

Chenrezik's Clear Light

# Chenrezik's Clear Light

*by Terton Lama: Jigme Gyatso; Rime Manipa Rinpoche*

*4aug21a*



# I. Opening Material

## *A. Acknowledgments*

*This sadhana or practice text and its commentary was inspired by:*

*The termas or psychic instructions I received from:  
Avalokiteshvara, Arya Tare, and Padmasambhava,*

*the oral instructions of Bhakha Tulku Rinpoche, Chogyal Namkhai Norbu,  
Lama Chodrak Gyatso, and Lama Olé*

*meditation manuals composed by Gautama Siddhartha: the Buddha*  
*“Maha Satipatthana Sutta— the Greater Discourse upon the Four Bases of Mindfulness*  
*translated by Maurice Walshe,*

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***“Satipatthana Sutta – the Discourse upon the Four Bases of Mindfulness”***  
*translated by Bhikkhu Nanamoli*

***“Anapanasati Sutta – the Discourse of Mindfulness with Breathing”***  
*also translated by Bhikkhu Nanamoli*

*a meditation manual composed by Ven. Dr. Madawela Punnaji Maha Thera*  
***“Ariymagga Bhavana – the Sublime Eightfold Way”***

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*one of the last meditation manuals composed by  
Dza Patrul Rinpoche, Jigme Chökyi Wangpo  
“**The Heart Treasure of the Enlightened Ones**  
**the Practice of View, Meditation, and Action;**  
**a discourse Virtuous in the Beginning, Middle, and End**”  
and the explanation thereof given by Dilgo Khyentse Rinpoche  
translated by the Padmakara Translation Group,*

*a meditation manual composed by Karma Chagme Rinpoche  
“**The Quintessence of Spiritual Practice,**  
**the Direct Instructions of the Great Compassionate One**”  
translated by Eric Pema Kunsang*

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*a sadhana by Thangtong Gyalpo*

**“All Pervading Benefit of Beings**

*The Recitation and Meditation of the Great Compassionate One”*

*translated by Tyler Dewer*

*a meditation manual composed by Bokar Rinpoche*

**“Chenrezig: Lord of Love,**

**the Principles and Methods of Deity Meditation”**

*translated by Christiane Buchet*

*a sadhana compiled from traditional sources*

**“Praises and Requests of the Twenty-one Taras”**

*translated by Ani: Thubten Chodron*

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*a meditation manual composed by Atisha – Shrijana Dipamkara*

**“Sadhana of the Venerable Tara:**

**Tara Battarika Sadhana”**

*translated by Martin Willson*

*a sadhana composed by His Holiness Dudjom Rinpoche, Jigdral Yeshe Dorje*

**“The Daily Recitation of the Revered Noble Tara”**

*translated by the Vimala staff*

*a meditation manual composed by Lama Palden Drolma*

**“Love on Every Breath:**

**Tonglen Meditation for Transforming Pain into Joy”**

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*a meditation manual composed by Lama Kazi Dawa Samdup*

**“Tibetan Yoga; and Secret Doctrines”**

*translated by Lama Kazi Dawa Samdup and edited by W. Y. Evans-Wentz*

*a meditation manual composed by Gyalwa Wensapa*

**“A Source of Every Realization:**

**Handprints of the Profound Path of the Six Yogas of Naropa”**

*translated by Glenn H. Mullin*

*a sadhana composed by Dudjom Rinpoche Jigdral Yeshe Dorje*

**“The prayer of Calling (the Lama) from Afar**

**A Spontaneous Son of the Original Nature”**

*translated by Yeshe Melong*



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*a commentary composed by His Eminence Chagdud Tulku*

**“Ngöndro Commentary:**

**Instructions for the Concise Preliminary Practices of the New Treasure of Dudjom”**

*Compiled by Jane Tromge*

*a sadhana composed by Dudjom Lingpa Rinpoche*

**“Dudjom Tersar Ngöndro”**

*translated under the direction of His Eminence Chagdud Tulku*

*and a meditation manual composed by Lama Surya Das*

**“Natural Radiance: Awakening to your Great Perfection”**

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## *C. Heart Treasure Syllabus*

