buddha nature*

A reoccurring phrase  
in both Ma-ha-ya-na  
as well as Tantric literature

is Ta-tha-ga-ta Gar-bha  
or Buddha Nature.

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This charming iron-age turn of phrase hints that enlightenment is our birth right and easily attained,

without requiring heroic effort or noble sacrifice.

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Sounds great! Sign me up!  
But the mystery remains,  
how is one to realize it?

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One of the many advantages  
of living in this age is  
that medical professionals have access

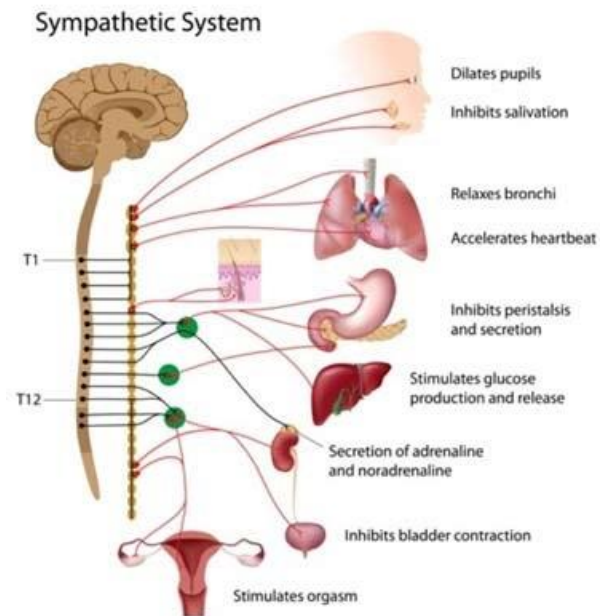
tó sophisticated imaging technology  
of which the ancients  
could have never cónceived.

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**Fú**unctional Magnetic  
Resonance Imaging  
(or fMRI) studies have revéaled

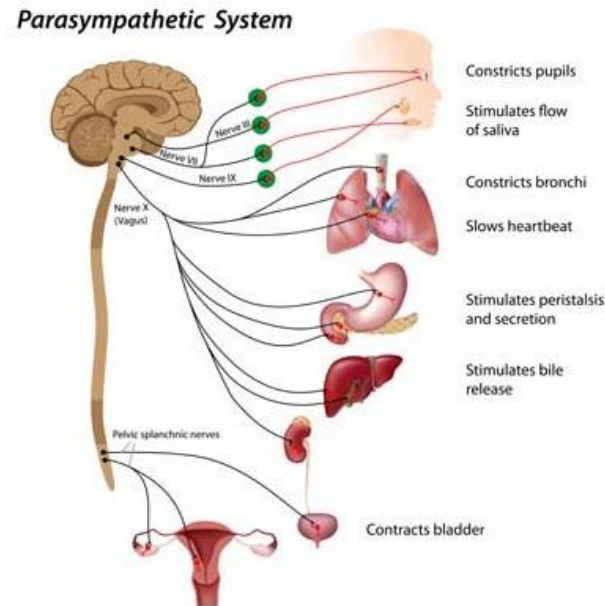
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that it is our  
 Sympathetic Nervous System  
 that is the seat of mindfulness (*or Sa-ti*),

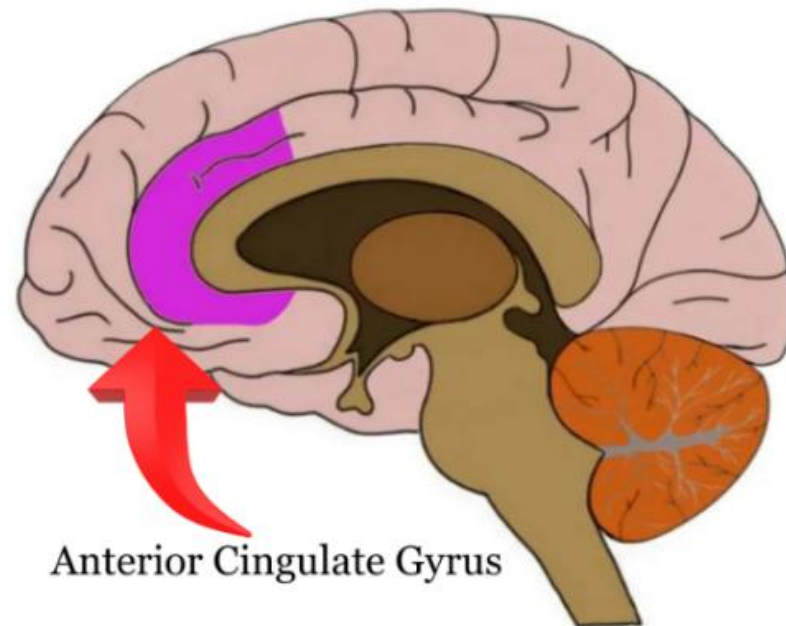


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our Parasympathetic Nervous System  
that is the seat  
of meditation (*or Sa-ma-dhi*),



and our Anterior Cingulate Gyrus  
that is the seat of our loving-kindness  
(*or Met-ta*).



Anterior Cingulate Gyrus



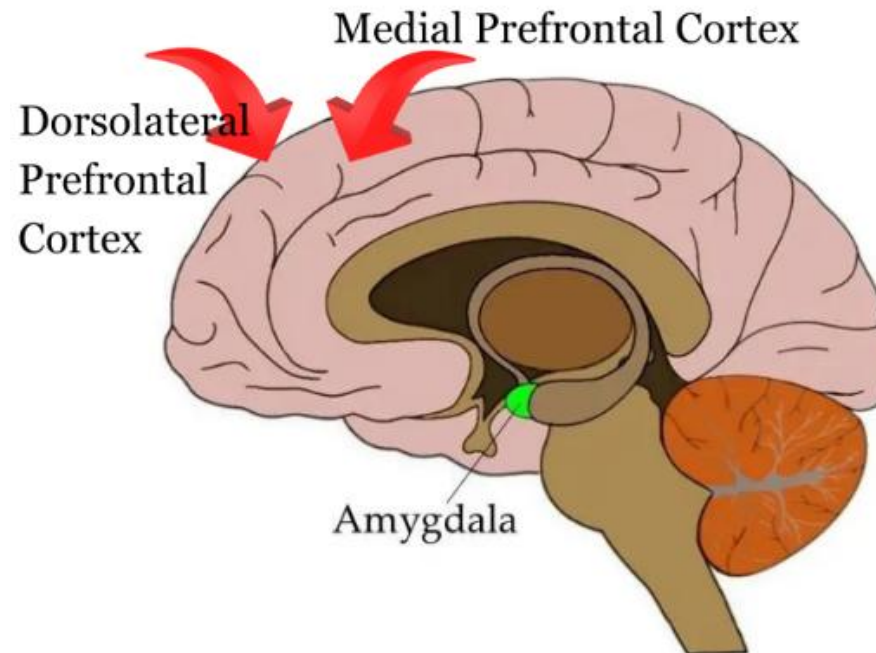
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It is these three structures  
that comprise our Buddha nature.  
But a villain lurks!

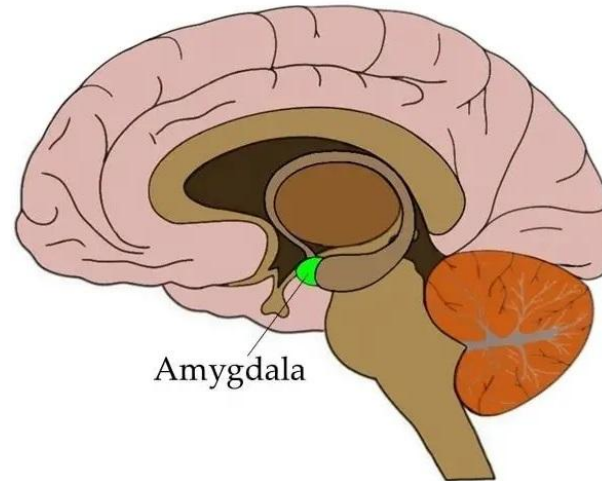
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Just as the Buddha's foil  
was his foolish cousin De-va-dat-ta,

so too is the team  
of our Prefrontal Cortex  
(*the seat of analysis and focus*)



and our Amygdala  
*(the seat of anxiety and aggression)*



the opponents to the mechanism  
of our Buddha Nature.

Easy Enlightenment

Just as Jack the Ripper taught us  
that a surgeon's scalpel could be used  
to take lives as well as save them,

so too could both the prefrontal cortex  
as well as the amygdala  
be either used or abused.

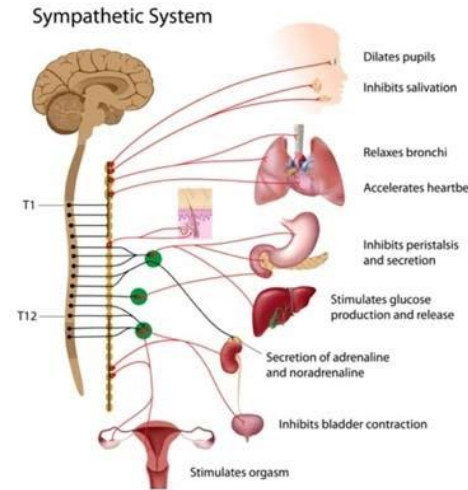
Easy Enlightenment

The solution to this dilemma  
is two-fold.

