

All Good Ones' Easy Meditation

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

All Good Ones' Easy Meditation

16oct24b



All Good Ones' Easy Meditation



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All Good Ones' 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

All Good Ones' Easy Meditation

Maha-yoga's Wise

First fold

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

All Good Ones' Easy Meditation

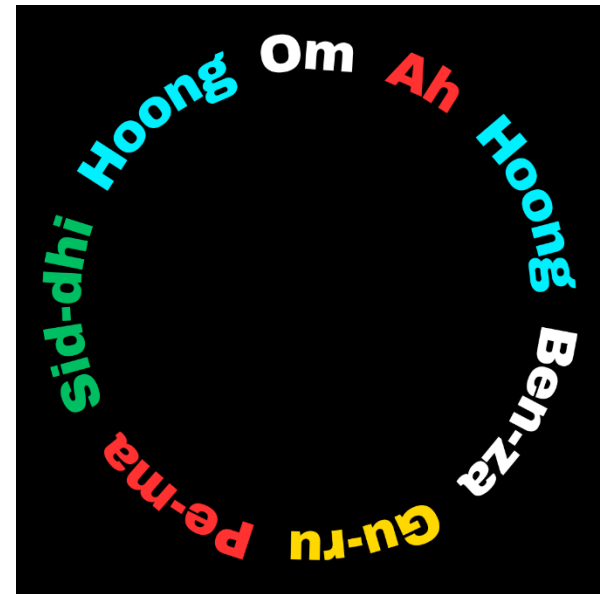
Mantra's Meaning

Sid-dhi Hoong Om Ah Hoong Ben-za Pe-ma Gu-ru

All Good Ones' Easy Meditation

*Í invoke teacher's Om loving action,
Ah mindfulness and meditátion,
 ás well as **Hoong** view supporting release
 that the Ben-za tántric*

***Gú-ru** teacher's
Pe-ma enlighténment
 ánd **Sid-dhi** abilities
Hoong may be mastered bý all.*



All Good Ones' Easy Meditation

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!*



All Good Ones' 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!*



All Good Ones' Easy Meditation

Mudra Anu-yoga's Finger-gesture-oriented Energy-work

Om
Hri
Hoom
Tram
Ah



Crown Index Finger's
9th of 9 Collections
of
Right-hand's
12 Mantra Repetitions

All Good Ones' Easy Meditation

Máy we see how all circumstances
or lots (*appearing yet void*) could be as
impermanent and interdepéndent

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

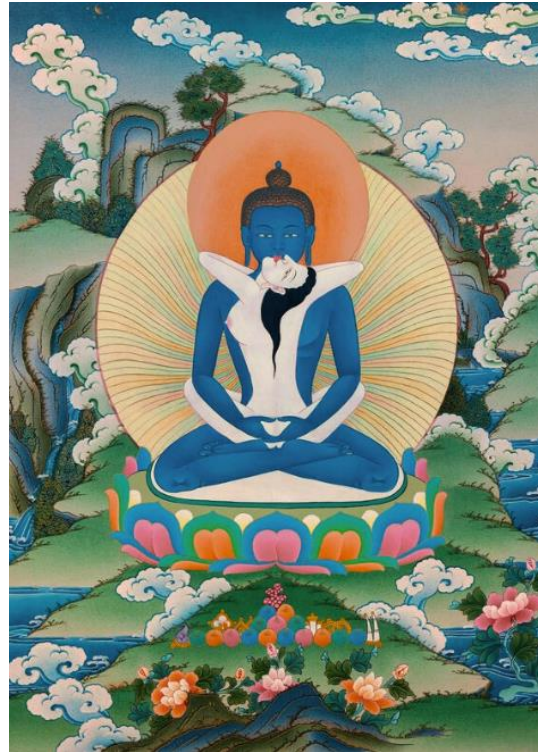


All Good Ones' Easy Meditation



*Watch LOTs melt
into form*

All Good Ones' Easy Meditation



Watch LOTs melt into form

Om **Ah** **Hoong** Ben-za **Gu-ru**
Pe-ma **Sid-dhi** **Hoong**

All Good Ones' Easy Meditation

Mudra Anu-yoga's Finger-gesture-oriented Energy-work

Om
Hri
Hoom
Tram
Ah



Heart Middle Finger's
2nd of 9 Collections
of
Right-hand's
12 Mantra Repetitions

All Good Ones' Easy Meditation

Máy we feel how all **bodies** or **forms** (*sensual yet void*) could be as **impermanent** and interdepéndent



