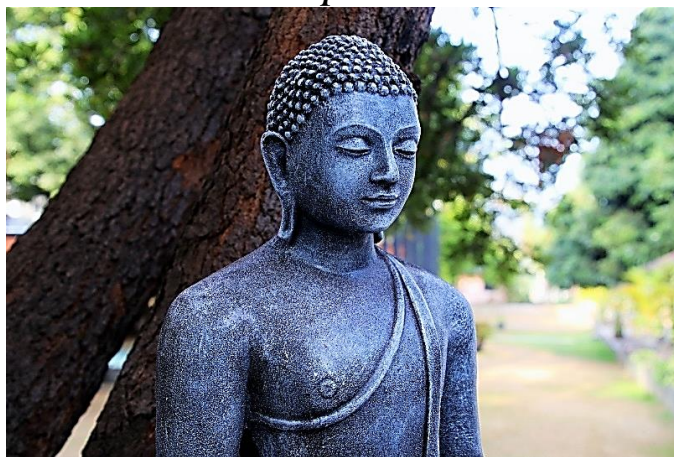


Buddha's Clear Light

# Buddha's Clear Light

*by Tertön Lama: Jigme Gyatso; Rime Manipa Rinpoche*  
*17apr21b*



# I. Opening Material

## *A. Acknowledgments*

*This sadhana or practice text and its commentary was inspired by:*

*The termas or psychic instructions I received from:  
Avalokiteshvara, Arya Tare, and Padmasambhava,*

*the oral instructions of Bhakha Tulku Rinpoche, Chogyal Namkhai Norbu,  
Lama Chodrak Gyatso, and Lama Olé*

*meditation manuals composed by Gautama Siddhartha: the Buddha*  
*“Maha Satipatthana Sutta— the Greater Discourse upon the Four Bases of Mindfulness*  
*translated by Maurice Walshe,*

*“Satipatthana Sutta –the Discourse upon the Four Bases of Mindfulness”*  
*translated by Bhikkhu Nanamoli*

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**“Anapanasati Sutta – the Discourse of Mindfulness with Breathing”**  
*also translated by Bhikkhu Nanamoli*

*a meditation manual composed by Ven. Dr. Madawela Punnaaji Maha Thera*  
**“Ariyamagga Bhavana – the Sublime Eightfold Way”**

## Buddha's Clear Light

*one of the last meditation manuals composed by  
Dza Patrul Rinpoche, Jigme Chökyi Wangpo  
“**The Heart Treasure of the Enlightened Ones**  
**the Practice of View, Meditation, and Action;**  
**a discourse Virtuous in the Beginning, Middle, and End**”  
and the explanation thereof given by Dilgo Khyentse Rinpoche  
translated by the Padmakara Translation Group,*

*a meditation manual composed by Karma Chagme Rinpoche  
“**The Quintessence of Spiritual Practice,**  
**the Direct Instructions of the Great Compassionate One**”  
translated by Eric Pema Kunsang*

*a sadhana by Thangtong Gyalpo  
“**All Pervading Benefit of Beings**  
**The Recitation and Meditation of the Great Compassionate One**”  
translated by Tyler Dewar*

