

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

The Buddha's Forgotten Yogas of Love & Letting-go

3rd Lesson Text

Smart Phone Edition

Terton Lama: Jigme Gyatso, Rime Naljorpa Rinpoche

2020-a09-07a



I. Opening Material

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

A. Table of Contents

I.	Opening Material.....	pg.	2
A.	Table of Contents.....	pg.	3
B.	Recommended Reading.....	pg.	8
II.	CIRCUMSTANCE: the Fourth Base of Mindfulness.....	pg.	9
A.	Blissful Centering.....	pg.	10
B.	Compassionately Soothing Dangers.....	pg.	12
C.	Wisely Releasing Dangers.....	pg.	17
D.	Lovingly Wishing Good Fortune.....	pg.	22
E.	Wisely Releasing Good Fortune.....	pg.	27
F.	Wisely Releasing our Circumstances.....	pg.	32
G.	Meditation's Spontaneous Release.....	pg.	37

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

III. BODY: the First Base of Mindfulness.....	pg. 39
A. Blissful Centering.....	pg. 40
B. Compassionately Soothing Illness.....	pg. 42
C. Wisely Releasing Illness.....	pg. 47
D. Lovingly Wishing Health.....	pg. 52
E. Wisely Releasing Health.....	pg. 57
F. Wisely Releasing our Physiques.....	pg. 62
G. Meditation's Spontaneous Release.....	pg. 67
IV. FEELINGS: the Second Base of Mindfulness.....	pg. 69
A. Blissful Centering.....	pg. 70
B. Compassionately Soothing Scorn.....	pg. 72
C. Wisely Releasing Scorn.....	pg. 77
D. Lovingly Wishing Praise.....	pg. 82
E. Wisely Releasing Praise.....	pg. 87
F. Wisely Releasing our Emotions.....	pg. 92
G. Meditation's Spontaneous Release.....	pg. 97

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

V.	MIND: the Third Base of Mindfulness.....	pg. 99
A.	Blissful Centering.....	pg. 100
B.	Compassionately Soothing Shame.....	pg. 102
C.	Wisely Releasing Shame.....	pg. 107
D.	Lovingly Wishing Fame.....	pg. 112
E.	Wisely Releasing Fame.....	pg. 117
F.	Wisely Releasing our Minds.....	pg. 122
G.	Meditation's Spontaneous Release.....	pg. 127
VI.	Love and Letting-go: a concise practice.....	pg. 129
A.	Wishing Good Fortune for all Circumstances.....	pg. 130
B.	Wishing Health for all Bodies.....	pg. 135
C.	Wishing Love for all Feelings.....	pg. 140
D.	Wishing Wisdom for all Minds.....	pg. 145

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

VII. Appendix.....	pg. 150
A. Youngling Training.....	pg. 151
1. Parable of the Movie CONCESSIONS.....	pg. 152
2. Parable of the Movie PATRON.....	pg. 163
3. ROMANTIC Panacea.....	pg. 167
4. Panic Attack.....	pg. 170
5. Lethargy.....	pg. 171
6. PHYSICAL Panacea.....	pg. 172
7. Two Paths.....	pg. 176
B. Padawan Training.....	pg. 178
1. Essence of the Four Vows.....	pg. 179
2. Good Night and Wake-up Channels.....	pg. 182
3. Walking Meditation.....	pg. 187
4. ...Gazing Meditations.....	pg. 189

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

C.	Jedi Knight Training.....	pg. 195
1.	Four Levels of Students.....	pg. 196
2.	PATH of Mastery.....	pg. 198
3.	MEANS of Mastery.....	pg. 200
4.	NOT a Sprint, BUT a Stroll.....	pg. 202
D.	Addendum.....	pg. 208
1.	Syllabus.....	pg. 209
2.	Karma Mudra Iconography.....	pg. 210
3.	Veganism: Compassionate and Sustainable.....	pg. 211

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

B. Recommended Reading

Lesson

1 st	Homework
2 nd	Eleven Benefits of Love
3 rd	Anapanasati Sutta
4 th	Class Etiquette
5 th	What was the Buddha?
6 th	Why do we Meditate?
7 th	What is the “Unborn”?
8 th	Why “THE buddha”?

