

Buddha's Easy Tantra

# Buddha's Easy Tantra

*Terton Lama: Jigme Gyatso, Rime Rinpoche*

*20mar23a*

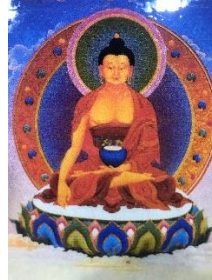


Buddha's Easy Tantra

*I. Chanting to train in Love and Letting-go*

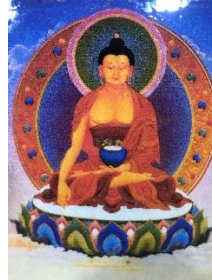


Buddha's Easy Tantra  
*Lama's Kindness*



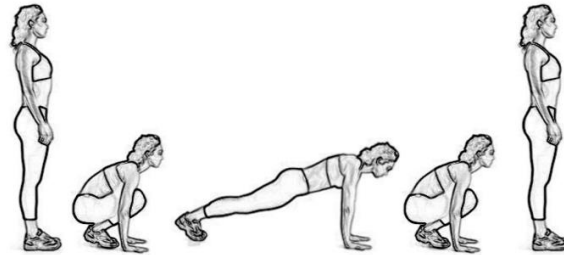
With each recitation of the Buddha's  
twelve syllable mántra  
má y I feel lama's presence on my Crown  
makes him kinder than all the Búddhas.

Buddha's Easy Tantra  
*Generating Bodhichitta*



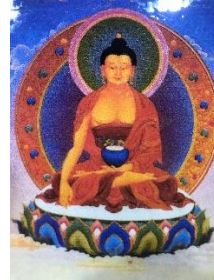
With each recitation of the Buddha's twelve syllable mantra may I yearn to liberate all from hating, craving, and clinging's tyranny through my mastery of the eight-fold path.

Buddha's Easy Tantra  
*Refuge*



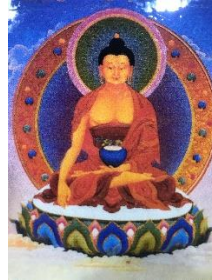
With each recitation  
of this twelve syllable **mántra**  
**máy** I rely upon the Buddha's  
example, instructions, and **stú**dents.

Buddha's Easy Tantra  
*Purification*



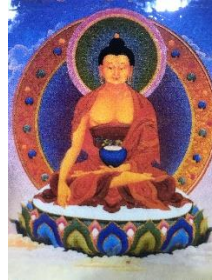
With each recitation  
of the Buddha's twelve syllable mántra  
kínd lama may I regret the harm I've done  
and resolve to do the kínd thing.

Buddha's Easy Tantra  
*Offering*



With each recitation  
of the Buddha's twelve syllable mántra  
máý I enthusiastically share with each being  
all my wisdom, love, health, & posséssions.

Buddha's Easy Tantra  
*Lama's Oneness*



With each recitation  
of the Buddha's twelve syllable mántra  
máý I feel that my and lama's Heart-minds  
are one in their empty náture.



Buddha's Easy Tantra  
*leapfrogging over confusion's competition and clinging with*

