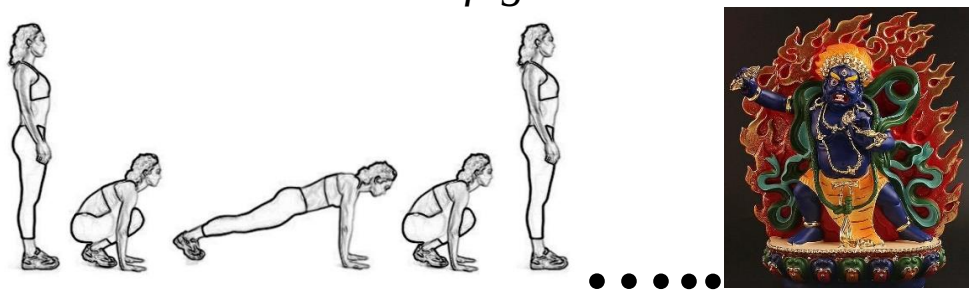
Diamond Hand’s Easy Mother-tantra

Terton Lama: Jigme Gyatso, Rime Rinpoche
14mar23a

I. Opening Enthusiasm

Chanting to train in Love and Letting-go

W**í**th each recitation
of the nine syllable m**á**ntra
m**á**y I yearn to liberate all beings
through mastery of the eight-f**ó**ld path.



Wíth each recitation
of the nine syllable mántra
máy I rely upon the Buddha's
example, instructions, and stúdents.

Purification

Wíth each recitation
of the nine syllable m**á**ntra
k**í**nd lama may I regret the harm I've done
and resolve to do the k**í**nd thing.

Offering

Wíth each recitation
of the nine syllable m**á**ntra
m**á**y I enthusiastically share with each being
all my wisdom, love, health, & poss**é**ssions.

Lama's Kindness

W**í**th each recitation
of the nine syllable m**á**ntra
m**á**y I feel my lama's active presence in my
life makes him kinder than all the B**ú**ddhas.

Lama's Oneness

W**í**th each recitation
of the nine syllable m**á**ntra
m**á**y I feel that my and lama's minds
are one in their empty n**á**ture.

RIGHT: view of Letting-go's First fold

Dza Patrul Rinpoche's

II. Heart Treasure of the Enlightened Ones

Translated by the Padmakara Group

Adapted and Amplified by Lama Jigme Gyatso

Diamond Hand's Easy Mother-tantra

leapfrogging over confusion's clinging and competition with

Mantra Meditation

Om Ah Ben-za Pa-ni

Hoong Hoong P'he

The Mantra's Meaning

Om Ah Ben-za Pa-ni
Hoong Hoong P'he

Í invoke the **Ben-za** diamond **Pa-ni** hand
who is the power of all the B**ú**ddhas'
Óm bodies, **Ah** speech,
and **Hoóng** minds

pl**é**ase **Hoong** empower me
and **P'he** pacify all obstr**ú**ctions!

Diamond Hand's Easy Mother-tantra

Right View of Reality

the first fold of the eight fold path

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

Om Ah Ben-za Pa-ni Hoong Hoong P'he

*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.*

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

Om Ah Ben-za Pa-ni Hoong Hoong P'he

*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.*

Om Ah Ben-za Pa-ni Hoong Hoong P'he

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

Om Ah Ben-za Pa-ni Hoong Hoong P'he

*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.*

P'he

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

Om Ah Ben-za Pa-ni
Hoong Hoong P'he

*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.*

Right Wishes

the second fold of the eight fold path

Mantra Mala Yoga

Om Ah Ben-za Pa-ni

Hoong Hoong P'he

Ás we chant the mantra it could feel as if
sapphire rays were emitt**í**ng from
á thumb-nail sized, horizontal,
nine syllable mantra rosary at **ó**ur CROWN

Om Ah Ben-za Pa-ni
Hoong Hoong P'he

l**á**vishing ALL minds, communication,
bodies, and circumst**á**nces
w**í**th wisdom, love, health, and good fortune:
centered and spontan**é**ous.

Om Ah Ben-za Pa-ni
Hoong Hoong P'he

P'he

Bi-ja wise for all minds!

Om Ah Ben-za Pa-ni Hoong Hoong P'he

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.*

Om Ah Ben-za Pa-ni Hoong Hoong P'he

Man-tra love for all speech!

Om Ah Ben-za Pa-ni Hoong Hoong P'he

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.*

Yi-dam health for all forms!