## Buddha's Clear Light

*a meditation manual composed by Bokar Rinpoche*

**“Chenrezig: Lord of Love,  
the Principles and Methods of Deity Meditation”**  
*translated by Christiane Buchet*

*a sadhana compiled from traditional sources*

**“Praises and Requests of the Twenty-one Taras”**  
*translated by Ani: Thubten Chodron*

*a meditation manual composed by Atisha – Shrijana Dipamkara*

**“Sadhana of the Venerable Tara:  
Tara Battarika Sadhana”**  
*translated by Martin Willson*

*a sadhana composed by His Holiness Dudjom Rinpoche, Jigdral Yeshe Dorje*

**“The Daily Recitation of the Revered Noble Tara”**  
*translated by the Vimala staff*

## Buddha's Clear Light

*a meditation manual composed by Lama Palden Drolma*

**“Love on Every Breath:**

**Tonglen Meditation for Transforming Pain into Joy”**

*a meditation manual composed by Lama Kazi Dawa Samdup*

**“Tibetan Yoga; and Secret Doctrines”**

*translated by Lama Kazi Dawa Samdup and edited by W. Y. Evans-Wentz*

*a meditation manual composed by Gyalwa Wensapa*

**“A Source of Every Realization:**

**Handprints of the Profound Path of the Six Yogas of Naropa”**

*translated by Glenn H. Mullin*

*a sadhana composed by Dudjom Rinpoche Jigdral Yeshe Dorje*

**“The prayer of Calling (the Lama) from Afar**

**A Spontaneous Son of the Original Nature”**

*translated by Yeshe Melong*

## Buddha's Clear Light

*a commentary composed by His Eminence Chagdud Tulku*

**“Ngondro Commentary:**

**Instructions for the Concise Preliminary Practices of the New Treasure of Dudjom”**

*Compiled by Jane Tromge*

*a sadhana composed by Dudjom Lingpa Rinpoche*

**“Dudjom Tersar Ngöndro”**

*translated under the direction of His Eminence Chagdud Tulku*

*and a meditation manual composed by Lama Surya Das*

**“Natural Radiance: Awakening to your Great Perfection”**



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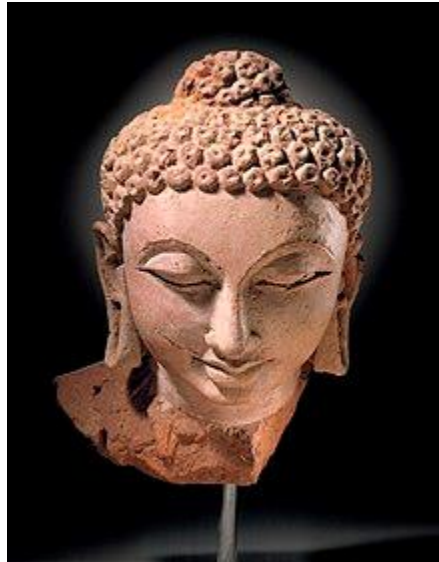
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## *C. Heart Treasure Syllabus*

Lesson	Volume	Chapters	Lesson	Volume	Chapters
1 <sup>st</sup>	A-na-pa-na-sa-ti Sut-ta		9 <sup>th</sup>	8 <sup>th</sup> of 14	43 <sup>rd</sup> – 48 <sup>th</sup>
2 <sup>nd</sup>	1 <sup>st</sup> of 14	1 <sup>st</sup> – 6 <sup>th</sup>	10 <sup>th</sup>	9 <sup>th</sup> of 14	49 <sup>th</sup> – 54 <sup>th</sup>
3 <sup>rd</sup>	2 <sup>nd</sup> of 14	7 <sup>th</sup> – 12 <sup>th</sup>	11 <sup>th</sup>	10 <sup>th</sup> of 14	55 <sup>th</sup> – 60 <sup>th</sup>
4 <sup>th</sup>	3 <sup>rd</sup> of 14	13 <sup>th</sup> – 18 <sup>th</sup>	12 <sup>th</sup>	11 <sup>th</sup> of 14	61 <sup>st</sup> – 66 <sup>th</sup>
5 <sup>th</sup>	4 <sup>th</sup> of 14	19 <sup>th</sup> – 24 <sup>th</sup>	13 <sup>th</sup>	12 <sup>th</sup> of 14	67 <sup>th</sup> – 72 <sup>nd</sup>
6 <sup>th</sup>	5 <sup>th</sup> of 14	25 <sup>th</sup> – 30 <sup>th</sup>	14 <sup>th</sup>	13 <sup>th</sup> of 14	73 <sup>rd</sup> – 78 <sup>th</sup>
7 <sup>th</sup>	6 <sup>th</sup> of 14	31 <sup>st</sup> – 36 <sup>th</sup>	15 <sup>th</sup>	14 <sup>th</sup> of 14	79 <sup>th</sup> – 83 <sup>rd</sup>
8 <sup>th</sup>	7 <sup>th</sup> of 14	37 <sup>th</sup> – 42 <sup>nd</sup>			

## II. Opening Impermanence



Buddha's Clear Light

*1. Vajrayana's Diamond-path Contemplating Impermanence*  
*Togal's Leap-over Circumstantial Confusion*