# Mantra Meditation



Buddha's Easy Tantra

# The Mantra's Meaning



Buddha's Easy Tantra

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

***Má-ha** greatly wise one  
**Mu-ni-ye** of the Shak-yas  
**Sö-ha** wishing enlightenment **fó**r ALL!*

## Buddha's Easy Tantra



Buddha's Easy Tantra

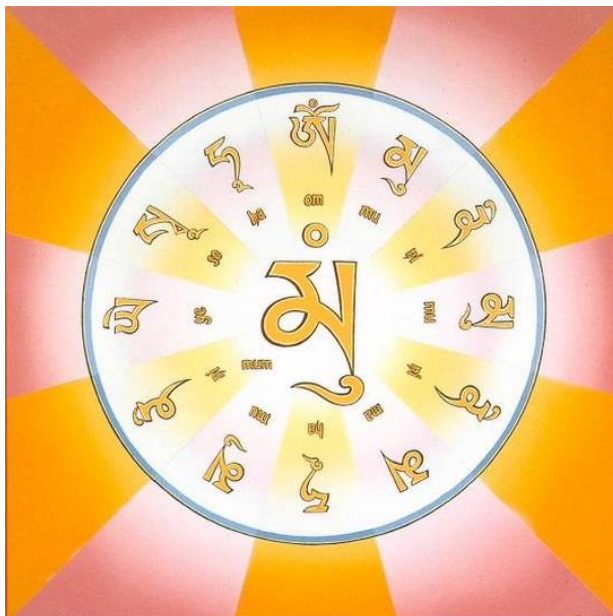
*Leapfrogging over our competitive tendencies  
with Maha-yoga's, Tokal Dzogchen's, & Tantra Mahamudra's*

# Right Wishes

*the second fold of the eight fold path*

Buddha's Easy Tantra

# Mantra Mala Yoga



## Buddha's Easy Tantra

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



## Buddha's Easy Tantra

lavishing ALL minds, communication,  
bodies, and circumstances  
with wisdom, love, health, and good fortune:  
centered and spontaneous.





## Buddha's Easy Tantra

# Moom

*Máy all minds of all beings  
now be as wise as a Buddhá's mind  
sýmbolized by a one syllable mantra  
known as a seed or Bija mánta!*

Buddha's Easy Tantra

# Moom

*Heart **Moom** wise... for all minds*

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

*four breaths at four mantras each for a total of sixteen mantras*

Buddha's Easy Tantra



*Máy all relationships of all beings  
now be as **lóving**  
ás a Buddha's communication  
symbolized by a twelve syllable **mántra!***

Buddha's Easy Tantra

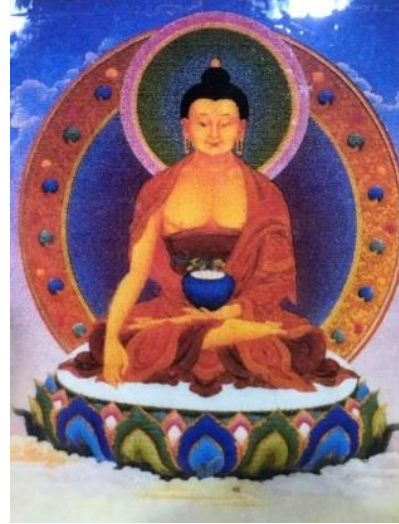


*Mantra love... for all speech!*

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

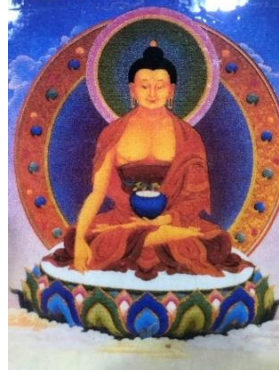
*four breaths at four mantras each for a total of sixteen mantras*

Buddha's Easy Tantra



*Máy all bodies of all beings now enjoy  
the perfect **health** depicted in Buddhíst art  
óf the blissful body of a De-vi or Yi-dam  
of lore: an archetype of enlighténment!*

Buddha's Easy Tantra



*Yidam health... for all forms!*

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

*four breaths at four mantras each for a total of sixteen mantras*

Buddha's Easy Tantra



*Máy all circumstances of all beings  
now be as safe and fortunate  
ás a Buddha's  
paradise, pure land or Va-ti óf lore!*

Buddha's Easy Tantra



*Vati boon... for all lots!*

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

*four breaths at four mantras each for a total of sixteen mantras*



Buddha's Easy Tantra

*Leapfrogging over clinging tendencies with  
Maha-yoga's, Tokal Dzogchen's, & Tantra Mahamudra's*

# Right View of Reality

*the first fold of the eight fold path*

# Moom

*Hów is it that as we inhale  
our **minds**' functions could seem quíte clear,  
yét as we **relax** into our exhalation  
they could feel as non-graspable  
as a Bi-ja óf light?*