The easy method  
to strike the match of enlightenment  
already in our grasp

Easy Enlightenment

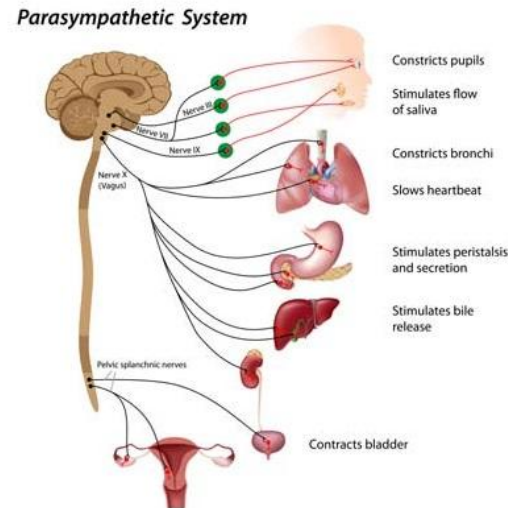
is to allow  
our Sympathetic Nervous System



to MINDFULLY do its thing  
during our inhalations

Easy Enlightenment

# and to let our Parasympathetic Nervous System



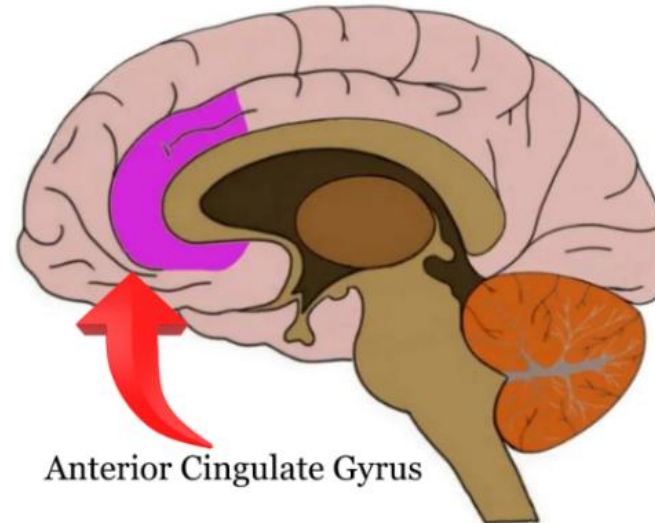
to **MEDITATIVELY** do its thing  
during our exhalations.



Easy Enlightenment

Thus sitting in formal  
mindfulness and meditation  
once every twelve hours or so

we set space to live  
from our EMPATHETIC



Anterior Cingulate Gyrus  
effortlessly and automatically.

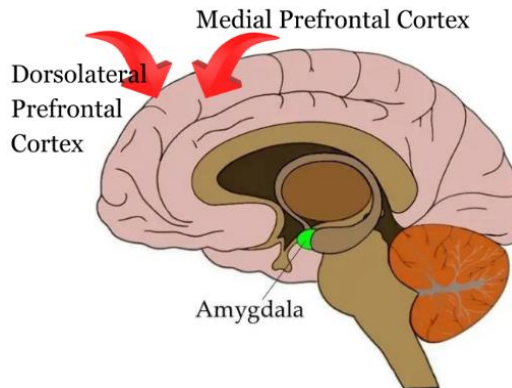
Easy Enlightenment

A delightful fringe benefit of this  
is the manner in which

our choices, utterances, and deeds  
could begin to flow

## Easy Enlightenment

from the right (*or effortless*) effort  
of love's centered spontaneity:



which is the **KEY** to the sustainable use  
of our analytical Prefrontal cortex  
as well as our primal Amygdala.

Easy Enlightenment

This is why the Buddha taught  
mindfulness and meditation. \_^\_

Easy Enlightenment  
TEACHER  
*selection*

With so many lamas and authors  
offering to teach us how to meditate  
(*often for a substantial fee*)

how are we to know  
upon which teacher or technique  
we should rely?

Easy Enlightenment

Should we rely upon the teacher  
with the greatest:

beauty, fame, popularity, acclaim, wealth,  
resume, credentials, or  
letters of recommendation? No, no, and no!

Easy Enlightenment

The proof of the pudding  
is in the tasting

and we test the effectiveness  
of a teacher's guidance



ín the laboratory  
of our body and mind.

Fírst we find a teacher  
*(regardless of gender, age, or nationality)*  
and request instrúction.

We then enthusiastically  
practice the technique we are given

for at least five minutes,  
once every twelve hours or so,  
for seven consecutive days.

**NÓTE** – if we're not up to the task  
of practicing thúsly

thén the selection of a teacher  
is simply **NOT** our biggest problém.

After the conclusion  
of the second practice,  
on the seventh day,

we vulnerably gaze within and ask,  
*“Has this week of practice  
increased my peace and love?”*

Easy Enlightenment

If yes, then mazel tov,  
you've found a teacher  
from whom you could benefit.

Easy Enlightenment

If NOT then follow up with that teacher.  
If they won't or can't help you  
then to hell with them!

Find a better teacher  
for you at this time.

Easy Enlightenment

No, the test of a teacher's wisdom is NOT whether their teachings align with our preconceptions.

For such a metric will only ensure we will never grow beyond where we are at right now!

Easy Enlightenment

And for goodness' sake  
let us not put ourselves in the hands

of a greedy fool  
who would sell the Buddha's teachings.



Easy Enlightenment

For although optional donations  
could be lovely

the greatest offering we could make  
is simply the enthusiastic application  
of teacher's instructions.

Easy Enlightenment

If we wish to follow in the footsteps  
of the Buddha  
*(be he real or merely archetypical)*

then we must bring a scientist's curiosity  
and enthusiasm to be methodical  
into our spiritual journey.

Easy Enlightenment

If it sounds inconvenient  
and maybe even a little scary,

there is probably a very good reason for that.  
But is it worth the inconvenience?

Easy Enlightenment

The Buddha thought so,  
this is why Gau-ta-ma devoted

his talents and time to teaching  
mindfulness and meditation. \_^\_

Easy Enlightenment  
EASE  
*of NON-duality*

It's NOT our fault  
if we've only been exposed  
to weak-minded teachers and authors

who could NOT instruct themselves  
out of a wet paper bag.

Easy Enlightenment

It's NOT an indictment  
against our wisdom or spirituality  
if the feckless or the elitist

could NOT or would NOT  
spell out for us duality  
as well as its transcendence.

Easy Enlightenment

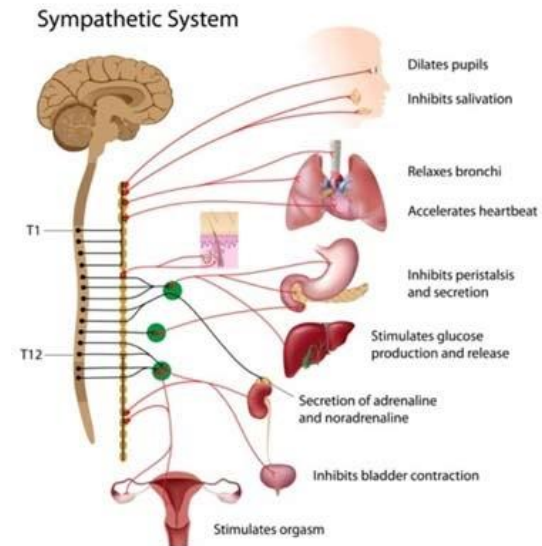
Let us begin remedying that  
with a review.

Level ONE – each time  
we silently and mentally recite

Easy Enlightenment

the demonstrative pronoun “*This*”  
(or the verb “*Noticing*”)  
during our inhalation

our Sympathetic Nervous System  
wires us

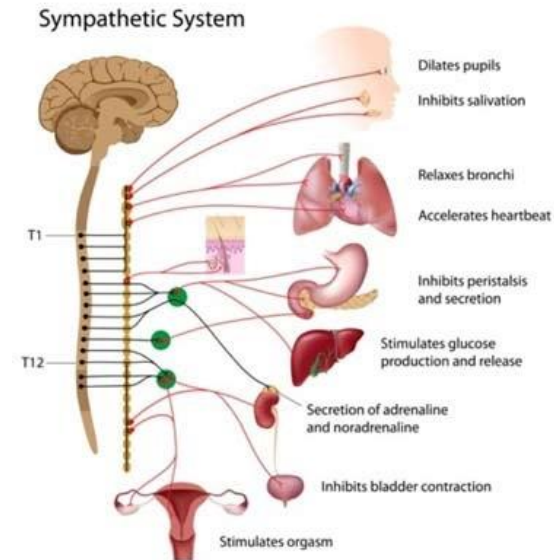




Easy Enlightenment

to vulnerably, passively, viscerally,  
randomly, and fleetingly

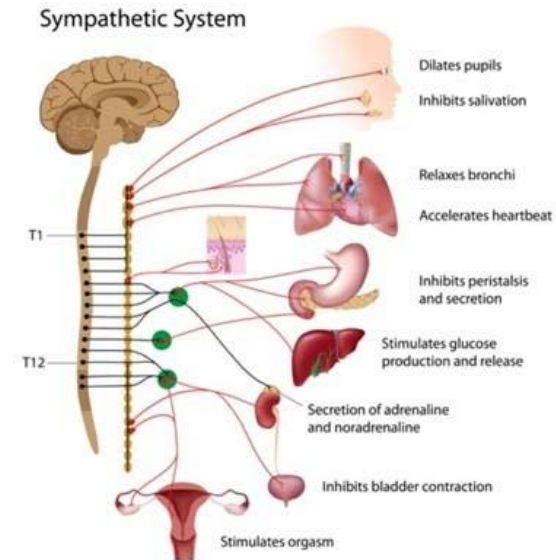
notice perceptions such as  
sights, sounds,  
sensations, flavors, and scents.