Om Ah Ben-za Pa-ni Hoong Hoong P'he

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 Hand's Easy Mother-tantra

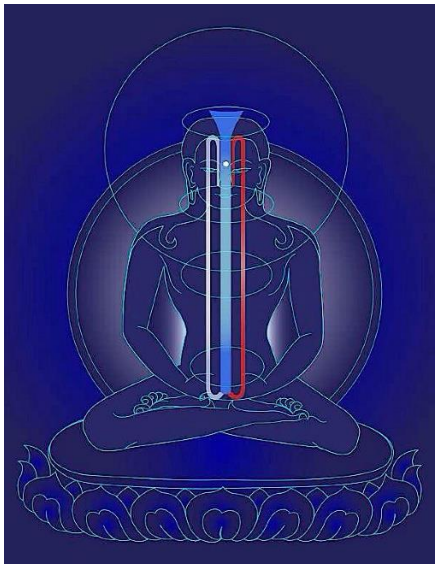
Va-ti boon for all lots!

Om Ah Ben-za Pa-ni Hoong Hoong P'he

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.*

Bliss and Letting-go

the seventh and eighth folds of the eightfold path



*Navel **Ah** flame… **relaxing**!*

*Gut **Ah** flame… **out left sole**!*

*Gut **Ah** flame… **out right sole**!*

*Gut **Ah** flame… **up to heart**!*

*Gut **Ah** flame… **out left palm**!*

*Gut **Ah** flame… **out right palm**!*

1st set of 26 rounds

Gut ***Ah*** *flame…* ***up to throat!***

Gut ***Ah*** *flame…* ***up to crown!***

Gut ***Ah*** *flame…* ***out through brow!***

Brow drop up… ***to crown wheel!***

Relaxing into the Nature of Mind

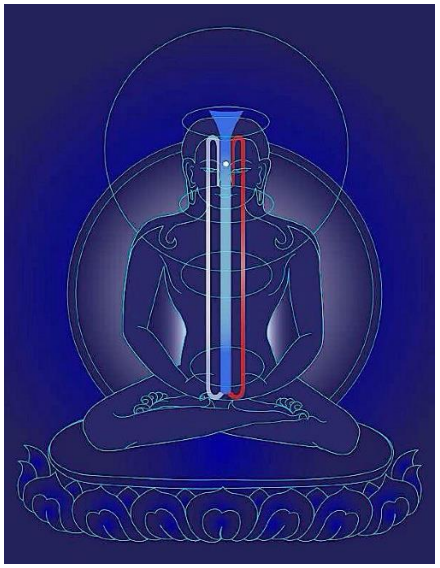
Notice this… ***relaxing!***

This… ***ease***

1st set of 6 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.*

Bliss and Letting-go

the seventh and eighth folds of the eightfold path



Sinking Bliss

*Crown drop sinks… **to throat wheel!***

*Throat drop sinks… **to heart wheel!***

*Heart drop sinks… **to navel wheel!***

*Navel drop sinks… **to root wheel!***

Relaxing into the Nature of Mind

*Notice this… **relaxing!***

*This… **ease***

1st set of 8 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 Hand's Easy Mother-tantra

Climbing Bliss

Root *drop climbs…* ***to navel wheel!***
Navel *drop climbs…* ***to heart wheel!***
Heart *drop climbs…* ***to throat wheel!***
Throat *drop climbs…* ***to crown wheel!***

Relaxing into the Nature of Mind

Notice this… ***relaxing!***
This… ***ease***

1st set of 8 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.*

Love and Letting-go

the second and first folds of the eightfold path

Love

Bi-ja wise… for all minds!

Man-tra love… for all speech!

Yi-dam health… for all forms!

Va-ti boon… for all lots!

Relaxing into the Nature of Mind

Infinite… openness!

Vast… void

2nd set of 8 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.*

Letting-go

*All lots **melt**… into forms!*
*All forms **melt**… into speech!*
*All speech **melts**… into minds!*
*All minds **melt**… into void!*

Relaxing into the Nature of Mind

Infinite**… **openness!
Vast**… **void

2nd set of 8 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 Hand's Easy Mother-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

Relaxing into the Nature of Mind

Notice this… ***relaxing!***

This… ***ease***

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 Hand's Easy Mother-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?

(Lama blend... with this mind!)

Relaxing into the Nature of Mind

Feeling this... relaxing!