Buddha's Easy Tantra

# Moom

*How **minds** clear yet... void like Bi-ja?*

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

*four breaths at four mantras each for a total of sixteen mantras*

## Buddha's Easy Tantra



*Hów is it that as we inhale  
our **speech** could sound quite resóunding,  
yét as we **relax** into our exhalation  
it could feel as non-graspable  
as a Man-tra óf light?*

Buddha's Easy Tantra

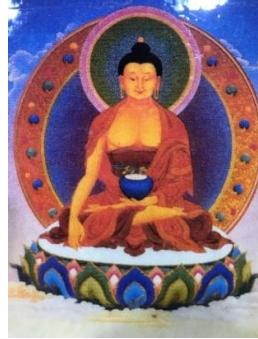


*How **speech** heard yet... void like Man-tra?*

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

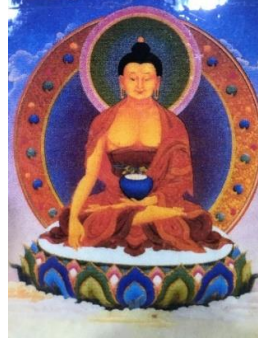
*four breaths at four mantras each for a total of sixteen mantras*

## Buddha's Easy Tantra



*Hów is it that as we inhale  
our **forms** could feel quite sensúal,  
yét as we **relax** into our exhalation  
they could feel as non-graspable  
as a Yi-dam óf light?*

Buddha's Easy Tantra



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

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

*four breaths at four mantras each for a total of sixteen mantras*

Buddha's Easy Tantra



*Hów is it that as we inhale  
our **circumstances** could appear quite vívid,  
yét as we **relax** into our exhalation  
they could feel as non-graspable  
as a Va-ti óf light?*



Buddha's Easy Tantra



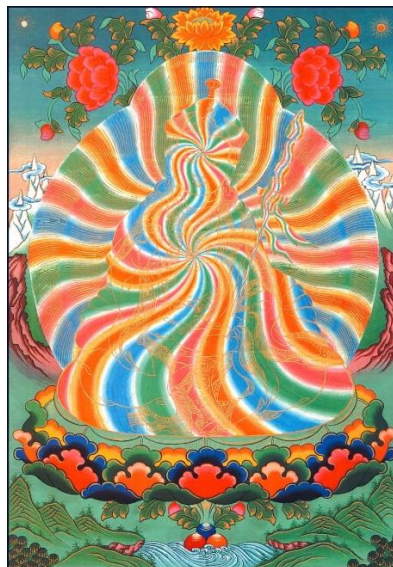
*How **lots** seen yet... void like Va-ti?*

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

*four breaths at four mantras each for a total of sixteen mantras*

Buddha's Easy Tantra  
*leapfrogging over confusion's clinging and competition with*

# Clear Light Yoga



Buddha's Easy Tantra

How could all Buddhas impermanently  
melt into blissful rainbow light

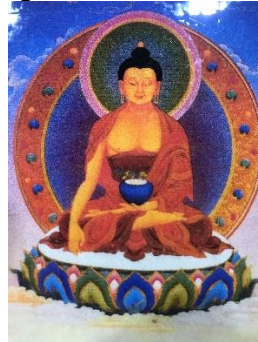
that interdependently absorbs  
into all pure lands?



Buddha's Easy Tantra

Hów could all pure lands **impermanently**  
melt into blissful rainbów light

thát interdependently absorbs  
into all beings, felt yét void?



Buddha's Easy Tantra

Hów could all beings  
(*other than earthlings*) impermanently  
melt into blissful rainbów light

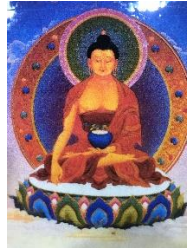
thát interdependently absorbs  
into all worlds, seen yét void?



Buddha's Easy Tantra

Hów could all worlds  
(*other than earth*) impermanently  
melt into blissful rainbów light

thát interdependently absorbs into all  
earthlings, felt yét void?



