

Diamond Mind's Easy Tantra

Diamond Mind's Easy Tantra

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Diamond Mind's Easy Tantra

I. Meditation's Motivation

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



Diamond Mind's Easy Tantra
Right Intention's Second Fold

The Four Immeasurables

thus side-stepping aloofness



Diamond Mind'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

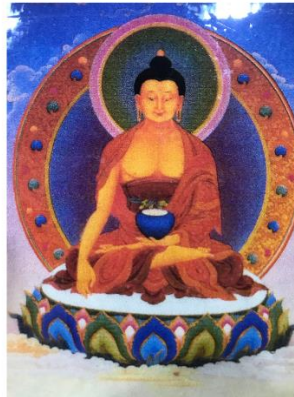
of hating, craving, & clingíng **FREED!**

Diamond Mind's Easy Tantra

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

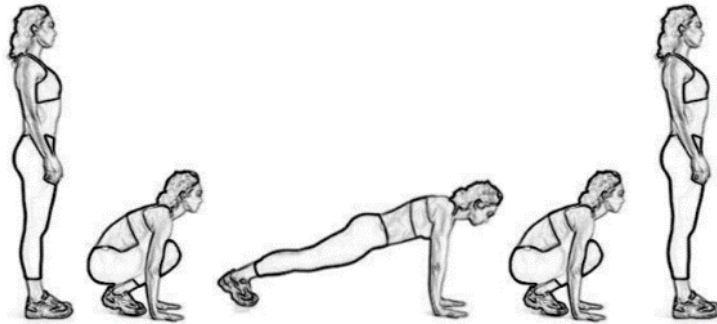
Bodhichitta and Refuge

Enlightenment's Motivation and Means

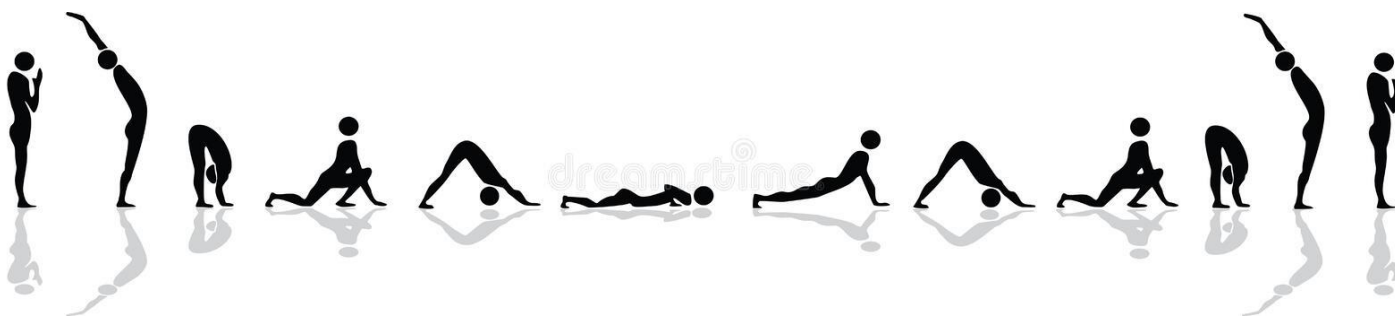
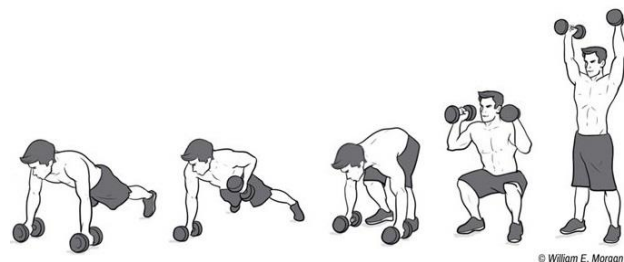
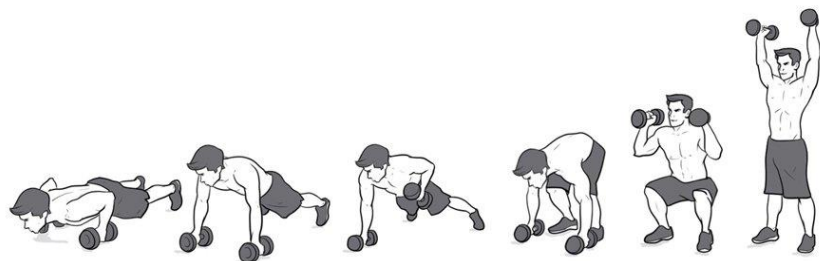


Máy I liberate all beings
by mastering the Eight-fóld path,
throúgh relying on the Buddha's
example, instructions, and stúdents.