Feel... ease

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.*

IV. Sharing the Good Vibrations

M**á**y ALL the harm of Ma-ras, non-humans and so forth be ov**é**rcome. *clap!*

M**á**y they become non-ex**í**stent. *clap!*
M**á**y they be pac**í**fied. *clap!*
M**á**y they be thoroughly pac**í**fied. *clap!*

Dedication to the Pacification of Hindrances

M**á**y ALL kinds of interferences, diseases, and possessing spirits be pac**í**fied.

M**á**y *all* be separated from
unfavorable cond**í**tions
ánd may *all experience* favorable conditions
and everything exc**é**llent.

Thro**ú**gh this fortune
may there be at this time
happiness **á**nd health.

Má**a**y ALL minds, speech, forms, and lots be as wise, loving, healthy, and fort**ú**nate **á**s **Ben-za Pa-ni**'s Bi-ja, Man-tra, Yi-dam, and Va-ti **ó**f lore.

Má**á**y ALL beings, like **Ben-za Pa-ni**, master being: flexible, loving, laid-back, egalitarian, cooperative **á**nd kind.

M**á**y ALL beings' practice of KIND**:** communication, conduct, and commerce flow spontaneous and unc**ó**ntrived.

Má**á**y all beings, like **Ben-za Pa-ni**,
master the eight-fold path
as well as liberate ALL **ó**thers.

Future wishes

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

The Four Immeasurables

thus side-stepping aloofness

Má**a**y everyone be free from stress. *thus no need to hate*

May everyone be h**á**ppy. *thus no need to crave*

Má**a**y NO one be separated
from their happ**í**ness. *thus no need to cling*

Má**a**y everyone have balance:
from the tyranny
of hating, craving, & clingí**i**ng FREED! ☺

V. Appendix

Diamond Hand's Easy Mother-tantra

Shantideva's

Dedication Prayers

from the 10th chapter of the Bodhicharyavatara

M**á**y all beings everywhere
plagued by sufferings of body **á**nd mind,
*r**é**ceive* an ocean of happiness and joy
by virtue of my m**é**rits.

M**á**y NO living creature suffer,
commit evil, or ever f**á**ll ill.
M**á**y NO one be afraid or belittled,
with a mind weighed down by *s**ó**rrow*.

M**á**y the blind see forms
and the deaf h**é**ar sounds.
M**á**y those whose bodies are worn with toil,
receive rest and be r**é**stored.

M**á**y the naked *receive* clothing
the hungry rece**í**ve food
m**á**y the thirsty *receive* water
and delicio**ú**s drinks.

M**á**y the poor *receive* wealth,
those weak with sorrow *rec**é**ive* joy;

m**á**y the hopeless *receive*:

(1) hope,
(2) constant happiness,
(3) and prosper**í**ty.

M**á**y there be timely rains
and bountiful h**á**rvests;
m**á**y all the medicines be effective
and wholesome prayers b**é**ar fruit.

M**á**y all who are sick and ill
quickly be freed from their a**í**lments.
Wh**á**tever diseases there are in the world,
may they never occur **á**gain.

M**á**y the frightened cease to be afraid
and those bound b**é** freed;
m**á**y the powerless *receive* power
and the people *long* to benefit each **ó**ther.

F**ó**r as long as space remains,
for as long as sentient beings r**é**main,
úntil then may I too *auspiciously* remain to
effectively dispel the miseries of th**é** world. ☺

Benefits of Vajra Pani Practice

Áccording to the Tantra of the Supreme Origination of Vajra P**á**ni.

quoted from Esoteric Teachings of Tibetan Tantra *by C.A. Muses.*

"If the disciple *bows* once to Vajra Pani,
he attains more merits than…
through *performing* numero**ú**s *bows*

t**ó** Buddhas as *numerous*
as the… grains of sands
in ninety-two million Ganges R**í**vers…

Íf *one* relies on Vajra Pani
as *their* Yidam (*archetype*)…
and recites the M**á**ntra,

théy will surely be protected by Vajra Pani
from ALL hindr**á**nces.

N**Ó** demons can hurt *them*,
ALL illness will b**é** cured,

*th**é**ir* merits will be increased
and prosperity augm**é**nted.

ÁLL *their* (*beneficial*) wishes will be fulfilled.
Thus, the benefits of practicing this *sadh**á**na*

áre beyond description,
nothing can afflict those who practí**c**e it.

