

Very Easy Meditation

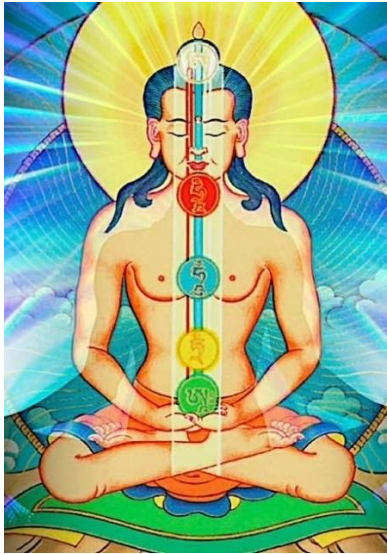
Dzogchen Lama: Jigme Gyatso: Rime Terton, Rinpoche's

# Very Easy Meditation

28oct24b



Very Easy Meditation



*Contents*

**Wind** Wheel.....pg. 3

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FIRST of four  
phases of Mindful  
Crease Counting

Very Easy Meditation



The luxury electric vehicle of  
Mindfulness and Meditation  
traverses the smooth road afforded...

Very Easy Meditation

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

Om  
Hri  
Hoom  
Tram  
Ah



**Bladder Little** Knuckle's  
Gather 1<sup>st</sup> of 4 collections

of Right-hand's  
**8 or 12 Repetitions**  
and Left-hand's  
4, 8 or **12** Sets

Very Easy Meditation

**MASTERY of Gautama Buddha's Eight fold path:**  
*spontaneously, habitually, easily, and effectively*

The VIEW supporting release

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

compassionate ACTION

- 3 – Kind Communication
- 4 – Kind Conduct (*non-violent essence of the Pratimoksha Vows*)
- 5 – Kind Commerce (*competition and cruelty transformed into compassion and kindness*)

MEDITATION as described by the seven enlightenment factors

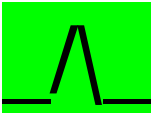
- 6 – The Effortless Effort (*of Joy's Centered Spontaneity*) 4 & 3
- 7 – Inhalation's mindfulness (*that is vulnerable, passive, visceral, & spontaneous*) 1, 2, & 6
- 8 – Exhalation's meditation (*constituting physical relaxation, psychic release*) 5     \_^\_

# View Mindfulness and Meditation through the lens of Neuroscience

Very Easy Meditation



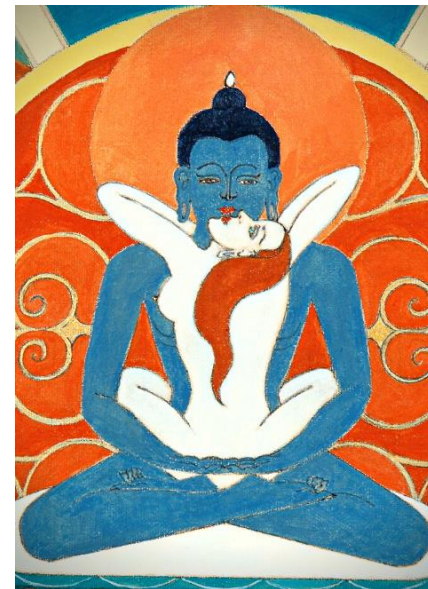
# Housekeeping





The nudity of the archetypical couple  
sporting in tantric únion

ré minds us of the vulnerability  
so crucial to mindfú lness.



# Sturgeon's Law

90% of everything  
**SUCKS!**

Very Easy Meditation

*Chimpanzee's Yang's, Patriarchy's, and Devadatta's Attributes*

Rigid,  
Fearful,  
Superstitious,  
Controlling,  
Elitist,  
Cryptic,  
Competitive,  
and Cruel

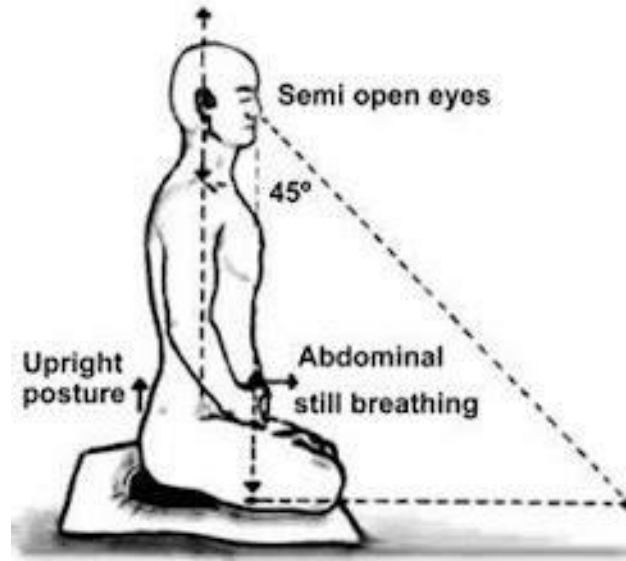
Very Easy Meditation

*Bonobo's Yin's, Matriarchy's, and Gautama's Attributes*

Flexible,  
Loving,  
Rational,  
Laid-back,  
Egalitarian,  
Lucid,  
Cooperative,  
and Kind