## Buddha's Easy Tantra

Hów could all earthlings  
(*other than our neighbors*) impermanently  
melt into blissful rainbów light

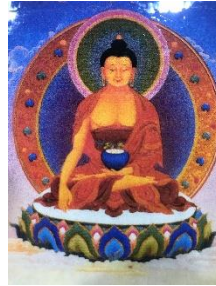
thát interdependently absorbs  
into earth, seen yét void?



Buddha's Easy Tantra

Hów could all of Earth (*other than our neighborhood*) impermanently melt into blissful rainbów light

thát interdependently absorbs into all neighbors, felt yét void?





Buddha's Easy Tantra

Hów could our neighbors impermanently  
melt into blissful rainbów light

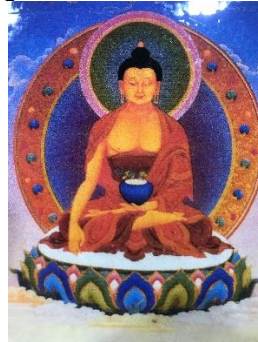
thát interdependently absorbs  
into here, seen yét void?



Buddha's Easy Tantra

Hów could here impermanently  
melt into blissful rainbów light

thát interdependently absorbs  
into this body, felt yét void?



Buddha's Easy Tantra

Hów could this body impermanently  
melt into blissful rainbów light

thát interdependently absorbs into this  
communication, heard yét void?



Buddha's Easy Tantra

Hów could this communication  
impermanently

melt into blissful rainbów light

thát interdependently absorbs  
into this mind, clear yét void?

**Moom**

Buddha's Easy Tantra

How could this mind impermanently  
melt into blissful rainbow light

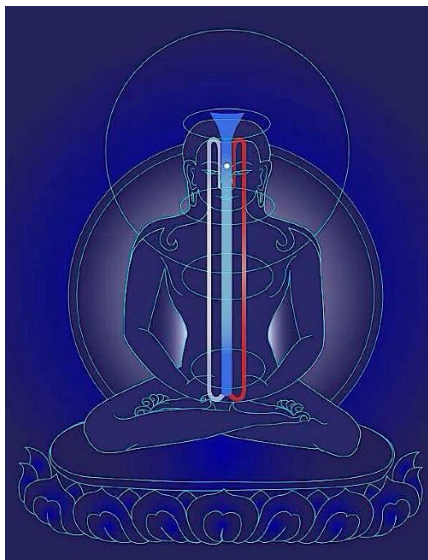
that interdependently absorbs  
into infinite openness?

Buddha's Easy Tantra

*Transcending Desire with Anu-yoga's, Tikle Dzogchen's, and Bindu Mahamudra's*

# Bliss and Letting-go

*the seventh and eighth folds of the eightfold path*



Buddha's Easy Tantra

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

*Bija wise... for all minds!*  
*Mantra love... for all speech!*  
*Yidam health... for all forms!*  
*Vati boon... for all lots!*

*Relaxing into the Nature of Sensation*

*Heart-mind **Moom**... re-la-xing!*  
***Moom**... ease*

*1<sup>st</sup> set of 256 rounds*

## Buddha's Easy Tantra

*Bringing the Four Bases of Mindfulness into the path of Letting-go*

*How minds clear yet... void like Bija?  
How speech heard yet... void like Mantra?  
How forms felt yet... void like Yidam?  
How lots seen yet... void like Vati?*

*Relaxing into the Nature of Sensation*

*Heart-mind **Moom**... re-la-xing!  
**Moom**... ease*

*1<sup>st</sup> set of 256 rounds*



## Buddha's Easy Tantra

*Bringing the Four Bases of Mindfulness into the Dance of Impermanence and Interdependence*

*All lots **melt**... into form!*  
*All forms **melt**... into speech!*  
*All speech **melts**... into mind!*  
*All minds **melt**... into void!*