Lesson	Volume	Chapters	Lesson	Volume	Chapters
1 <sup>st</sup>	A-na-pa-na-sa-ti	Sut-ta	9 <sup>th</sup>	8 <sup>th</sup> of 14	43 <sup>rd</sup> – 48 <sup>th</sup>
2 <sup>nd</sup>	1 <sup>st</sup> of 14	1 <sup>st</sup> – 6 <sup>th</sup>	10 <sup>th</sup>	9 <sup>th</sup> of 14	49 <sup>th</sup> – 54 <sup>th</sup>
3 <sup>rd</sup>	2 <sup>nd</sup> of 14	7 <sup>th</sup> – 12 <sup>th</sup>	11 <sup>th</sup>	10 <sup>th</sup> of 14	55 <sup>th</sup> – 60 <sup>th</sup>
4 <sup>th</sup>	3 <sup>rd</sup> of 14	13 <sup>th</sup> – 18 <sup>th</sup>	12 <sup>th</sup>	11 <sup>th</sup> of 14	61 <sup>st</sup> – 66 <sup>th</sup>
5 <sup>th</sup>	4 <sup>th</sup> of 14	19 <sup>th</sup> – 24 <sup>th</sup>	13 <sup>th</sup>	12 <sup>th</sup> of 14	67 <sup>th</sup> – 72 <sup>nd</sup>
6 <sup>th</sup>	5 <sup>th</sup> of 14	25 <sup>th</sup> – 30 <sup>th</sup>	14 <sup>th</sup>	13 <sup>th</sup> of 14	73 <sup>rd</sup> – 78 <sup>th</sup>
7 <sup>th</sup>	6 <sup>th</sup> of 14	31 <sup>st</sup> – 36 <sup>th</sup>	15 <sup>th</sup>	14 <sup>th</sup> of 14	79 <sup>th</sup> – 83 <sup>rd</sup>
8 <sup>th</sup>	7 <sup>th</sup> of 14	37 <sup>th</sup> – 42 <sup>nd</sup>			

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## II. Opening Recitation

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## A. The Four Thoughts

*of stress, interdependence, impermanence, and our precious opportunity*

Dréad and desire exacerbate all stress,  
independence is but an illú<sup>u</sup>sion,  
thére is nothing permanent to grasp;  
so let's **make the most** of our precioús lives!



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## B. Refuge and Bodhichitta



## Chenrezik's Clear Light



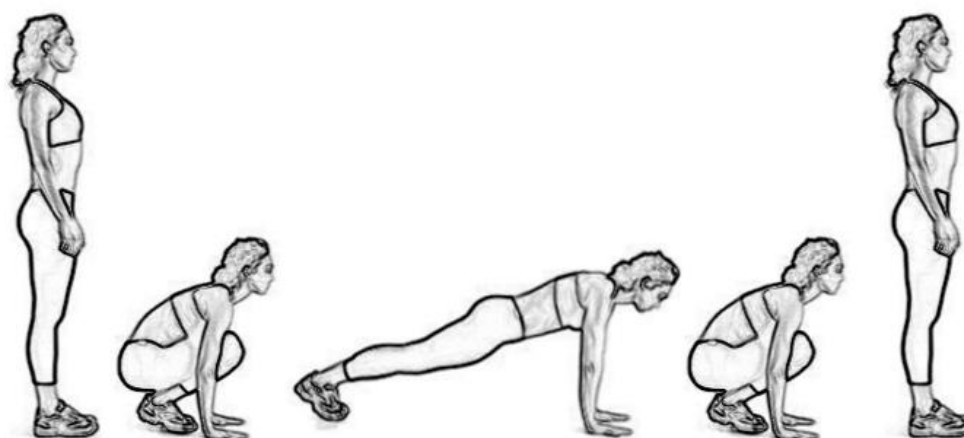
Éternally I rely upon the Buddha's:  
example, teachings, and students  
as well as practice Chen-re-zik  
for the benefit of all.

*3 repetitions*

# Chenrezik's Clear Light *Karmic Calisthenics*



or



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## III. Death-like Sleep

*impermanence, interdependence, non-graspability, mindfulness, and meditation*  
*Naropa's Fourth Yoga – the Bardo Yoga of the Three Bringings – Death*



Katrina Spade, founder and CEO of Recompose, the "natural organic reduction" project, before the official launch event at the company's newly found space for its funeral home, in Seattle's Sodo area.  
The planned opening is spring 2021. (Ken Lambert/Seattle Times/TNS)

## A. Literal Contemplation

Déath is certain but its timing is NOT,  
however frequent contemplation  
could dampen the dread of its arrival.

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Whether dying or falling asleep  
as our sense awareness coalesces  
within our central channel, at our heart,  
it could feel like all things  
are dissolving into us  
like the petals of a flower closing at dusk.

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# B. Figurative Contemplation

of the Dance of Impermanence, Interdependence, and Non-graspability



## Chenrezik's Clear Light

Áll worlds and their beings  
blissfully **melt** into light  
and dissolve into me.

*impermanence*

*interdependence*

Í too **melt** into light  
and dissolve  
into a vast, empty, void.