Lesson

9 th	The Fall of Emperor Palpatine
10 th	Metaphorically Playing Victim
11 th	If we are short of temper what...
12 th	When Religion Opposes...
13 th	Fear in the Time of Covid 19
14 th	Master Windu's Glare
15 th	Count Dooku's Taunts
16 th	Making Wise Decisions

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

II. Love Meditations

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

A. Classic Loving-kindness Meditation

(or Metta Bhavana if you prefer Pali)

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

1. Circumstantial Love

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Safety for...

OUT-breath:

one quarter!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Safety for...

OUT-breath:

two quarters!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Safety for...

OUT-breath:

three quarters!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Safety for...

OUT-breath:

all quarters!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

2. Physical Love

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Great health for...

OUT-breath:

one quarter!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Great health for...

OUT-breath:

two quarters!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Great health for...

OUT-breath:

three quarters!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Great health for...

OUT-breath:

all quarters!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

3. Interpersonal Love

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Great peace for...

OUT-breath:

one quarter!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Great peace for...

OUT-breath:

two quarters!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Great peace for...

OUT-breath:

three quarters!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Great peace for...

OUT-breath:

all quarters!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

4. Mental Love

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Great joy for ...

OUT-breath:

one quarter!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Great joy for...

OUT-breath:

two quarters!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Great joy for...

OUT-breath:

three quarters!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Great joy for ...

OUT-breath:

all quarters!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

B. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and
RELAXING into its Release

{ *Sati Passaddhi in Pali, Mahamudra or Mahasandhi in Sanskrit, and
Trekchöd in Tibetan Dzogchen* }



The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Watching the Play of Mind

Observant inhalation: *Notice this...* {This...

Relaxing exhalation: *relaxing!* yes!} one set of sixteen breaths

*slide left thumb over tip of left little finger until it comes to rest upon the **higher knuckle**
count the four breaths upon the right: little, ring, middle, and index finger's:
lower, middle, and higher sets of creases, as well as their tips.*

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

C. Loving-kindness for Insomnia

(or Metta Bhavana if you prefer Pali)

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

1. Circumstantial Love

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Safe for some...

OUT-breath:

relaxing!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Safe for half...

OUT-breath:

relaxing!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Safe for most...

OUT-breath:

relaxing!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Safe for all...

OUT-breath:

relaxing!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

2. Physical Love

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Health for some...

OUT-breath:

relaxing!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath: ***Health for half...***

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Health for most...

OUT-breath:

relaxing!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath: ***Health for all...***

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

3. Interpersonal Love

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Peace for some...

OUT-breath:

relaxing!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Peace for half...

OUT-breath:

relaxing!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Peace for most...

OUT-breath:

relaxing!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Peace for all...

OUT-breath:

relaxing!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

4. Mental Love

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Joy for some...

OUT-breath:

relaxing!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Joy for half...

OUT-breath:

relaxing!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath:

Joy for most...

OUT-breath:

relaxing!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IN-breath: *Joy for all...*

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

D. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and
RELAXING into its Release

{ *Sati Passaddhi in Pali, Mahamudra or Mahasandhi in Sanskrit, and
Trekchö_d in Tibetan Dzogchen* }



The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Watching the Play of Mind

Observant inhalation: *Notice this...* {This...

Relaxing exhalation: *relaxing!* yes!} one set of sixteen breaths

*slide left thumb over tip of left little finger until it comes to rest upon the **higher knuckle**
count the four breaths upon the right: little, ring, middle, and index finger's:
lower, middle, and higher sets of creases, as well as their tips.*

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

II-I. Mindfulness WITH breathing

or Anapanasati if you prefer Pali



The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

A. Body's base of mindfulness

or Ka-ya if you prefer Pali

Mindfulness of breath's length

Mindfulness of breath's brevity

Mindfulness of the body

Mindfulness of the body's tranquility

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Body's FIRST meditation

IN-breath:

How long breath...

How...

OUT-breath:

how long breath?

long?

one set of four breaths

*touch tip of left thumb to its little finger's **lower** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Body's SECOND meditation

IN-breath:

How short breath...

How...

OUT-breath:

how short breath?

short?

one set of four breaths

*touch tip of left thumb to its little finger's **middle** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Body's THIRD meditation

IN-breath:

Notice form...