3 repetitions



Diamond Mind's Easy Tantra



Diamond Mind'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



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

also known as a Ngöndro or Preliminary Practice

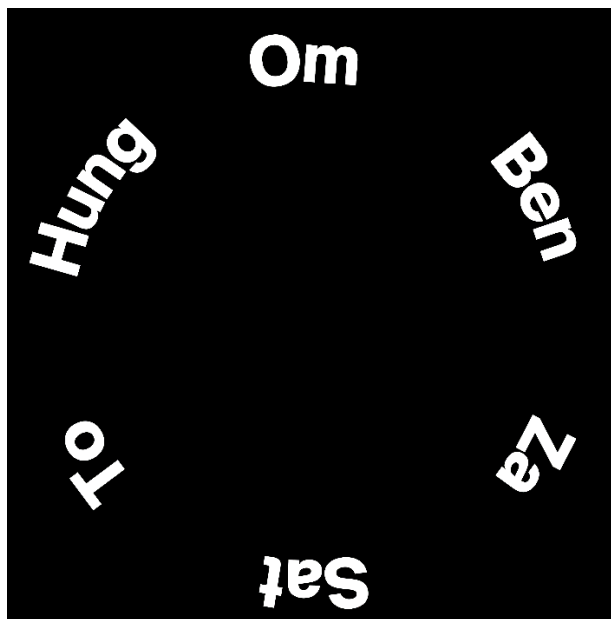
Throúgh the cause and effect of
my practice of love and lettíng-go

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



Diamond Mind's Easy Tantra

The Mantra's Meaning



Óm I invoke

the Ben-za diamond-like strength

of a Sat-to mind

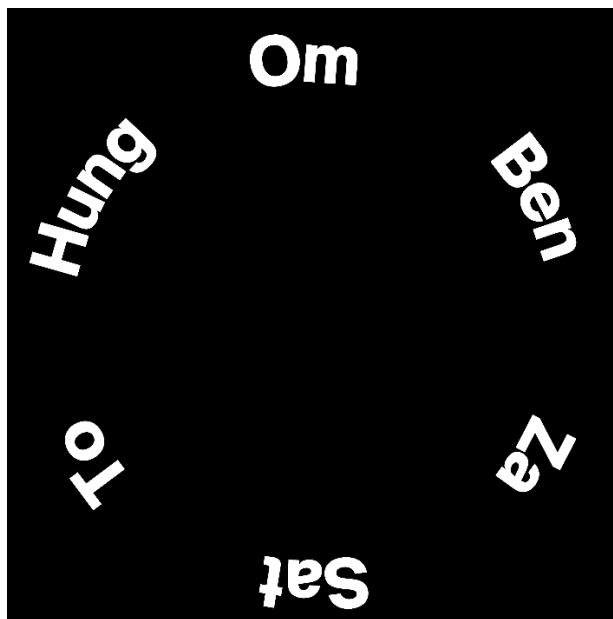
well trained in love and letting-go

súpplicating with Hoong

“may love & letting-go be mastered bý all!”

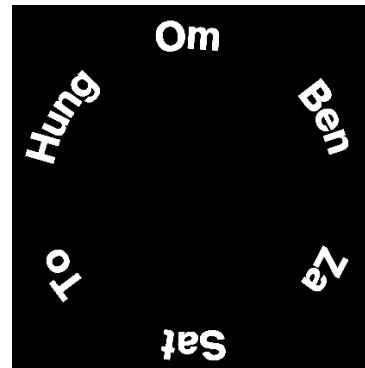
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Mantra Mala Yoga



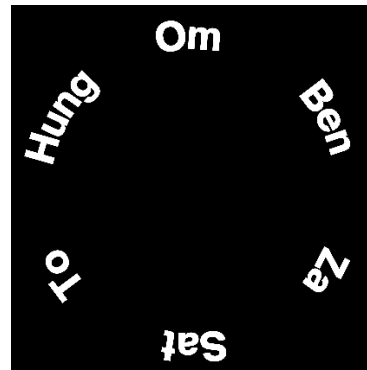
Diamond Mind's Easy Tantra

As we chant the mantra it could feel as if diamond rays were emitting from a thumb-nail sized, horizontal, six syllable mantra rosary at our heart



Diamond Mind's Easy Tantra

lávishing ALL minds, communication,
bodies, and circumstánces
wíth wisdom, love, health, and good fortune:
centered and spontanéous.



Diamond Mind's Easy Tantra

Ah

Observant inhalation:

Diamond 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.