*impermanence*

*interdependence*

*NON-graspability*



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## C. Relaxing into the Nature of Mind



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## *The Mahamudra of **Awareness** and **Letting-go***

*also known as Spontaneous Mindfulness and **Releasing** Meditation  
and Trekchö's Slice through Dread and Desire  
harness the energy latent within CONFUSION and CLINGING*

*Observant inhalation: Notice this...*

***Relaxing** exhalation: **relaxing!***

*FIRST three sets of sixteen breaths  
count sets upon left **little** finger's lower, middle, and higher creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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*Observant inhalation:* ***Notice this...***

***Relaxing** exhalation:* ***relaxing!***

*SECOND three sets of sixteen breaths  
count sets upon left **ring** finger's lower, middle, and higher creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

## Chenrezik's Clear Light

*Observant inhalation:* ***Notice this...***

***Relaxing** exhalation:* ***relaxing!***

*THIRD three sets of sixteen breaths  
count sets upon left **middle** finger's lower, middle, and higher creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

## Chenrezik's Clear Light

*Observant inhalation:* ***Notice this...***

***Relaxing** exhalation:* ***relaxing!***

*FOURTH three sets of sixteen breaths  
count sets upon left **index** finger's lower, middle, and higher creases  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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# IV. Bardo-like Dreams

*In-between Death & Rebirth*

*Naropa's Fourth Yoga – the Three Bringings – Bardo*



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## A. Chant

Dévoted, as I am,  
to love, letting-go,  
mindfulness, meditátion

ás well as A-va-lo-ki-te-shva-ra's  
metaphors and mántra

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áfter falling into the swoon of death  
it could come as little súrprise  
tó awaken in the dream-like state  
in between death and rébirth



## Chenrezik's Clear Light

ás but a mind  
in the aspect of A-va-lo-ki-te-shva-ra's  
mustard seed sized syllablé Hri.

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## B. Centering and Mindfulness



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## *The Mahamudra of **Bliss** and **Letting-go***

*also known as Tikle's Heart-oriented Centering and Meditation*

*harness the energy latent within CRAVING*

*Naropa's Third Yoga – Clear Light*

*Observant inhalation:* **Heart-mind Hri...**

***Relaxing** exhalation:* **relaxing!**

*Four sets of sixteen breaths  
count sets upon left **little** finger's lower, middle, and higher creases as well as tip  
count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:  
lower, middle, and higher sets of creases, as well as its tip.*

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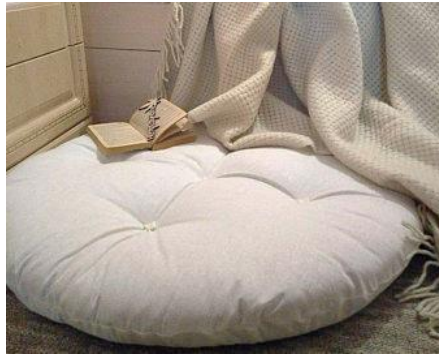
# V. Rebirth-like Waking

Naropa's Fourth Yoga – the Three Bringings – Bardo Yoga



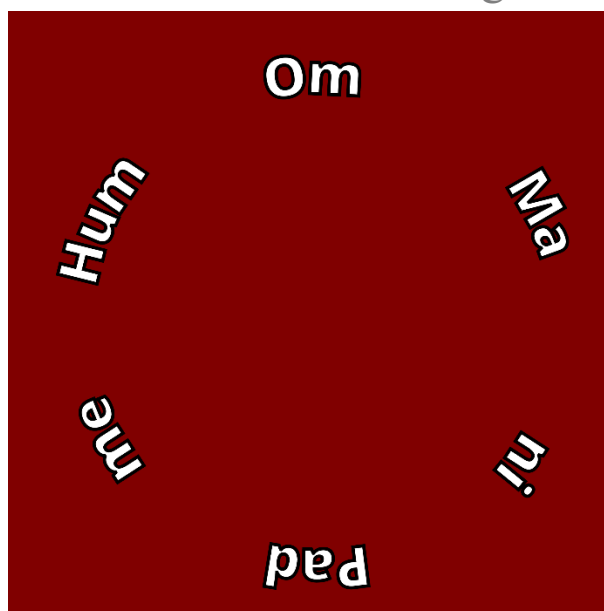
Chenrezik's Clear Light

## A. Chant



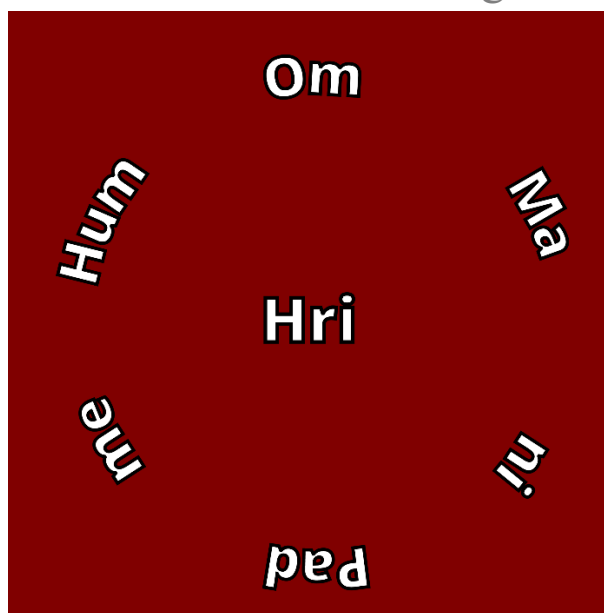
Séeing the womb of my next mother  
in the aspect of a circular cushion  
as white as the fúll moon

## Chenrezik's Clear Light



and encircled by the six syllables  
of Chen-re-zik's mantra rosary  
I could enter there and rest in bliss ás Hri.

