

Buddha's Easy Tantra

# Buddha's Easy Tantra

*Terton Lama: Jigme Gyatso, Rime Manipa Rinpoche*

*26jan23a*



Buddha's Easy Tantra

# ***I. Meditation's Loving Motivation***

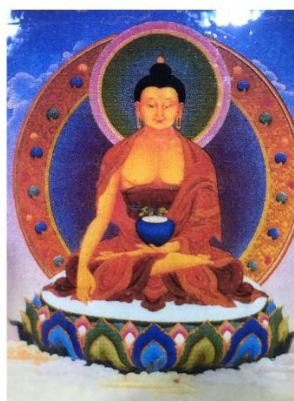
*also known as: Maha-yoga, Tantra-mahamudra, Mantra-meditation, Creation stage, and Dzogchen's Tokal (or Leap-over)*



Buddha's Easy Tantra  
*Right Intention's Second Fold*

# The Four Immeasurables

*thus side-stepping aloofness*



Buddha's Easy Tantra

Máy everyone be free from stress.

*thus no need to hate*

May everyone be háppy.

*thus no need to crave*

Máy NO one be separated  
from their happíness.

*thus no need to cling*

Máy everyone have balance:

**from** the tyranny

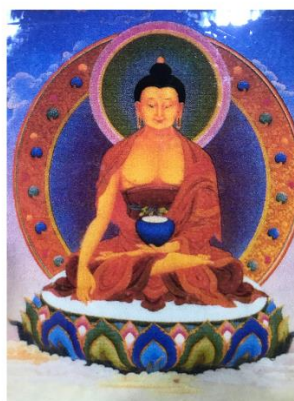
of hating, craving, & clingíng **FREED!**

Buddha's Easy Tantra

*Right Aspiration's and Zeal's Second and Sixth Folds of Enlightened Fitness*

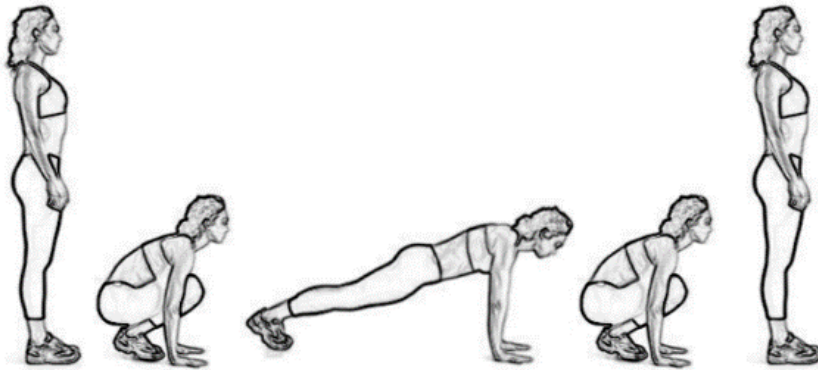
# Bodhichitta and Refuge

*Enlightenment's Motivation and Means*

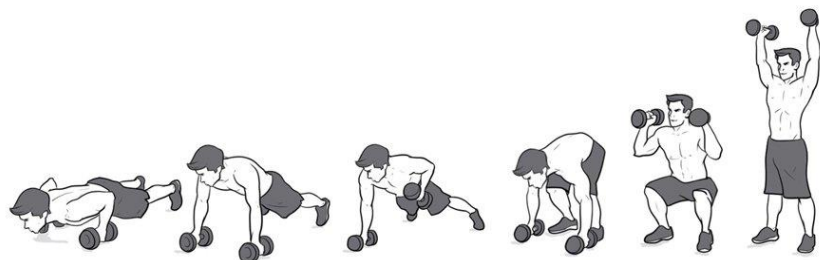


Ná-mo Bud-dha-ya  
Na-mo Dhar-ma-ya  
Na-mo Sang-ha-ya  
Liberation fór ALL!

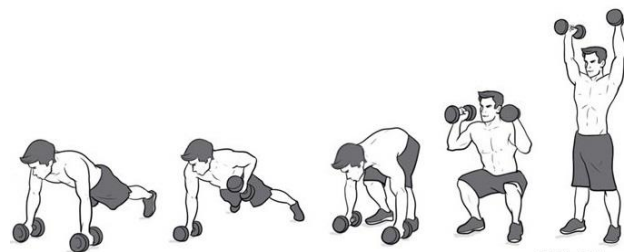
*3 repetitions*



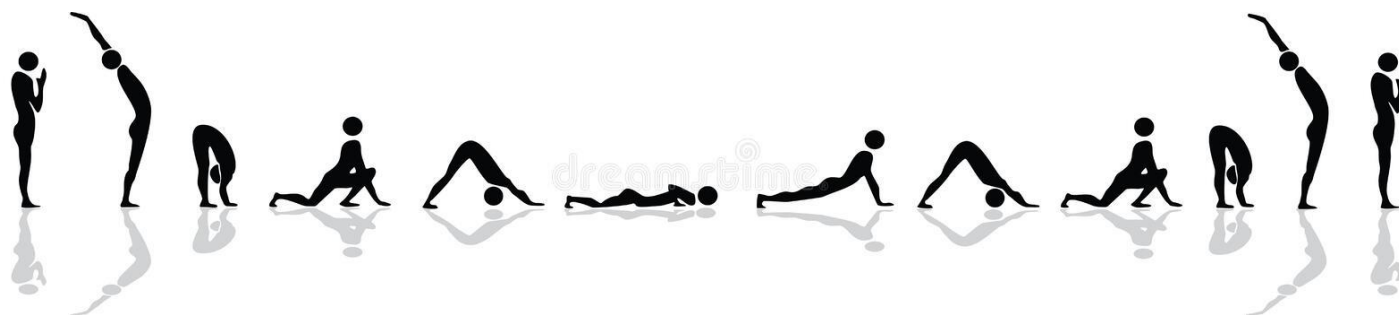
## Buddha's Easy Tantra



© William E. Morgan



© William E. Morgan



Buddha's Easy Tantra

## ***II. Love's Mantra Contemplation***

*also known as: Maha-yoga, Tantra-mahamudra, Mantra-meditation, Creation stage, and Tokal-dzogchen (or Leap-over)'s Love and Letting-go*