Very Easy Meditation

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

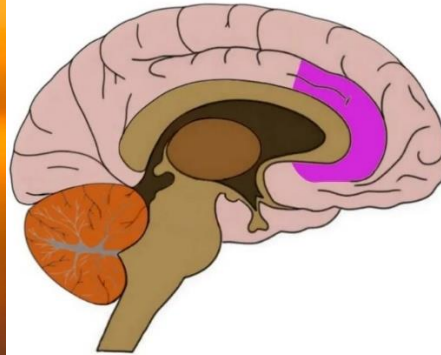
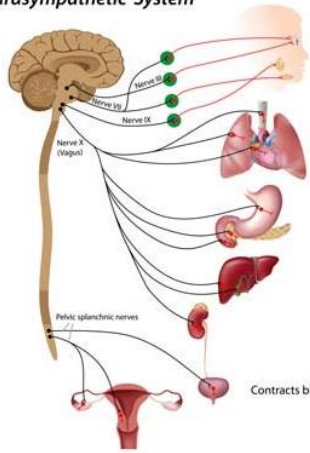


# Ati-yoga's Mindfulness and Meditation

Very Easy Meditation

# 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**

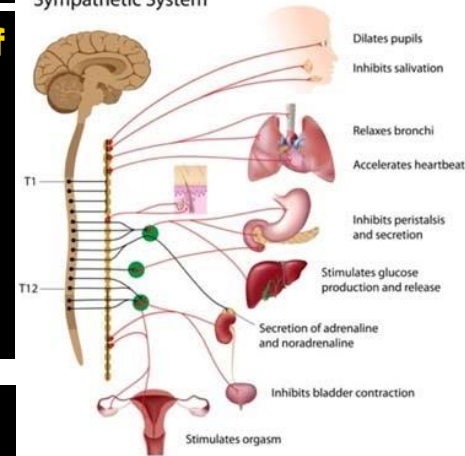
*Mindfulness perceiving inhalation*

*Meditation releasing exhalation*

*This  
ease!*

**Impermanent and as NON-graspable as an Empty Sky**

Sympathetic System



Very Easy Meditation

**MASTERY** of the Buddha's Eight fold path:  
*spontaneously, habitually, easily, and effectively*  
**FIRST** of four benefits

The VIEW supporting release

**1 – Right View of Impermanence and Emptiness**

2 – Kind Intention (*essence of the Bodhisattva Vows*)

compassionate ACTION

3 – Kind Communication

4 – Kind Conduct (*non-violent essence of the Pratimoksha Vows*)

5 – Kind Commerce (*competition and cruelty transformed into cooperative and kind*)

MEDITATION as described by the seven enlightenment factors

6 – The Effortless Effort (*of Joy's Centered Spontaneity*) 4 & 3

7 – Inhalation's mindfulness (*that is vulnerable, passive, visceral, & spontaneous*) 1, 2, & 6

8 – Exhalation's meditation (*constituting physical relaxation, psychic release*) 5     \_^\_



# SECOND of four phases of Mindful Crease Counting

Very Easy Meditation

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

**Navel Ring** Knuckle's  
gather 2<sup>nd</sup> of 4 collections

Om  
Hri  
Hoom  
Tram  
Ah



of Right-hand's  
**8 or 12 Repetitions**  
and Left-hand's  
4, 8 or **12 Sets**

# The translucence of All Good father and mother depicted in paintings

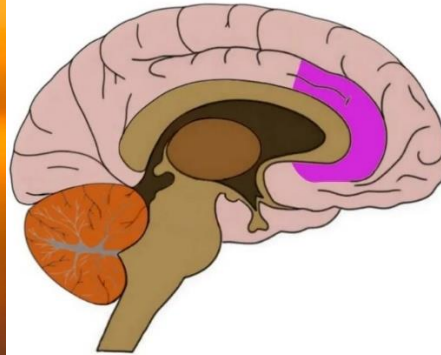
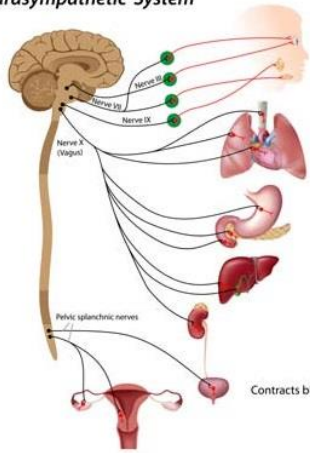
reminds us of meditation's experience of impermanence and non-graspability.