This...

OUT-breath:

notice form!

form!

one set of four breaths

*touch tip of left thumb to its little finger's **higher** set of creases*

count the four breaths upon the right middle finger's:

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Body's FOURTH meditation

IN-breath:

Calming form...

Form...

OUT-breath:

calming form!

calm!

one set of sixteen breaths

*touch tip of left thumb to its little finger's **tip***

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

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

B. Feeling's base of mindfulness

or Ve-da-na if you prefer Pali

*Mindfulness of physical pleasure which generates
Tranquility's experience of physical bliss*

*Mindfulness of emotional pleasure which generates
Tranquility's experience of emotional joy*

*Mindfulness of mind's coarser functions which generates
Tranquility's experience of mental contentment*

*Mindfulness of mind's coarser calmness which generates
Tranquility's experience of mental stillness*

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Feelings' FIRST meditation

IN-breath:

Where feel bliss...

Where...

OUT-breath:

where feel bliss?

bliss?

one set of four breaths

*touch tip of left thumb to its little finger's **middle** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Feelings' SECOND meditation

IN-breath:

Where feel joy...

Where...

OUT-breath:

where feel joy?

joy?

one set of four breaths

*touch tip of left thumb to its little finger's **middle** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Feelings' THIRD meditation

IN-breath:

Notice thoughts...

These...

OUT-breath:

notice thoughts

thoughts!

one set of four breaths

*touch tip of left thumb to its little finger's **middle** set of creases*

count the four breaths upon the right middle finger's:

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Feelings' FOURTH meditation

IN-breath:

Calming thoughts...

Thoughts...

OUT-breath:

calming thoughts!

calm!

one set of four breaths

*touch tip of left thumb to its little finger's **middle** set of creases*

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

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

C. Mind's base of mindfulness

or Cit-ta if you prefer Pali

*Mindfulness of mind's subtle passive awareness which generates
Tranquility's experience of infinite physical space*

*Mindfulness of passive awareness' gladness which generates
Tranquility's experience of infinite mental awareness*

*Mindfulness of passive awareness' collectedness which generates
Tranquility's experience of a lack of anything to grasp*

*Mindfulness of passive awareness' freedom which generates
Tranquility's experience of passive awareness*

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Mind's FIRST meditation

IN-breath:

Notice mind...

This...

OUT-breath:

notice mind!

mind!

one set of four breaths

*touch tip of left thumb to its little finger's **higher** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Mind's SECOND meditation

IN-breath:

Gladden mind...

Cheer...

OUT-breath:

gladden mind!

mind!

one set of four breaths

*touch tip of left thumb to its little finger's **higher** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Mind's THIRD meditation

IN-breath:

Calming mind...

Mind...

OUT-breath:

calming mind!

calm!

one set of four breaths

*touch tip of left thumb to its little finger's **higher** set of creases*

count the four breaths upon the right middle finger's:

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Mind's FOURTH meditation

IN-breath:

Freeing mind...

Mind..

OUT-breath:

freeing mind!

free!

one set of four breaths

*touch tip of left thumb to its little finger's **higher** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

D. Phenomena's base of mindfulness

or Dham-ma if you prefer Pali

Mindfulness of change

Mindfulness of fading

Mindfulness of ceasing

Mindfulness of release

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Phenomena's FIRST meditation

IN-breath:

What changing...

What..

OUT-breath:

what changing?

change?

one set of four breaths

*touch tip of left thumb to its little finger's **tip***

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Phenomena's SECOND meditation

IN-breath:

What fading...

What..

OUT-breath:

what fading?

fade?

one set of four breaths

*touch tip of left thumb to its little finger's **tip***

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Phenomena's THIRD meditation

IN-breath:

What ceasing...

What..

OUT-breath:

what ceasing?

cease?

one set of four breaths

*touch tip of left thumb to its little finger's **tip***

count the four breaths upon the right middle finger's:

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Phenomena's FOURTH meditation

IN-breath:

Releasing...

This..

OUT-breath:

releasing!

yes!

one set of four breaths

*touch tip of left thumb to its little finger's **tip***

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

E. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and
RELAXING into its Release

{ *Sati Passaddhi in Pali, Mahamudra or Mahasandhi in Sanskrit, and
Trekchö_d in Tibetan Dzogchen* }



The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Watching the Play of Mind

Observant inhalation: *Notice this...* {This...