*Relaxing into the Nature of Sensation*

*Heart-mind **Moom**... re-la-xing!*  
***Moom**... ease*

*1<sup>st</sup> set of 256 rounds*

Buddha's Easy Tantra

*Slice through Confusion with Ati-yoga's, Trekchö Dzogchen's, & Sutra Mahamudra's*

# Awareness and Letting-go

*the seventh and eighth folds of the eightfold path*

Buddha's Easy Tantra

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

*Bija wise... for all minds!*  
*Mantra love... for all speech!*  
*Yidam health... for all forms!*  
*Vati boon... for all lots!*

*Relaxing into the Nature of Mind*

*Notice this... re-la-xing!*  
*This... ease*

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

## Buddha's Easy Tantra

*Bringing the Four Bases of Mindfulness into the path of Letting-go*

*How minds clear yet... **void** like Bija?  
How speech heard yet... **void** like Mantra?  
How forms felt yet... **void** like Yidam?  
How lots seen yet... **void** like Vati?*

*Relaxing into the Nature of Mind*

*Notice this... **re-la-xing!***

*This... ease*

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

## Buddha's Easy Tantra

*Bringing the Four Bases of Mindfulness into the Dance of Impermanence and Interdependence*

*All lots **melt**... into form!*  
*All forms **melt**... into speech!*  
*All speech **melts**... into mind!*  
*All minds **melt**... into void!*

*Relaxing into the Nature of Mind*

*Notice this... **re-la-xing!***

*This... ease*

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

Buddha's Easy Tantra

*Contemplating Dukkha Stress*

*How could \_\_\_\_\_ ... feel stressful?*

*Contemplating Karuna Compassion*

*All beings' \_\_\_\_\_ ... may I soothe!*

*Contemplating Anicca Impermanence*

*How could \_\_\_\_\_ ... never last?*

*Contemplating Anatta No Self*

*How could \_\_\_\_\_ ... NOT be me?*

*Relaxing into the Nature of Mind*

***Notice this... re-la-xing!***

***This... ease***

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

Buddha's Easy Tantra

*Contemplating Stimulus*

*What occur? **Re-la-xing!***

*Contemplating Response*

*What feeling? **Re-la-xing!***

*Contemplating Selflessness*

*Who's feeling? **Re-la-xing!***

*Relaxing into the Nature of Mind*

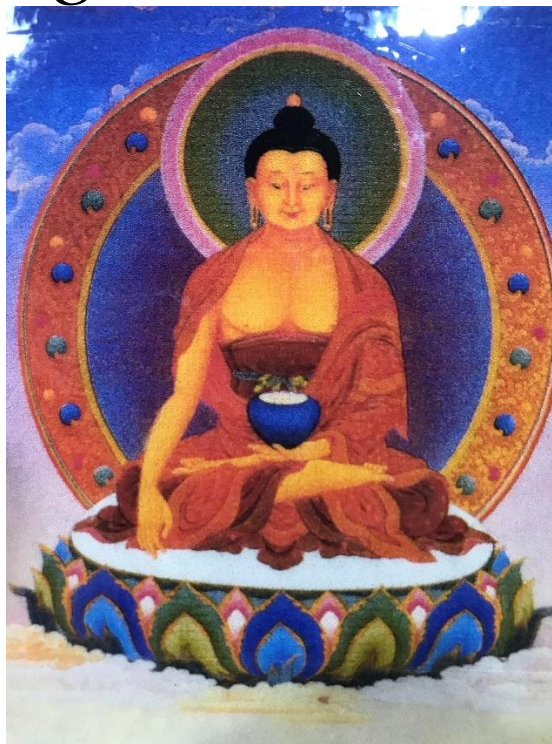
*Notice this... **re-la-xing!***

*This... ease*

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

Buddha's Easy Tantra

## *IV. Sharing the Good Vibrations*





Buddha's Easy Tantra  
*Pacifying Hindrances*

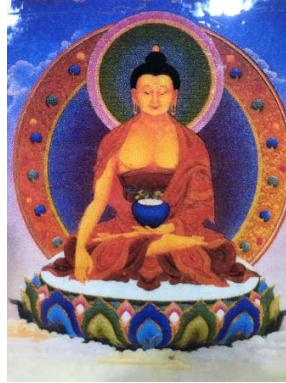
**Máy** ALL the harm of Ma-ras, non-humans  
and so forth be ovércome. *clap!*