Very Easy Meditation

# 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**

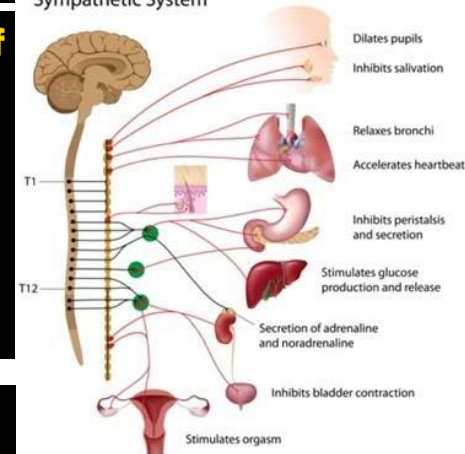
*Mindfulness perceiving inhalation*

*Meditation **releasing** exhalation*

*This  
ease!*

**Impermanent and as NON-graspable as an Empty Sky**

Sympathetic System



Very Easy Meditation

**MASTERY** of the Buddha's Eight fold path:  
*spontaneously, habitually, easily, and effectively*  
**SECOND** of four benefits

The VIEW supporting release

1 – Right View of Impermanence and Emptiness

2 – Kind Intention (*essence of the Bodhisattva Vows*)

compassionate ACTION

3 – Kind Communication

4 – Kind Conduct (*non-violent essence of the Pratimoksha Vows*)

5 – Kind Commerce (*competition and cruelty transformed into kind and kindness*)

MEDITATION as described by the seven enlightenment factors

6 – The Effortless Effort (*of Joy's Centered Spontaneity*) 4 & 3

7 – Inhalation's mindfulness (*that is vulnerable, passive, visceral, & spontaneous*) 1, 2, & 6

8 – Exhalation's meditation (*constituting physical relaxation, psychic release*) 5     \_^\_

# THIRD of four phases of Mindful Crease Counting

Very Easy Meditation

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

Om  
Hri  
Hoom  
Tram  
Ah



**Heart Middle** Knuckle's  
gather 3<sup>rd</sup> of 4 collections

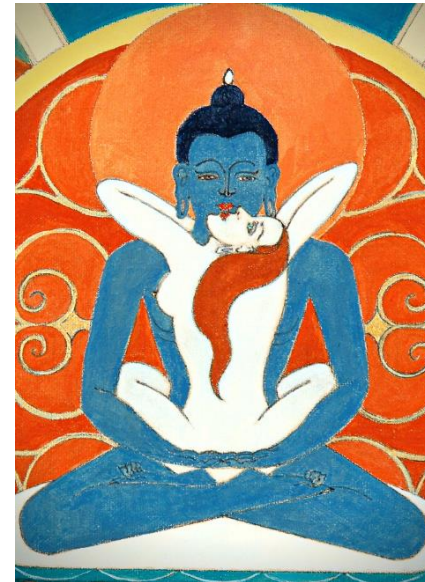
of Right-hand's  
**8 or 12 Repetitions**  
and Left-hand's  
4, 8 or **12 Sets**



Very Easy Meditation

The beauty of Sky-blue  
Kun-tu-záng-po  
and Cloud-white  
Kun-tu-zang-mo Yáb-yum

reminds us of the highest love:  
spontaneous and uncontrived.

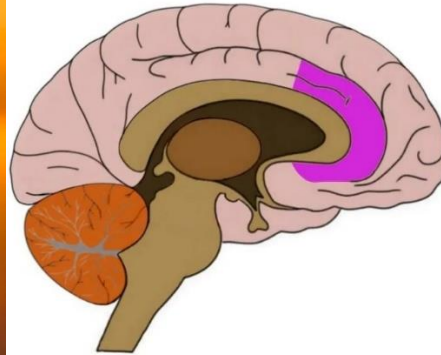
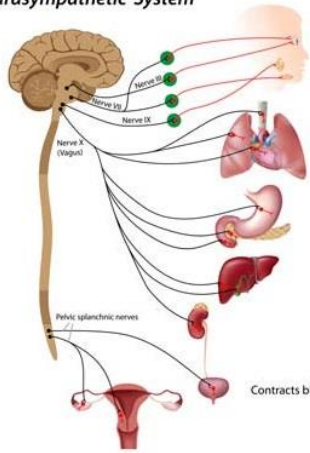




