

Buddha's Easy Meditation

Dzogchen Lama: Jigme Gyatso: Manipa Terton, Rime Rinpoche's

# Buddha's Easy Meditation

2oct24b



Buddha's Easy Meditation



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Buddha's Easy Meditation

*The View of Reality that supports Letting-go: the First fold of the Buddha's eight-fold path*

# Maha-yoga's Wisdom Warm-up

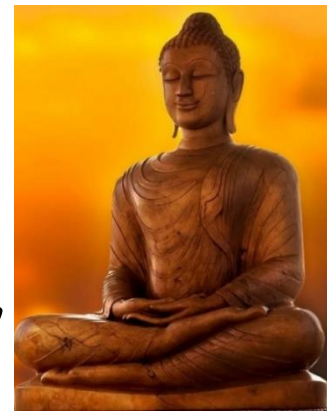
# Maha-yoga's **Wise**

First fold

of the Buddha's Eight-fold path  
that Leaps-over Clinging-pride's  
obstruction to omniscience

*Ráther than indulge our controlling tendencies with the follies of ACTIVE: visualization, emotion, magick, & béliief;*

*wé could just recite these **wise** words in harmony with our breathing and allow our subconscious to do the heavy lífting!*



Buddha's Easy Meditation

*Lét us therefore side-step the rigidity,  
that confuses metaphors  
for statements literal;*

*ánd relax into the flexibility  
that savors the chants  
explaining metaphors as simíles!*



Máy we see how all circumstances  
or lots could be as  
**impermanent** and interdepéndent

ás if they could blissfully **melt** into  
**rainbow** light that could delightfully  
absorb into THIS body ór form!



Buddha's Easy Meditation



*Watch LOTs melt  
into form*



Buddha's Easy Meditation



*Watch LOTs melt into form*  
**Om Mu-ni Mu-ni Ma-ha**  
**Mu-ni-ye Sö-ha**

Máy we feel how all **bodies** or  
forms could be as  
**impermanent** and interdepéndent

ás if they could blissfully **melt** into  
**rainbow** light that could delightfully  
absorb into **THIS** communication ór speech!



Buddha's Easy Meditation



*Feel FORMs melt  
into speech*

Buddha's Easy Meditation



*Feel FORMs melt into speech*

**Om Mu-ni Mu-ni Ma-ha**

**Mu-ni-ye Sö-ha**

Máy we hear how all interpersonal  
speech could be as  
**impermanent** and interdepéndent

ás if it could blissfully **melt** into  
rainbow light that could delightfully  
absorb into **THIS** mind!



Buddha's Easy Meditation



*Hear SPEECH melt  
into mind*

Buddha's Easy Meditation

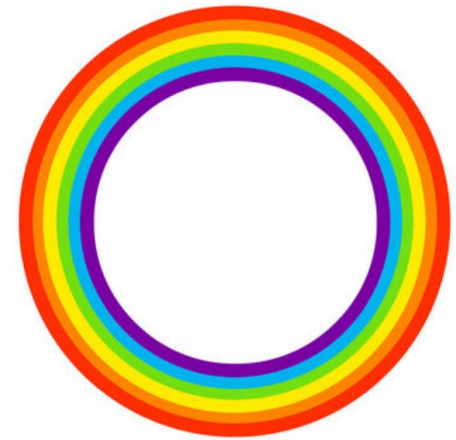


*Hear SPEECH melt into mind*

**Om Mu-ni Mu-ni Ma-ha  
Mu-ni-ye Sö-ha**

Máy we feel how all perceiving,  
emoting, intending, thinking, recálling,  
ánd imagining MINDs could be as  
**impermanent** and interdepéndent

ás if they could blissfully **melt** into  
**rainbow** light that could delightfully  
absorb into a vast, empty **void**...