Easy Enlightenment

Level TWO – we could also spontaneously notice the full spectrum of human:

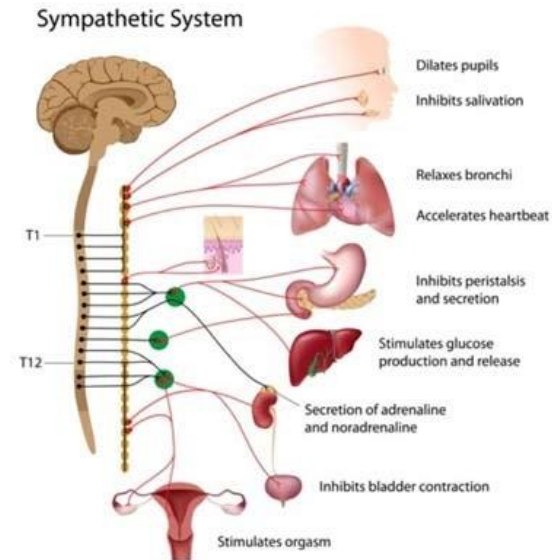
emotions, intentions, cognitions, recollections, and imaginings.



Easy Enlightenment

Level THREE – we could spontaneously notice many things

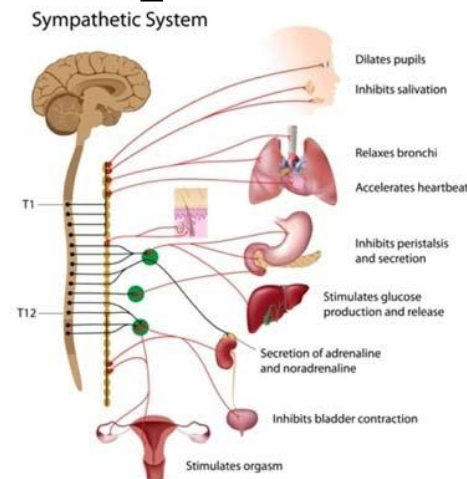
from the external to the internal,  
from the physical to the mental,



## Easy Enlightenment

from the pleasurable to the painful,  
from the interesting to the boring,  
from the glorious to the grotesque.

Level FOUR – we could  
spontaneously notice  
the fundamental duality sited in Buddhism



Easy Enlightenment

*(that we desire some things  
and dread others).*

Easy Enlightenment

Level FIVE – we could spontaneously notice a subtle resistance to the actual absence of what we desire

as well as resistance to the mere prospect of its absence.

Easy Enlightenment

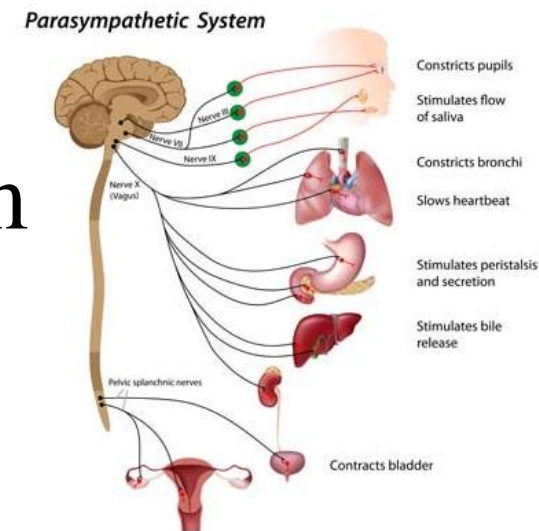
Similarly, we could passively notice  
the subtle resistance  
to the actual presence  
of that which we dread

as well as resistance to  
the mere possibility of its presence.

## Easy Enlightenment

As we silently and mentally recite the one syllable verb “**ease**” (or the thee syllable verb “**relaxing**”) during our exhalation

our parasympathetic nervous system is wired to support our physical relaxation and mental release



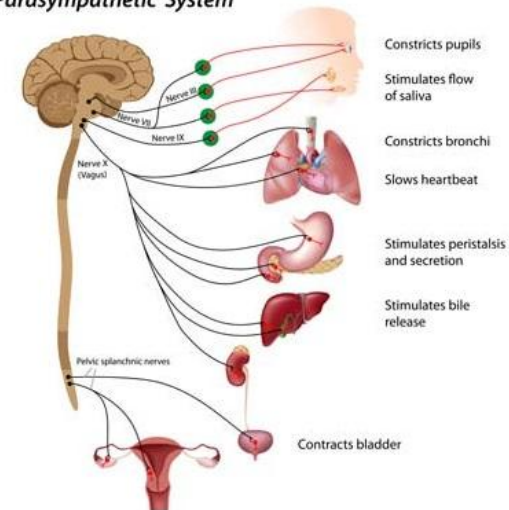


Easy Enlightenment

whatever dread or desire,  
glory or grotesquery,  
interest or boredom,

pleasure or pain,  
mind or body,  
external or internal

*Parasympathetic System*



Easy Enlightenment

we may have spontaneously noticed  
during our previous inhalation;

thus causing each pole of duality  
to smack of the same taste  
of fleeting NON-graspability.

Easy Enlightenment

# The great south Indian Buddhist philosopher Nar-ga-ju-na



taught of two truths  
(*the conventional and the ultimate*);

Easy Enlightenment

that we notice during our inhalation  
and that we feel  
during our relaxing exhalation.

Easy Enlightenment

Each being (*enlightened or not*)  
is therefore wired to notice duality  
during each inhalation

and taste of NON-duality  
during each exhalation.

Easy Enlightenment

This is NOT an indictment;  
au contraire, it is necessary.

For just as a one-winged bird  
can NOT take to the sky

Easy Enlightenment

those who convince themselves  
they do not perceive the conventional  
cannot experience Nir-va-na;

despite the pseudo-spiritual blatherings  
of individuals  
who think themselves buddhas

whilst remaining merely  
self-important boobs.



Easy Enlightenment

Let us turn our attention  
to simple perception.

Easy Enlightenment

As we **relax** into our exhalation  
whatever beauty or ugliness

we may have *noticed*  
during our previous inhalation

Easy Enlightenment

could feel as if it was melting  
into the simplicity of just sight.

Easy Enlightenment

As we **relax** into our exhalation  
whatever harmony or discord

we may have *noticed*  
during our previous inhalation

Easy Enlightenment

could feel as if it was melting  
into the simplicity of just sound.

Easy Enlightenment

As we **relax** into our exhalation  
whatever pleasure or pain

we may have *noticed*  
during our previous inhalation

Easy Enlightenment

could feel as if it was melting  
into the simplicity of just sensation.

Easy Enlightenment

As we **relax** into our exhalation  
whatever deliciousness or disgust

we may have *noticed*  
during our previous inhalation



Easy Enlightenment

could feel as if it was melting  
into the simplicity of just taste.

Easy Enlightenment

As we **relax** into our exhalation  
whatever fragrance or foulness

we may have *noticed*  
during our previous inhalation

Easy Enlightenment

could feel as if it was melting  
into the simplicity of just scent.

Now we could turn our attention  
to our inner life.

Easy Enlightenment

As we **relax** into our exhalation  
whatever happiness or sorrow

we may have *noticed*  
during our previous inhalation

Easy Enlightenment

could feel as if it was melting  
into the simplicity of just emotion.

Easy Enlightenment

As we **relax** into our exhalation  
whatever kindness or cruelty

we may have *noticed*  
during our previous inhalation

Easy Enlightenment

could feel as if it was melting  
into the simplicity of just intention.

Easy Enlightenment

As we **relax** into our exhalation  
whatever cleverness or foolishness

we may have *noticed*  
during our previous inhalation



Easy Enlightenment

could feel as if it was melting  
into the simplicity of just cognition.

Easy Enlightenment

As we **relax** into our exhalation  
whatever clarity or dullness

we may have *noticed*  
during our previous inhalation

Easy Enlightenment

could feel as if it was melting  
into the simplicity of just recollection.

Easy Enlightenment

As we **relax** into our exhalation  
whatever triumph or defeat

we may have *noticed*  
during our previous inhalation

Easy Enlightenment

could feel as if it was melting  
into the simplicity of just imagination.

Let us turn our attention  
to a set of four dualities

known as the  
Eight Failings of the World  
(Lo-ka-vi-pat-ti in Pali)

Easy Enlightenment

or as the Eight Worldly Concerns  
(As-ta-lo-ka Dhar-ma in Sanskrit)

within the context  
of the four bases of mindfulness:

Easy Enlightenment

the circumstantial (Dham-ma),  
the physical (Ka-ya),

the interpersonal (Ve-da-na),  
and the mental (Chit-ta).



Easy Enlightenment

As we **relax** into our exhalation  
whatever wealth or lack

we may have *noticed*  
during our previous inhalation

Easy Enlightenment

could feel as if it was melting  
into the simplicity  
of just the circumstantial.

Easy Enlightenment

As we **relax** into our exhalation  
whatever bliss or pain

we may have *noticed*  
during our previous inhalation

Easy Enlightenment

could feel as if it was melting  
into the simplicity  
of just the physical.

Easy Enlightenment

As we **relax** into our exhalation  
whatever praise or scorn

we may have *noticed*  
during our previous inhalation

Easy Enlightenment

could feel as if it was melting  
into the simplicity  
of just the interpersonal.

Easy Enlightenment

As we **relax** into our exhalation  
whatever fame or shame

we may have *noticed*  
during our previous inhalation

Easy Enlightenment

could feel as if it was melting  
into the simplicity  
of just the mental.