Buddha's Easy Tantra  
*Right Aspiration's Second fold of*  
***Mantra's Meditations of Love & Letting-go***  
*Lovingly Leapfrogging over the Tyranny of our Competitive Tendencies*  
*also known as Dzogchen's Tokal, Tantra-mahamudra, Creation-stage, or Maha-yoga*



Buddha's Easy Tantra

*Right Intention's Second Fold of Practicing the Antidote to Elitism*

*also known as a Ngöndro or Preliminary Practice*

Throúgh the cause and effect of  
my practice of love and lettíng-go

máy each sentient being of each world  
now practice with me in uníson.



Buddha's Easy Tantra

# The Mantra's Meaning



With **Om** we invoke  
the example of the **Mu-ni** wise one,  
**Mu-ni** wise one,

like the **Ma-ha** greatly wise one  
**Mu-ni-ye** of the Shak-yas  
we **Sö-ha** wish enlightenment for ALL!

Buddha's Easy Tantra

# Mantra Mala Yoga



## Buddha's Easy Tantra

As we chant the mantra it could feel as if golden rays were emitting from

a thumb-nail sized, horizontal, twelve syllable mantra rosary at our heart



lávishing ALL minds, communication,  
bodies, and circumstánces

wíth joyful-wisdom, peaceful-love,  
beautiful-health, and sáfe-boon!



Buddha's Easy Tantra

# Ah

Observant inhalation:

Seed **Ah** wise

*Relaxing* exhalation:

*for all minds!*

Count sixteen **breaths** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

**Mirror** the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.



Buddha's Easy Tantra

# Ah

Observant inhalation:

Seed **Ah** joy  
for all minds...

**Relaxingly** chant:

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

*Four mantras per breath for four breaths.*

*Count sixteen **mantras** upon the LEFT index, middle, ring, & little fingers' lower, middle, & higher creases and tips.*

*Count four **sets** upon RIGHT little, ring, middle, & index finger's **lower** sets of creases.*

Buddha's Easy Tantra



*Observant inhalation:*

***Relaxing** exhalation:*

*Buddha love...  
for all speech!*

*Count sixteen **breaths** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.*

Buddha's Easy Tantra



Observant inhalation:

*Mantra peace...  
for all speech...*

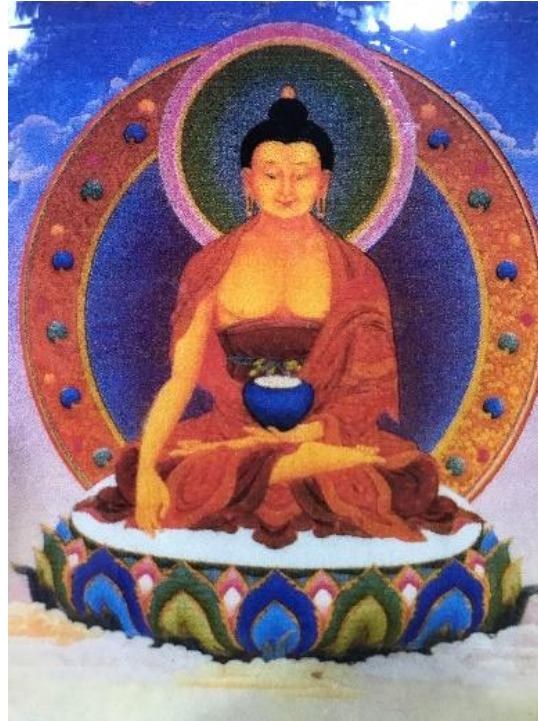
**Relaxingly** chant:

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

*Count sixteen **mantras** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.*

Buddha's Easy Tantra



*Observant inhalation:*

*Buddha health...*

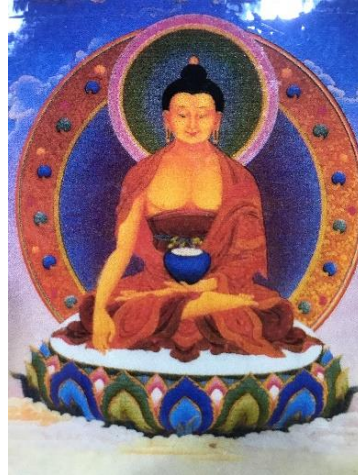
*Relaxing exhalation:*

*for all forms!*

*Count sixteen breaths upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.*

Buddha's Easy Tantra



Observant inhalation:

*Yidam health  
for all forms...*

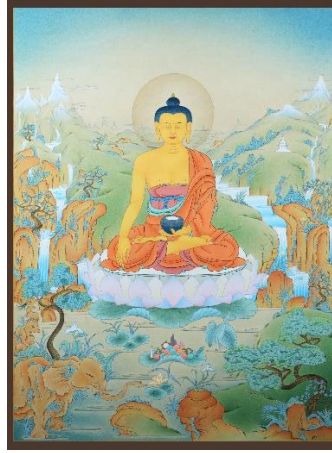
**Relaxingly** chant:

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

*Count sixteen **mantras** upon the LEFT little, ring, middle, & index fingers'  
lower, middle, & higher creases and tips.*

*Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's  
lower, middle, & higher sets of creases & tip.*

Buddha's Easy Tantra



*Observant inhalation:*

*Buddha boon...*

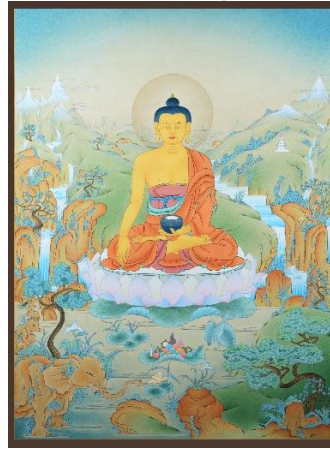
***Relaxing** exhalation:*

*for all lots!*

Count sixteen **breaths** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

**Mirror** the crease counting upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.

Buddha's Easy Tantra



Observant inhalation:

*Pure Land boon...  
for all lots...*

**Relaxingly** chant:

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

*Count sixteen **mantras** upon the LEFT little, ring, middle, & index fingers'  
lower, middle, & higher creases and tips.*

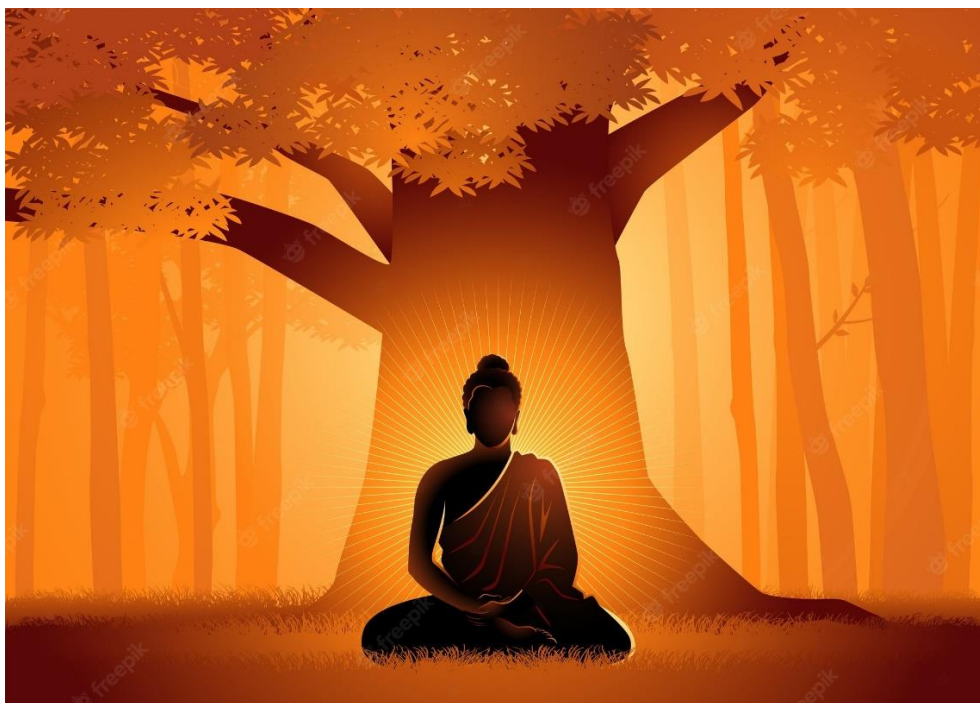
*Mirror the crease counting upon RIGHT little, ring, middle, index, & little finger's  
lower, middle, & higher sets of creases & tip.*



Buddha's Easy Tantra

# ***III. Letting-go's Mantra Contemplation***

*also known as: Maha-yoga, Tantra-mahamudra, Mantra-meditation, Creation stage, and Tokal-dzogchen's (or Leap-over)*





Buddha's Easy Tantra  
*Right View's First fold of*

# *Mantra's Meditations of Awareness & Letting-go*

*Wisely Leapfrogging over the Tyranny of our Clinging Tendencies*

*also known as Dzogchen's Tokal, Tantra-mahamudra, Creation-stage, or Maha-yoga*



Buddha's Easy Tantra  
*Emptiness Explained*

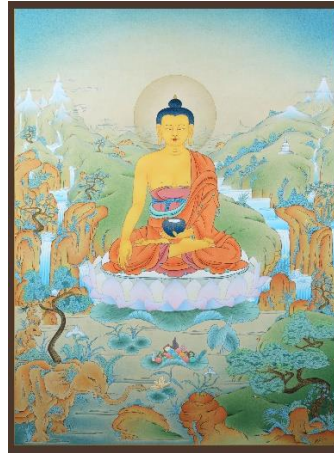
**Máy** I let go of ALL circumstances, bodies,  
communication, **ánd** minds

**ás** if they were as NON-graspable as  
a vast, empty void,

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 Tantra



Observant inhalation:

**Relaxing** exhalation:

How **lots** seen yet...  
*void like Buddha's?*

Count **four** breaths upon the LEFT **little**, ring, middle, & index fingers' lower, middle, & higher creases and tips.

**Mirror** the crease counting upon RIGHT **little**, ring, middle, & index finger's lower, middle, & higher sets of creases & tip.