*Observant inhalation:*      *How could lots...*  
***Relaxing** exhalation:*      ***never last?***

*One set of four breaths*  
*touch tip of left thumb to its little finger, slide down to its **lower** set of creases*  
*count the four breaths upon the right: **little** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

2. *Vajrayana's Diamond-path Contemplating Impermanence*  
*Togal's Leap-over Physical Confusion*

*Observant inhalation:*      *How could forms...*  
***Relaxing** exhalation:*      ***never last?***

*One set of four breaths*  
*touch tip of left thumb to its little finger, slide down to its **lower** set of creases*  
*count the four breaths upon the right: **ring** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*



Buddha's Clear Light

3. *Vajrayana's Diamond-path Contemplating Impermanence*  
*Togal's Leap-over Interpersonal Confusion*

*Observant inhalation:*      *How could speech...*  
***Relaxing** exhalation:*      ***never last?***

*One set of four breaths*  
*touch tip of left thumb to its little finger, slide down to its **lower** set of creases*  
*count the four breaths upon the right: **middle** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

4. *Vajrayana's Diamond-path Contemplating Impermanence*  
*Togal's Leap-over Mental Confusion*

*Observant inhalation:*      *How could minds...*  
***Relaxing** exhalation:*      ***never last?***

*One set of four breaths  
touch tip of left thumb to its little finger, slide down to its **lower** set of creases  
count the four breaths upon the right: **index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

# III. The Three Mahamudras

*of Awareness, Centering, and Love*



## Buddha's Clear Light

*A. The Mahamudra of Awareness and Letting-go**also known as Spontaneous Mindfulness and Meditation**and Trekchö's Slice through Dread and Desire**Observant inhalation: Notice this...****Relaxing** exhalation: **relaxing!****one set of sixteen breaths**slide tip of left thumb up its little finger, to its **middle** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

***B. The Mahamudra of Bliss and Letting-go***

*also known as Tikle's Heart-oriented Centering and Meditation*

Observant inhalation: *Grin to heart...*

*Relaxing* exhalation: ***relaxing!***

*one set of sixteen breaths*

*slide tip of left thumb up its little finger, to its **higher** set of creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

## *C. The Mahamudra of Love and Letting-go*

*also known as Tegal's Leap-over Cold-heartedness*

*Observant inhalation:* ***Profound joy...***

***Relaxing** exhalation:* ***for each mind!***

*one set of four breaths*

*slide tip of left thumb up its little finger, to its **tip***

*count the four breaths upon the right: **little** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

## Buddha's Clear Light

*Observant inhalation:* ***Profound peace...***

***Relaxing** exhalation:* ***for all speech!***

*one set of four breaths  
slide tip of left thumb up its little finger, to its **tip**  
count the four breaths upon the right: **ring** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

## Buddha's Clear Light

*Observant inhalation:* ***Profound health...***

***Relaxing** exhalation:* ***for each form!***

*one set of sixteen breaths  
slide tip of left thumb up its little finger, to its **tip**  
count the sixteen breaths upon the right: **middle** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*



## Buddha's Clear Light

*Observant inhalation:* ***Profound wealth...***

***Relaxing** exhalation:* ***for each lot!***

*one set of four breaths  
slide tip of left thumb up its little finger, to its **tip**  
count the four breaths upon the right: **index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

# IV. First Four Bases

Buddha's Clear Light

## A. CIRCUMSTANCE

the First of four bases of mindfulness



Buddha's Clear Light

*1. Vajrayana's Diamond-path of Circumstantial Compassion*

*Togal's Leap-over Circumstance-oriented Cold-heartedness*

*Observant inhalation: **Profound wealth...***

***Relaxing** exhalation: **for each lot!***

*one set of four breaths  
touch tip of left thumb to its ring finger, slide down to its **lower** set of creases  
count the four breaths upon the right: **little** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

2. *Vajrayana's Diamond-path of Circumstance-oriented Contemplation*  
*Togal's Leap-over Circumstance-oriented Confusion*

*Observant inhalation:*    *How each lot...*  
*Relaxing exhalation:*    *always **change**?*