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

All Good Ones' Easy Meditation



*Feel FORMs melt
into speech*

All Good Ones' Easy Meditation



Feel FORMs melt into speech

Om **Ah Hoong** Ben-za **Gu-ru**
Pe-ma Sid-dhi Hoong

All Good Ones' Easy Meditation

Mudra Anu-yoga's Finger-gesture-oriented Energy-work

Om
Hri
Hoom
Tram
Ah

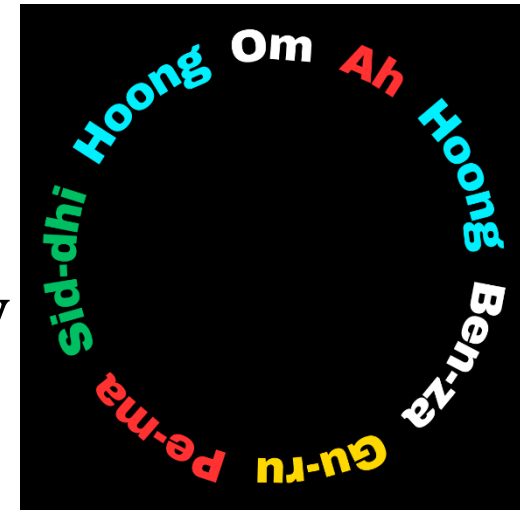


Navel Ring Finger's
3rd 9 Collections
of
Right-hand's
12 Mantra Repetitions

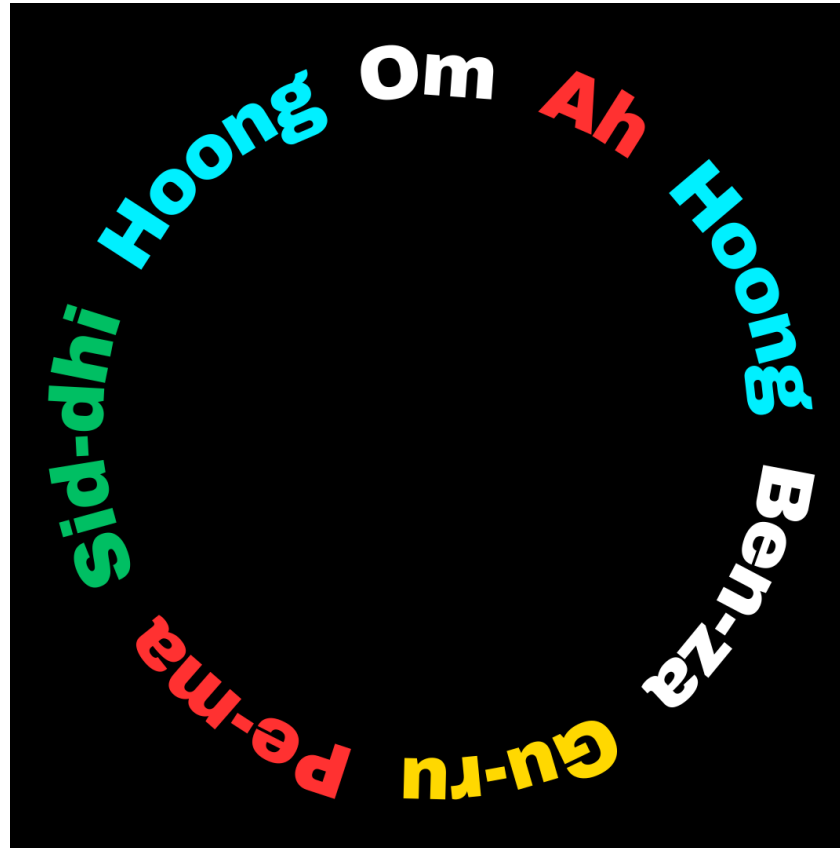
All Good Ones' Easy Meditation

Máy we hear how all interpersonal
speech (*resounding yet void*) could be as
impermanent and interdepéndent