## Chenrezik's Clear Light



this mantra rosary could emit rainbow rays  
blessing each beings'  
mind, relationships, body, and circumstance.

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## B. The Mahamudra of **Love** and **Letting-go**

*also known as Tokal's Leap-over Cold-heartedness*

*ideal for tantra's practice of Sex Magick*

*harness the energy latent within HATE the first mental poison*

*Naropa's Sixth Yoga of Karma Mudra and Jhana Mudra*





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# 1. CONSCIOUSNESS

the First of four bases of mindfulness

Hri

Chenrezik's Clear Light

Hri

*Observant inhalation:*    *Seed **Hri** wise...*

***Relaxing** exhalation:*    *for each mind!*

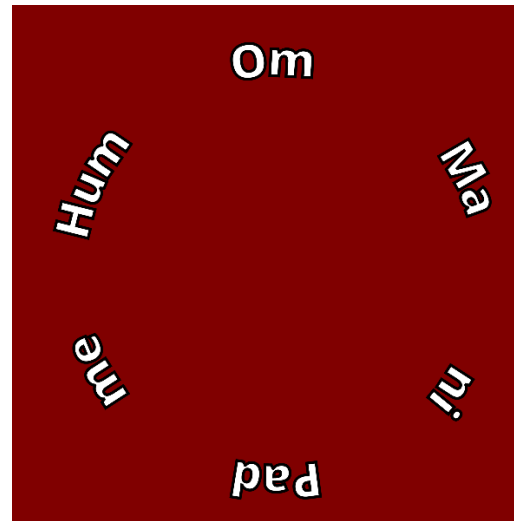
*one set of sixteen breaths*

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

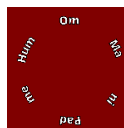
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## 2. COMMUNICATION

the Second of four bases of mindfulness



## Chenrezik's Clear Light



*Observant inhalation:* ***Mantra love...***

***Relaxing** exhalation:* ***for all speech!***

*one set of sixteen breaths*

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

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### 3. CORPUS – body

the Third of four bases of mindfulness



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*Observant inhalation:*    *Kind Eyes' health...*

***Relaxing** exhalation:*    *for each form!*

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

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## 4. CIRCUMSTANCE

the Fourth of four bases of mindfulness



## Chenrezik's Clear Light



*Observant inhalation:* ***Pure land boon...***

***Relaxing** exhalation:* ***for each lot!***

*one set of sixteen breaths*

*slide tip of left thumb up its ring finger, to its **tip***

*count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:*

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



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## C. Creation

Naropa's Second Yoga of Hollow body and  
Fourth Yoga of the Three Bringings – Rebirth, Creation



## Chenrezik's Clear Light



Réborn into an ideal environment:  
instantly childhood is behind us,  
**éach** being is in the aspect of Chen-re-zik  
in the prime of his youth.

## Chenrezik's Clear Light

Cómprired of **non-graspable** light,  
handsome of face ánd form,



## Chenrezik's Clear Light



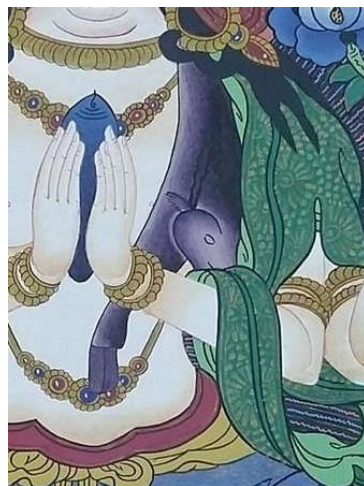
éach sit with legs in the Vajra posture  
demonstrating the transcendence  
of hating Sam-sa-ra & craving Nir-vá-na.

## Chenrezik's Clear Light



Each right middle finger's mala  
and each left middle finger's lotus  
are reminiscent of the Ma-ha-mu-dra  
of awareness and letting-go.

## Chenrezik's Clear Light



Éach imaginary pelt  
draped over every left shóulder  
ís reminiscent of the Ma-ha-mu-dra  
of bliss and lettíng-go.



## Chenrezik's Clear Light



Each set of inner hands holding wish a fulfilling jewel at heart level is reminiscent of the Ma-ha-mu-dra of love and letting-go.

## Chenrezik's Clear Light



Thése five garments of skirt, belt, shawl, scarf, and crown tie are worn in remémbrance



## Chenrezik's Clear Light



óf: the noticing, relaxing, and releasing that transform the five mental poisons into the five liberating wísdoms.