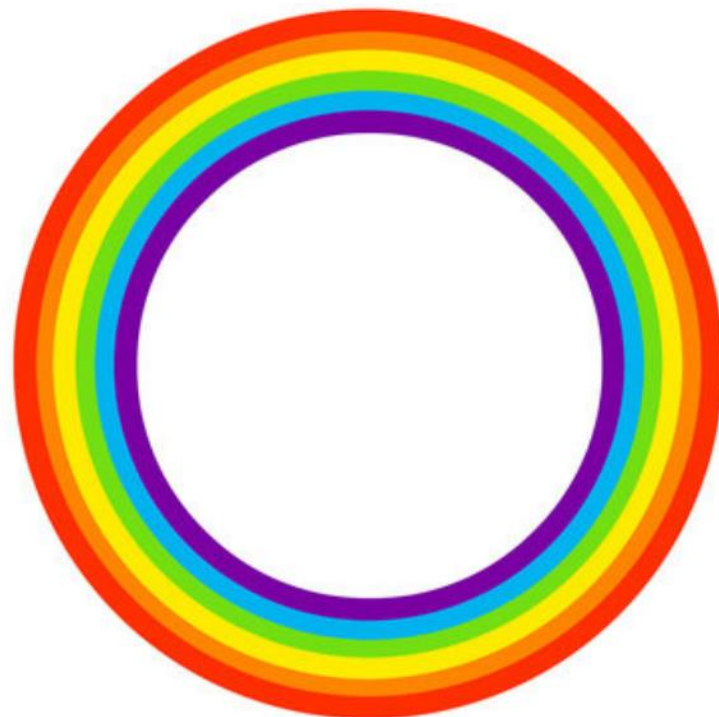
Buddha's Easy Meditation

líke the illusion of the infinite  
azure sky on a bright and beautiful  
cloudléss morn

whích although tantalizing  
to the eye could be  
**non-graspable** to thé hand!

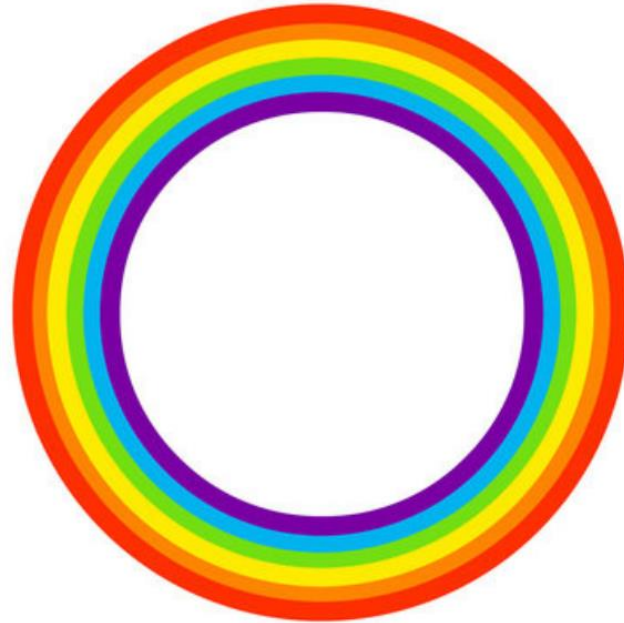


Buddha's Easy Meditation



*Feel MINDs melt  
into void*

Buddha's Easy Meditation



*Feel MINDs melt into void*  
**Om Mu-ni Mu-ni Ma-ha**  
**Mu-ni-ye Sö-ha**

Buddha's Easy Meditation

*We now turn to the Seventh and Eighth folds of the Buddha's eight-fold path*

# Ati-yoga's Mindfulness and Meditation

Buddha's Easy Meditation



# Housekeeping



Buddha's Easy Meditation

# Ati-yoga's

Mindfulness and Meditation

the Seventh and Eighth folds

of the Buddha's eight-fold path

that Slice-through the obscuring emotions

of Duality's Tyranny of Hope and Fear

# *Mudra Anu-yoga's Energy-work*

Om

Hri

Hoom

Tram

Ah



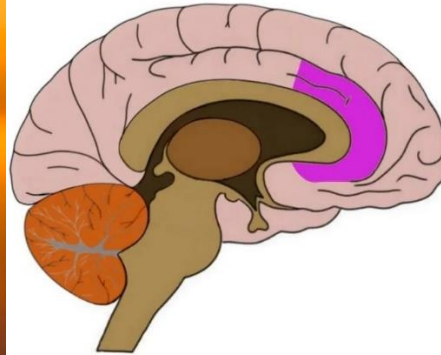
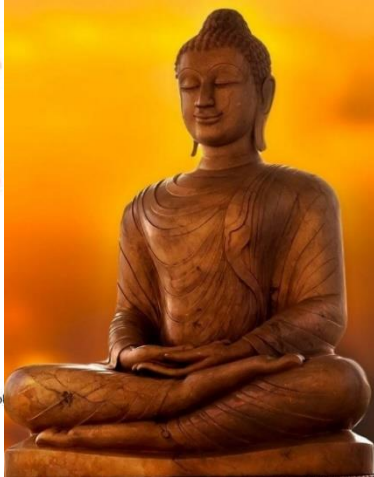
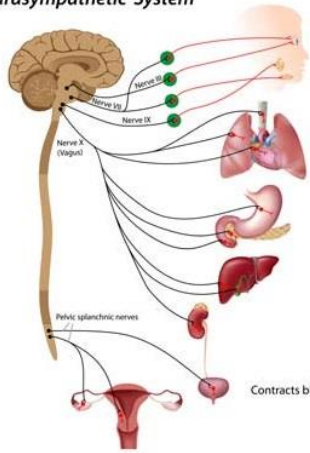
**Bladder Little** Knuckle's  
First Collection