Relaxing exhalation: *relaxing!* yes!} one set of sixteen breaths

*slide left thumb over tip of left little finger until it comes to rest upon the **higher knuckle**
count the four breaths upon the right: little, ring, middle, and index finger's:
lower, middle, and higher sets of creases, as well as their tips.*

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

IV. The Four Primal Dualities:

*also known as the Eight Failings of the World
or Lo-ka-vi-pat-ti if you prefer Pali*



The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

A. CIRCUMSTANCE: the Fourth Base of Mindfulness



The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

1. Loss

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text**a. Compassionately Soothing Loss**

for all { Circumstances or Phenomena } { *Dhamma in Pali* }
of the Four Bases of Mindfulness { *Sa-ti-pat-tha-na in Pali* }
Compassion { *Ka-ru-na in Pali* } and Letting-go { *Pas-sad-dhi in Pali* }

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

One Quarter

IN-breath:

Soothe loss for...

OUT-breath:

one quarter!

one set of four breaths

*touch tip of left thumb to left little finger's **lower** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Two Quarters

IN-breath: *Soothe loss for...*

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Three Quarters

IN-breath:

Soothe loss for...

OUT-breath:

three quarters!

one set of four breaths

*touch tip of left thumb to left little finger's **lower** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

All Quarters

IN-breath:

Soothe loss for...

OUT-breath:

all quarters!

one set of four breaths

*touch tip of left thumb to left little finger's **lower** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

b. Wisely Releasing Loss

through the Lens of the Three Marks of Existence

{*Ti-lak-kha-na in Pali*}

Right View {*Sam-ma Dit-thi in Pali*} and Letting-go {*Pas-sad-dhi in Pali*}

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

1. The Stress of Shoving Loss away

{or *Duk-kha* in Pali}

IN-breath:

How hate loss?

OUT-breath:

relaxing!

one set of four breaths

*touch tip of left thumb to left little finger's **middle** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

2. The Impermanence of Loss

{or *A-nic-ca* in Pali}

IN-breath:

How could loss...

OUT-breath:

*always **change**?*

one set of four breaths

*touch tip of left thumb to left little finger's **middle** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

3. Disrupting our Habit of Defining ourselves by Loss

{ or A-nat-ta in Pali }

IN-breath:

How could loss...

OUT-breath:

NOT be “me”?

one set of four breaths

*touch tip of left thumb to left little finger's **middle** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text4. Merely Noticing Danger and Simply **Letting-go***{or Sat-ti Pas-sad-dhi in Pali}**IN-breath:**Notice loss...**OUT-breath:****relaxing!****one set of four breaths**touch tip of left thumb to left little finger's **middle** set of creases**count the four breaths upon the right **index** finger's:**lower, middle, and higher sets of creases, as well as its tip.*

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

c. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and
RELAXING into its Release

{ *Sati Passaddhi in Pali, Mahamudra or Mahasandhi in Sanskrit, and
Trekchö_d in Tibetan Dzogchen* }



The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Watching the Play of Mind

Observant inhalation: *Notice this...* {This...

Relaxing exhalation: *relaxing!* yes!} one set of sixteen breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

2. Gain

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text**a. Lovingly Giving Gain**

for all { Circumstance or Phenomena } { *Dhamma in Pali* }
of the Four Bases of Mindfulness { *Sa-ti-pat-tha-na in Pali* }
Wishing-love { *Met-ta in Pali* } and Letting-go { *Pas-sad-dhi in Pali* }

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

One Quarter

IN-breath:

Great gain for...

OUT-breath:

one quarter!

one set of four breaths

*touch tip of left thumb to left ring finger's **lower** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Two Quarters

IN-breath:

Great gain for...

OUT-breath:

two quarters!

one set of four breaths

*touch tip of left thumb to left ring finger's **lower** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Three Quarters

IN-breath:

Great gain for...

OUT-breath:

three quarters!

one set of four breaths

*touch tip of left thumb to left ring finger's **lower** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

All Quarters

IN-breath:

Great gain for...