**Máy** they become non-exístent. *clap!*

**Máy** they be pacífiéd. *clap!*

**Máy** they be thoroughly pacífiéd. *clap!*

Buddha's Easy Tantra  
*Dedication to the Pacification of Hindrances*



**Máy ALL kinds of interferences, diseases,  
and possessing spirits be pacified.**

Buddha's Easy Tantra

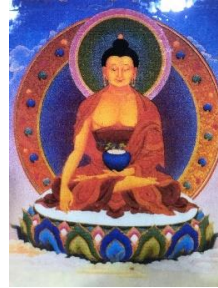
*Máy all* be separated from  
unfavorable conditions

and may *all experience* favorable conditions  
and everything excellent.

Buddha's Easy Tantra

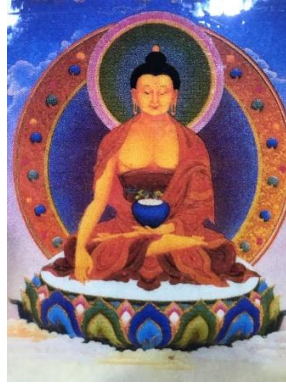
Through this fortune  
may there be at this time  
happiness and health.

Buddha's Easy Tantra  
*Bringing the Four Bases of Mindfulness into the Path of Love*



Máy ALL minds, speech, forms, and lots  
be as wise, loving, healthy, and fortunáte  
ás the **Buddha**'s Bi-ja, Man-tra,  
Yi-dam, and Va-ti óf lore.

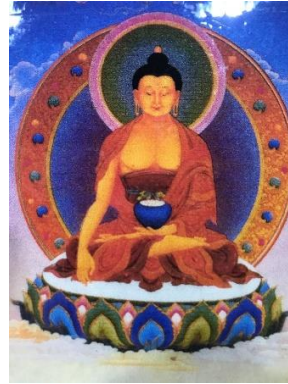
Buddha's Easy Tantra  
*Embracing the Path of Yin*



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

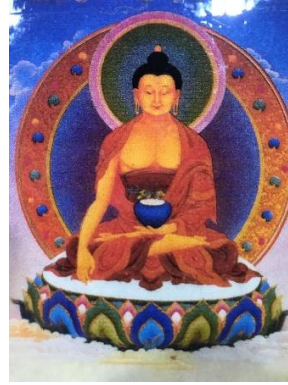
Buddha's Easy Tantra

*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.**

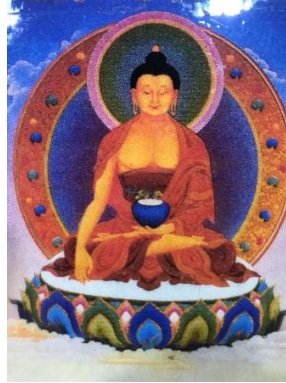
Buddha's Easy Tantra  
*Accomplishing Mastery of the Eight-fold Path*



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



Buddha's Easy Tantra  
Future wishes

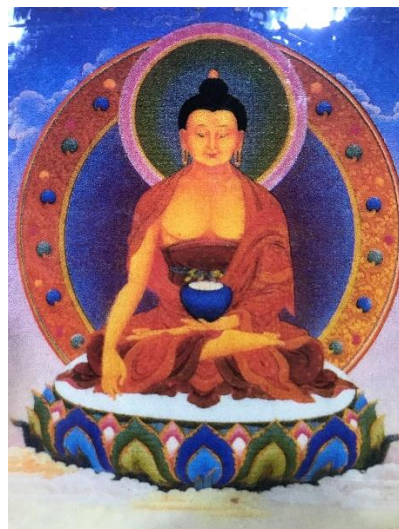


Máy each being take auspicious rebirth,  
master the Buddha's path  
and then help all others do líkewise.