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

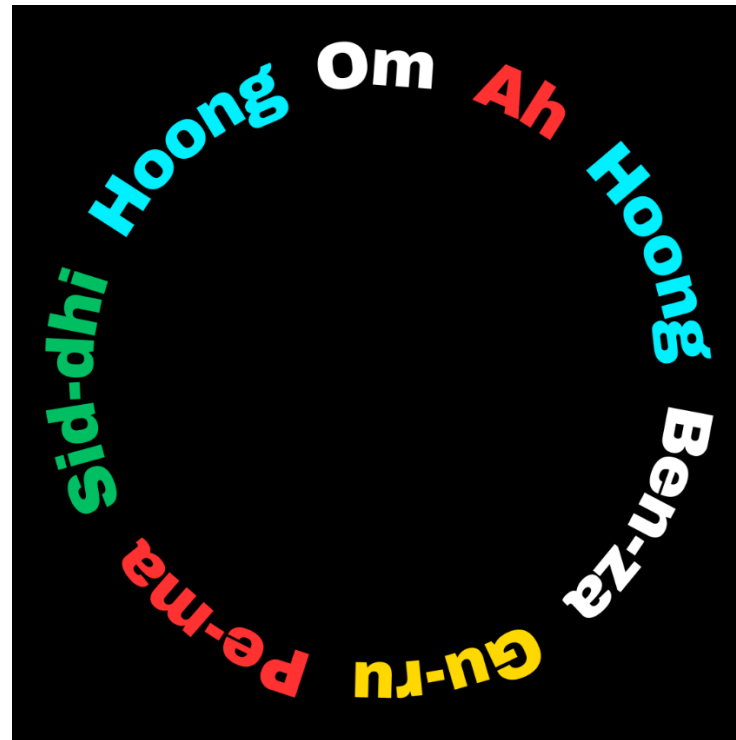


All Good Ones' Easy Meditation



*Hear SPEECH melt
into mind*

All Good Ones' Easy Meditation



Hear SPEECH melt into mind

Om Ah Hoong Ben-za Gu-ru
Pe-ma Sid-dhi Hoong

All Good Ones' Easy Meditation

Mudra Anu-yoga's Finger-gesture-oriented Energy-work

Om
Hri
Hoom
Tram
Ah



Bladder Little Finger's
4th of 9 Collections
of
Right-hand's
12 Mantra Repetitions

Máy we feel how all **MINDs**
(*lucid yet void*) could be as
impermanent and interdepéndent

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



All Good Ones' 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!