OUT-breath:

all quarters!

one set of four breaths

*touch tip of left thumb to left ring finger's **lower** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

b. Wisely Releasing Gain

through the Lens of the Three Marks of Existence

{*Ti-lak-kha-na in Pali*}

Right View {*Sam-ma Dit-thi in Pali*} and Letting-go {*Pas-sad-dhi in Pali*}

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

1. The Stress of Reaching for Gain

{or *Duk-kha* in Pali}

IN-breath:

How crave gain?

OUT-breath:

Relaxing!

one set of four breaths

*touch tip of left thumb to left ring finger's **middle** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

2. The Impermanence of Gain

{ *or A-nic-ca in Pali* }

IN-breath:

How could gain...

OUT-breath:

always change?

one set of four breaths

*touch tip of left thumb to left ring finger's **middle** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

3. Disrupting our Habit of Defining ourselves by Gain { or *A-nat-ta* in Pali }

IN-breath:

How could gain...

OUT-breath:

NOT be “me”?

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

4. Merely Noticing Gain and Simply **Letting-go**

{or Sat-ti Pas-sad-dhi in Pali}

IN-breath:

Notice gain...

OUT-breath:

relaxing!

one set of four breaths

*touch tip of left thumb to left ring finger's **middle** set of creases*

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

c. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and
RELAXING into its Release

{ *Sati Passaddhi in Pali, Mahamudra or Mahasandhi in Sanskrit, and
Trekchö_d in Tibetan Dzogchen* }



The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Watching the Play of Mind

Observant inhalation: *Notice this...* {This...

Relaxing exhalation: *relaxing!* yes!} one set of sixteen breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

3. Lot

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

a. Wisely Releasing our Circumstances

{or **Lot** in Life }

through the Lens of the Three Marks of Existence

{*Ti-lak-kha-na in Pali*}

Right View {*Sam-ma Dit-thi in Pali*} and Letting-go {*Pas-sad-dhi in Pali*}

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

1. The Stress of Grasping at our **Lot-in-Life**
{or *Duk-kha* in Pali}

IN-breath:

How grasp lot?

OUT-breath:

Relaxing!

one set of four breaths

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

2. The Impermanence of our **Lot-in-Life**

{ *or A-nic-ca in Pali* }

IN-breath:

How could lot...

OUT-breath:

always change?

one set of four breaths

*touch tip of left thumb to left little finger's **tip***

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

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

IN-breath: *How could lot...*

OUT-breath: *NOT be “me”?* *one set of four breaths*

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

IN-breath: *Notice lot...*

OUT-breath: *relaxing!*

one set of four breaths

*touch tip of left thumb to left little finger's **tip***

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

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

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

b. Spontaneous Awareness Meditation

through WATCHING the Play of Mind and
RELAXING into its Release

{ *Sati Passaddhi in Pali, Mahamudra or Mahasandhi in Sanskrit, and
Trekchö_d in Tibetan Dzogchen* }



IN-breath: *Notice this...*

OUT-breath:

relaxing!

one set of sixteen breaths

*touch tip of left thumb to left ring finger's **tip***

*count the four breaths upon the right: little, ring, middle, and index finger's:
lower, middle, and higher sets of creases, as well as their tips.*

VII. Appendix

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

A. Youngling Training

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

1. Parable of the Movie Concessions

It was 1971 and I was in first, or second grade.
A class mate's mother had taken many of us
to see "Willy Wonka and the Chocolate Factory"
for his birthday.

My family did not often go to movies
so this was very exciting for me.

Timid, and uncertain, and polite,
I did what I was told,
and gratefully accepted what I was offered.

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

I was offered hot buttered popcorn
and what seemed like a huge vessel
of Dr. Pepper,
a soda I had heretofore never tasted.

So there I sat,
in the darkened theater,
with my class mates
and several hundred strangers;

eating my popcorn,
and sipping my Dr. Pepper,
and all the while enjoying the movie,
which I still remember, to this day.

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Upon first consideration
one could understandably assume
that the movie could distract me...

from my snacking and sipping
and thus undermine
my enjoyment of them.

But I experienced the opposite
to be true:
that the movie enhanced my enjoyment
of the popcorn and the soda...

and the popcorn and the soda
enhanced my enjoyment
of the movie.