of  
Left-hand's 8 or 12 Sets  
of  
Right-hand's 12 Rounds

Buddha's Easy Meditation

# Spontaneous Awareness and Release

Parasympathetic System



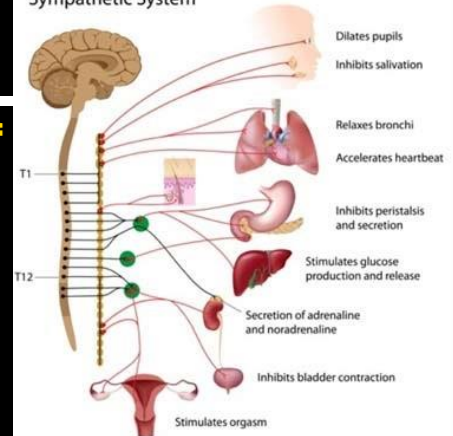
## Perceive

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

## Mind's Antics of

- Perceiving,
- Emoting,
- Intending,
- Reasoning,
- Recalling, and
- Imagining

Sympathetic System



*Mindfulness perceiving inhalation*

*Meditation **releasing** exhalation*

LESS: solid, permanent, & defining

# This ease!



## *Mudra Anu-yoga's Energy-work*

Om  
Hri  
Hoom  
Tram  
Ah

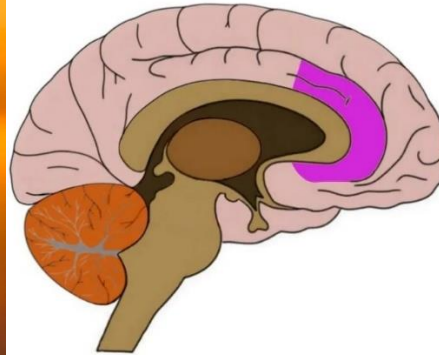
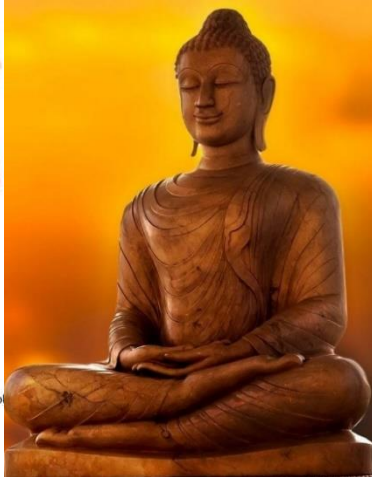
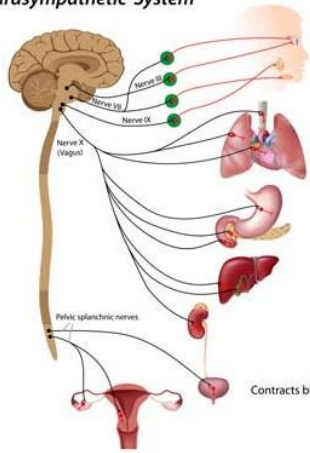


**Navel Ring** Knuckle's  
Second Collection  
of  
Left-hand's 8 or 12 Sets  
of  
Right-hand's 12 Rounds

Buddha's Easy Meditation

# Spontaneous Awareness and Release

Parasympathetic System



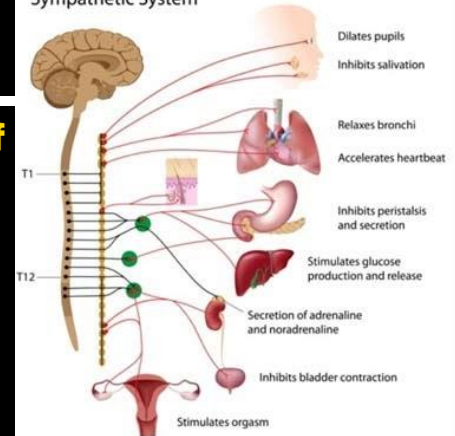
## Perceive

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

## Mind's Antics of

- Perceiving,
- Emoting,
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Sympathetic System