Easy Enlightenment

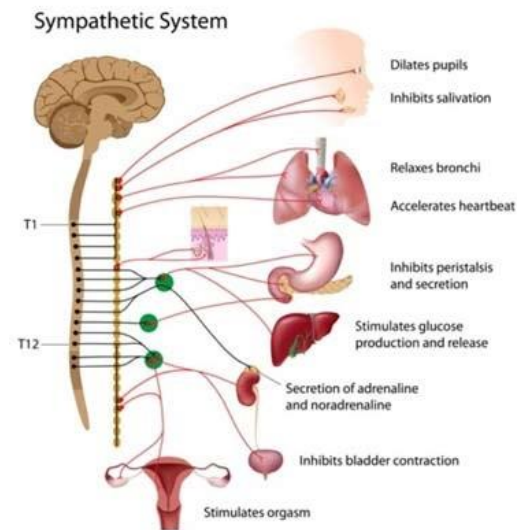
Liberation from the tyranny of duality  
could be an effortless  
and effective process.

This is why the Buddha taught  
mindfulness and meditation. \_^\_

Easy Enlightenment  
SEVEN-POINT  
*posture of Vairochana*

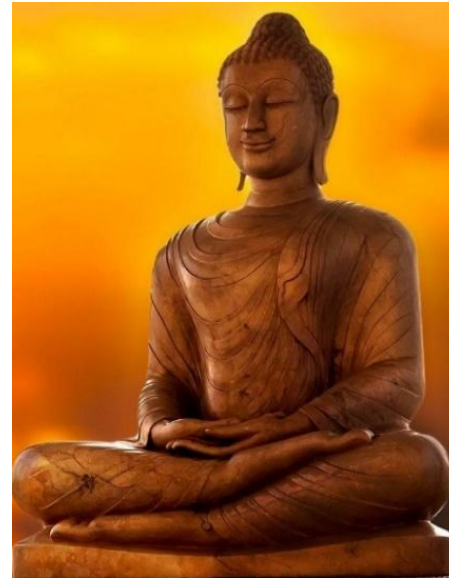
Our mind  
dwells in our central nervous system

and our central nervous system  
dwells in our physical body  
of flesh, blood, and bone.



Easy Enlightenment

The advantage to this is that we could make subtle adjustments

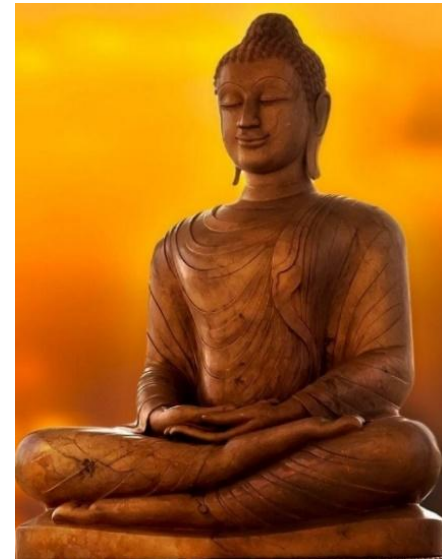


to the manner in which we sit thus enhancing the duration and profundity of our practice of meditation.

Easy Enlightenment

# The Ma-ha-sid-dhas or great Buddhist Yogis

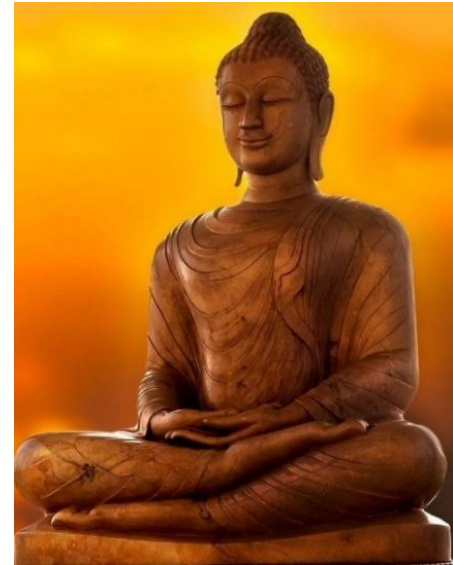
of India and Tibet  
organized the sitting instructions



Easy Enlightenment

in an outline known as  
*“The Seven-point Posture  
of Vai-ro-cha-na.”*

The **FIRST** point  
concerns our legs.



Easy Enlightenment

We could find  
a, so-called, Mexican Yoga Blanket  
online for about twenty bucks.



Easy Enlightenment

We could fold it in such a manner  
as to approximate  
a twenty-four by eighteen-inch rectangle.



Easy Enlightenment

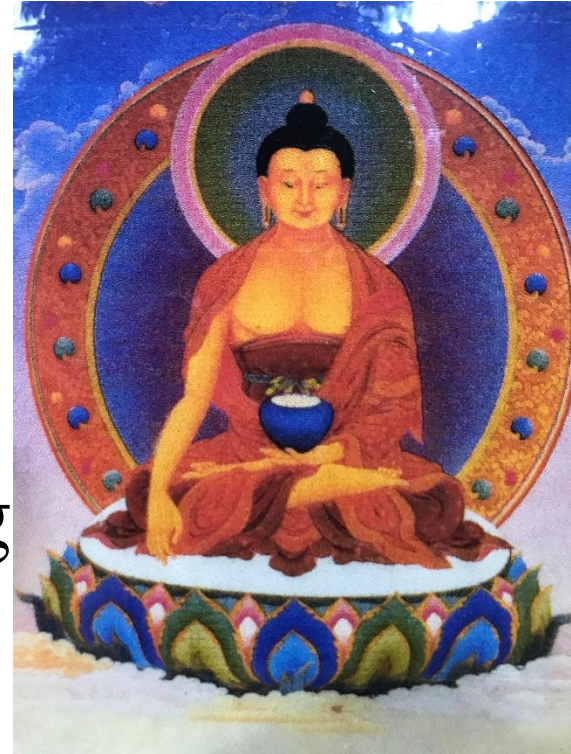
May we remember  
to wash it weekly

for the work of sitting  
could be sweaty business.



The majority  
of contemporary contemplative art

depicts the Buddha sitting  
in a full lotus posture.



## Easy Enlightenment

What an excellent example of the effect of Patriarchy's toxic elitism upon art.



For few can comfortably and sustainably assume that posture (*or A-sa-na*) for two hours daily.

Easy Enlightenment

The most ancient Buddhist art, however,  
depicts Gau-ta-ma (*the Buddha*)

sitting in what some would describe  
as merely the quarter lotus posture



Easy Enlightenment

wherein one leg lays flat upon the other like a sandwich.



Easy Enlightenment

It is important therefore to remember  
that it is our hips that are ball joints



whereas our knees  
are merely hinge joints.

Easy Enlightenment

Treating knees as if they  
were as omnidirectional as our hip joints



could lead our knees to needless  
and unnecessary injury.

Easy Enlightenment

By experimenting with our hip joints  
we could rest our insteps  
upon the blanket



instead of the bony crowns of our ankles,  
which would be needlessly painful.

Easy Enlightenment

After a lifetime of sitting in chairs  
the quarter lotus pose  
could feel like an impossibility.



May we therefore remember  
**NOT** to force the posture.



Easy Enlightenment

Once we have assumed as sustainable  
a version of this posture as we can,



we could surrender  
to temporary imperfection,

Easy Enlightenment

allowing time and gravity  
to work their so-called magick,



as they return our bodies to a semblance of  
the flexibility we once enjoyed as children.

Easy Enlightenment

Many find that by setting  
a circular meditation cushion (*or Za-fu*)



upon their folded yoga blanket  
and resting one's tush upon it

Easy Enlightenment

enhances both the short term comfort as well as the long term endurance of our sitting.



We could find a Za-fu on line for about fifty bucks.

Easy Enlightenment

The better ones  
are filled with buckwheat hulls



and have a side zipper  
through which we could add more  
hulls once the old ones have settled.

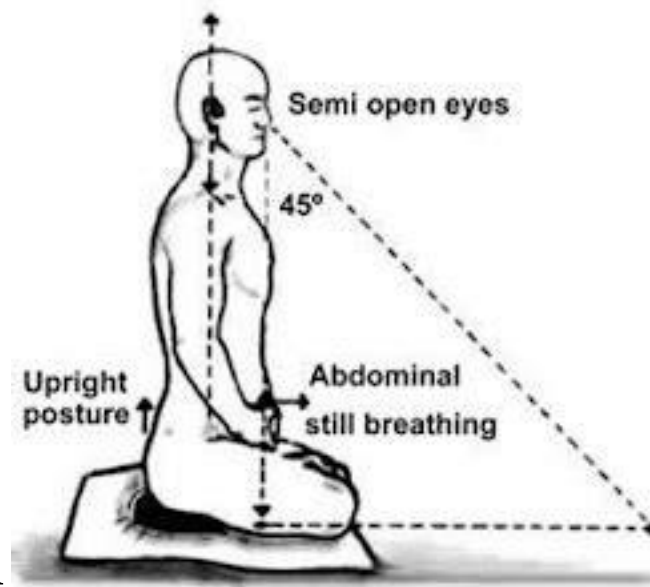


The **SECOND** point concerns our hands  
which we explored in great detail

in a previous lesson or chapter discussing  
“Bengali Crease Counting.”

Easy Enlightenment

The **THIRD** point concerns our spine.