## Chenrezik's Clear Light



The six ornaments of anklets, bracelets, armlets, triple necklace, earrings and half-moon crown are worn

## Chenrezik's Clear Light

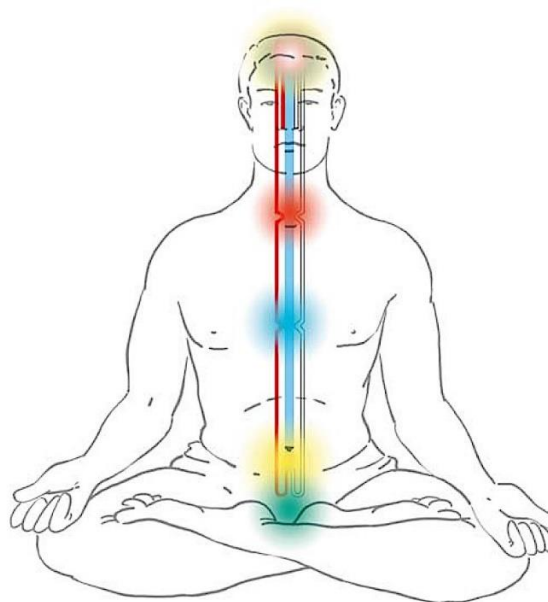


in remembrance of generosity,  
non-violence, patience, zeal,  
mindfulness, and **letting**-go.

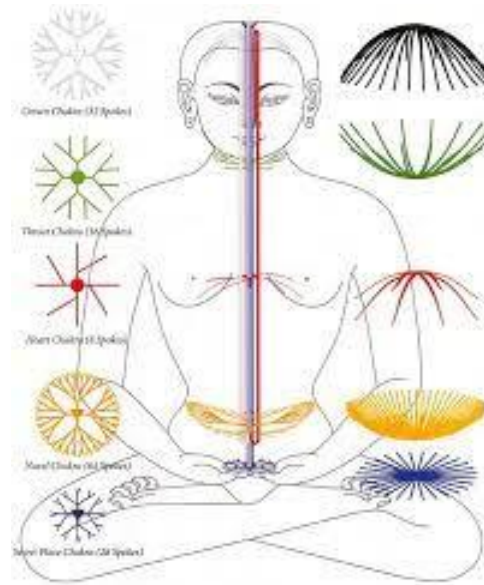
Chenrezik's Clear Light

## D. Completion

Naropa's First Yoga of the Inner Channel

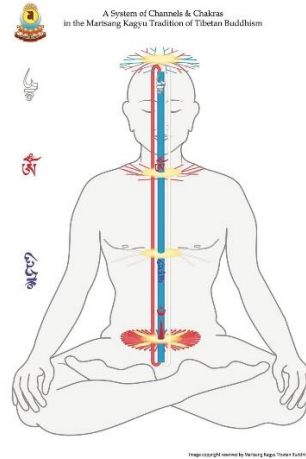


## Chenrezik's Clear Light



Fróm the secret wheel  
four finger widths below each navel  
the central channel the width of a péncil

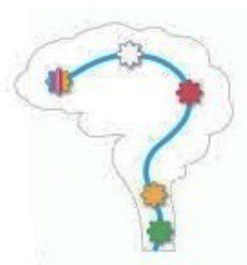
## Chenrezik's Clear Light



áscends through  
the navel, heart, and throat wheels  
(each horizontal  
and the size of a thúmb nail)

## Chenrezik's Clear Light

enters each skull  
and curves forward like a cane  
brushing the fontanel at each crown



and terminating at the point  
between and above each set of eyes.

Chenrezik's Clear Light

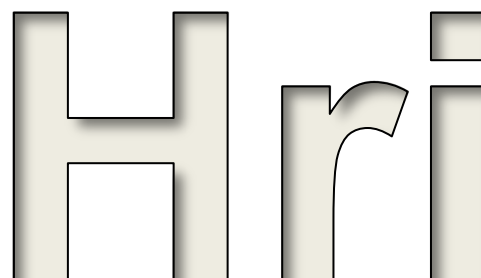
*Naropa's Third Yoga of Clear Light*

Át each heart wheel  
within the central channel  
hovers mind (aware and acquiéscent)

Hri



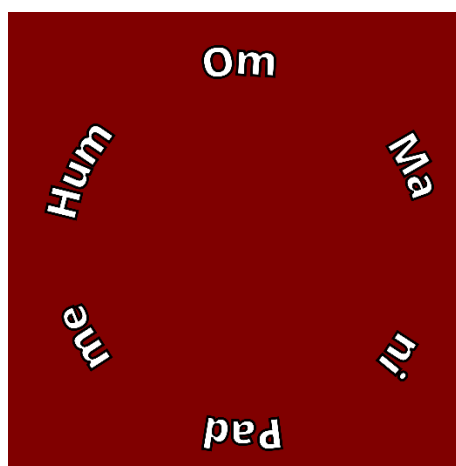
## Chenrezik's Clear Light

The image shows the Tibetan syllable 'Hri' in a stylized, three-dimensional font. The letters are light beige with a subtle gradient and a thin black outline. The 'H' is composed of two vertical bars connected by a horizontal bar. The 'ri' consists of a 'r' with a curved tail and a 'i' with a small dot above it.