*Mindfulness perceiving inhalation*

*Meditation **releasing** exhalation*

LESS: solid, permanent, & defining

# This ease!

# *Mudra Anu-yoga's Energy-work*

Om  
Hri  
Hoom  
Tram  
Ah



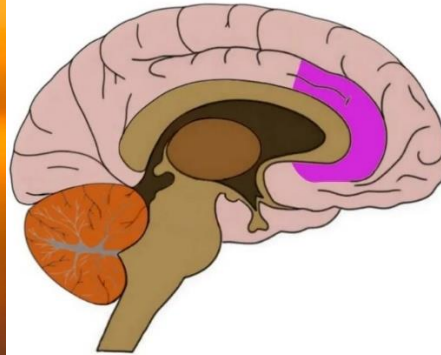
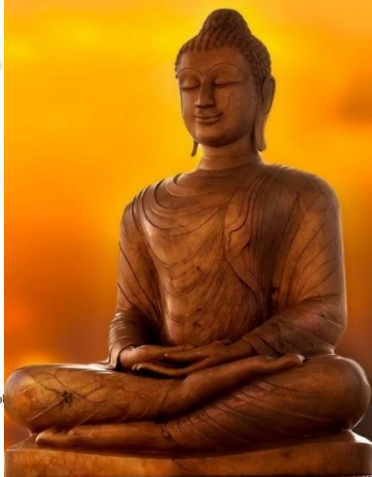
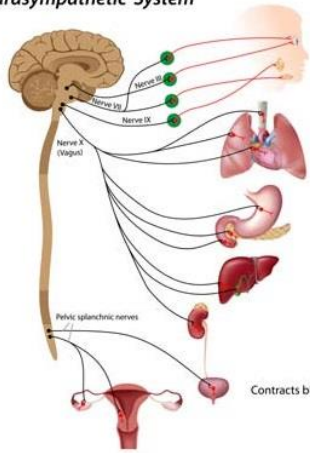
**Heart Middle** Knuckle's  
3<sup>rd</sup> Collection

of  
Left-hand's 8 or 12 Sets  
of  
Right-hand's 12 Rounds

Buddha's Easy Meditation

# Spontaneous Awareness and Release

Parasympathetic System



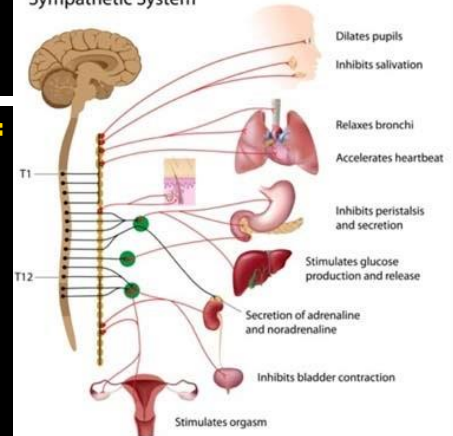
## Perceive

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

## Mind's Antics of

- Perceiving,
- Emoting,
- Intending,
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- Recalling, and
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Sympathetic System



*Mindfulness perceiving inhalation*

*Meditation **releasing** exhalation*

LESS: solid, permanent, & defining

# This ease!



# *Mudra Anu-yoga's Energy-work*

Om  
Hri  
Hoom  
Tram  
Ah



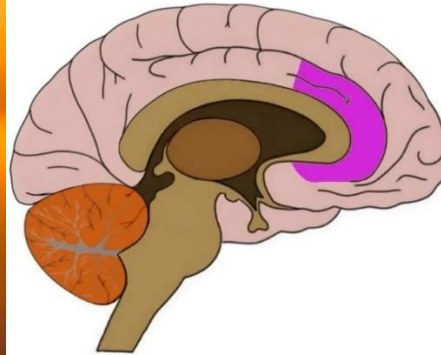
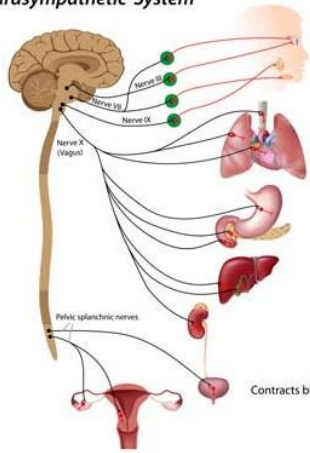
Crown Index Knuckle's  
Fourth Collection