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

And this could be very much
like our practice of meditation...

where during our inhalation
we silently, and mentally recite,
“Notice this...”

and during our exhalation
we silently, and mentally recite,
“relaxing!”...

while actually physically relaxing
as best we can.

For just as I was able to observe the movie
while snacking and sipping
we can notice our mind
while noticing and relaxing.

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

We could notice sensations,
and flavors, and scents,
and sounds, and sights...

as well as our emotions,
and intentions, and reasonings,
and recollections, and imaginings.

And we could notice
all those things
passively and non-conceptually.

And as we physically relax
into each exhalation,
*for that is what our bodies
have evolved to do,*

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

all that we noticed as we breathed in
could feel a little less graspable
and a little easier to mentally release
as we relax into our out breath.

And just as the snacking
and the sipping
did not undermine

my enjoyment
of the movie
but rather enhanced it...

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

likewise our silent and mental
recitations of “*Notice this...*” and “*relaxing!*”
in harmony with our breathing...

does not undermine our ability
to watch the play of mind
or relax into its non-graspable nature
but rather facilitates it.

More than two millennia ago
a Jewish carpenter
is said to have explained

that man was not made
for the Sabbath,
but Sabbath for man.

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Likewise, I tell you
that we do not sit in meditation
that we might more efficiently
recite “*Notice this...*” and “*relaxing!*”

but rather
that we silently and mentally recite
“*Notice this...*” and “*relaxing!*”
that we might more efficiently meditate

so that our passive and non-conceptual
observation of the play of mind

and our physical, and visceral,
and mental relaxation
into its non-graspable nature....

might be more easy,
and effective, and transformative.

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Recall Darth Bane's rule of two,
wherein there must be a master
to have power,
and a student to crave it.

This is a form of elitism
and manipulation.

And over the millennia
many so-called spiritual teachers
have used cryptic meditation
instructions, and techniques...

to reinforce a rule-of-two-like
elitism and coercion.

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Some deliberately chose
obfuscation and coercion
because they embraced elitism
and power, and prestige...

others chose the same obfuscation and coercion
because they lacked the mental acuity
to know better.

But I am here to tell you
that something does NOT
have to be difficult
to be effective.

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

I'm telling you the opposite.
I'm telling you that
something must be easy
and intuitive....

if it is to be sustainable,
no less profound.

But do not take
my word for it;
put it to the test.

Play with these techniques
every morning and every evening
that you,
like Rey Skywalker...

might meditate
like a Jedi.

2. Parable of the Movie Patron

Let us revisit our friend the movie patron.
He has purchased his ticket, and his snack, and his beverage,
and has taken his seat in the air conditioned comfort
of the movie theater.

After a handful of trailers,
how many?
Just enough to make him forget
what movie he came to see.

And after those trailers
the movie begins.

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

And whether it is adventure, or horror,
or comedy, or drama
our friend the patron sits back and enjoys the ride
as he knows he has little other choice.

For he does not confuse himself
with the screenwriter, nor editor, nor director, nor producer
and knows completely

that what occurs upon the screen
is utterly out of his control.

So he nibbles his snack
and sips his beverage
and enjoys the show.

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Likewise, when the wise sit down,
cross-legged to meditate
upon: earth, or floor, or blanket, or cushion

they know it is NOT their job to select
the sensations, or flavors, or scents, or sounds, or sights,
or emotions, or intentions, or reasonings, or recollections, or imaginings
that cartwheel across the metaphoric stage of their mind.

What then is their job?
To notice: vulnerable, and passive,
without bothering to analyze or label
and to physically relax that they might mentally let go.

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

And to do all this
in harmony with the tightening tendencies of each inhalation
and with the relaxing propensities of each exhalation.

For, in our very good fortune,
that is how evolutionary biology
selected for our bodies and minds to best operate.

And if we put this advice into action,
every morning and every evening,
then we could very much be like a child, with a video game:
difficult, and frustrating, and seemingly impossible to prevail against;

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

who at long last receives the manufacturer's cheat-codes
and is at last able to transform
their time spent with the video game
from an ordeal, into a delight.

3. Karezza Tantra's ROMANTIC Panacea



One can not gaze at an image of Dröl-ma Mar-mo Yab Yum without noticing that she is sporting in Tantric union.