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!** 😊

# V. Appendix

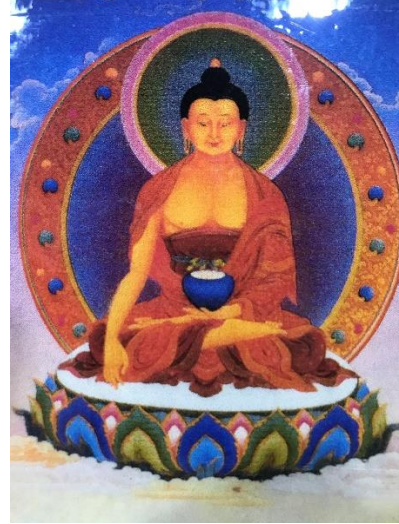
Buddha's Easy Tantra  
*Shantideva's*

# *Dedication Prayers*

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

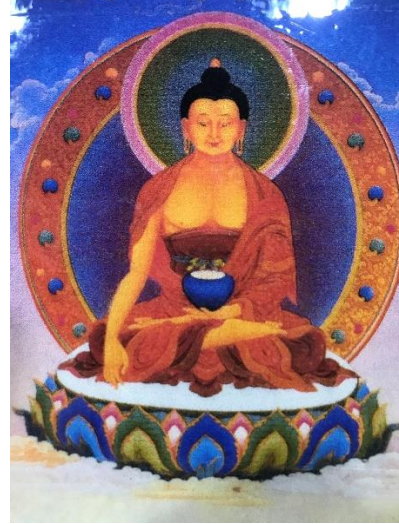


Buddha's Easy Tantra



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

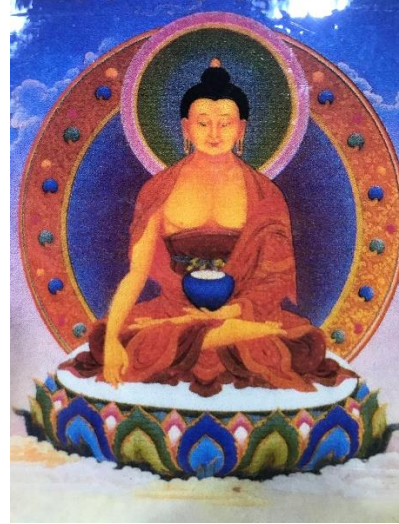
Buddha's Easy Tantra



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

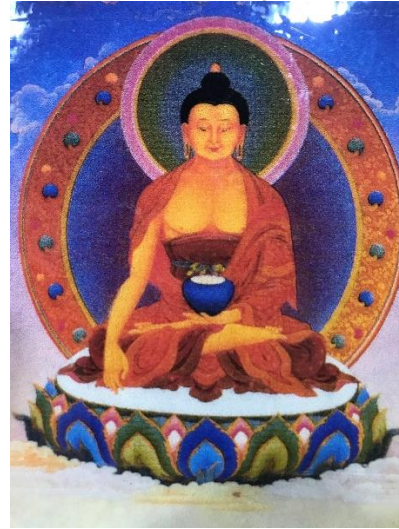


Máy the blind see forms  
and the deaf héar sounds.