of  
Left-hand's 8 or 12 Sets  
of  
Right-hand's 12 Rounds

Buddha's Easy Meditation

# Spontaneous Awareness and Release

Parasympathetic System



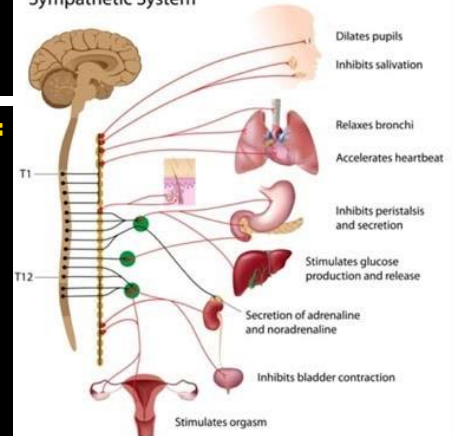
## Perceive

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

## Mind's Antics of

- Perceiving,
- Emoting,
- Intending,
- Reasoning,
- Recalling, and
- Imagining

Sympathetic System



Mindfulness perceiving inhalation

Meditation **releasing** exhalation

LESS: solid, permanent, & defining

# This ease!

Buddha's Easy Meditation

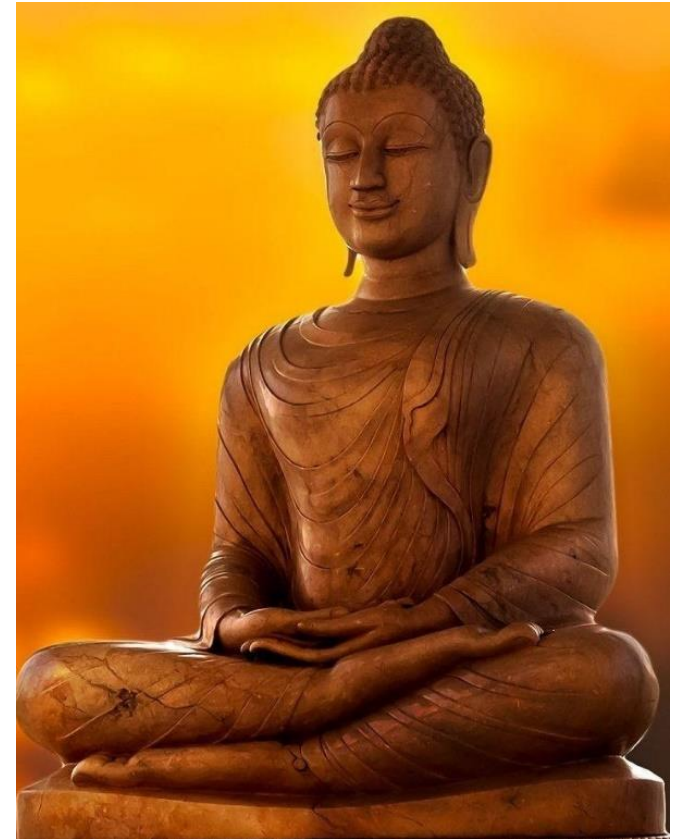
## *Mantra's Meaning*

**Om Mu-ni  
Ma-ha Mu-ni-ye  
So-ha**

Buddha's Easy Meditation

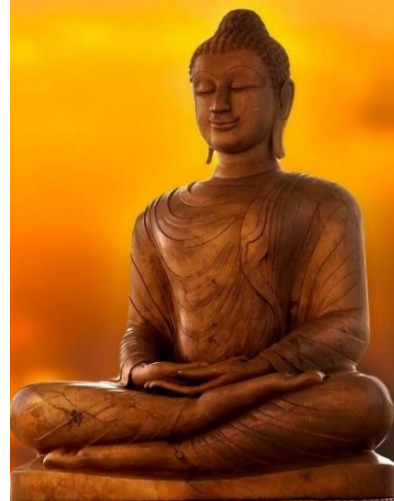
With Om we invoke  
(*the archetype of the*) Mu-ni  
wise one, Mu-ni wise one,

Má-ha greatly wise one,  
Mu-ni-ye of the Shak-yas  
Sö-ha enlightenment f<sup>ó</sup>r all!