*one set of four breaths*  
*touch tip of left thumb to its ring finger, slide down to its **lower** set of creases*  
*count the four breaths upon the right: **ring** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

3. *Vajrayana's Diamond-path of Circumstance-oriented Contemplation*  
*Togal's Leap-over Circumstance-oriented Confusion*

Observant inhalation: *How lot seen...*

*Relaxing* exhalation: *yet **NOT-me?***

*one set of four breaths*  
*touch tip of left thumb to its ring finger, slide down to its **lower** set of creases*  
*count the four breaths upon the right: **middle** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

## 4. *The Mahamudra of Awareness and Letting-go*

*also known as Spontaneous Mindfulness and Meditation*

*and Trekchö's Slice through Dread and Desire*

*Observant inhalation:*    *Notice this...*

***Relaxing** exhalation:*    ***relaxing!***

*one set of four breaths*

*touch tip of left thumb to its ring finger, slide down to its **lower** set of creases*

*count the four breaths upon the right: **index** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

## B. BODY

the Second of four bases of mindfulness





Buddha's Clear Light

1. *Vajrayana's Diamond-path of Physical Compassion*  
*Togal's Leap-over Physical-oriented Cold-heartedness*

*Observant inhalation:* *Profound health...*

***Relaxing** exhalation:* *for each form!*

*one set of four breaths*  
*slide tip of left thumb up its ring finger, to its **middle** set of creases*  
*count the four breaths upon the right: **little** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

2. *Vajrayana's Diamond-path of Physical-oriented Contemplation*  
*Togal's Leap-over Physical-oriented Confusion*

*Observant inhalation:* ***How each form...***

***Relaxing** exhalation:* ***always **change**?***

*one set of four breaths*  
*slide tip of left thumb up its ring finger, to its **middle** set of creases*  
*count the four breaths upon the right: **ring** finger's:*  
*lower, middle, and higher sets of creases, as well as their tips.*

## Buddha's Clear Light

### 3. *Vajrayana's Diamond-path of Physical-oriented Contemplation* *Togal's Leap-over Physical-oriented Confusion*

*Observant inhalation:* ***How form felt...***

*Relaxing exhalation:* ***yet NOT-me?***

*one set of four breaths*  
*slide tip of left thumb up its ring finger, to its **middle** set of creases*  
*count the four breaths upon the right: **middle** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

## Buddha's Clear Light

# 4. The Mahamudra of Awareness and Letting-go

also known as Spontaneous Mindfulness and Meditation  
and Trekchö's Slice through Dread and Desire

Observant inhalation: Notice this...

**Relaxing** exhalation: **relaxing!**

one set of four breaths  
slide tip of left thumb up its ring finger, to its **middle** set of creases  
count the four breaths upon the right: **index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.

Buddha's Clear Light

## C. SPEECH

the Third of four bases of mindfulness



Buddha's Clear Light

1. *Vajrayana's Diamond-path of Interpersonal Compassion*

*Togal's Leap-over Physical-oriented Cold-heartedness*

*Observant inhalation:* *Profound peace...*

***Relaxing** exhalation:* *for all speech!*

*one set of four breaths*  
*slide tip of left thumb up its ring finger to its **higher** set of creases*  
*count the four breaths upon the right: **little** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

2. *Vajrayana's Diamond-path of Interpersonal Contemplation*

*Togal's Leap-over Communication-oriented Confusion*

*Observant inhalation:* ***How all speech...***

*Relaxing exhalation:* ***always change?***

*Four mantras per breath for one set of two breaths  
slide tip of left thumb up its ring finger to its **higher** set of creases  
count the four breaths upon the right: **ring** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

## Buddha's Clear Light

### 3. *Vajrayana's Diamond-path of Interpersonal Contemplation*

*Togal's Leap-over Communication-oriented Confusion*

*Observant inhalation:*    *How speech heard...*

***Relaxing** exhalation:*    *yet **NOT-me?***

*one set of four breaths*  
*slide tip of left thumb up its ring finger to its **higher** set of creases*  
*count the four breaths upon the right: **middle** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*



## Buddha's Clear Light

# 4. The Mahamudra of Awareness and Letting-go

also known as Spontaneous Mindfulness and Meditation  
and Trekchö's Slice through Dread and Desire

Observant inhalation: Notice this...