Diamond Mind's Easy Tantra

Observant inhalation:

*Diamond wise
for all minds...*

Relaxingly chant:

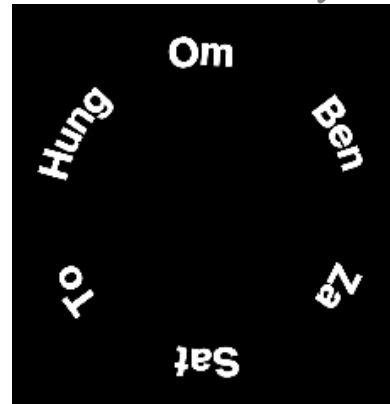
Óm Ben-za Sat-to Hoong!
Om Ben-za Sat-to Hoong!
Om Ben-za Sat-to Hoong!
Om Ben-za Sat-tó Hoong!

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.*

Diamond Mind's Easy Tantra



Observant inhalation:

Diamond love...

Relaxing exhalation:

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.

Diamond Mind's Easy Tantra

Observant inhalation:

*Diamond love
for all speech...*

Relaxingly chant:

Óm Ben-za Sat-to Hoong!
Om Ben-za Sat-to Hoong!
Om Ben-za Sat-to Hoong!
Om Ben-za Sat-tó Hoong!

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.*

Diamond Mind's Easy Tantra



Observant inhalation:

***Relaxing** exhalation:*

***Diamond** health...
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.

Diamond Mind's Easy Tantra

Observant inhalation:

***Diamond health
for all forms...***

Relaxingly chant:

Óm Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-tó Hoong!

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.*

Diamond Mind's Easy Tantra



Observant inhalation:

Diamond 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.

Diamond Mind's Easy Tantra

Observant inhalation:

Diamond boon
for all lots...

Relaxingly chant:

Óm Ben-za Sat-to Hoong!
Om Ben-za Sat-to Hoong!
Om Ben-za Sat-to Hoong!
Om Ben-za Sat-tó Hoong!

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.*

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III. Letting-go's Mantra Contemplation

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



Diamond Mind'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,

Diamond Mind's Easy Tantra

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.

Diamond Mind's Easy Tantra



Observant inhalation:

Relaxing exhalation:

*How **lots** seen yet...
void like Diamond'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.*

Diamond Mind's Easy Tantra

Observant inhalation: *How **lots** seen yet...
void like Diamond's?*

Relaxingly chant:

Óm Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-tó Hoong!

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.*

Diamond Mind's Easy Tantra



Observant inhalation:

Relaxing exhalation:

*How **forms** felt yet...
void like Diamond'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.*

Diamond Mind's Easy Tantra

Observant inhalation: *How **forms** felt yet...
void like Diamond's?*

Relaxingly chant:

Óm Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

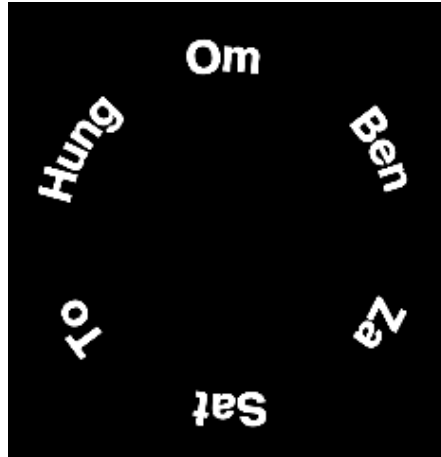
Om Ben-za Sat-tó Hoong!

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.*

Diamond Mind's Easy Tantra



Observant inhalation: *How **speech** heard yet...*
***Relaxing** exhalation: **void** like Diamond'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.*

Diamond Mind's Easy Tantra

Observant inhalation: *How **speech** heard yet...
void like Diamond's?*

Relaxingly chant:

Óm Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-tó Hoong!

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.*

Diamond Mind's Easy Tantra

Ah

Observant inhalation:

*How **minds** clear yet...*

Relaxing exhalation:

***void** like Diamond'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.*

Diamond Mind's Easy Tantra

Observant inhalation: *How **minds** clear yet...
void like Diamond's?*

Relaxingly chant:

Óm Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-to Hoong!

Om Ben-za Sat-tó Hoong!

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.*

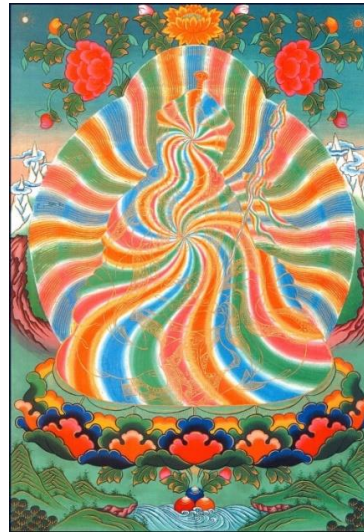
Diamond Mind's Easy Tantra
Right View's First fold of

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*



Diamond Mind's Easy Tantra



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

Diamond Mind's Easy Tantra



Observant inhalation:

Relaxing exhalation:

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

Diamond Mind's Easy Tantra



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

Diamond Mind's Easy Tantra



Observant inhalation:

Relaxing exhalation:

*How forms **melt**...
into speech?*



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

Diamond Mind's Easy Tantra



Observant inhalation:

Relaxing exhalation:

*How speech melts ...
into mind?*

Ah

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

Diamond Mind's Easy Tantra

Ah

Observant inhalation:

Relaxing exhalation:

*How minds melt...
into void?*

Diamond Mind'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



Diamond Mind's Easy Tantra

Observant inhalation:

Feeling this...