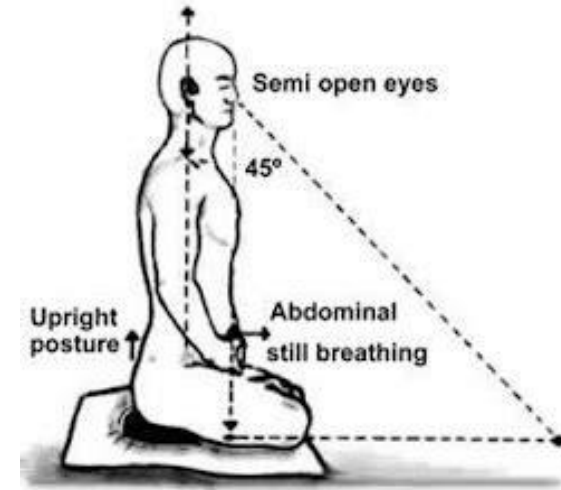


With each inhalation we could generate a vertical traction between our tush and the back our head

Easy Enlightenment

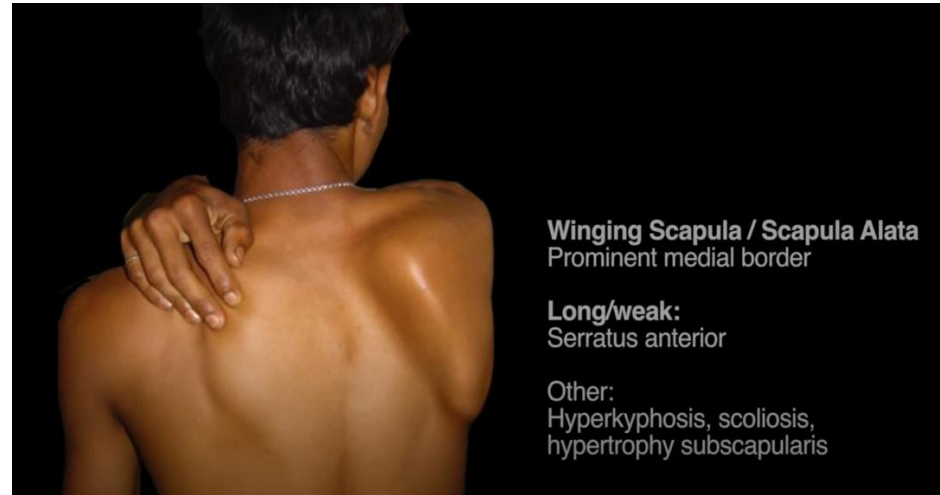
*(as if we were pulling our head out of the warm, dark place we sometimes seem to keep it).*

During each exhalation we are wired to subtly relax this traction.





The **FOURTH** point  
concerns our shoulder blades  
(*or Scapula*).



With each inhalation  
the vertical traction of our spine  
could gently open our shoulder blades

Easy Enlightenment

in a manner reminiscent  
of a hungry vulture spreading its wings



to protect its meal  
from greedy competitors.

Vultures are often referenced  
in Buddhist teachings

as a reminder of the inevitability  
of the various forms of impermanence

Easy Enlightenment

which (*although inconvenient  
and sometimes frightening*)

could aid our training  
in letting-go and release.

The FIFTH point  
concerns our head.

With each inhalation  
subtly dropping our chin

Easy Enlightenment

down towards  
our breast bone (*or Sternum*)  
could be the natural consequence

of subtly pulling the back of  
our head up while simultaneously  
opening our shoulder blades.



Easy Enlightenment

The **SIXTH** point concerns our mouth.  
With each inhalation our jaws  
could subtly part though lips are sealed



Easy Enlightenment

and a subtle smile could  
start at the corners of our lips,

ascend through the apples of our cheeks,  
and perch upon the crows' feet of our eyes;



as the tip of our tongue  
gingerly touches the roof of our mouth  
behind our front teeth (*or incisors*).

Easy Enlightenment

The SEVENTH (*and final*) point  
concerns our gaze.

Easy Enlightenment

Although some insist  
there are supernatural benefits

to be had from staring  
at either the sky, the horizon  
or even the tip of our nose

our inhalation's  
kinesiological momentum

of spinal traction, scapular opening,  
and chin dropping

Easy Enlightenment

strongly infer that pointing our face  
down, toward the floor or earth,

at a place about  
one to two meters before us  
is most sustainable.

Easy Enlightenment

Some squeeze their eyes tightly closed,  
some open wide their eyes as if surprise,

some hold their eyes at half-mast,  
while some gently close their eyes.

Easy Enlightenment

May we exercise the courage  
to experiment

and listen to our body's  
ever changing needs.

Easy Enlightenment

Yes, this Seven-point Posture  
of Vai-ro-cha-na  
could feel overwhelming.

May we therefore give ourselves permission  
to have a learning curve



and allow the upward organization  
of the seven points

of legs, spine, hands, shoulder-blades,  
head, mouth, and gaze

Easy Enlightenment

to gently and organically guide us  
with each inhalation.

Doing so, we cannot help but relish  
each exhalation's subtle release.

Easy Enlightenment

Like the archetype of Gau-ta-ma  
(*the Buddha*) may we too practice  
mindfulness and meditation. \_^\_

Easy Enlightenment  
ICONOGRAPHY  
*of the archetype*

One of the most recognizable  
archetypes of Dzok-chen's

great completion stage  
of Buddhist meditation



Easy Enlightenment

is the image depicting a nude woman  
*(the color of a cumulus cloud)*

sporting in tantric union  
with a naked man  
*(the hue of the infinite azure sky).*



Easy Enlightenment

Despite the pearl clutching of Karens,  
if the Catholics get to erect statues



of a scrawny, naked carpenter  
being tortured to death

then yes,  
the Ati-yogis get to display



meaningful images of two beautiful people  
contemplatively making love.

Easy Enlightenment

This image could be translated  
as the All-good Ones  
Sporting in Tantric Union,



in Sanskrit as Sa-man-ta-bha-dra  
Sa-man-ta-bha-dri Kar-ma Mu-dra,



Easy Enlightenment

and in Tibetan as Kun-tu-zang-po  
Kun-tu-zang-mo Yab Yum.



Easy Enlightenment

In his commentary  
to “*The Essence of Refined Gold*”  
the fourteenth Dalai Lama of Tibet



insisted that each lama  
functions as his own sect.

Easy Enlightenment

Bearing this in mind,  
let's explore an explanation



of the iconography of this famous  
(*or infamous*) archetype.

Easy Enlightenment

In this day, and in this country,  
one could take literacy for granted.



But in days of yore  
it was the exception, **NOT** the rule.

Easy Enlightenment

Thus, it could come as little surprise  
that many teachers  
relied on symbols and archetypes



to serve as mnemonic devices  
with which to remind folks of the teachings.

Easy Enlightenment

Fortunately, most complex lifeforms  
on this planet  
have evolved to think symbolically



which made such a teaching strategy  
quite effective for humans.

Easy Enlightenment

The **NUDITY** of the couple  
reminds us that for mindfulness  
to be truly beneficial as we inhale

it must be **VULNERABLE**  
as well as passive, visceral,  
random and fleeting.



Easy Enlightenment

# The TRANSLUCENCE of Sa-man-ta-bha-dra

and Sa-man-ta-bha-dri  
*(depicted in the finer paintings)*





Easy Enlightenment

reminds us that for meditation  
to be truly beneficial as we exhale

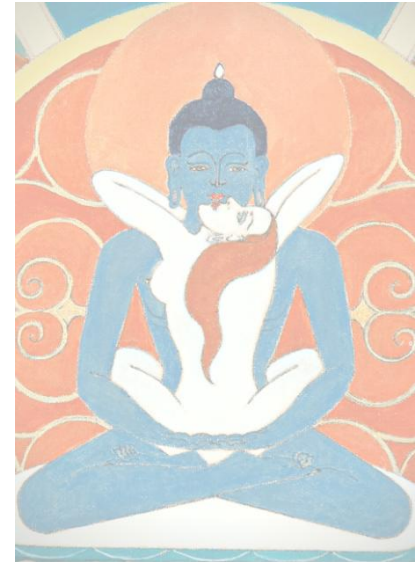
we must physically relax  
that we may mentally release:



Easy Enlightenment

as if that which we noticed  
during our previous inhalation,

could now feel as if it was as  
**NON-GRASPABLE**  
as vast empty void



Easy Enlightenment

*(like the illusion  
of the infinite azure sky*

*on a bright and beautiful  
cloudless morn,*



Easy Enlightenment

*which although could be tantalizing  
to the eye,*

*could feel utterly non-graspable  
to the hand).*



Easy Enlightenment

# The BEAUTY of Kun-tu-zang-po and Kun-to-zang-mo

reminds us of EMPATHY (*the  
source of the greatest beauty*)



Easy Enlightenment

that is the effortless by-product  
of passive noticing  
and releasing relaxation

in harmony with our respective  
inhalations and exhalations.



The ABANDON  
with which the cloud-colored woman

appears to sport in tantric union  
reminds us of the  
SPONTANEITY



Easy Enlightenment

that is tempered by **CENTEREDNESS**,  
which in turn is symbolized

by the **STABILITY** with which  
her sky colored tantric partner  
(*or Vaj-ra throne*) sits;





Easy Enlightenment

reminding us that  
the more we authentically practice  
mindfulness and meditation



Easy Enlightenment

the more  
our choices, utterances, and deeds  
could flow

with the right  
(*or effortless*) effort  
of love's centered spontaneity.



Easy Enlightenment

Let us NOT make the mistake  
of Yang's religious patriarchy

of: deifying, worshiping,  
and supplicating  
a mere archetype.