Buddha's Easy Meditation



*Relaxing into THIS*

**Om Mu-ni Mu-ni Ma-ha  
Mu-ni-ye Sö-ha**

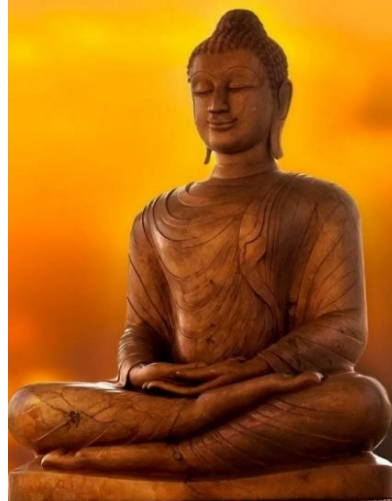
# *Mudra Anu-yoga's Energy-work*

Om  
Hri  
Hoom  
Tram  
Ah



Crown Index Knuckle's  
Second Collection  
of  
Right-hand's 12 Rounds

Buddha's Easy Meditation



*Relaxing into THIS*

**Om Mu-ni Mu-ni Ma-ha  
Mu-ni-ye Sö-ha**

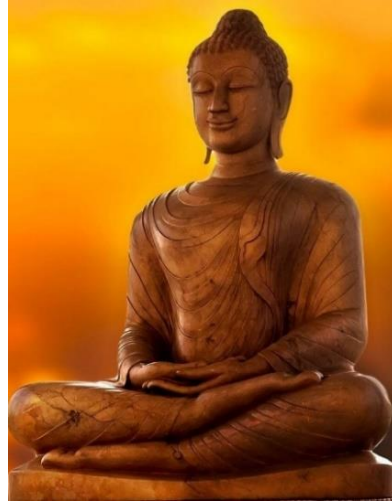
# *Mudra Anu-yoga's Energy-work*

Om  
Hri  
Hoom  
Tram  
Ah



**Heart Middle** Knuckle's  
Third Collection  
of  
Right-hand's 12 Rounds

Buddha's Easy Meditation



*Relaxing into THIS*

**Om Mu-ni Mu-ni Ma-ha  
Mu-ni-ye Sö-ha**

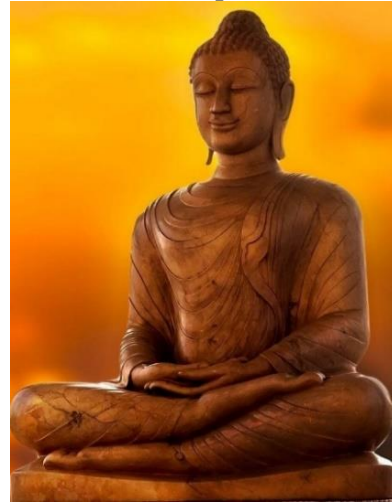
# *Mudra Anu-yoga's Energy-work*

**Navel Ring** Knuckle's  
Fourth Collection  
of  
Right-hand's 12 Rounds

Om  
Hri  
Hoom  
Tram  
Ah



Buddha's Easy Meditation



*Relaxing into THIS*

**Om Mu-ni Mu-ni Ma-ha  
Mu-ni-ye Sö-ha**



# *Mudra Anu-yoga's Energy-work*

**Bladder Little** Knuckle's  
Fifth Collection

of  
Right-hand's 12 Rounds

Om

Hri

Hoom

Tram

Ah





Buddha's Easy Meditation



*Relaxing into THIS*

**Om Mu-ni Mu-ni Ma-ha  
Mu-ni-ye Sö-ha**

Buddha's Easy Meditation

*Loving-kindness comprises fifty-percent of the Buddha's eight-fold path*

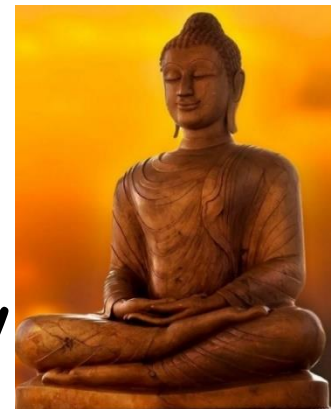
# Maha-yoga's Compassionate Cool-down

Buddha's Easy Meditation

**Maha-yoga's Loving**  
Second fold  
of the Buddha's eight-fold path  
that Leaps-over  
Competitive-jealousy's  
obstruction to omniscience