Very Easy Meditation

# 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**

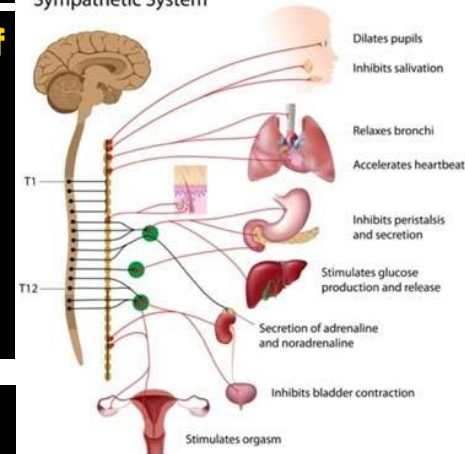
*This ease!*

*Mindfulness perceiving inhalation*

*Meditation releasing exhalation*

**Impermanent and as NON-graspable as an Empty Sky**

Sympathetic System



Very Easy Meditation

**MASTERY** of the Buddha's Eight fold path:  
*spontaneously, habitually, easily, and effectively*  
**THIRD** of four benefits

VIEW or contemplation

1 – Right View of Impermanence and Emptiness

2 – Kind Intention (*essence of the Bodhisattva Vows*)

compassionate ACTION

3 – Kind Communication

4 – Kind Conduct (*non-violent essence of the Pratimoksha Vows*)

5 – Kind Commerce (*competition and cruelty transformed into kind & cooperation*)

MEDITATION as described by the seven enlightenment factors

6 – The Effortless Effort (*of Joy's Centered Spontaneity*) 4 & 3

7 – Inhalation's mindfulness (*that is vulnerable, passive, visceral, & spontaneous*) 1, 2, & 6

8 – Exhalation's meditation (*constituting physical relaxation, psychic release*) 5     \_^\_

# FOURTH and final phase of Mindful Crease Counting

Very Easy Meditation

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

Crown Index Knuckle's  
gather 4<sup>th</sup> of 4 collections

of Right-hand's  
8 or 12 Repetitions  
and Left-hand's  
4, 8 or 12 Sets

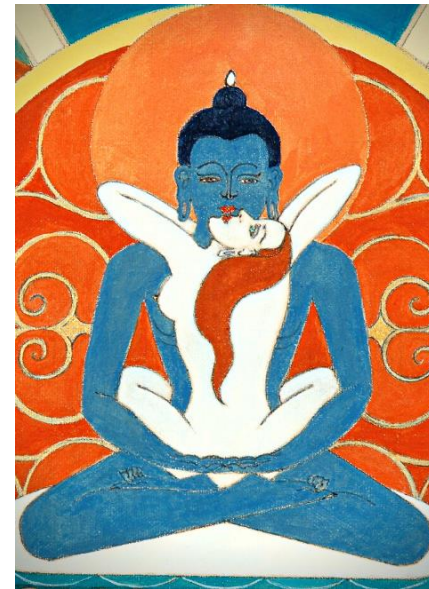
Om  
Hri  
Hoom  
Tram  
Ah



Very 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

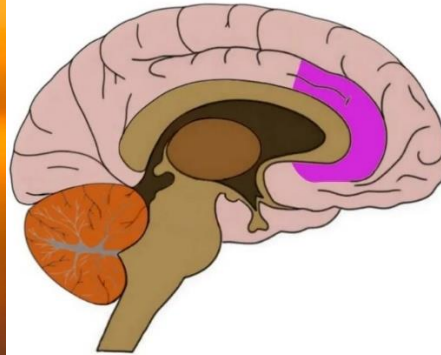
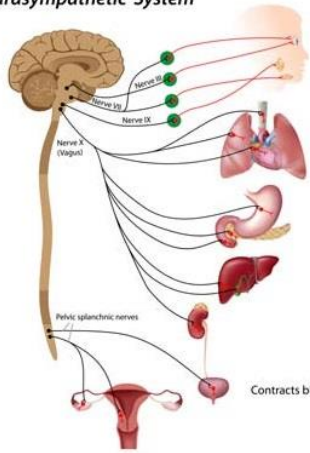
remind us of the effortless effort  
of “centered spontaneity.”



Very Easy Meditation

# Ati-yoga's Spontaneous Awareness and Release

Parasympathetic System



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

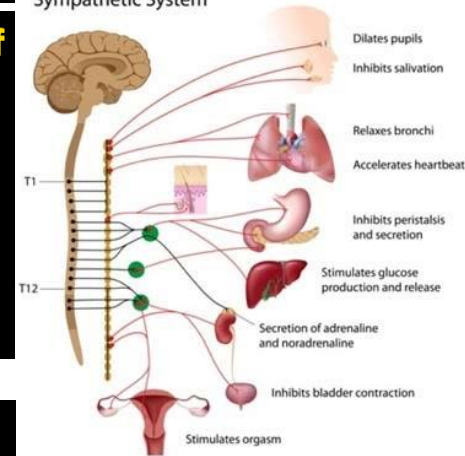
**Mind's Antics of  
 Perception,  
 Emotion,  
 Intention,  
 Cognition,  
 Recollection, &  
 Imagination**