Hoong

*Feel MINDs melt
into void*

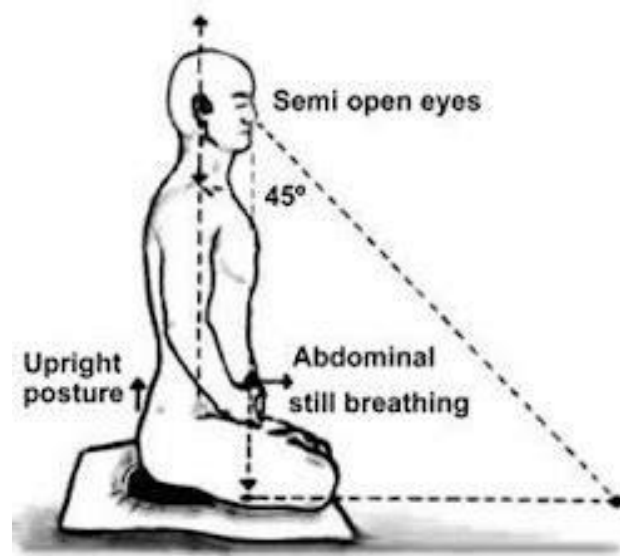
Hoong

Feel MINDs melt into void

Om Ah Hoong Ben-za Gu-ru
Pe-ma Sid-dhi Hoong

All Good Ones' Easy Meditation

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



Ati-yoga's Mindfulness and Meditation

All Good Ones' Easy Meditation



Housekeeping



All Good Ones' 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**

All Good Ones' Easy Meditation

Mudra Anu-yoga's Finger-gesture-oriented Energy-work

Om

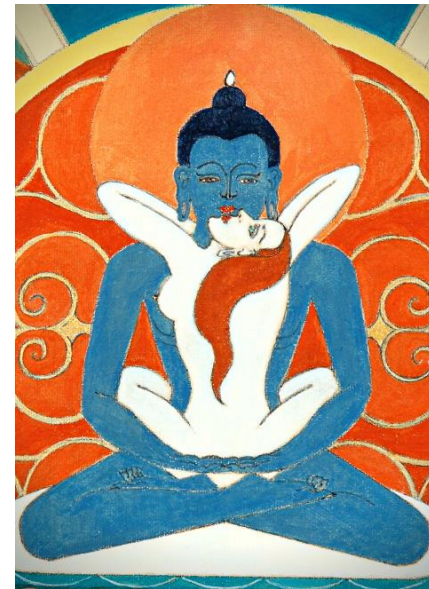
Hri
Hoom
Tram
Ah



Bladder Little Knuckle's
1st of 4 collections
of
Left-hand's 4, 8 or 12 Sets
of
Right-hand's 8 or 12 Rounds

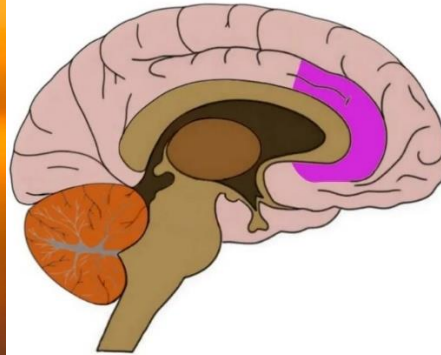
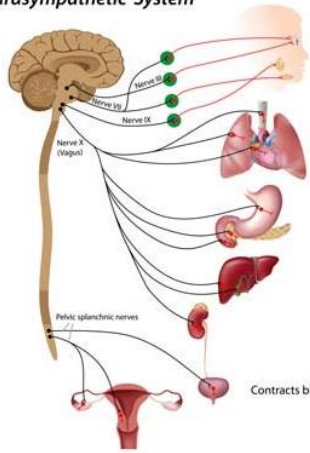
The nudity of the archetypical couple
sporting in tantric union
reminds us of the vulnerability

so crucial to “watching the antics of
mind” that is the mindfulness hidden
within each inhalation and revealed
by the demonstrative pronoun THIS.