*Ráther than indulge our controlling tendencies with the follies of ACTIVE: visualization, emotion, magick, & béliief;*

*wé could just recite these kind words in harmony with our breathing and allow our subconscious to do the heavy lífting!*



Buddha's Easy Meditation

*Lét us therefore side-step the rigidity,  
that confuses metaphors  
for statements literal;*

*ánd relax into the flexibility  
that savors the chants  
explaining metaphors as simíles!*



Buddha's Easy Meditation

*Mudra Anu-yoga's Energy-work*

**Bladder Little** Knuckle's

Sixth Collection

of

Right-hand's 12 Rounds

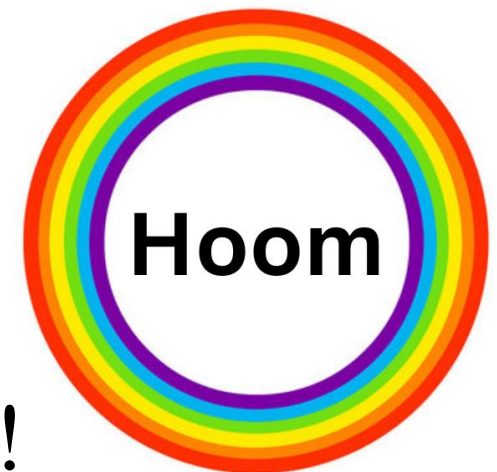
Om  
Hri  
Hoom  
Tram  
Ah



Buddha's Easy Meditation

*May we be a fount of blessing: for all who which we think, or who think of us!*

**Máy** all minds of all beings  
now be as  
**PEACEFULLY** enlightened **ás** the  
mínd of a real or imagined  
Buddha symbolized by a Thik-le,  
one syllable, seed, or Bi-ja mántra!



Buddha's Easy Meditation



*Bi-ja WISE for all minds!*  
**Om Mu-ni Mu-ni Ma-ha  
Mu-ni-ye Sö-ha**



Buddha's Easy Meditation

*The Mental-morality of Kind-intention: the Second fold of the Buddha's eight-fold path*



*Bi-ja WISE*  
**for all minds**

# *Mudra Anu-yoga's Energy-work*

**Navel Ring** Knuckle's  
Seventh Collection  
of  
Right-hand's 12 Rounds

Om  
Hri  
Hoom  
Tram  
Ah

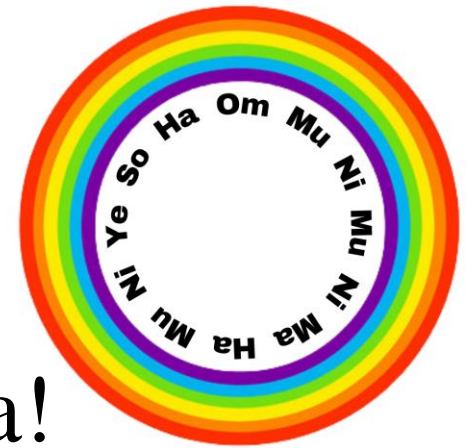


Buddha's Easy Meditation

*May we be a fount of blessing: for all we listen to, speak to or of, and for all who listen to us or speak to or of us*

**Máy** all relationships or speech of  
all beings now be as  
**JOYFULLY** loving **ás** a

**réal** or imagined Buddha's speech  
symbolized by multi-syllabic **mántra!**



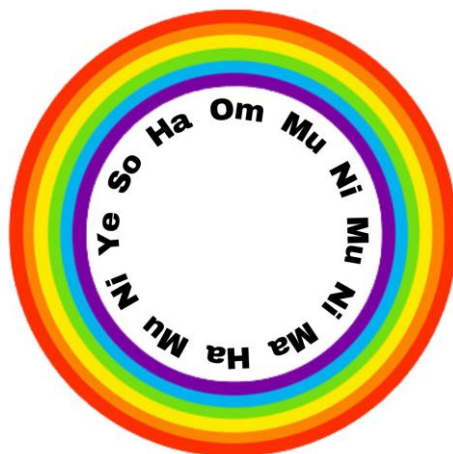


*Man-tra LOVE for all speech!*

**Om Mu-ni Mu-ni Ma-ha  
Mu-ni-ye Sö-ha**

Buddha's Easy Meditation

*The Interpersonal morality of Kind-communication: the Third fold of the Buddha's eight-fold path*



*Man-tra LOVE*  
**for all speech!**

# *Mudra Anu-yoga's Energy-work*

Om  
Hri  
Hoom  
Tram  
Ah



**Heart Middle** Knuckle's  
Eighth Collection  
of  
Right-hand's 12 Rounds

Buddha's Easy Meditation

*May we be a fount of blessing for all who we touch or who touch us!*

**Máy** all bodies or forms of all beings  
now enjoy the BEAUTIFUL health  
represented by Buddhist statuáry

dépicting the blissful body of a real or  
imagined Yi-dam: an archetype of  
enlightenment such as Shak-ya-mú-ni!