Buddha's Easy Tantra



*Observant inhalation:*     *How **lots** seen yet...  
void like Pure Land?*

***Relaxingly** chant:*

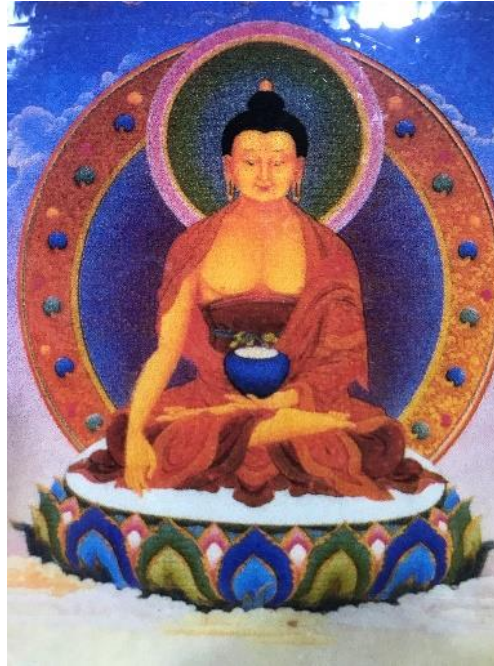
**Om Mu-ni Mu-ni Ma-ha  
Mu-ni-ye Sö-ha!**

*Four mantras per breath, for four breaths.*

*Count sixteen **mantras** upon the LEFT **index, middle, ring, & little** fingers'  
lower, middle, & higher creases and tips.*

*Count 4 **sets** upon RIGHT **little** finger's lower, middle, & higher sets of creases & tip.*

Buddha's Easy Tantra



Observant inhalation:

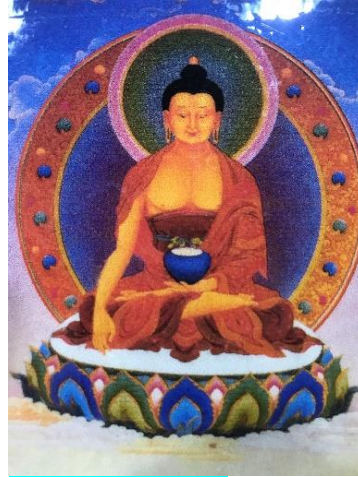
**Relaxing** exhalation:

*How **forms** felt yet...  
void like Buddha's?*

*Count **four** breaths upon the LEFT little, **ring**, middle, & index fingers' lower, middle, & higher creases and tips.*

***Mirror** the crease counting upon RIGHT little, **ring**, middle, & index finger's lower, middle, & higher sets of creases & tip.*

Buddha's Easy Tantra



*Observant inhalation:* **How forms felt yet...**  
***void like Yi-dam?***

**Relaxingly** chant:

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

*Four mantras per breath, for four breaths.*

*Count sixteen **mantras** upon the LEFT **index, middle, ring, & little** fingers' lower, middle, & higher creases and tips.*

*Count 4 **sets** upon RIGHT **ring** finger's lower, middle, & higher sets of creases & tip.*

# Buddha's Easy Tantra



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

**Relaxing** exhalation: ***void** like Buddha's?*

Count **four** breaths upon the LEFT little, ring, **middle**, & index fingers' lower, middle, & higher creases and tips.

**Mirror** the crease counting upon RIGHT little, ring, **middle**, & index finger's lower, middle, & higher sets of creases & tip.



## Buddha's Easy Tantra



*Observant inhalation:* **How speech heard yet**  
**void like Man-tra?**

**Relaxingly** chant:

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

*Four mantras per breath, for four breaths.*

*Count sixteen **mantras** upon the LEFT index, middle, ring, & little fingers' lower, middle, & higher creases and tips.*

*Count 4 **sets** upon RIGHT middle finger's lower, middle, & higher sets of creases & tip.*

Buddha's Easy Tantra

Ah

*Observant* inhalation: *How **minds** clear yet...*  
*Relaxing* exhalation: ***void** like Buddha's?*

Count **four** breaths upon the LEFT *little, ring, middle, & **index** fingers'*  
*lower, middle, & higher creases and tips.*

**Mirror** the crease counting upon RIGHT *little, ring, middle, & **index** finger's*  
*lower, middle, & higher sets of creases & tip.*

## Buddha's Easy Tantra

# Ah

Observant inhalation: *How **minds** clear yet  
void like Seed **Ah**?*

**Relaxingly** chant:

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

*Four mantras per breath, for four breaths.*

*Count sixteen **mantras** upon the LEFT index, middle, ring, & little fingers'  
lower, middle, & higher creases and tips.*

*Count 4 **sets** upon RIGHT index finger's lower, middle, & higher sets of creases & tip.*

Buddha's Easy Tantra

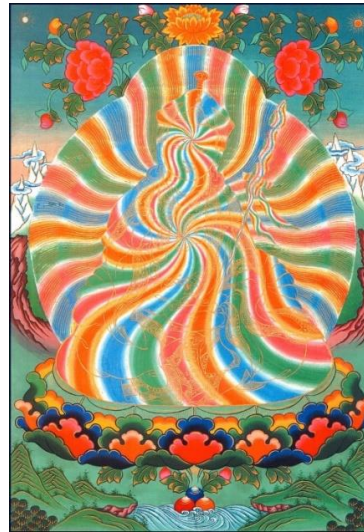
*Right View's First fold of*

# *Chanting's Figurative Contemplations*

*Bringing the Four Bases of Mindfulness into the Path of Wisdom*

*Leaping over the illusions of permanence and independence that feed clinging*

*With these Tokal leap over exercises we train in Interdependence and Impermanence that we might release the desire aspect of Samsara  
also known as Dzokchen Tokal, Tantra-mahamudra, Creation-stage, or Maha-yoga*



Buddha's Easy Tantra



Hów could ALL **places** blissfully melt  
into rainbow light  
that absorbs into this bódy?