**Relaxing** exhalation: **relaxing!**

one set of four breaths  
slide tip of left thumb up its ring finger to its **higher** set of creases  
count the four breaths upon the right: **index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.

Buddha's Clear Light

## D. MIND

the Fourth of four bases of mindfulness



Buddha's Clear Light

1. *Vajrayana's Diamond-path of Mental Compassion*  
*Togal's Leap-over Mental-oriented Cold-heartedness*

Observant inhalation: *Profound joy...*

*Relaxing* exhalation: *for each mind!*

*one set of four breaths*  
*slide tip of left thumb up its ring finger to its **tip***  
*count the four breaths upon the right: **little** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

2. *Vajrayana's Diamond-path of Mental Contemplation*  
*Togal's Leap-over Mental-oriented Confusion*

*Observant inhalation:* ***How each mind...***

*Relaxing exhalation:* ***always change?***

*one set of two breaths*  
*slide tip of left thumb up its ring finger to its **tip***  
*count the four breaths upon the right: **ring** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

3. *Vajrayana's Diamond-path of Mental Contemplation*

*Togal's Leap-over Mental-oriented Confusion*

*Observant inhalation:*    *How mind clear...*

***Relaxing** exhalation:*    *yet **NOT-me?***

*one set of four breaths  
slide tip of left thumb up its ring finger to its **tip**  
count the four breaths upon the right: **middle** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

## 4. *The Mahamudra of Awareness and Letting-go*

*also known as Spontaneous Mindfulness and Meditation*

*and Trekchö's Slice through Dread and Desire*

*Observant inhalation:*    *Notice this...*

***Relaxing** exhalation:*    ***relaxing!***

*one set of four breaths*

*slide tip of left thumb up its ring finger to its **tip***

*count the four breaths upon the right: **index** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

# V. Gently Directing Mindfulness through the Four Sets of Five

Buddha's Clear Light  
directing our mindfulness to

# A. The Five Aggregates of Clinging

through the Lens of these Exercises





## Buddha's Clear Light

### *1. Form*

*Observant inhalation:*

*Notice form...*

***Relaxing** exhalation:*

*relaxing!*

*one set of four breaths*

*Touch tip of left middle finger, to its **palm***

*count the four breaths upon the right: **little** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

## Buddha's Clear Light

### 2. Feeling

*Observant inhalation:*

*What feeling?*

***Relaxing** exhalation:*

*relaxing!*

*one set of four breaths*

*Touch tip of left middle finger, to its **palm***

*count the four breaths upon the right: **ring** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

## Buddha's Clear Light

### 3. Appraisal

Observant inhalation:

*How intense?*

**Relaxing** exhalation:

*relaxing!*

*one set of four breaths*

*Touch tip of left middle finger, to its **palm***

*count the four breaths upon the right: **middle** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

## Buddha's Clear Light

### 4. Impulse

*Observant inhalation:*

***Relaxing** exhalation:*

*Notice urge...  
relaxing!*

*One set of four breaths*

*Touch tip of left middle finger, to its **palm**  
count the breath upon the right: **index** finger's:  
lower, middle, and higher sets of creases as well as its tip.*

## Buddha's Clear Light

### 5. Consciousness

*Observant inhalation:*      *Notice mind...*  
***Relaxing** exhalation:*      *relaxing!*

*One set of four breaths  
touch tip of left thumb to its middle finger, slide down to its **lower** set of creases  
count the breath upon the right: **little** finger's:  
lower, middle, and higher sets of creases as well as its tip.*

Buddha's Clear Light  
directing our mindfulness through

## B. The Five Impulsive Mental Poisons

through the Lens of these Exercises



## Buddha's Clear Light

### *1. By Relaxing into Dread it Transforms into Mirror-like Wisdom*

*Observant inhalation:*      *Notice hate...*

***Relaxing** exhalation:*      *relaxing!*

*One set of four breaths  
touch tip of left thumb to its middle finger, slide down to its **lower** set of creases  
count the breath upon the right: **ring** finger's:  
lower, middle, and higher sets of creases as well as its tip.*