Ati-yoga's Spontaneous Awareness and Release

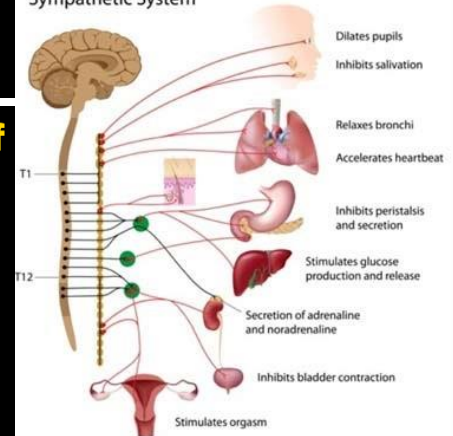
Parasympathetic System



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

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

Sympathetic System



Mindfulness perceiving inhalation

Meditation releasing exhalation

*This
ease!*

Fleetingly LESS solid, LESS permanent, and LESS defining

Mudra Anu-yoga's Finger-gesture-oriented Energy-work

Navel Ring Knuckle's

2nd of 4 Collections

of

Left-hand's 4, 8 or 12 Sets

of

Right-hand's 8 or 12 Rounds

Om
Hri
Hoom
Tram
Ah



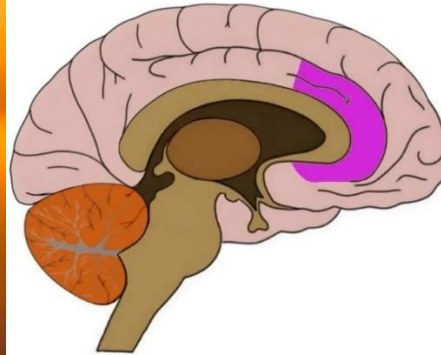
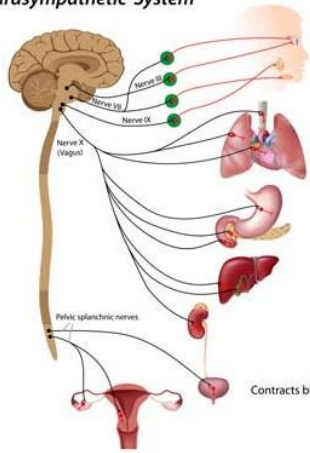
All Good Ones' Easy Meditation

The translucence of All Good father and mother depicted in paintings reminds us of the fleeting experience of impermanence and non-graspability so common to the “relaxation into the nature of mind” that is meditation hidden within each exhalation and revealed by the monosyllabic verb EASE.



Ati-yoga's Spontaneous Awareness and Release

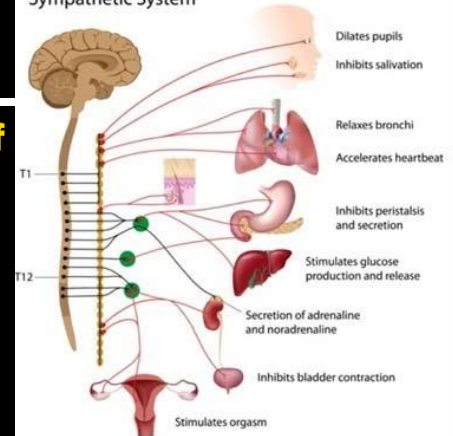
Parasympathetic System



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

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

Sympathetic System



Mindfulness perceiving inhalation

Meditation releasing exhalation

*This
ease!*

Fleetingly LESS solid, LESS permanent, and LESS defining

Mudra Anu-yoga's Finger-gesture-oriented Energy-work

Om
Hri
Hoom
Tram
Ah



Heart Middle Knuckle's
3rd of 4 Collections
of
Left-hand's 4, 8 or 12 Sets
of
Right-hand's 8 or 12 Rounds

All Good Ones' Easy Meditation

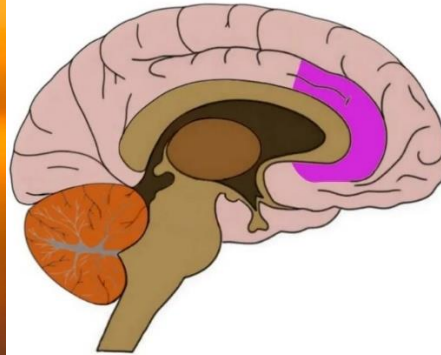
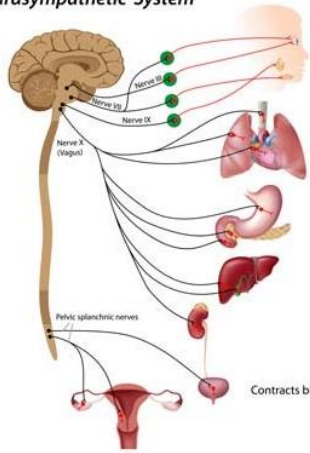
The beauty of Kun-tu-zang-po
Yab-yum reminds us of the highest
love which is NOT the product
of contrived focus or analysis

but rather the spontaneous side effect of the
mindfulness and meditation that calm our
anxious and aggressive amygdala & stimulate
our empathetic anterior cingulate gyrus.