*Mindfulness perceiving inhalation*

*Meditation releasing exhalation*

*This  
ease!*

Sympathetic System



**Impermanent and as NON-graspable as an Empty Sky**



Very Easy Meditation

**MASTERY** of the Buddha's Eight fold path:  
*spontaneously, habitually, easily, and effectively*  
**FOURTH** of four benefits

VIEW or contemplation

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

compassionate ACTION

- 3 – Kind Communication
- 4 – Kind Conduct (*non-violent essence of the Pratimoksha Vows*)
- 5 – Kind Commerce (*competition and cruelty transformed into compassion and kindness*)

MEDITATION as described by the seven enlightenment factors

- 6 – The Effortless Effort (*of Love's Centered Spontaneity*) 4 & 3
- 7 – Inhalation's mindfulness (*that is vulnerable, passive, visceral, & spontaneous*) 1, 2, & 6
- 8 – Exhalation's meditation (*constituting physical relaxation, psychic release*) 5     \_^\_

Very Easy Meditation

May we joyfully relax into the  
perfect imperfections of our Buddha nature



Appendix



Very 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

Very Easy Meditation

**Maha-yoga's Wise**

**First fold**

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

## Very Easy Meditation

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

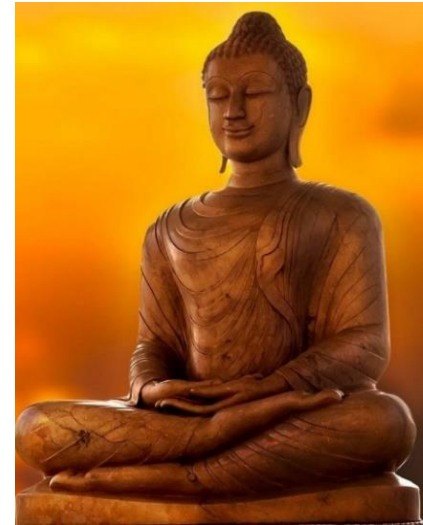
*wé could just recite these **wise** words in harmony with our breathing and allow our subconscious to do the heavy lífting!*



Very 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!*



## Very Easy Meditation

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!



Very Easy Meditation



*Watch LOTs melt  
into form*

Very Easy Meditation



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

## Very Easy Meditation

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!





Very Easy Meditation



*Feel FORMs melt  
into speech*

Very Easy Meditation



*Feel FORMs melt into speech*

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

**Mu-ni-ye Sö-ha**

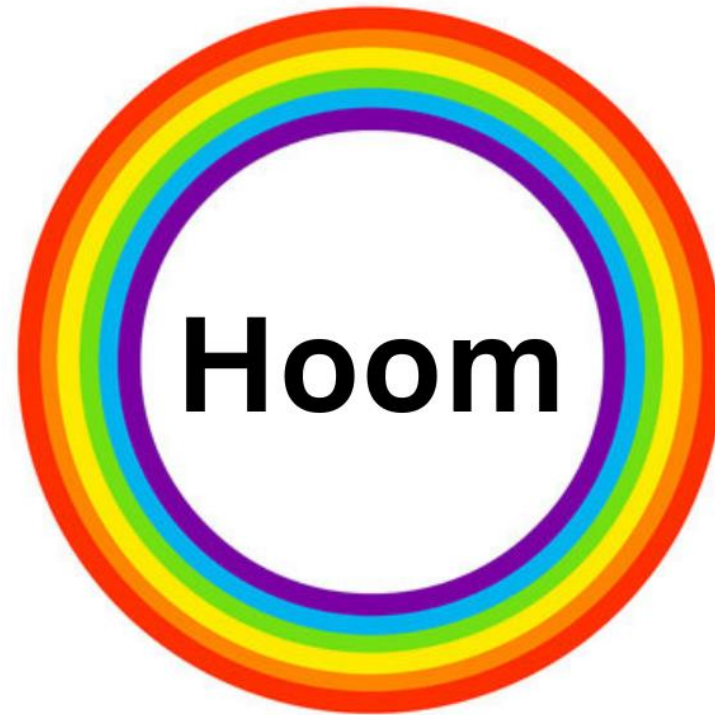
## Very Easy Meditation

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!