## Buddha's Clear Light

### 2. *By Relaxing into Desire it Transforms into Discerning Wisdom*

*Observant inhalation:*      *Notice crave...*

***Relaxing** exhalation:*      *relaxing!*

*One set of four breaths  
touch tip of left thumb to its middle finger, slide down to its **lower** set of creases  
count the breath upon the right: **middle** finger's:  
lower, middle, and higher sets of creases as well as its tip.*



## Buddha's Clear Light

### *3. By Relaxing into Confusion's Fearful Clinging it Transforms into the Wisdom of the Basic Space of Phenomena*

*Observant inhalation:*      *Notice cling...*  
***Relaxing** exhalation:*      *relaxing!*

*One set of four breaths*  
*touch tip of left thumb to its middle finger, slide down to its **lower** set of creases*  
*count the breath upon the right: **index** finger's:*  
*lower, middle, and higher sets of creases as well as its tip.*

## Buddha's Clear Light

### 4. By Relaxing into Jealousy it Transforms into All-accomplishing Wisdom

*Observant inhalation:*      **Who envy?**

***Relaxing** exhalation:*      **Relaxing!**

*One set of four breaths  
slide tip of left thumb up its middle finger, to its **middle** set of creases  
count the breath upon the right: **little** finger's:  
lower, middle, and higher sets of creases as well as its tip.*

## Buddha's Clear Light

### 5. *By Relaxing into Pride it Transforms into Equalizing Wisdom*

Observant inhalation: *Notice pride...*

*Relaxing* exhalation: *relaxing!*

*One set of four breaths*  
*slide tip of left thumb up its middle finger, to its **middle** set of creases*  
*count the breath upon the right: **ring** finger's:*  
*lower, middle, and higher sets of creases as well as its tip.*

Buddha's Clear Light  
directing our mindfulness through  
**C. The Five Coarse Cognitions**  
through the Lens of these Exercises



## Buddha's Clear Light

### *1. Emotion*

*Observant inhalation:*      *Emotion...*

***Relaxing** exhalation:*      *relaxing!*

*One set of four breaths  
slide tip of left thumb up its middle finger, to its **middle** set of creases  
count the breath upon the right: **middle** finger's:  
lower, middle, and higher sets of creases as well as its tip.*

## Buddha's Clear Light

### 2. Intention

*Observant inhalation:*      *Intention...*

***Relaxing** exhalation:*      *relaxing!*

*One set of four breaths  
slide tip of left thumb up its middle finger, to its **middle** set of creases  
count the breath upon the right: **index** finger's:  
lower, middle, and higher sets of creases as well as its tip.*

## Buddha's Clear Light

### 3. Cognition

*Observant inhalation:*      ***Reasoning...***  
***Relaxing** exhalation:*      ***relaxing!***

*One set of four breaths  
slide tip of left thumb up its middle finger, to its **higher** set of creases  
count the breath upon the right: **little** finger's:  
lower, middle, and higher sets of creases as well as its tip.*

## Buddha's Clear Light

### 4. Recollection

*Observant inhalation:*      *Recollect...*

***Relaxing** exhalation:*      *relaxing!*

*One set of four breaths  
slide tip of left thumb up its middle finger, to its **higher** set of creases  
count the breath upon the right: **ring** finger's:  
lower, middle, and higher sets of creases as well as its tip.*



## Buddha's Clear Light

### 5. Imagination

*Observant inhalation:*      *Imagine...*

***Relaxing** exhalation:*      *relaxing!*

*One set of four breaths  
slide tip of left thumb up its middle finger, to its **higher** set of creases  
count the breath upon the right: **middle** finger's:  
lower, middle, and higher sets of creases as well as its tip.*

Buddha's Clear Light  
directing our mindfulness through

## D. The Five Subtle Perceptions

through the Lens of these Exercises



## Buddha's Clear Light

### 1. Sensation

Observant inhalation:

*Sensations...*

**Relaxing** exhalation:

*relaxing!*

*One set of four breaths  
slide tip of left thumb up its middle finger, to its **higher** set of creases  
count the breath upon the right: **index** finger's:  
lower, middle, and higher sets of creases as well as its tip.*