## Buddha's Easy Tantra

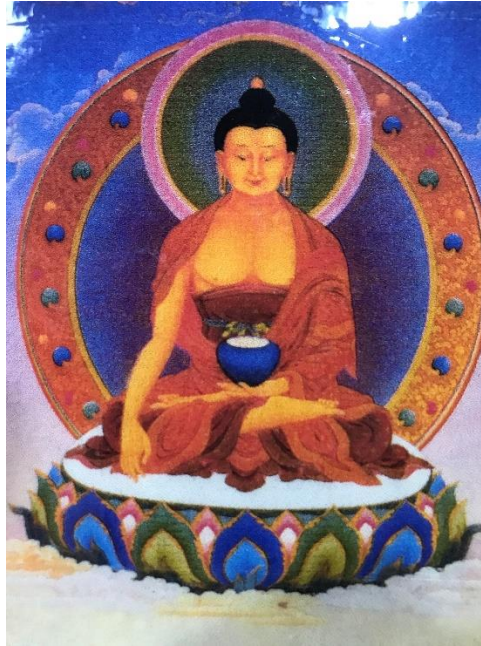


Observant inhalation:

**Relaxing** exhalation:

*How lots **melt**...  
**into** form?*

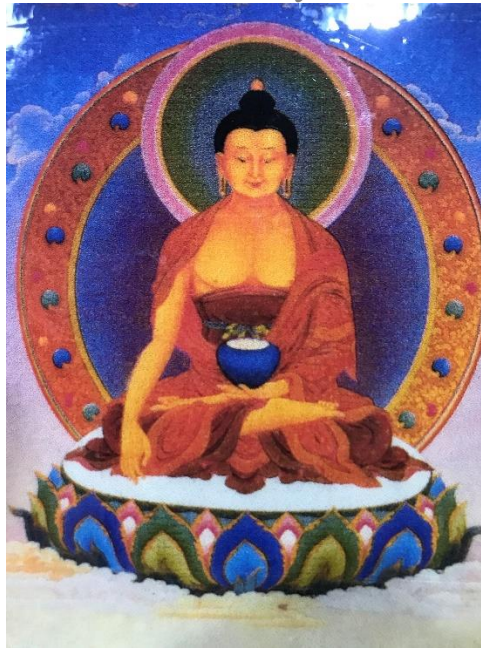
Buddha's Easy Tantra



Hów could ALL **bodies** blissfully melt  
into rainbow light  
that absorbs into thís speech?



Buddha's Easy Tantra

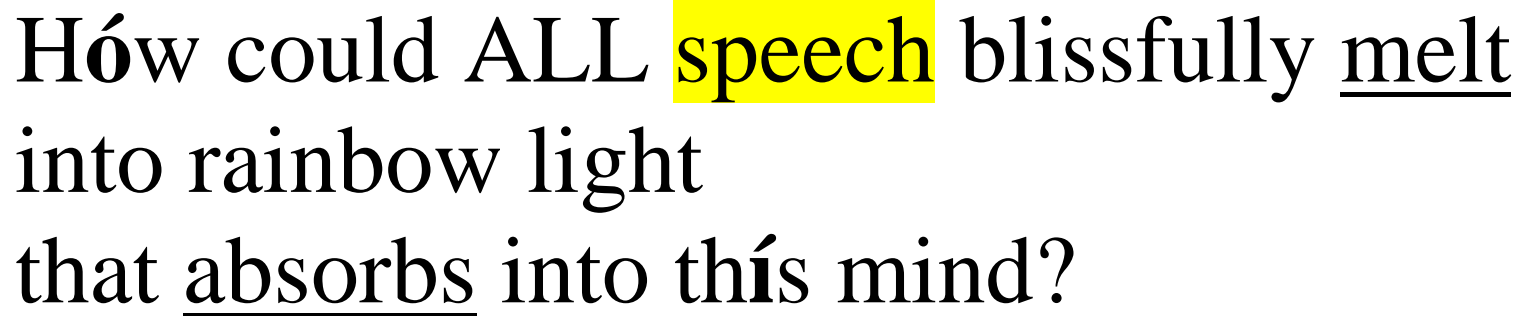


Observant inhalation:

**Relaxing** exhalation:

*How forms melt...  
into speech?*







Ah

Hów could ALL minds blissfully melt  
into rainbow light  
that absorbs into infinite emptiness?

Buddha's Easy Tantra

Ah

*Observant* inhalation:

**Relaxing** exhalation:

*How minds melt...  
into void?*

Buddha's Easy Tantra  
*The Seventh and Eighth Folds of*

# ***IV. Relaxing into the Nature of Bliss***

*also known as: Anu-yoga, Bindu-mahamudra, Tikle-dzogchen's (drop) and Bliss and Letting-go*  
*This exercise slices through the tyranny of dread and desire: Samsara's fundamental duality*



Buddha's Easy Tantra

*Observant inhalation:*

*Feeling this...*

***Releasing** exhalation:*

***re-la-xing!***

*Count sixteen **1<sup>st</sup>** set of 256 rounds  
rounds upon the LEFT little, ring, middle, & index fingers'  
lower, middle, & higher creases and tips.  
Count sixteen **sets** upon the RIGHT little, ring, middle, index finger's  
lower, middle, & higher sets of creases & tip.*

Buddha's Easy Tantra

*The Seventh and Eighth Folds of*

# ***V. Relaxing into the Nature of Awareness***

*also known as: Zen, Ch'an, Dhyana, Mahasandi, Ati-yoga, Sutra-mahamudra, Great Completion Stage, and Dzogchen's Trekchö (or Slice through)*

*This exercise slices through the tyranny of dread and desire: Samsara's fundamental duality*



Buddha's Easy Tantra

*Observant inhalation:*

*Watching this...*

***Release** exhalation:*

***re-la-xing!***

*2<sup>nd</sup> set of 256 rounds*

*Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count sixteen sets upon the RIGHT little, ring, middle, index finger's lower, middle, & higher sets of creases & tip.*