Very Easy Meditation



*Hear SPEECH melt  
into mind*

Very Easy Meditation



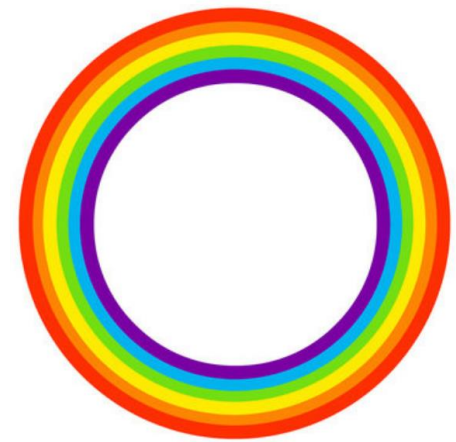
*Hear SPEECH melt into mind*

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

## Very Easy Meditation

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**...



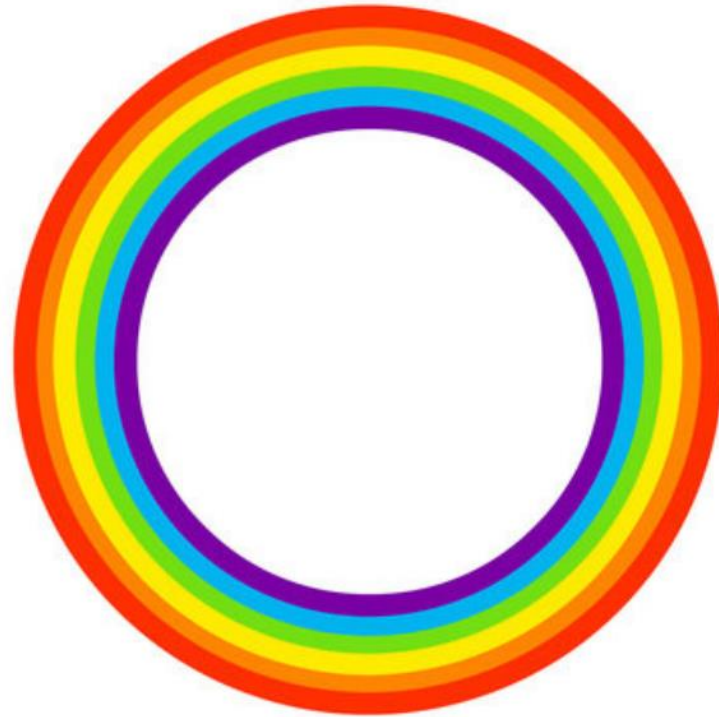
Very Easy Meditation

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!