Ati-yoga's Spontaneous Awareness and Release

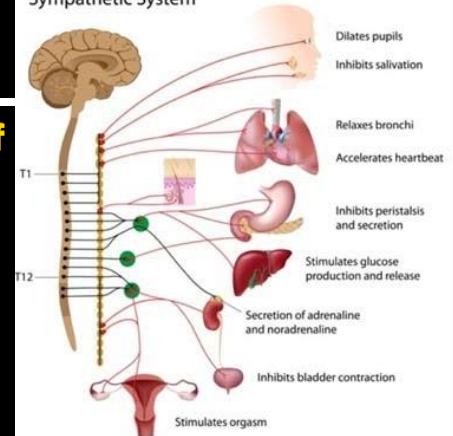
Parasympathetic System



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

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

Sympathetic System



Mindfulness perceiving inhalation

Meditation releasing exhalation

*This
ease!*

Fleetingly LESS solid, LESS permanent, and LESS defining

All Good Ones' Easy Meditation

Mudra Anu-yoga's Finger-oriented Energy-work

Crown Index Knuckle's
4th of 4 Collections
of
Left-hand's 4, 8 or 12 Sets
of
Right-hand's 8 or 12 Rounds

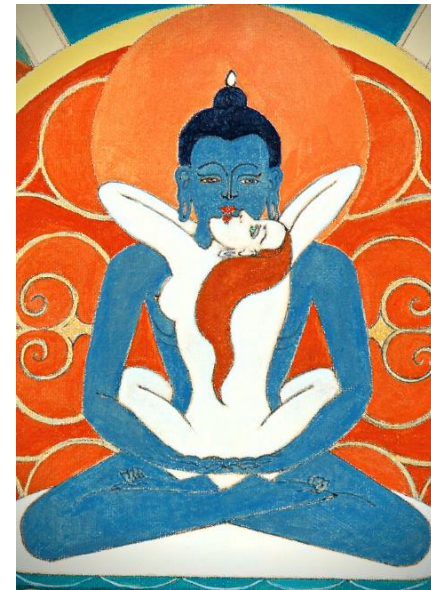
Om
Hri
Hoom
Tram
Ah



All Good Ones' Easy Meditation

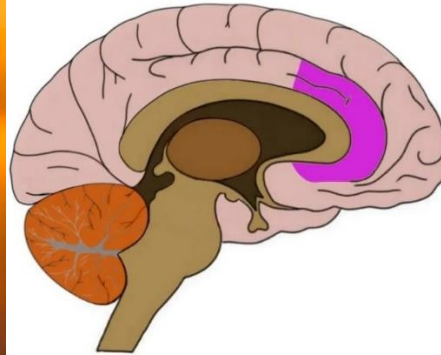
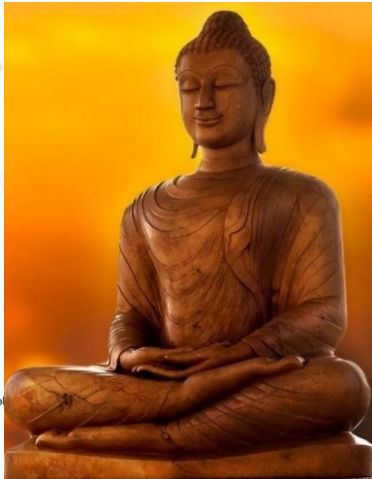
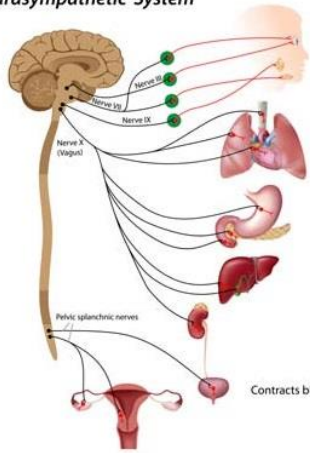
The stability with which
Sky-blue Sa-man-ta-bha-drá sits
and the abandon with which
Cloud-white Sa-man-ta-bha-drí sports

remind us of the “centered spontaneity”
with which our choices, utterances, and deeds
could flow in the effortless effort of
the sixth-fold of the Buddha's eight-fold path.