ín the aspect of a tiny, white,  
mustard seed sized syllable Hri;  
upright and comprised only óf light.

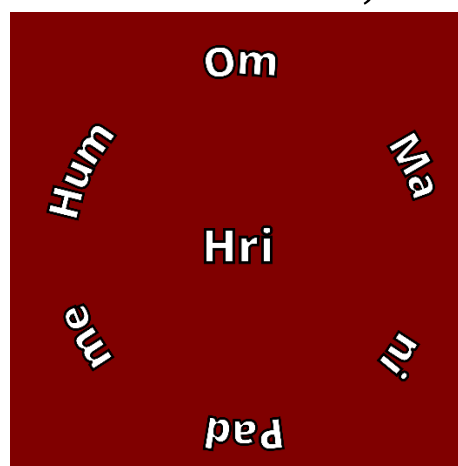
## Chenrezik's Clear Light

Also upright,  
speech (spontaneously loving)  
in the aspect

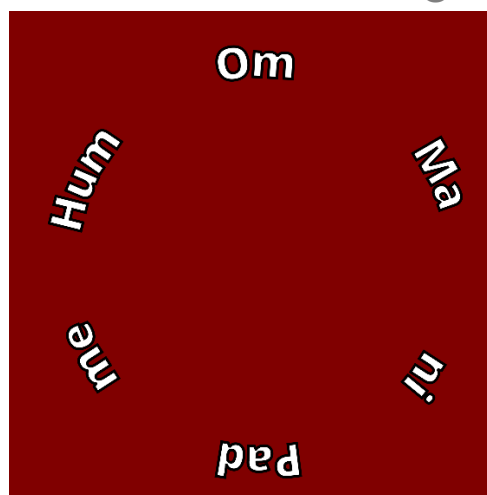


## Chenrezik's Clear Light

óf the six syllables  
of the mantra rosary  
encircle each heart wheel;



## Chenrezik's Clear Light



fróm which rainbow rays emit, revealing the effects of relaxing form and releasing mind úpon the perception of each beings' mind, relationships, body, and circúmstance.

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## VI. Vajrayana & Tokal Silent Contemplation

Naropa's Second Yoga of Hollow Body, Fourth Yoga of Three Bringings – Rebirth,  
and Sixth Yoga of Karma Mudra and Jhana Mudra



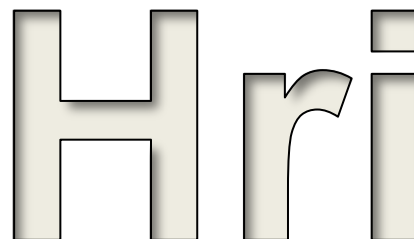
Chenrezik's Clear Light

## A. CONSCIOUSNESS

the First of four bases of mindfulness

Hri

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*Observant inhalation:* ***How minds clear yet...***