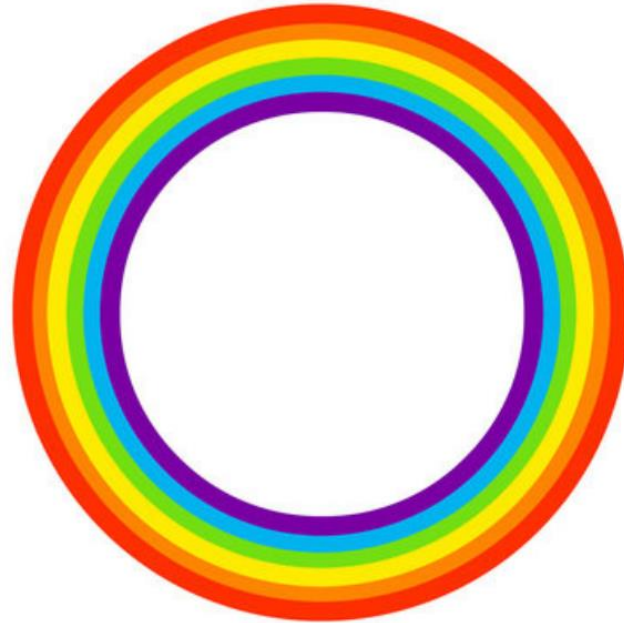
Very Easy Meditation



*Feel MINDs melt  
into void*



Very Easy Meditation



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

Very Easy Meditation

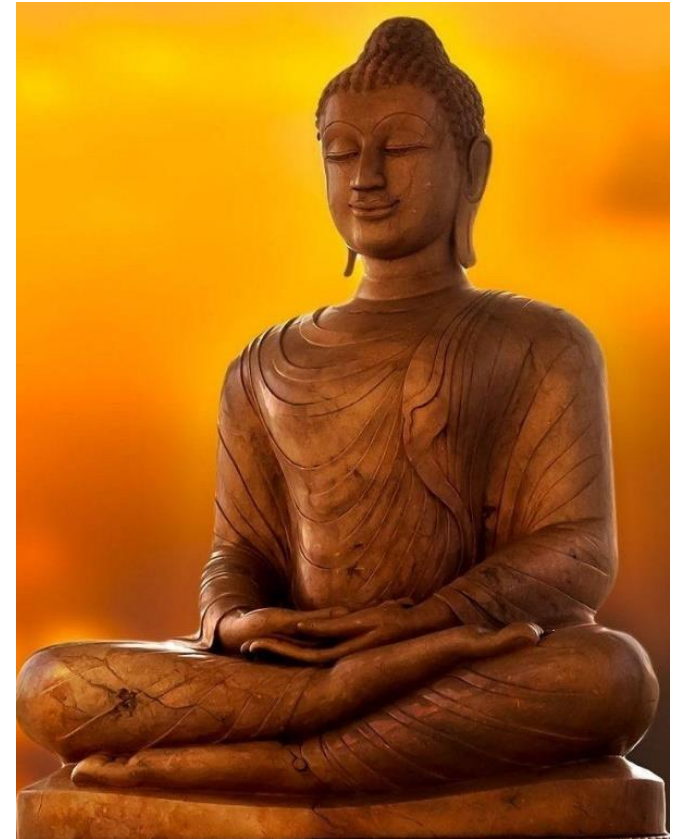
## *Mantra's Meaning*

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

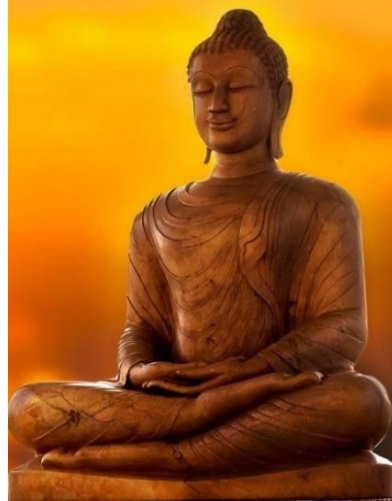
Very Easy Meditation

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 fór all!