## Buddha's Clear Light

### 2. Flavor

*Observant inhalation:*

*These flavors...*

***Relaxing** exhalation:*

*relaxing!*

*One set of four breaths  
slide tip of left thumb up its middle finger, to its **tip**  
count the breath upon the right: **little** finger's:  
lower, middle, and higher sets of creases as well as its tip.*

## Buddha's Clear Light

### 3. Scent

*Observant inhalation:*

*Notice scents...*

***Relaxing** exhalation:*

*relaxing!*

*One set of four breaths  
slide tip of left thumb up its middle finger, to its **tip**  
count the breath upon the right: **ring** finger's:  
lower, middle, and higher sets of creases as well as its tip.*

## Buddha's Clear Light

### 4. Sound

*Observant inhalation:*

*Notice sounds...*

***Relaxing** exhalation:*

*relaxing!*

*One set of four breaths  
slide tip of left thumb up its middle finger, to its **tip**  
count the breath upon the right: **middle** finger's:  
lower, middle, and higher sets of creases as well as its tip.*

## Buddha's Clear Light

### 5. Sight

*Observant inhalation:*

*Notice sights...*

***Relaxing** exhalation:*

*relaxing!*

*One set of four breaths  
slide tip of left thumb up its middle finger, to its **tip**  
count the breath upon the right: **index** finger's:  
lower, middle, and higher sets of creases as well as its tip.*

Buddha's Clear Light

# VI. Final Four Bases

ideal for tantra's practice of Sex Magick



Buddha's Clear Light

## A. CIRCUMSTANCE

the First of four bases of mindfulness



Buddha's Clear Light

*1. Vajrayana's Diamond-path of Circumstantial Compassion*

*Togal's Leap-over Circumstance-oriented Cold-heartedness*

*Observant inhalation: **Profound wealth...***

***Relaxing** exhalation: **for each lot!***

*one set of four breaths  
touch tip of left thumb to its index finger, slide down to its **lower** set of creases  
count the four breaths upon the right: **little** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

2. *Vajrayana's Diamond-path of Circumstantial Contemplation*

*Togal's Leap-over Circumstance-oriented Confusion*

*Observant inhalation:*    *How each lot...*  
***Relaxing** exhalation:*    ***always change?***

*one set of four breaths*  
*touch tip of left thumb to its index finger, slide down to its **lower** set of creases*  
*count the four breaths upon the right: **ring** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

3. *Vajrayana's Diamond-path of Circumstantial Contemplation*

*Togal's Leap-over Circumstance-oriented Confusion*

*Observant inhalation:*    *How lot seen...*

***Relaxing** exhalation:*    *yet **NOT-me?***

*one set of four breaths*  
*touch tip of left thumb to its index finger, slide down to its **lower** set of creases*  
*count the four breaths upon the right: **middle** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

## 4. *The Mahamudra of Awareness and Letting-go*

*also known as Spontaneous Mindfulness and Meditation  
and Trekchö's Slice through Dread and Desire*

*Observant inhalation:*    *Notice this...*

***Relaxing** exhalation:*    ***relaxing!***

*one set of four breaths  
touch tip of left thumb to its index finger, slide down to its **lower** set of creases  
count the four breaths upon the right: **index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

## B. BODY

the Second of four bases of mindfulness



Buddha's Clear Light

1. *Vajrayana's Diamond-path of Physical Compassion*  
*Togal's Leap-over Physical-oriented Cold-heartedness*

Observant inhalation: *Profound health...*

*Relaxing* exhalation: *for each form!*

*one set of four breaths*  
*slide tip of left thumb up its index finger, to its **middle** set of creases*  
*count the four breaths upon the right: **little** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

2. *Vajrayana's Diamond-path of Physical Contemplation*  
*Togal's Leap-over Physical-oriented Confusion*

*Observant inhalation:* ***How each form...***

*Relaxing exhalation:* ***always **change**?***

*one set of four breaths*  
*slide tip of left thumb up its index finger, to its **middle** set of creases*  
*count the four breaths upon the right: **ring** finger's:*  
*lower, middle, and higher sets of creases, as well as their tips.*