Instead, let us traverse  
Yin's path of spiritual matriarchy

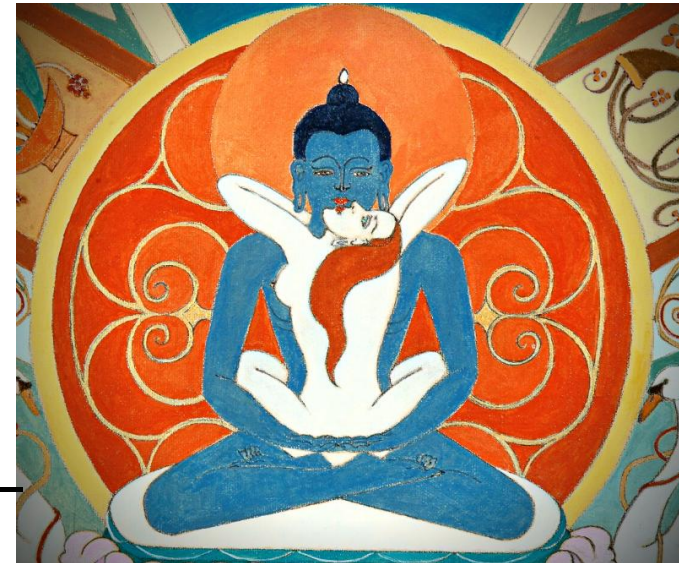
allowing our practice  
to be inspired by the meaning  
of this iconography



Easy Enlightenment

that we could be  
the peaceful and loving people  
our dogs already think we are.

This is why the Buddha taught  
mindfulness and meditation. \_Λ\_



Easy Enlightenment  
VEGANISM:  
*a key to compassion*

In late-stage capitalism there are many  
who have a vested interest

in keeping us locked in the frenzy  
of various iterations  
of the kill or be killed mindset.

Easy Enlightenment

Come, let us wax subversive.  
For although the United Nations

explained it would take  
six billion dollars to end world hunger,

Easy Enlightenment

compassion is NOT an exclusive club  
with an entry fee  
or a two-drink minimum.

In-fact, some of the most  
compassionate things we could do  
merely involve our consumer choices.



Easy Enlightenment

Fifty percent of the Buddha's eight-fold path is comprised

of: the mental kindness of intention, the interpersonal kindness of communication, the physical kindness of conduct, and the circumstantial kindness of commerce.

Easy Enlightenment

However, there is nothing kind  
about using our consumer choices  
to coerce an underpaid worker

to exploit (*no less slaughter*)  
living beings  
because we want a snack.

Easy Enlightenment

On average, world-wide, EVERY day  
a vast ocean of sentient beings  
is murdered,

Easy Enlightenment

more than: nine hundred thousand cows,  
one million four hundred thousand goats,

one million seven hundred thousand sheep,  
three million eight hundred thousand pigs,

Easy Enlightenment

twelve million ducks,  
two hundred and two million chickens,  
and hundreds of millions of fish.

Each of them yearning to live and not die,  
just like us.

Through the convenience  
a cruelty-free diet

we get to exercise greater compassion  
to the environment,  
to non-human animals, and

Easy Enlightenment

*(if we consume a whole-food, vegan diet)*  
to this very body  
which supports our meditation.

Easy Enlightenment

And even though we could watch  
the video “Dominion”

and a hundred and one other videos  
that could pull at our heart strings



Easy Enlightenment

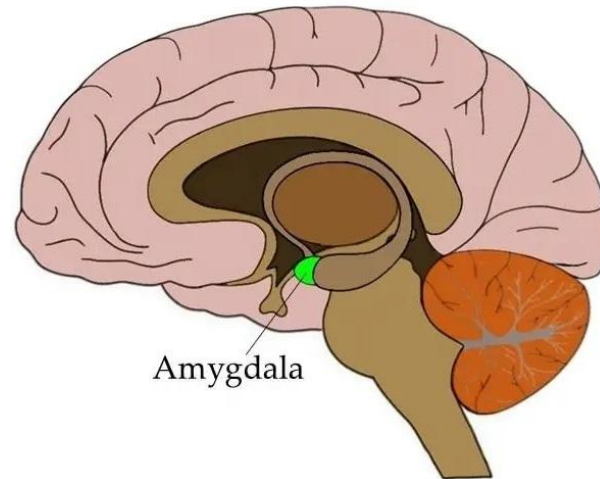
remember we are already  
wired to love.

Easy Enlightenment

Every time we put a rabbit and an apple  
in a play pen

the human child always pets the rabbit  
and eats the apple  
we are natural born herbivores.

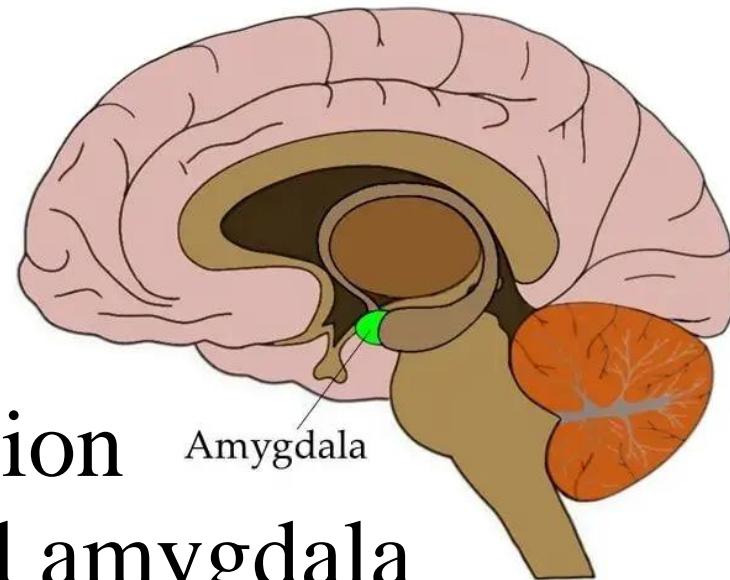
It is only our amygdala  
that makes us aggressive.



And the more we authentically practice  
mindfulness and meditation,

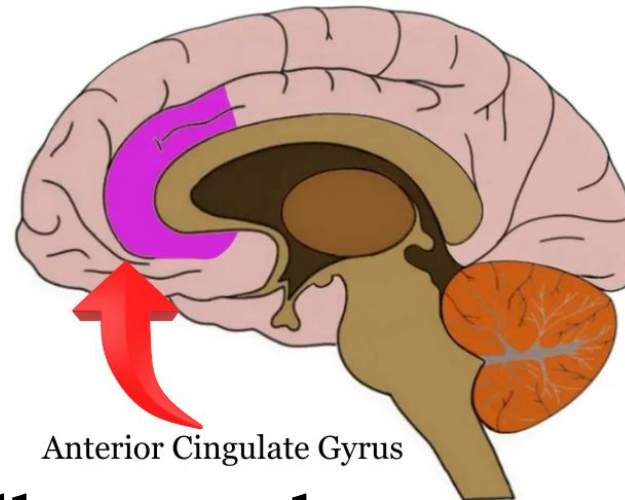
even as little  
as once every twelve hours or so,

the more we'll calm  
the anxiety and aggression  
of our survival-oriented amygdala



Easy Enlightenment

and stimulate the empathy of  
our anterior cingulate gyrus.



Anterior Cingulate Gyrus

This is why the Buddha taught  
mindfulness and meditation. \_Λ\_

Easy Enlightenment  
THE SPIRITUAL SWISS ARMY KNIFE  
*that is mindfulness and meditation*

The Noble laureate Albert Einstein  
is said to have quipped,



Easy Enlightenment

*“Any intelligent fool can make things bigger, more complex, and more violent.*

*(However) it takes a touch of genius  
and a lot of courage  
to move in the opposite direction.”*

Easy Enlightenment

In a vast, ocean-like throng of rigid,  
fearful, superstitious, controlling,

elitist, cryptic, competitive,  
and cruel fools



Easy Enlightenment

there are many who insist  
that ENLIGHTENMENT is attainable  
only for the special few,

who live in a special place,  
in a special time,

Easy Enlightenment

with special companions,  
and have received special teachings,

from a special teacher  
because they're so damned special  
(and we're not).

But that is NOT  
what the Buddha taught.

Real or archetypical,  
he taught that enlightenment  
was as simple

Easy Enlightenment

as mastering the eight-fold path,  
and that could be done

in as little as seven days.  
How egalitarian is that?

The key to this:

1. right view that empowers letting go,
2. four points of right love,

Easy Enlightenment

3. and the effortless effort of having  
choices, utterances, and deeds  
flow from love's centered spontaneity

IS simply  
mindfulness and meditation.

Easy Enlightenment

For, when practiced enthusiastically,  
sustainably, and effectively

mindfulness and meditation  
are the spiritual equivalent  
of a Swiss army knife.

# In the golden age of proto-Buddhism

*(before the folly of institutionalism  
set in, like black mold  
infesting a cabin in the woods)*



the only teachings  
were the four noble truths  
and the eight-fold path,

which contained  
the essence of all MORALITY  
which is loving-kindness (*or Met-ta*).

Easy Enlightenment

Remember, actively striving  
to focus upon or analyze  
loving kindness

could produce  
nothing more than a mere analog:  
pale, and flaccid, and worthless, and weak;

Easy Enlightenment

for the highest love  
(*spontaneous and uncontrived*)

is the effortless by product  
of mindfulness and meditation.

Easy Enlightenment

Yearning to do the loving thing  
is all well and fine,

but how could we know  
what that right thing is,

Easy Enlightenment

what the most-kind manner is  
in which to do it,

and when the most kind time is  
in which it, must be done?  
Centered spontaneity!

When our choices, utterances, and deeds  
flow from the centered spontaneity

*(which in turn is generated  
by our practice  
of mindfulness and meditation)*

Easy Enlightenment

love's kindness  
is as natural, effortless and potent  
as our next breath.

Easy Enlightenment

For those of us  
who are keen to devote ourselves  
to an Ajahn, Roshi, Shifu, or Lama

our ultimate **TEACHER**  
is simply our mindfulness and meditation.



For the sole purpose  
of our outer teacher  
is to acquaint us  
with the inner one;

which could be done  
in but a single sitting.

For those who are keen  
to make OFFERINGS  
there is no finer object of such gifts

than our teacher  
who is kind enough to give us instruction  
and answer our questions.