***Releasing** exhalation:*

re-la-xing!

1st 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.*

Diamond Mind'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



Diamond Mind's Easy Tantra

Observant inhalation:

Watching this...

***Release** exhalation:*

re-la-xing!

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.*

Diamond Mind'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!***)

3rd set of 256 rounds

Diamond Mind's Easy Tantra
Right Intention's

IV. Sharing our Positive Vibrations with All



Diamond Mind's Easy Tantra
Love's Four Bases of Mindfulness



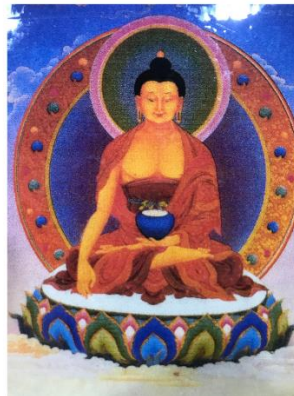
Máy ALL beings have
the wisdom, love, health ánd boon
óf Diamond Mind's mythical
mind, speech, form ánd lot.

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

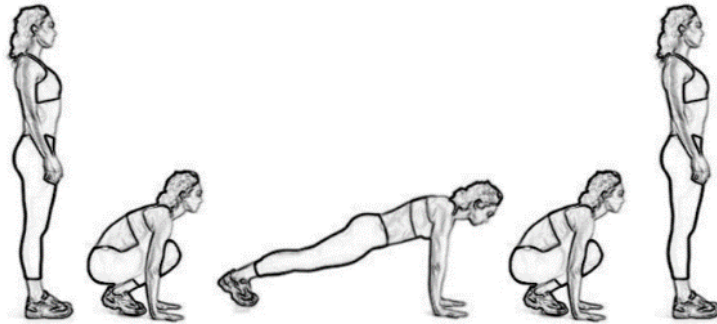
Bodhichitta and Refuge

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



Diamond Mind's Easy Tantra
Embracing the Path of Yin



Máy ALL beings, like Diamond Mind,
master being: flexible, loving, laid-back,
egalitarian, cooperative ánd kind.

Diamond Mind'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.

Diamond Mind's Easy Tantra
Accomplishing Mastery of the Eight-fold Path



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

Diamond Mind's Easy Tantra
Future wishes



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

Diamond Mind'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.

Diamond Mind'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.

Diamond Mind'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,

Diamond Mind's Easy Tantra



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

V. Appendix

Diamond Mind's Easy Tantra
Shantideva's

Dedication Prayers

from the 10th chapter of the Bodhicharyavatara



Diamond Mind'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.

Diamond Mind'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*.

Diamond Mind'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.

Diamond Mind'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.

Diamond Mind's Easy Tantra



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

Diamond Mind'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.

Diamond Mind'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.

Diamond Mind'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. 😊

Diamond Mind'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.**

Diamond Mind'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.**

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Diamond Mind's Easy Tantra

The Mantra's Benefits



by Khenchen Jigme Phuntsok
found in the colophon of his Terma:

“The Cintamani (*wish-fulfilling jewel*) Instruction
a Sadhana of the Glorious Vajrasattva,
a Method of Purification and Accomplishment for Both Self and Others”

Diamond Mind's Easy Tantra

In THIS life, one will be able to:

eliminate ALL dangers,
extend one's lifespan,

increase one's wealth,
remove illness *and the like*,
attaining ALL that one wishes.

In the NEXT life, one will definitely take rebirth
in the pure land of Amitabha,
or whichever pure land one aspires to be born in.

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This practice, which removes obstacles,
can be practiced by anyone,
whether he is following
the exoteric Mahayana schools,

Secret Mantra (Vaj-ra-ya-na) schools,
or even if he has yet to receive initiation.

Diamond Mind's Easy Tantra

Everyone should understand this clearly.
This is authenticated by Jigme Phuntsok,
at the Larong Buddhist University

in the presence of some tens of thousands
of ordained monastics.
May auspiciousness increase!

Diamond Mind'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...*

Diamond Mind'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).*

Diamond Mind'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.*

Diamond Mind's Easy Tantra

C. The Path of Mastery

Unconscious Incompetence

Conscious Incompetence

Conscious Competence

Unconscious Competence

When have we mastered the sages' path?



Diamond Mind'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**.*

Diamond Mind'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.*