Buddha's Clear Light

3. *Vajrayana's Diamond-path of Physical Contemplation*  
*Togal's Leap-over Physical-oriented Confusion*

*Observant inhalation:* ***How form felt...***

*Relaxing exhalation:* ***yet NOT-me?***

*one set of four breaths*  
*slide tip of left thumb up its index finger, to its **middle** set of creases*  
*count the four breaths upon the right: **middle** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

## 4. *The Mahamudra of Awareness and Letting-go*

*also known as Spontaneous Mindfulness and Meditation*

*and Trekchö's Slice through Dread and Desire*

*Observant inhalation:*    *Notice this...*

***Relaxing** exhalation:*    ***relaxing!***

*one set of four breaths*

*slide tip of left thumb up its index finger, to its **middle** set of creases*

*count the four breaths upon the right: **index** finger's:*

*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

## C. SPEECH

the Third of four bases of mindfulness



Buddha's Clear Light

1. *Vajrayana's Diamond-path of Interpersonal Compassion*

*Togal's Leap-over Communication-oriented Cold-heartedness*

*Observant inhalation:* *Profound peace...*

***Relaxing** exhalation:* *for all speech!*

*one set of four breaths*  
*slide tip of left thumb up its index finger to its **higher** set of creases*  
*count the four breaths upon the right: **little** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

## 2. *Vajrayana's Diamond-path of Interpersonal Contemplation*

*Togal's Leap-over Communication-oriented Confusion*

*Observant inhalation:*    *How all speech...*

***Relaxing** exhalation:*    *always **change**?*

*Four mantras per breath for one set of two breaths  
slide tip of left thumb up its index finger to its **higher** set of creases  
count the four breaths upon the right: **ring** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

## Buddha's Clear Light

### 3. *Vajrayana's Diamond-path of Interpersonal Contemplation*

*Togal's Leap-over Communication-oriented Confusion*

*Observant inhalation:*    *How speech heard...*

***Relaxing** exhalation:*    *yet **NOT-me?***

*one set of four breaths*  
*slide tip of left thumb up its index finger to its **higher** set of creases*  
*count the four breaths upon the right: **middle** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

## 4. *The Mahamudra of Awareness and Letting-go*

*also known as Spontaneous Mindfulness and Meditation  
and Trekchö's Slice through Dread and Desire*

*Observant inhalation:*    *Notice this...*

***Relaxing** exhalation:*    ***relaxing!***

*one set of four breaths  
slide tip of left thumb up its index finger to its **higher** set of creases  
count the four breaths upon the right: **index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

## D. MIND

the Fourth of four bases of mindfulness





Buddha's Clear Light

1. *Vajrayana's Diamond-path of Mental Compassion*  
*Togal's Leap-over Mental-oriented Cold-heartedness*

Observant inhalation: *Profound joy...*

*Relaxing* exhalation: *for each mind!*

*one set of four breaths*  
*slide tip of left thumb up its index finger to its **tip***  
*count the four breaths upon the right: **little** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

2. *Vajrayana's Diamond-path of Mental Contemplation*  
*Togal's Leap-over Mental-oriented Confusion*

*Observant inhalation:* ***How each mind...***

*Relaxing exhalation:* ***always change?***

*one set of two breaths*  
*slide tip of left thumb up its index finger to its **tip***  
*count the four breaths upon the right: **ring** finger's:*  
*lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

3. *Vajrayana's Diamond-path of Mental Contemplation*

*Togal's Leap-over Mental-oriented Confusion*

*Observant inhalation:* ***How mind clear...***

*Relaxing exhalation:* ***yet NOT-me?***

*one set of four breaths  
slide tip of left thumb up its index finger to its **tip**  
count the four breaths upon the right: **middle** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

Buddha's Clear Light

## 4. *The Mahamudra of Awareness and Letting-go*

*also known as Spontaneous Mindfulness and Meditation  
and Trekchö's Slice through Dread and Desire*

*Observant inhalation:*    *Notice this...*

***Relaxing** exhalation:*    ***relaxing!***

*one set of four breaths  
slide tip of left thumb up its index finger to its **tip**  
count the four breaths upon the right: **index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

## Buddha's Clear Light