Very Easy Meditation



*Relaxing into THIS*

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

Very Easy Meditation

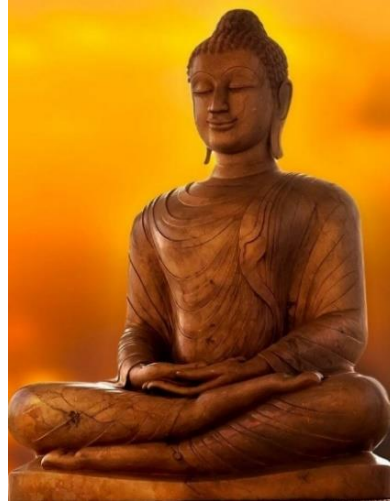
# *Mudra Anu-yoga's Energy-work*

Om  
Hri  
Hoom  
Tram  
Ah



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

Very Easy Meditation



*Relaxing into THIS*

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

Very Easy Meditation

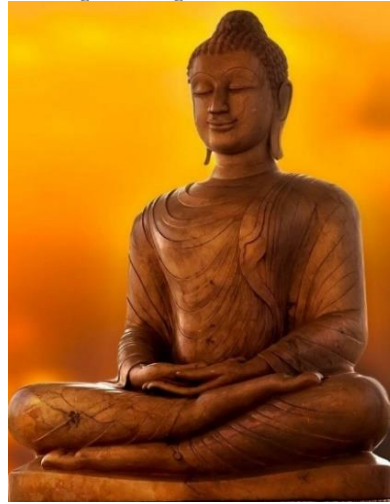
# *Mudra Anu-yoga's Energy-work*

Om  
Hri  
Hoom  
Tram  
Ah



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

Very Easy Meditation



*Relaxing into THIS*  
**Om Mu-ni Mu-ni Ma-ha  
Mu-ni-ye Sö-ha**



Very Easy Meditation

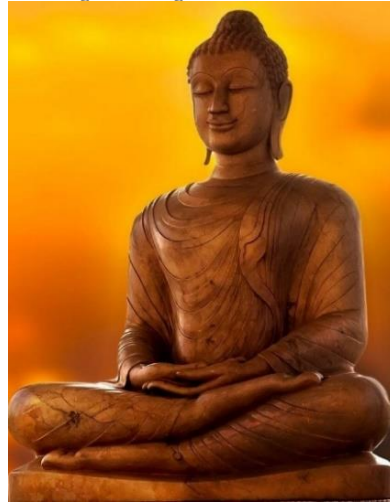
# *Mudra Anu-yoga's Energy-work*

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

Om  
Hri  
Hoom  
Tram  
Ah



Very Easy Meditation



*Relaxing into THIS*

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

Very Easy Meditation

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

**Bladder Little** Knuckle's  
Fifth Collection

of  
Right-hand's 12 Rounds

Om

Hri

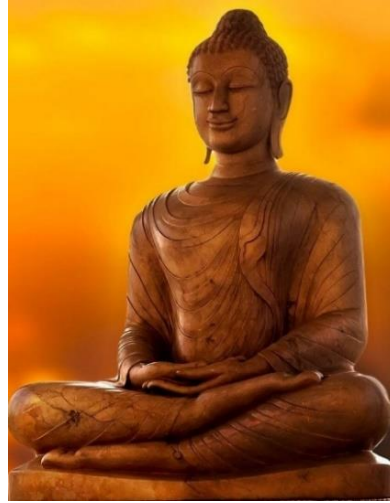
Hoom

Tram

Ah



Very Easy Meditation



*Relaxing into THIS*

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

Very Easy Meditation

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

# Maha-yoga's Compassionate Cool-down

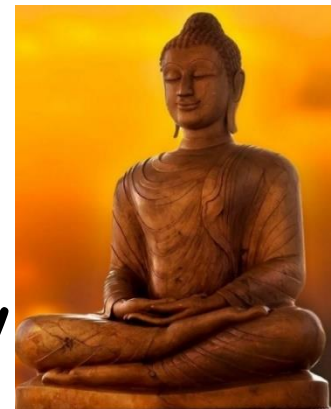
Very Easy Meditation

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

## Very Easy Meditation

*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!*



Very 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!*





Very 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



Very 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 mántra!



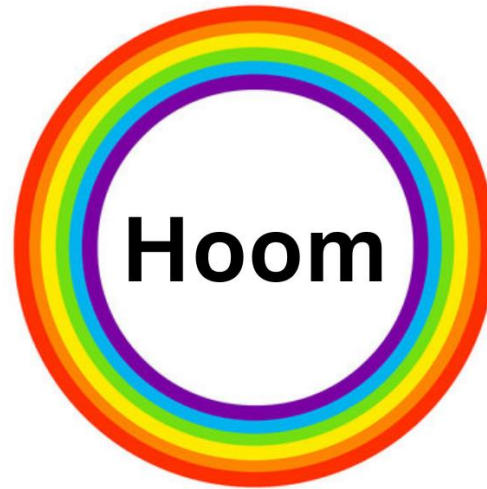
Very Easy Meditation



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

Very Easy Meditation

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



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

Very Easy Meditation

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

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

Om  
Hri  
Hoom  
Tram  
Ah



Very Easy Meditation

*May we be a fount of blessing: for all 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 multi-syllabic **mántra!**



Very Easy Meditation



*Man-tra LOVE for all speech!*

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

Very Easy Meditation

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



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



Very Easy Meditation

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

Om  
Hri  
Hoom  
Tram  
Ah



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

Very Easy Meditation

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

**Má**y 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!



Very Easy Meditation



*Yi-dam HEALTH for all forms!*

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

Very Easy Meditation

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



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

Very Easy Meditation

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

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

Om  
Hri  
Hoom  
Tram  
Ah



Very 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!**



Very Easy Meditation



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



Very Easy Meditation

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



*Va-ti BOON*  
**for all lots! 😊**



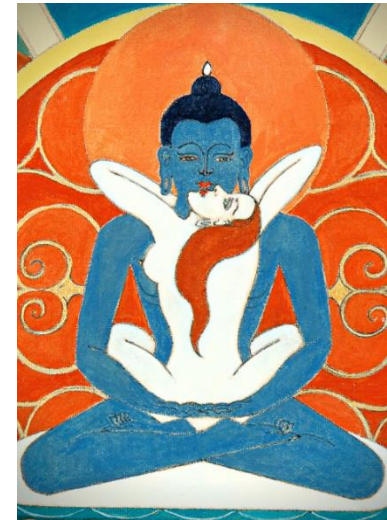
Very Easy Meditation

# Bodhichitta, Refuge, and Bowing

## Very 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.



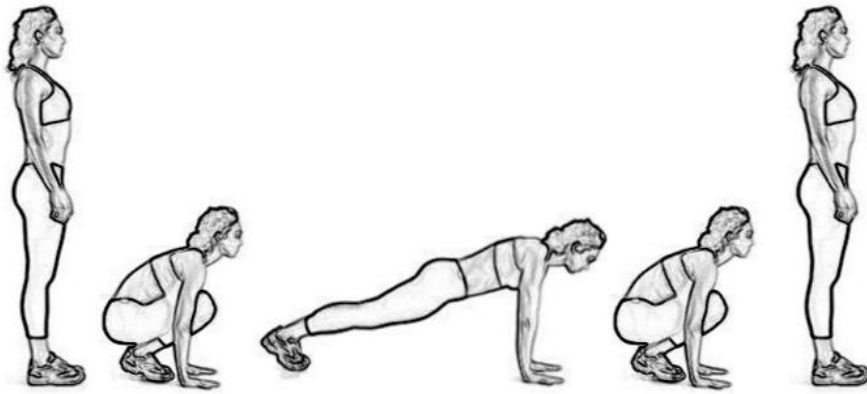
Very Easy Meditation

*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.



Very Easy Meditation



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

May we  
free all  
through the  
Three Jewels

Very Easy Meditation

I hope you found this to be Beneficial