***Relaxing** exhalation:* ***void like seed Hri?***

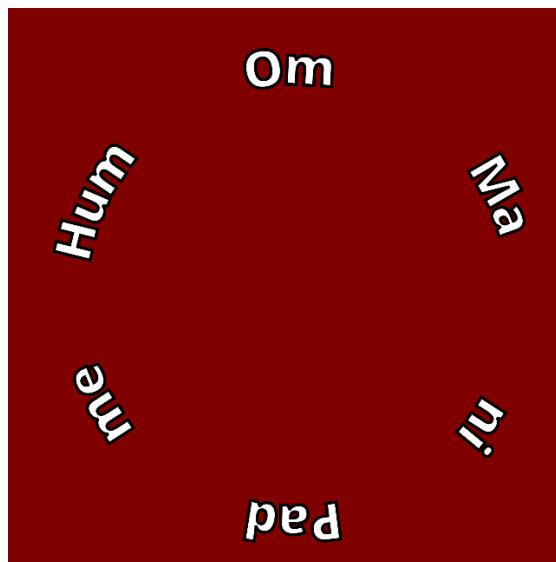
*one set of sixteen breaths*

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

Chenrezik's Clear Light

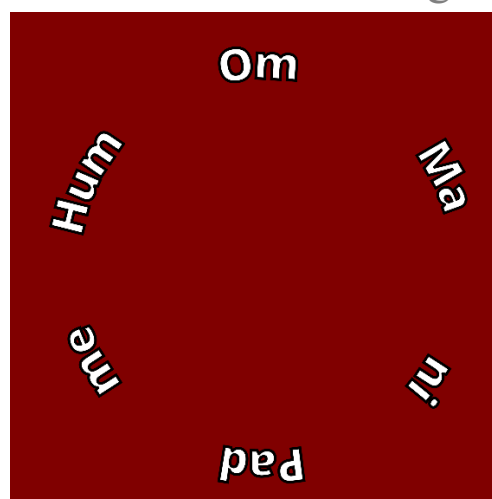
## B. COMMUNICATION

the Second of four bases of mindfulness





## Chenrezik's Clear Light



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

***Relaxing** exhalation:* ***void** like **Man-tra**?*

*one set of sixteen breaths*

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

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# C. CORPUS – body

## the Third of four bases of mindfulness



## Chenrezik's Clear Light



*Observant inhalation:*    *How forms felt yet...*

***Relaxing** exhalation:*    ***void like Kind Eyes?***

*one set of sixteen breaths*

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

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## D. CIRCUMSTANCE

the Fourth of four bases of mindfulness



## Chenrezik's Clear Light



*Observant inhalation:* ***How lots seen yet...***

***Relaxing** exhalation:* ***void like Pure Land?***

*one set of sixteen breaths*

*slide tip of left thumb up its index finger, to its **tip***

*count the sixteen breaths upon the right: **little, ring, middle, and index** finger's:*

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

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## VII. Vajrayana & Togonal Mantra Contemplation

Naropa's Second Yoga of Hollow Body, Fourth Yoga of Three Bringings – Creation, and Sixth Yoga of Karma Mudra and Jhana Mudra





Chenrezik's Clear Light

## A. CIRCUMSTANCE



## Chenrezik's Clear Light

Observant inhalation: *How lots seen yet  
void like pure land?*

*Relaxingly* whisper:

Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum  
 Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum  
 Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum  
 Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum

*Four mantras per breath for FIRST set of four breaths  
 touch tip of left thumb to its index finger, slide down to its **lower** set of creases  
 count the sixteen mantras upon the right: **little, ring, middle, and index** finger's:  
 palm, lower, middle, & higher sets of creases, & tip, nail-flat, higher & middle knuckles.*



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## B. CORPUS – body



## Chenrezik's Clear Light

Observant inhalation: *How forms felt yet  
void like Kind Eyes?*

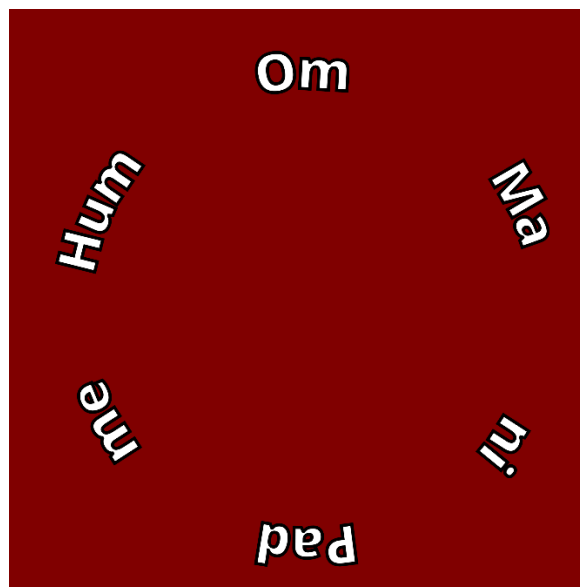
*Relaxingly chant:*

Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum  
 Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum  
 Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum  
 Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum

*Four mantras per breath for SECOND set of four breaths  
 slide tip of left thumb up its index finger to its **middle** set of creases  
 count the sixteen mantras upon the right: **little, ring, middle, and index** finger's:  
 palm, lower, middle, & higher sets of creases, & tip, nail-flat, higher & middle knuckles.*

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## C. COMMUNICATION



## Chenrezik's Clear Light

Observant inhalation: *How speech heard yet  
void like mantra?*

*Relaxingly* whisper:

Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum  
 Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum  
 Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum  
 Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum

*Four mantras per breath for THIRD set of four breaths  
 slide tip of left thumb up its middle finger to its **higher** set of creases  
 count the sixteen mantras upon the right: **little, ring, middle, and index** finger's:  
 palm, lower, middle, & higher sets of creases, & tip, nail-flat, higher & middle knuckles.*

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## D. CONSCIOUSNESS

Hri

## Chenrezik's Clear Light

Observant inhalation: *How minds clear yet  
void like seed **Hri**?*

*Relaxingly* whisper:

Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum  
 Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum  
 Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum  
 Óm Ma-ni Pad-me Hum Om Ma-ni Pad-mé Hum

*Four mantras per breath for FOURTH set of four breaths*

*slide tip of left thumb up its index finger to its **tip***

*count the sixteen mantras upon the right: **little, ring, middle, and index** finger's:  
palm, lower, middle, & higher sets of creases, & tip, nail-flat, higher & middle knuckles.*

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## VIII. Closing Recitation



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# A. Love and Letting-go





## Chenrezik's Clear Light

Máy each lot be fortunate  
yet seen **n** as **non-graspable**  
as Chen-re-zik's pure land óf light.

Máy each form be healthy  
yet feel as **non-graspable**  
as Chen-re-zik's body óf light.