Buddha's Easy Tantra

*Notice form... relaxing*  
*That action... relaxing*  
*That action... relaxing*

*Notice mind... relaxing*  
*That actor... relaxing*  
*That actee... relaxing*

*Notice me...relaxing*  
*This actee... relaxing*  
*This actor... relaxing*

\_\_\_\_\_ and \_\_\_\_\_... how NOT two?  
*this and that... how NOT two?*

Observant inhalation:

*Notice this...*

*(This...)*

*Releasing* exhalation:

***relaxing!***

*(**ease!**)*

3<sup>rd</sup> set of 256 rounds

Buddha's Easy Tantra  
*Right Intention's*

## ***VI. Sharing our Positive Vibrations with All***



Buddha's Easy Tantra  
*Love's Four Bases of Mindfulness*



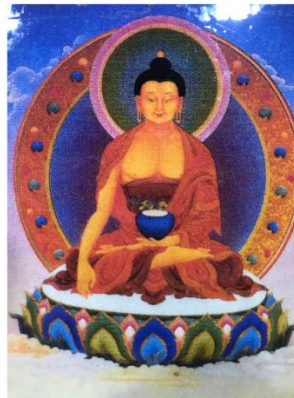
Máy ALL beings have the joyful-wisdom,  
peaceful-love, beautiful-health & sáfe-boon  
óf the **Buddha**'s mythical  
mind, speech, form ánd lot.

Buddha's Easy Tantra

*Right Aspiration's and Zeal's Second and Sixth Folds of Enlightened Fitness*

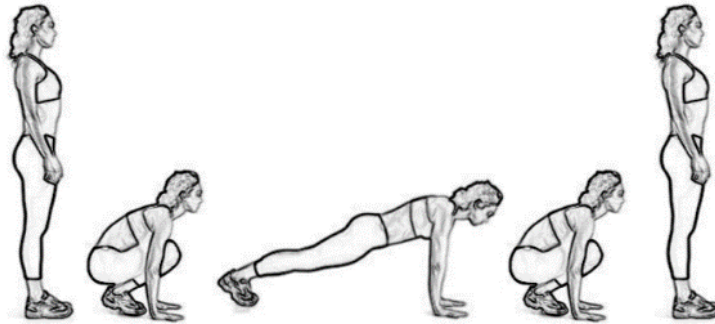
# Bodhichitta and Refuge

*Enlightenment's Motivation and Means*

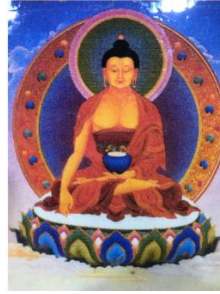


Máy I liberate all beings  
by mastering the Eight-fóld path,  
throúgh relying on the Buddha's  
example, instructions, and stúdents.

*3 repetitions*



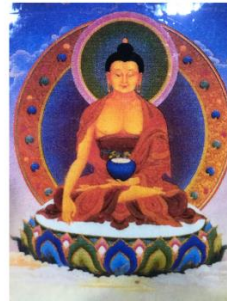
Buddha's Easy Tantra  
*Embracing the Path of Yin*



Máy ALL beings, like the **Buddha**,  
master being: flexible, loving, laid-back,  
egalitarian, cooperative ánd kind.

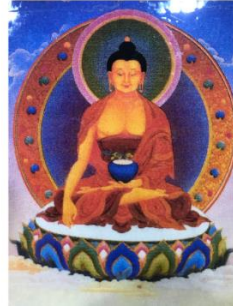
Buddha's Easy Tantra

*Right Communication, Conduct, and Commerce's Third, Fourth, & Fifth Folds – **Ethics***



**Máy ALL beings' practice of KIND:  
communication, conduct, and commerce  
flow spontaneous and uncóntrived.**

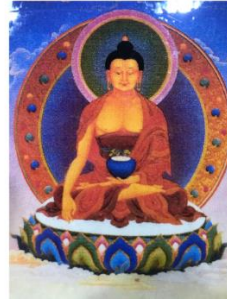
Buddha's Easy Tantra  
*Accomplishing Mastery of the Eight-fold Path*



Máy all beings, like the **Buddha**,  
master the eight-fold path  
as well as liberate ALL óthers.



Buddha's Easy Tantra  
Future wishes



Máy all beings take auspicious rebirth,  
master the Buddha's path  
and then help all others do líkewise.

Buddha's Easy Tantra

*Right Intention's Second Fold of Dudjom Jigdral Rinpoche's **Prayer for World Peace***



Át THIS very moment,  
for the peoples and the nations of the earth,  
may NOT even the names  
disease, famine, war, *or* suffering bé heard.

Buddha's Easy Tantra



Ráther may their *kind* conduct, merit,  
wealth, and prosperity íncrease,  
ánd may supreme good fortune  
and well-being always arise fór them.