Easy Enlightenment

Although **OPTIONAL** donations  
could be lovely,

the greatest offering  
we could make to our teacher

is none other than  
the enthusiastic and sustainable practice  
of their instructions;

whose essence is none other than  
mindfulness and meditation.

For those of us  
who enthusiastically  
seek PROTECTION

from the slings and arrows  
of outrageous fortune

Easy Enlightenment

there is no greater safety  
to be had  
than by passively noticing

whatever

past, present, or potential dreads

spontaneously cartwheel

across the metaphoric stage of mind

as we effortlessly sit in mindfulness

and then viscerally relax  
in harmony  
with meditation's next exhalation.



For those of us  
who are eager to **MANIFEST**

the fulfillment of all  
mental, interpersonal,  
physical, and circumstantial needs

we but only have  
to vulnerably notice

the various and sundry desires  
that could dance like sugar plums  
in children's dreams (*as we breath in*)

Easy Enlightenment

and meditatively relax and release  
as we breath out.

Easy Enlightenment

Recent centuries have seen a rise  
in the popularity of training

in the **THREE MARKS** of **REALITY**  
(or **Ti-lak-kha-na**).

Easy Enlightenment

Yet as we sit in mindfulness  
(*once every twelve hours or so*)

we can NOT help but automatically  
notice, recall, or anticipate  
stress (*or Duk-kha*).

Easy Enlightenment

And as we meditatively relax  
into our exhalations  
we cannot help but viscerally experience

how that which we noticed  
during our previous inhalation

Easy Enlightenment

could fleetingly feel  
temporary (*or A-nic-ca*)

and as non-graspable  
as if they simply  
were NOT us (*or A-nat-ta*).

Even the tyranny  
exerted by  
the FIVE MENTAL POISONS  
over our choices, utterances, and deeds

is easily tamed  
through mindfulness and meditation.



Easy Enlightenment

*FIRST*: as we meditatively relax  
into our exhalation

whatever *DREAD* we vulnerably noticed  
during our previous inhalation

Easy Enlightenment

could feel as NON-graspable  
as Mirror-like wisdom.

Easy Enlightenment

*SECOND*: as we meditatively release  
into our exhalation

whatever *DESIRE* we passively noticed  
during our previous inhalation

Easy Enlightenment

could feel as empty  
as Discerning-wisdom.

Easy Enlightenment

*THIRD*: as we meditatively relax  
into our exhalation

whatever *TURMOIL*  
we vulnerably noticed  
during our previous inhalation

Easy Enlightenment

could feel as NON-graspable  
as All-pervading wisdom.

Easy Enlightenment

*FOURTH*: as we meditatively release  
into our exhalation

whatever *JEALOUSLY*  
we randomly noticed  
during our previous inhalation

Easy Enlightenment

could feel as void  
as All-accomplishing wisdom.



Easy Enlightenment

*FIFTH*: as we meditatively relax  
into our exhalation

whatever *PRIDE* we fleetingly noticed  
during our previous inhalation

Easy Enlightenment

could feel as NON-graspable  
as Equalizing-wisdom.

Each complex life form  
upon this big blue marble, we call Earth

has evolved to be  
hedonistic at heart.

Easy Enlightenment

Yet NO thing, being, or phenomena  
could give us as much  
of the BLISS-on-tap

as that which is afforded to us  
by the easy practice  
of mindfulness and meditation.

Easy Enlightenment

Come, let us walk  
in the Buddha's footsteps practicing  
mindfulness and meditation. \_^\_

Easy Enlightenment  
CONCLUSION

If you have any questions about Buddhist philosophy, meditation or the practice text in the appendix; do NOT hesitate

to type your question, in great detail, in the chat window of my next livestream.

[Linktr.ee/LamaJigmeG](https://linktr.ee/LamaJigmeG)



Easy Enlightenment

If you feel I have earned it  
you could support the kind works  
of the Buddha Joy Meditation School

on YouTube - [Youtube.com/@LamaJigmeG](https://www.youtube.com/@LamaJigmeG)

PayPal - [MeditateLikeAJedi.org/donate](https://www.paypal.com/donate/?url=https://www.MeditateLikeAJedi.org/donate)

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# Appendix



Easy Enlightenment  
The Renegade Lama: Jigme Gyatso's  
**Very Easy Meditation**  
practice text (*or Sadhána*)  
6mar25b



Easy Enlightenment

*Setting Intention  
by Wishing  
for Universal  
Enlightenment*

Easy Enlightenment



Whatever **COMES**  
may all beings  
notice, relax, and flow!

Easy Enlightenment



Whatever **STAYS**  
may all beings  
notice, relax, and flow!

Easy Enlightenment



**Whatever GOES**  
may all beings  
notice, relax, and flow!

Easy Enlightenment

**1<sup>st</sup>**

# Quarter of Group Meditation

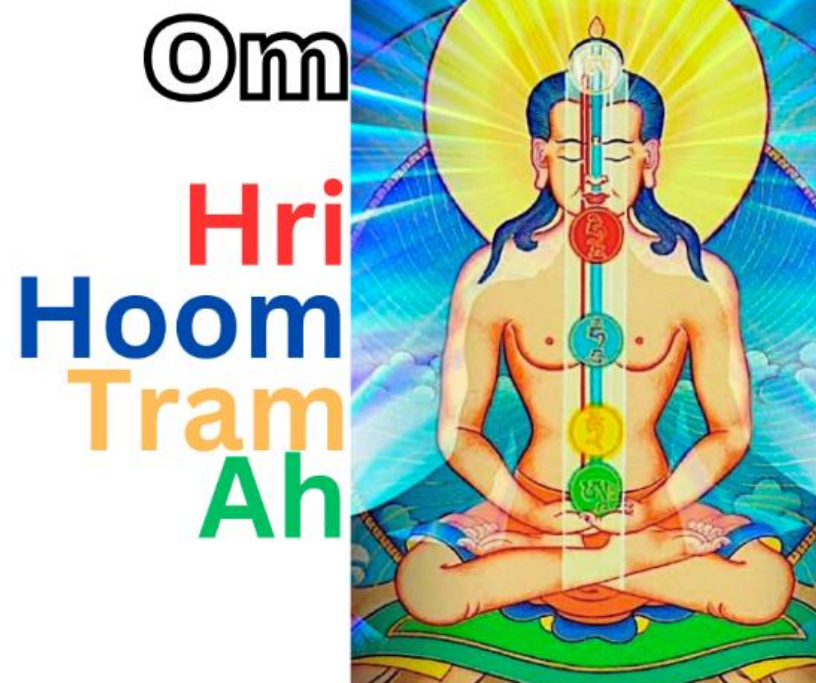
## Easy Enlightenment

*Upon the tip of our **left ring** finger, we could rest the great knuckle at the base of our **right ring** finger palms up, in our lap.*



## Easy Enlightenment

*Doing so could gently invite our real or imagined, subtle energies, to automatically coalesce at the **Navel** region of our mid-abdomen.*

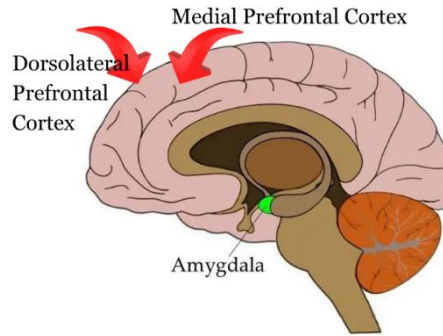
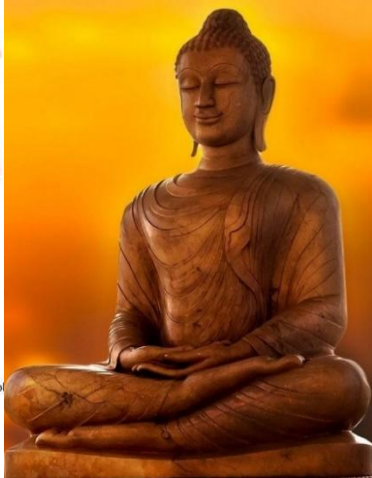
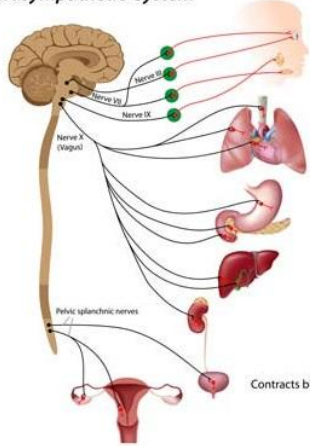




Easy Enlightenment

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

Parasympathetic System



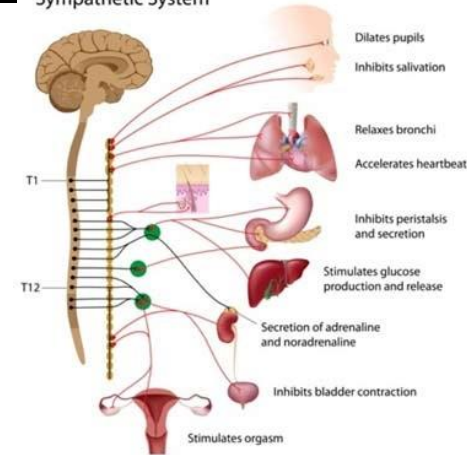
**Notice**  
**-Vulnerably,**  
**-Passively,**  
**-Viscerally,**  
**-Randomly, and**  
**-Fleetingly**

*Mindfulness noticing inhalation*

*Meditation relaxing exhalation*

# This ease!

Sympathetic System



**Fleetingly LESS tantalizing, LESS permanent, & LESS defining**

Easy Enlightenment  
*mindfulness and meditation*



*inhalation*

*exhalation*

*Noticing*  
**relaxing**

Easy Enlightenment

**2<sup>nd</sup>**

**Quarter of  
Group Meditation**

## Easy Enlightenment

*Upon the tip of our **left** index finger,  
we could rest the great knuckle  
at the base of our **right** index finger  
palms up, in our lap.*