Buddha's Easy Meditation



*Yi-dam HEALTH for all forms!*

**Om Mu-ni Mu-ni Ma-ha  
Mu-ni-ye Sö-ha**



Buddha's Easy Meditation

*The Physical morality of Kind-conduct: the Fourth fold of the Buddha's eight-fold path*



*Yi-dam HEALTH*  
**for all forms!**

# *Mudra Anu-yoga's Energy-work*

Crown Index Knuckle's  
Ninth Collection  
of  
Right-hand's 12 Rounds

Om  
Hri  
Hoom  
Tram  
Ah



Buddha's Easy Meditation

*May we be a font of blessing: for all who we see, or who see us!*

**Máy** all circumstances or lots  
of all beings now have  
the **SAFE** fortune **ór** **BOON**

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



Buddha's Easy Meditation



*Va-ti BOON for all lots!*  
**Om Mu-ni Mu-ni Ma-ha  
Mu-ni-ye Sö-ha**

Buddha's Easy Meditation

*The Circumstantial morality of Kind-commerce: the Fifth fold of the Buddha's eight-fold path*



*Va-ti BOON*  
**for all lots! 😊**

Buddha's Easy Meditation

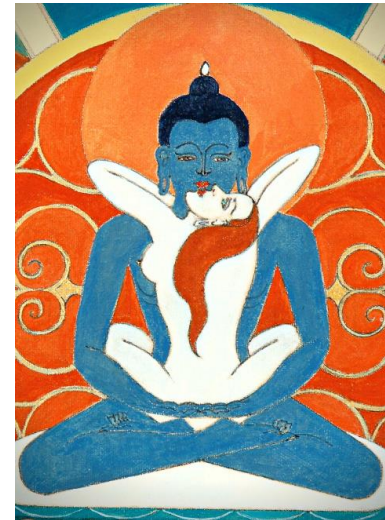
# Appendix

# Bodhichitta, Refuge, and Bowing

## Buddha's Easy Meditation

*Bodhichitta's Conventional Mind-set of Enlightenment*

Ín our compassion may we long to FREE all beings' choices, utterances, and deed's from being domináted bý the survival impulses of hating, craving, and clinging metaphorically known as the three *mental* poísons.





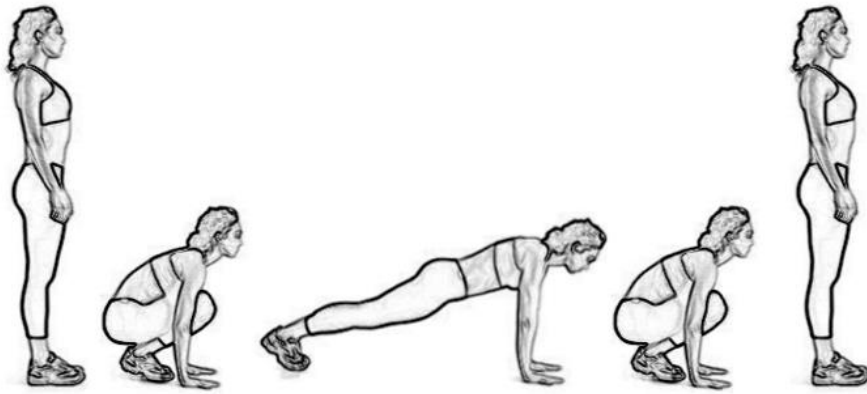
Buddha's Easy Meditation

*Taking Refuge in the Three Jewels of Buddha, Dharma, and Sangha*

Ín our pragmatism may our liberation of all others be fueled by our reliance on the Búddha's: éxample, instructions, and students, described by the metaphor of the Three *wish-fulfilling* Jewels.



Buddha's Easy Meditation



*A Splash of AuDHD Dopamine from OPTIONAL – Buddha Bowing – Panipata*

May we  
free all  
through the  
Three Jewels