Buddha's Easy Tantra  
*Right Intention's Second Fold of Auspicious Prayer*



Béginning with Kun-tu-zang-po  
and great Dor-je Chang,  
down to my own kindest root láma,

Buddha's Easy Tantra



whatever aspirations they have made  
to benefit beings,  
may I accomplish them all. 😊

# V. Appendix

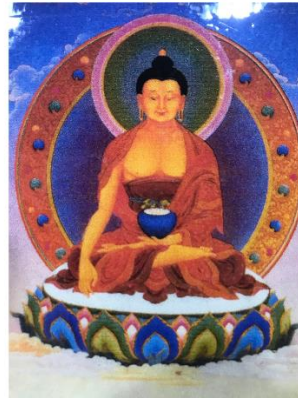
Buddha's Easy Tantra  
*Shantideva's*

# *Dedication Prayers*

*from the 10<sup>th</sup> chapter of the Bodhicharyavatara*



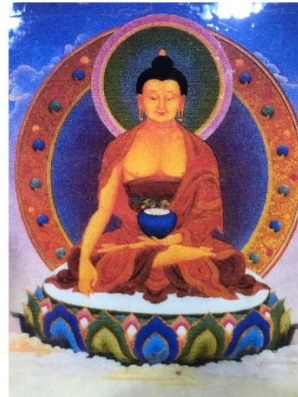
Buddha's Easy Tantra



Máy all beings everywhere  
plagued by sufferings of body ánd mind,  
*réceive* an ocean of happiness and joy  
by virtue of my mérits.

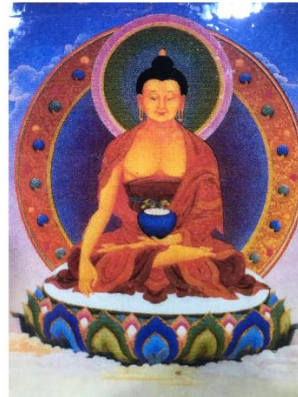


Buddha's Easy Tantra



Máy NO living creature suffer,  
commit evil, or ever fáll ill.  
Máy NO one be afraid or belittled,  
with a mind weighed down by *sórrorw*.

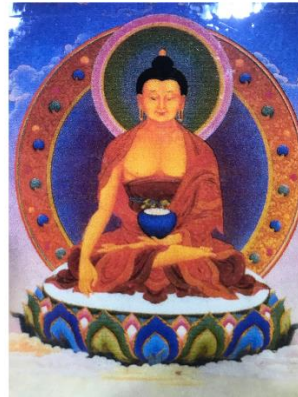
Buddha's Easy Tantra



Máy the blind see forms  
and the deaf héar sounds.

Máy those whose bodies are worn with toil,  
*receive* rest and be réstored.

Buddha's Easy Tantra



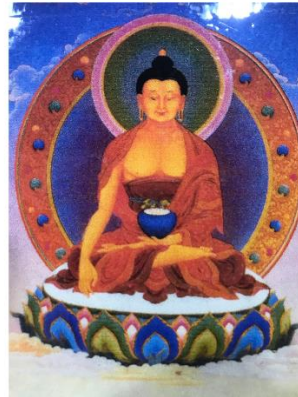
Máy the naked *receive* clothing  
the hungry *receíve* food  
máý the thirsty *receive* water  
and deliciouús drinks.

Máy the poor *receive* wealth,  
those weak with sorrow *recéive* joy;

máy the hopeless *receive*:

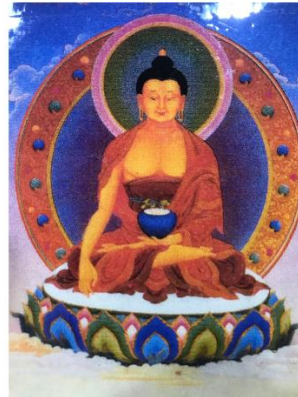
- (1) hope,
- (2) constant happiness,
- (3) and prosperity.

Buddha's Easy Tantra



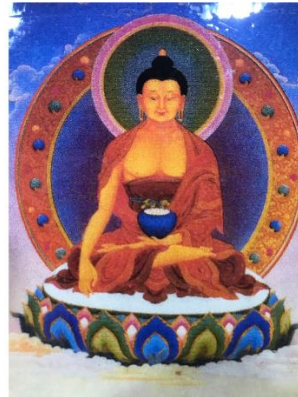
Máy there be timely rains  
and bountiful hárvests;  
máý all the medicines be effective  
and wholesome prayers béar fruit.

Buddha's Easy Tantra



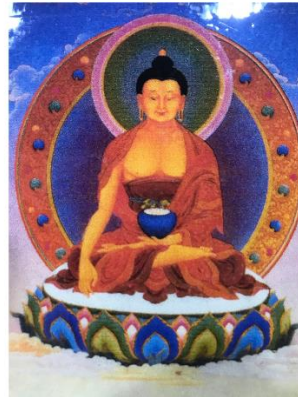
Máy all who are sick and ill  
quickly be freed from their ailments.  
Whátever diseases there are in the world,  
may they never occur ágain.

Buddha's Easy Tantra



Máy the frightened cease to be afraid  
and those bound bé freed;  
máý the powerless *receive* power  
and the people *long* to benefit each óther.

## Buddha's Easy Tantra



Fór as long as space remains,  
for as long as sentient beings rémain,  
úntil then may I too *auspiciously* remain to  
*effectively* dispel the miseries of thé world. 😊



Buddha's Easy Tantra

**Their nudity reminds us  
of mindfulness' vulnerability,  
their bodies comprised of light  
remind us of non-graspability,**

**their beauty reminds us  
of love's energy,**



**the stability with which he sits  
reminds us of centeredness, and  
the abandon with which she sports  
reminds us of spontaneity.**

## Buddha's Easy Tantra

**Their nudity reminds us  
of mindfulness' vulnerability,  
their bodies comprised of light  
remind us of non-graspability,**

**their beauty reminds us  
of love's energy,  
the stability with which he sits  
reminds us of centeredness, and**

**the abandon with which she sports  
reminds us of spontaneity.**

**MEDITATE LIKE A JEDI**



Buddha's Easy Tantra

# Benefits of the Benza Guru Mantra

by Padmasambhava

“However, in such times as those, this essential Vajra Guru mantra  
if recited with vast bodhicitta aspiration

in great sacred places, in monasteries,  
on the peaks of high mountains and the shores of vast rivers,  
in places inhabited by gods, demons and evil spirits,  
at the heads of valleys, geophysical junctions and so on

## Buddha's Easy Tantra

by *ngakpas* with unbroken samaya, vow-holding monastics, faithful men, women of fine qualities, and the like, however many times—one hundred, one thousand, ten thousand, one hundred thousand, ten million, one hundred million, etc.—

will bring inconceivable benefits and powers.  
Countries everywhere will be protected  
from all plague, famine, warfare, armed violence,  
poor harvests, bad omens and evil spells.