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



Buddha's Easy Tantra



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

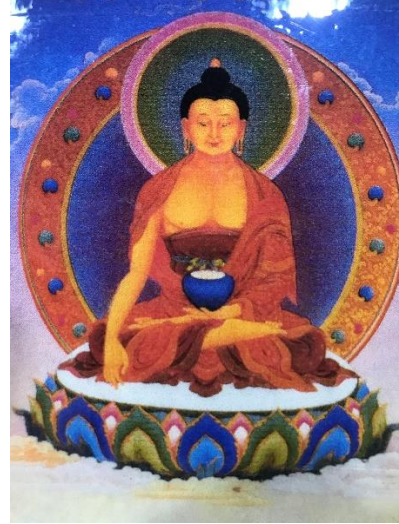
Buddha's Easy Tantra

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

**máy** the hopeless *receive*:

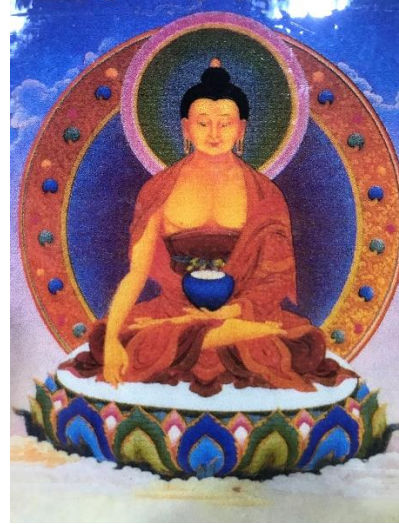
- (1) hope,
- (2) constant happiness,
- (3) and prosperítý.

Buddha's Easy Tantra



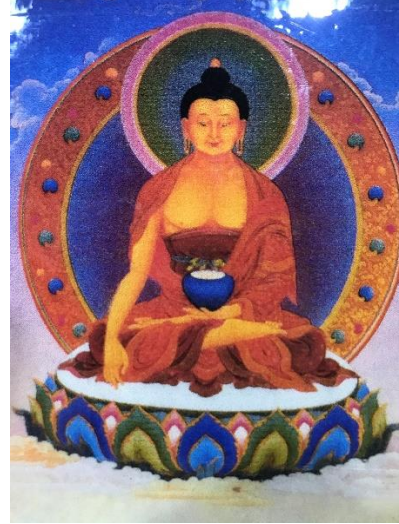
Máy there be timely rains  
and bountiful hárvests;  
máý all the medicines be effective  
and wholesome prayers béar fruit.

Buddha's Easy Tantra



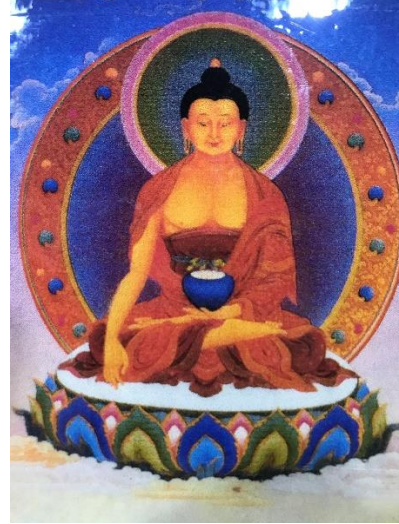
**Má**y all who are sick and ill  
quickly be freed from their aílments.  
Whátever diseases there are in the world,  
may they never occur ágain.

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

# A. Invigorating Buddha Bowing



## Buddha's Easy Tantra



Na-mo Bud-dha-ya  
Na-mo Dhar-ma-ya  
Na-mo Sang-ha-ya!

*I pay homage to the Buddha's example*

*I pay homage to the Buddha's teachings*

*I pay homage to the Buddha's students*

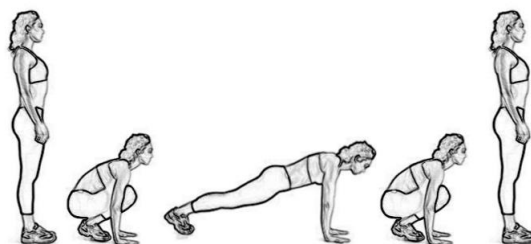
**3 repetitions**



Buddha's Easy Tantra  
*Karmic Calisthenics*



or



Buddha's Easy Tantra

*RIGHT: intention*

**Máy** everyone be free from misery.

May everyone be háppy.

**Máy** NO one be separated  
from their happíness.

**Máy** everyone have balance: FREE from  
the tyranny of greed, hate, and confúsi<sup>o</sup>n. 😊

Buddha's Easy Tantra

## *B. 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.*

Buddha's Easy Tantra

## C. 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

## *D. 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.*





## Buddha's Easy Tantra

*E. 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.*

## 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**