Easy Enlightenment

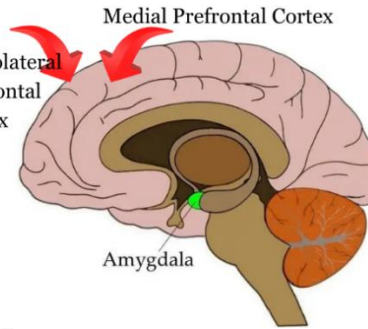
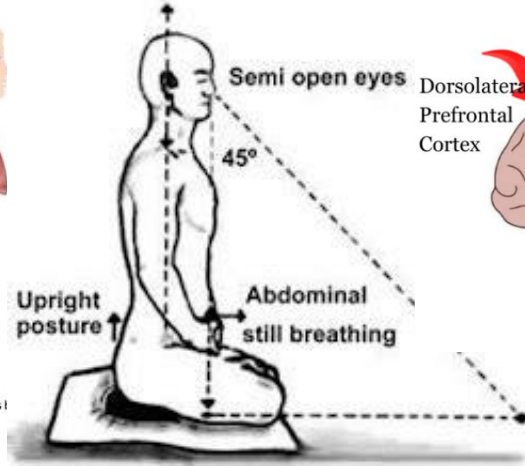
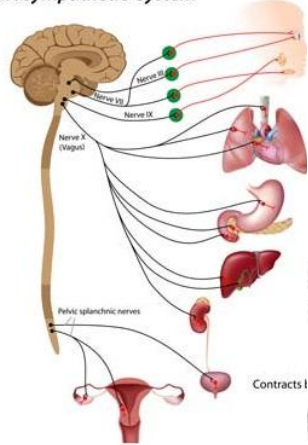
*Doing so could gently invite  
our real or imagined, subtle energies,  
to automatically coalesce  
at the Crown region of our head.*



Easy Enlightenment

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

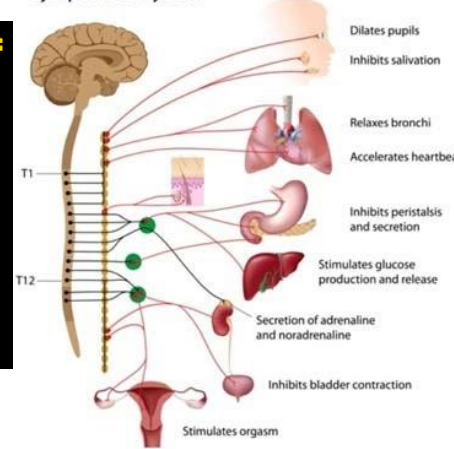
Parasympathetic System



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

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

Sympathetic System



*Mindfulness noticing inhalation*

*Meditation relaxing exhalation*

*This ease!*

**Fleetingly LESS tantalizing, LESS permanent, & LESS defining**

Easy Enlightenment  
*mindfulness and meditation*



*inhalation*

*Noticing*

*exhalation*

relaxing

Easy Enlightenment

# 3rd Quarter of Group Meditation



## Easy Enlightenment

*Upon the tip of our **left middle** finger, we could rest the great knuckle at the base of our **right middle** finger palms up, in our lap.*



## Easy Enlightenment

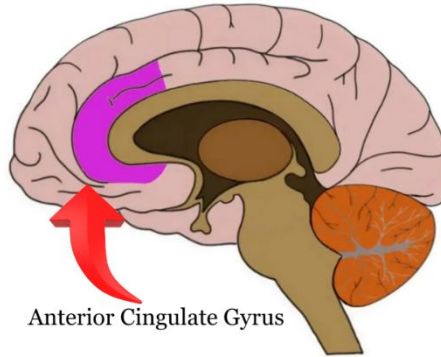
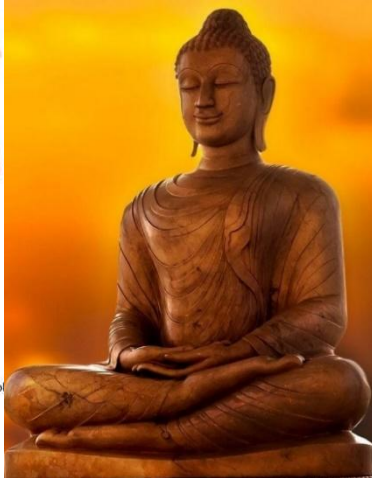
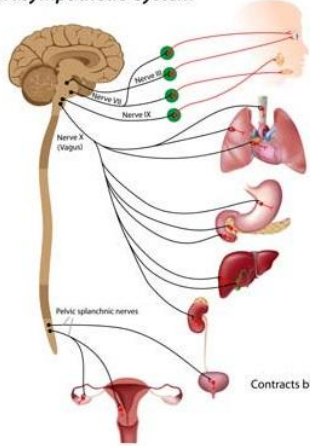
*Doing so could gently invite  
our real or imagined, subtle energies,  
to automatically coalesce  
at the **Heart** region of our chest.*



Easy Enlightenment

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

Parasympathetic System



Anterior Cingulate Gyrus

## Notice

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

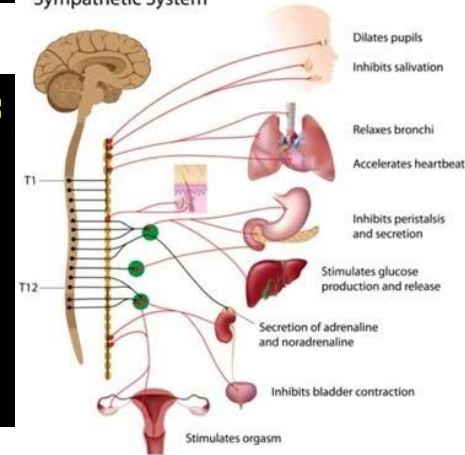
*Mindfulness noticing inhalation*

*Meditation relaxing exhalation*

# This ease!

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

Sympathetic System



**Fleetingly LESS tantalizing, LESS permanent, & LESS defining**

Easy Enlightenment  
*mindfulness and meditation*



*inhalation*

*exhalation*

*Noticing*  
**relaxing**

Easy Enlightenment

**4<sup>th</sup>**

# Quarter of Group Meditation

## Easy Enlightenment

*Upon the tip of our **left ring** finger, we could rest the great knuckle at the base of our **right ring** finger palms up, in our lap.*



## Easy Enlightenment

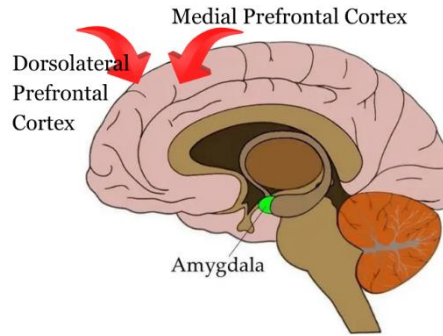
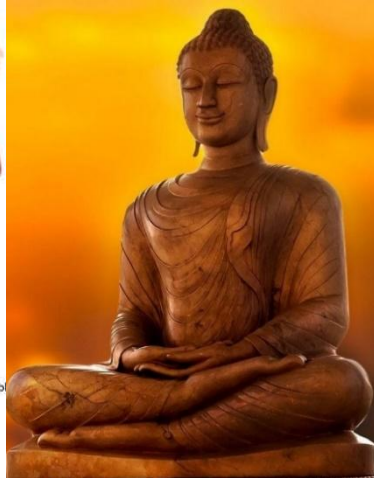
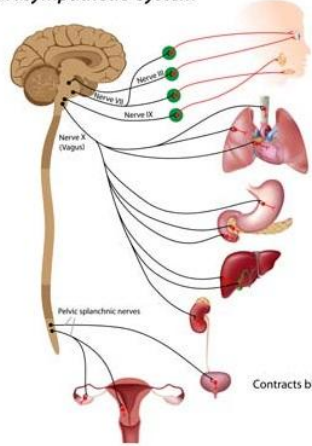
*Doing so could gently invite our real or imagined, subtle energies, to automatically coalesce at the **Navel** region of our mid-abdomen.*



Easy Enlightenment

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

Parasympathetic System



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

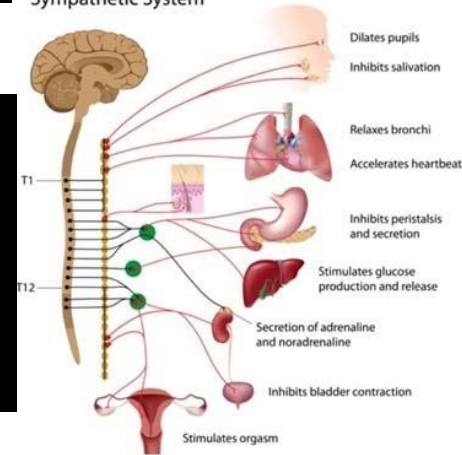
*Mindfulness noticing inhalation*

*Meditation relaxing exhalation*

## This ease!

**Dualities such as:**  
**Lack and Boon,**  
**Pain and Bliss,**  
**Scorn and Praise,**  
**Shame and Fame**

Sympathetic System



**Fleetingly LESS tantalizing, LESS permanent, & LESS defining**



Easy Enlightenment  
*mindfulness and meditation*



*inhalation*

*exhalation*

*Noticing*  
**relaxing**

Easy Enlightenment



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



You and your questions  
are welcome to attend  
the twice daily livestreams  
[Youtube.com/@LamaJigmeG](https://www.youtube.com/@LamaJigmeG)