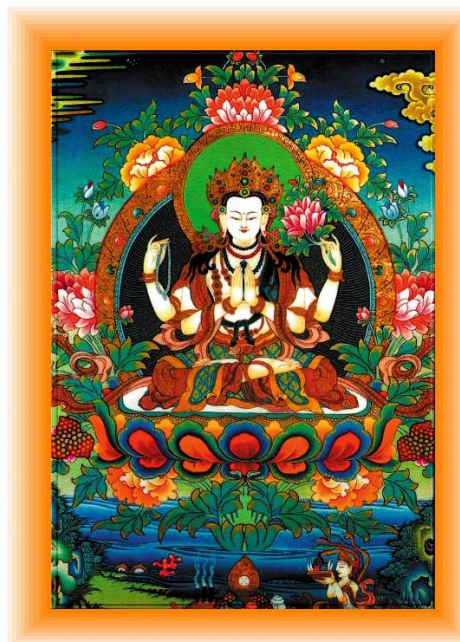
## Chenrezik's Clear Light

Máy all speech be loving and joyful  
yet sound as non-graspable  
as Chen-re-zik's mantra óf light.

Máy each mind be wise and peaceful  
yet seem as non-graspable  
as Chen-re-zik's seed Hri óf light.

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## B. Inner wishes



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Máy each being so master:  
love, letting-go,  
mindfulness, and meditátion  
ás to practice them  
spontaneously, habitually,  
easily and effectívely!

Chenrezik's Clear Light

# C. Future wishes

Naropa's Fifth Yoga of Transference of Consciousness



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**Máy** each being take auspicious rebirth,  
complete the Buddha's path  
and then help all others do **lí**kewise.

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# IX. Appendix

## The Four Collections of Five

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## *A. The Five Aggregates*

### *1. Body*

*Observant inhalation:* ***Notice form...***

***Relaxing** exhalation:* ***relaxing!***

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



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2. Bliss, Stress, or Neither

Observant inhalation: *These feelings...*

*Relaxing* exhalation: ***relaxing!***

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

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### 3. Appraisal

Observant inhalation: *How intense?*

*Relaxing* exhalation: *relaxing!*

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

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4. *Survival Instincts*

*Observant inhalation:*    ***Which impulse?***

*Relaxing exhalation:*    ***Relaxing!***

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

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5. Awareness

*Observant inhalation:*    ***What thinking?***

***Relaxing** exhalation:*    ***Relaxing!***

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

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## *B. The Five Poisons*

*1. Relaxing into the dread that strives to shove  
transforms it into mirror like wisdom*

*Observant inhalation: Notice hate...*

***Relaxing** exhalation: **relaxing!***

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

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2. *Relaxing into the awareness of the desire that strives to pull transforms it into discerning wisdom*

*Observant inhalation:* ***Notice crave...***

*Relaxing exhalation:* ***relaxing!***

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

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3. *Relaxing into the awareness of the befuddlement that fearfully clings transforms it into the wisdom of the basic space of phenomena*

*Observant inhalation:* ***Notice cling...***

*Relaxing exhalation:* ***relaxing!***

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

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*4. Relaxing into the awareness of jealousy  
transforms it into all accomplishing wisdom*

*Observant inhalation:*    ***What envy?***

***Relaxing** exhalation:*    ***Relaxing!***

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



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*5. Relaxing into the awareness of pride  
transforms it into equalizing wisdom*

*Observant inhalation:* ***Notice pride...***

***Relaxing** exhalation:* ***relaxing!***

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

Chenrezik's Clear Light

## *C. The Five Cognitions*

### *1. Emotions*

*Observant inhalation:*    ***What emote?***

***Relaxing** exhalation:*    ***Relaxing!***

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

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### 2. Intention

*Observant inhalation:*    ***What intend?***

***Relaxing** exhalation:*    ***Relaxing!***

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

Chenrezik's Clear Light

3. Cognition

*Observant inhalation:*    ***What thinking?***

***Relaxing** exhalation:*    ***Relaxing?***

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

Chenrezik's Clear Light

4. *Recollection*

*Observant inhalation:*    ***What recall?***

*Relaxing exhalation:*    ***Relaxing!***

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

Chenrezik's Clear Light

5. Imagination

*Observant inhalation:*    ***What imagine?***

***Relaxing** exhalation:*    ***Relaxing!***

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

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## *D. The Five Perceptions*

### *1. Sensations*

*Observant inhalation:*    *Sensations...*

***Relaxing** exhalation:*    ***relaxing!***

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

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### 2. Flavor

*Observant inhalation:*    ***What flavor?***

***Relaxing** exhalation:*    ***Relaxing!***

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



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3. Scent

*Observant inhalation:* ***Notice scents...***

***Relaxing** exhalation:* ***relaxing!***

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

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4. Sound

*Observant inhalation:* ***Notice sounds...***

***Relaxing** exhalation:* ***relaxing!***

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

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5. Sight

*Observant inhalation:* ***Notice sights...***

***Relaxing** exhalation:* ***relaxing!***

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

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