Ati-yoga's Spontaneous Awareness and Release

Parasympathetic System

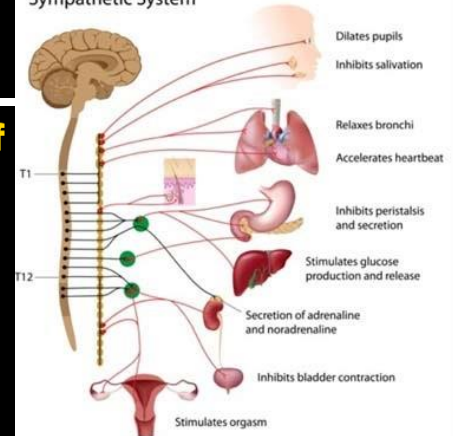


Notice

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

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

Sympathetic System



Mindfulness perceiving inhalation

Meditation releasing exhalation

This ease!

Fleetingly LESS solid, LESS permanent, and LESS defining

All Good Ones' Easy Meditation

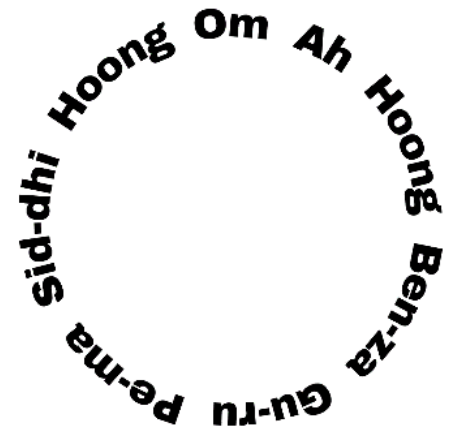
Mantra's Meaning

Sid-dhi Hoong Om Ah Hoong Ben-za Pe-ma Gu-ru

All Good Ones' Easy Meditation

*Í invoke teacher's Om loving action,
Ah mindfulness and meditátion,
ás well as Hoong view supporting release
that the Ben-za tántric*

*Gú-ru teacher's
Pe-ma enlighténment
ánd Sid-dhi abilities
Hoong may be mastered bý all.*



All Good Ones' Easy Meditation



Relaxing into THIS

**Om Ah Hoong Ben-za Gu-ru
Pe-ma Sid-dhi Hoong**

All Good Ones' Easy Meditation

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

Maha-yoga's
Compassionate Cool-down
a.k.a.
Mantra Loving-kindness

All Good Ones' Easy Meditation

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

All Good Ones' Easy Meditation

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



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

All Good Ones' Easy Meditation

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

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



All Good Ones' Easy Meditation

Mudra Anu-yoga's Finger-gesture-oriented Energy-work

Om
Hri
Hoom
Tram
Ah



Bladder Little Finger's
6th of 9 Collections
of
Right-hand's
12 Mantra Repetitions

All Good Ones' Easy Meditation

May we be a fount of blessing: for all upon who 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 mantra (*lucid yét void*)!



All Good Ones' Easy Meditation



Bi-ja WISE
for all minds

All Good Ones' Easy Meditation

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



Bi-ja WISE for all minds!

**Om Ah Hoong Ben-za Gu-ru
Pe-ma Sid-dhi Hoong**

All Good Ones' Easy Meditation

Mudra Anu-yoga's Finger-gesture-oriented Energy-work

Om
Hri
Hoom
Tram
Ah



Navel Ring Finger's
7th of 9 Collections
of
Right-hand's
12 Mantra Repetitions

All Good Ones' Easy Meditation

May we be a fount of blessing: for all who we listen to, speak to or speak of, and for all who listen to us, or speak to us, or speak 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 a
multi-syllabic mantra (*resounding yét void*)!