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Just as the Baskin Robins franchise of ice cream parlors
claims to offer thirty-one flavors
likewise there many varieties of sexual tantra.

As with all things, there are also patriarchal as well as matriarchal takes
on what the Buddhist Tantrikas refer to as Karma Mudra in Sanskrit,
or Yab Yum if you prefer Tibetan.

In the book “*Cupid's Poisoned Arrow*”
the author Marnia Robinson does an outstanding job
explaining the flavor of sexual tantra that could be described as:
matriarchal, or valley, or yin, or bonding , or oxytocin-oriented;

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

she explains this through the lenses of anthropology, and genetics, and neuroscience, and trenchant pragmatism.

Oh how I wish that her text was required reading
in every junior high school Sexual Education class
for the way we choose to make love or masturbate,
and our choices in pornography, and erotica, and even fantasy

have a profound effect upon each of our midbrain's
dopamine pathways, and oxytocin pathways,
and our mental health, and our physical health,
all our relationships,
as well as our educational and vocational well-being.

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

The endocrino-neurological, and emotional, and intellectual, and romantic, and social, and educational, and vocational, and developmental healing made available

by the subtle and often G-rated techniques of Karezza tantra are a virtual panacea.

Purchase this book from Amazon dot com tonight either as a paper back or read it through the FREE kindle app on the digital devise of our choosing.

Read it with your partner aloud before bed. Apply its teachings, for no less then twenty-eight consecutive days, and watch your life change.

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

FULL DISCLOSURE: neither the Buddha Joy Mediation School
nor Meditate Like a Jedi
make NO money from your purchase
of Marnia Robinson's "*Cupid's Poisoned Arrow*."

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

D. Addendum

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

Week	Rumination	Supplementation	Meditation
		Youngling Training	
First	Homework	Parable of the Movie Concession	Compassionately Soothing Loss, Wisely Releasing Loss, Spontaneous Awareness Med.
Second	Eleven Benefits of Loving Kindness	Parable of the Movie Patron	Lovingly Bestowing Gain, Wisely Releasing Gain, Spontaneous Awareness Meditation
Third	Anapanasati Sutta	ROMANTIC Panacea	Wisely Releasing Circumstance Spontaneous Awareness Meditation
Fourth	Class Etiquette	Panic Attack	
Fifth	What Was the Buddha?	Lethargy	Compassionately Soothing Illness and Wisely Releasing Illness
Sixth	Why do we Meditate?	PHYSICAL Panacea	Lovingly Wishing Health and Wisely Releasing Health
Seventh	In Buddhism what is the “Unborn”?	Two Paths	Releasing Body and Meditation's Spontaneous Release
Eighth	Why use the article “THE buddha”?	Essence of the Four Vows	Compassionately Soothing Scorn and Wisely Releasing Scorn
		Padawan Training	
Ninth	The Fall of Emperor Palpatine	Good Night and Wake-up Channels	Lovingly Wishing Love and Wisely Releasing Love
Tenth	Metaphorically Playing Victim	Walking Meditation	Releasing Feelings and Meditation's Spontaneous Release
Eleventh	If we are short of temper what it NOT our friend?	Gazing Meditation	Compassionately Soothing Shame and Wisely Releasing Shame
Twelfth	When Religion Opposes Science	Four Levels	Lovingly Wishing Fame and Wisely Releasing Fame
		Jedi Knight Training	
Thirteenth	Fear in the Time of Covid 19	PATH of Mastery	Releasing Mind and Meditation's Spontaneous Release
Fourteenth	Master Windu's Glare	MEANS of Mastery	Generic: Wishing Good fortune and Health
Fifteenth	Count Dooku's Taunts	NOT a Sprint BUT a Stroll	Generic: Wishing Love and Wisdom
Sixteenth	Making Wise Decisions	Final Q and A	Buddhist Sexual Tantra

The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

**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



The Buddha's Forgotten Yogas of Love and Letting-go – 3rd Lesson Text

May love and insight
drive our veganism.

The love that yearns to minimize
our participation
in the exploitation of others;

and the insight the seeks
sustainability,
both ecological and medical.

MEDITATE LIKE
A JEDI