Th**é** practitioner of this *sadhana*
will… (*spontaneously*) accomplish
ALL four activ**í**ties

(***ó****f* Pacifying, Enriching,
Magnetizing and Wrathful *actions*)
without any obst**á**cles.

Th**é**refore, one should always
rely on Vajra Pani,
take him as one's shelter and r**é**fuge.

Álso, those who have chronic diseases
will be cured through the recita*tion*
(*of*) the Mantra of Vajra P**á**ni."

A. Invigorating Buddha Bowing

Na-mo Bud-dha-ya — *I pay homage to the Buddha's example*

Na-mo Dhar-ma-ya — *I pay homage to the Buddha's teachings*

Na-mo Sang-ha-ya! — *I pay homage to the Buddha's students*

***3** repetitions*

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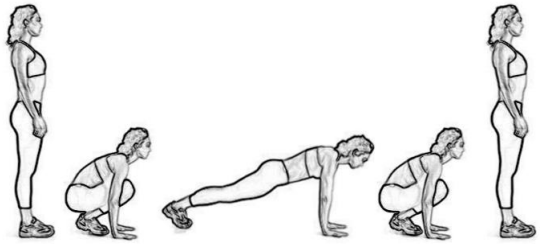
Karmic Calisthenics

or



M**á**y everyone be free from misery.
May everyone be h**á**ppy.
M**á**y NO one be separated
from their happ**í**ness.

M**á**y everyone have balance: FREE from the tyranny of greed, hate, and conf**ú**sion.☺

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 or cruelty or the path of compassion…

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.

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).*

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.

D. The Path of Mastery

Unconscious Incompetence
Conscious Incompetence
Conscious Competence
Unconscious Competence

When have we mastered the sages' path?

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.

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.

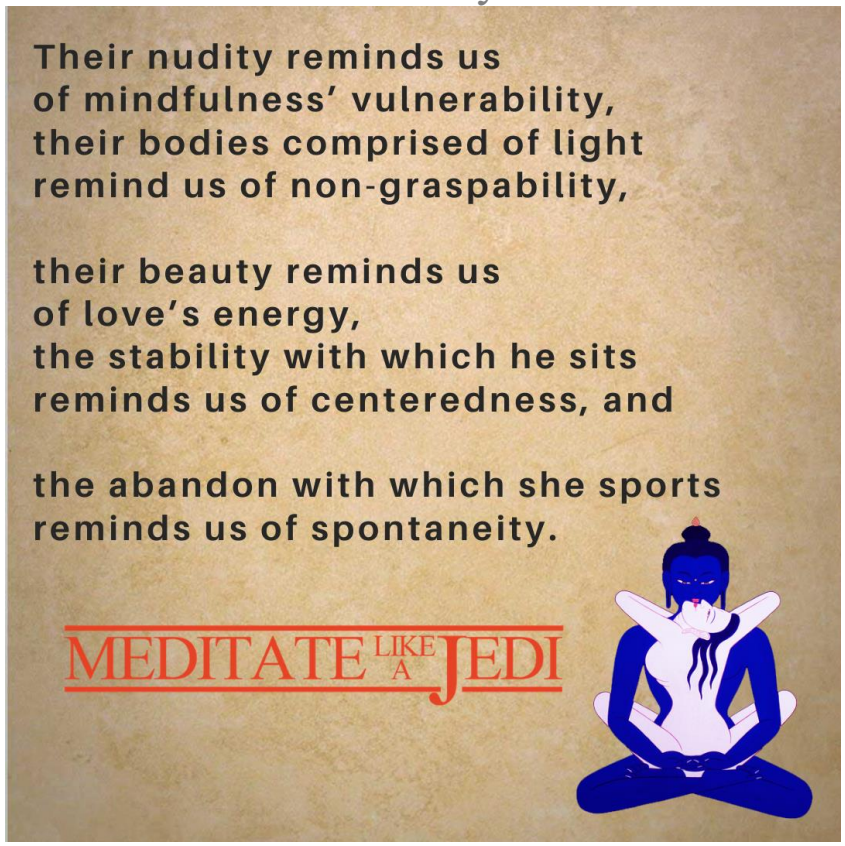
A Journeyman is an apprentice who has accumulated
5,000 hours of study and 5,000 hours meditation;
ideally for eight hours daily
over the course of three and a half years…

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

A <u>Master</u> 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
*<u>and</u> 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.


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