All Good Ones' Easy Meditation



Man-tra LOVE
for all speech!

All Good Ones' Easy Meditation

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



Man-tra LOVE for all speech!
**Om Ah Hoong Ben-za Gu-ru
Pe-ma Sid-dhi Hoong**

All Good Ones' Easy Meditation

Mudra Anu-yoga's Finger-gesture-oriented Energy-work

Om
Hri
Hoom
Tram
Ah



Heart Middle Finger's
8th of 9 Collections
of
Right-hand's
12 Mantra Repetitions

All Good Ones' 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

dé picting the blissful body of a real or
imagined Yi-dam: an archetype
of enlightenment (*sensual yét void*)!



All Good Ones' Easy Meditation



Yi-dam HEALTH
for all forms!

All Good Ones' Easy Meditation

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



Yi-dam HEALTH for all forms!
Om Ah Hoong Ben-za Gu-ru
Pe-ma Sid-dhi Hoong

All Good Ones' Easy Meditation

Mudra Anu-yoga's Finger-gesture-oriented Energy-work

Om
Hri
Hoom
Tram
Ah



Crown Index Finger's
9th of 9 Collections
of
Right-hand's
12 Mantra Repetitions

All Good Ones' Easy Meditation

May we be a fount 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 Va-ti (*appearing yét void*)!



All Good Ones' Easy Meditation



Va-ti BOON
for all lots!

All Good Ones' Easy Meditation

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



Va-ti BOON for all lots!

**Om Ah Hoong Ben-za Gu-ru
Pe-ma Sid-dhi Hoong**

All Good Ones' Easy Meditation

I hope you found this to be Beneficial



All Good Ones' Easy Meditation

Appendix

All Good Ones' Easy Meditation

Bodhichitta, Refuge, and Bowing

All Good Ones' Easy Meditation

Bodhichitta's Conventional Mind-set of Enlightenment

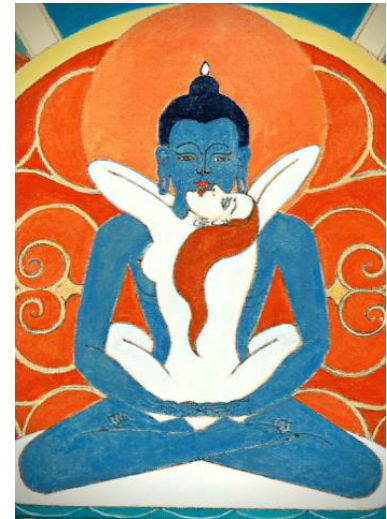
Ín our compassion may we long to FREE all beings' choices, utterances, and deed's from being domináted bý the survival impulses of hating, craving, and clinging metaphorically known as the three *mental* poísons.



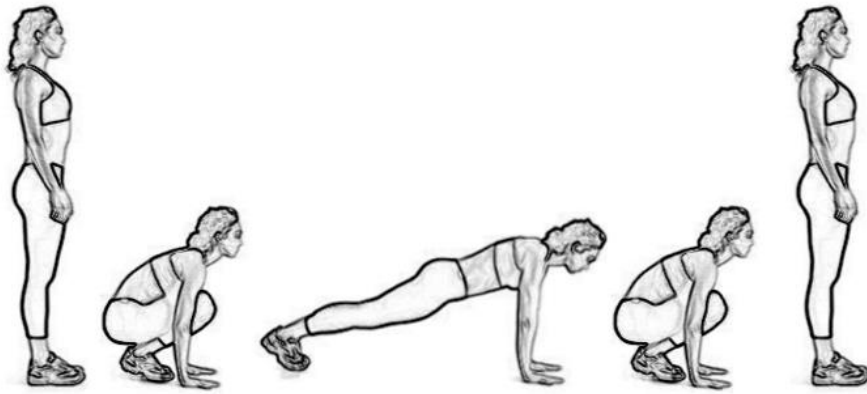
All Good Ones' Easy Meditation

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.



All Good Ones' Easy Meditation



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

May we
free all
through the
Three Jewels