Rain will fall on time, harvests and livestock will be excellent,  
and lands will prosper.

Buddha's Easy Tantra

In this life, future lives, and on the pathways of the bardo,  
fortunate practitioners will meet me again and again—  
at best in actuality, or else in visions, and at the very least in dreams.

Having gradually perfected the levels and paths,  
there is no doubt that they will join the ranks  
of male and female Awareness Holders in Ngayab Ling.

“Even one hundred recitations per day without interruption  
will make you attractive to others,  
and food, wealth and enjoyments will appear effortlessly.

Buddha's Easy Tantra

If you recite the mantra one thousand, ten thousand, or more times per day, you will bring others under your influence with your brilliance, and blessings and powers will be continuously and unobstructedly obtained.

If you perform one hundred thousand, ten million or more recitations, the three worlds will come under your power, the three levels of existence will fall under your glorious sway, gods and spirits will be at your bidding,

the four modes of enlightened activity will be accomplished without hindrance, and you will be able to bring immeasurable benefit to all sentient beings in whatever ways are needed.

Buddha's Easy Tantra

If you can do thirty million, seventy million or more recitations,  
you will never be separate from the Buddhas of the three times  
nor ever apart from me;

thus, the eight classes of gods and spirits  
will obey your orders, praise your words,  
and accomplish whatever tasks you entrust to them.

“At best, practitioners will attain the rainbow body;  
failing that, at the time of death, mother and child luminosities will meet;  
and at the very least, they will see me in the bardo

Buddha's Easy Tantra

and all their perceptions having been liberated into their essential nature,  
they will be reborn in Ngayab Ling  
and accomplish immeasurable benefit for sentient beings.”



Buddha's Easy Tantra

## *A. Two Paths*

*In the Tao Te Ching we read of two paths in any endeavor,  
Lao Tzu warned against the former and encouraged the latter:*

*the path of yang or the path of yin,  
the path of patriarchy or the path of matriarchy,  
the path of rigidity or the path of flexibility,  
the path of elitism, or the path of egalitarianism,*

*the path of control or the path of permissiveness,  
the path that craves certitude or the path that embraces ambiguity,  
the path with authority as the source of truth  
or the path with truth as the source of authority,*

*the direct path or the circuitous path,  
the active path or the passive path,  
the path of competition or the path of cooperation,  
the path of cruelty or the path of compassion...*

Buddha's Easy Tantra

*the path of pride or the path of love,  
the path of ego or the path of NO-self (aka NOT-self),  
the path of scatteredness or the path of centeredness,  
the path of contrivance or the path of spontaneity,  
the path of effort or the path of ease.*

## B. Four Levels of Practice

- Browsers – come to class but do NO homework and see NO transformation.*
- Students – come to class AND do their homework every morning AND every evening; they evolve.*
- Yogis – students who perform one-day retreats every quarter, month or week, practicing four times that day (i.e.: 6am, 10am, 2pm & 6pm).*
- Monastics – students who live as if on permanent retreat, practicing four times every day (i.e.: 6am, 10am, 2pm & 6pm).*

Buddha's Easy Tantra

**Twenty minutes of formal silent meditation**

*for First Level Students – those who are seeking a “life lubricant”*

**Forty minutes of formal silent meditation**

*for Second Level Students – those who desire a “profound evolution”  
such as healing PTSD, overcoming a tragic past,  
or transcending a disempowering and oft repeated pattern*

**Sixty minutes of formal silent meditation**

*for Third Level Students – those who yearn to rapidly master  
sagehood's simplicity, patience, and compassion to the point of practicing them:  
spontaneously, habitually, easily and effectively.*

Buddha's Easy Tantra

## *C. The Path of Mastery*

*Unconscious Incompetence*

*Conscious Incompetence*

*Conscious Competence*

*Unconscious Competence*

*When have we mastered the sages' path?*



Buddha's Easy Tantra

*When we practice their techniques:  
spontaneously, habitually, easily and effectively;  
and their practice has so defined us  
that we no longer chase a goal...*

*but are so content to practice the path  
that we no longer even feel the need  
to ask whether or not  
we have mastered it.*



## *D. The Means of Mastery*

*Ten thousand hours of regular, lucid, strategic practice  
is often the minimum required to accomplish mastery needed to teach others.  
Any student who enthusiastically practices their homework every morning  
AND every evening for sixteen consecutive weeks could be considered an apprentice.*

*A Journeyman is an apprentice who has accumulated  
5,000 hours of study and 5,000 hours meditation;  
ideally for eight hours daily  
over the course of three and a half years...*

*and has demonstrated intellectual comprehension  
and emotional **evolution**.*

## Buddha's Easy Tantra

*A Master is a journeyman who has accumulated  
an additional 5,000 hours of study  
and an additional 5,000 hours of meditation;  
ideally for eight hours daily...*

*over the course of an additional three and a half years  
and has demonstrated intellectual and emotional **mastery**.  
The 10,000 hours is a minimum, for some folks require 20,000 hours,  
30,000 hours or more to demonstrate intellectual and emotional mastery.*

*Although this path of mastery can be long,  
it is neither mysterious nor occult.*