

Patrul Inspired Practice of Chenrezig

Patrul Inspired Practice of Chenrezig

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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,*

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

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

a meditation manual composed by Ven. Dr. Madawela Punnaaji Maha Thera
“Ariyamagga 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*

*a sadhana by Thangtong Gyalpo
“**All Pervading Benefit of Beings**
The Recitation and Meditation of the Great Compassionate One”
translated by Tyler Dewar*

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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

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

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a meditation manual composed by Lama Palden Drolma

“Love on Every Breath:

Tonglen Meditation for Transforming Pain into Joy”

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

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

A. The Common Preliminaries or Lam Rim

Patrul Inspired Practice of Chenrezig
Invocation

Observant inhalation: *How could lama
be kind and wise?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four to Eight mantras per breath for one set of four breaths
touch tip of left thumb to its little finger, slide down to its **lower** set of creases
count the two breaths upon the right: **little, ring, middle, and index** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

Patrul Inspired Practice of Chenrezig
Stress

Observant inhalation: *How could neither getting
nor keeping the **desired**
and enduring the dreaded
be universal?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to its little finger, slide down to its **lower** set of creases
count the two breaths upon the right: **little** and **ring** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

Patrul Inspired Practice of Chenrezig
Interdependence

Observant inhalation: *How could the independence
of causes, conditions,
components, and conceptions;
be only an illusion?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to its little finger, slide down to its **lower** set of creases
count the two breaths upon the right: **little** and **ring** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

Patrul Inspired Practice of Chenrezig
Impermanence

Observant inhalation: *How could one and all
always change
leaving nothing permanent
to grasp?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to its little finger, slide down to its **lower** set of creases
count the two breaths upon the right: **little** and **ring** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

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This Precious Opportunity

Observant inhalation: *What opportunities and freedoms do I currently enjoy and how could I make the most of them?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to its little finger, slide down to its **lower** set of creases
count the two breaths upon the right: **little** and **ring** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

Patrul Inspired Practice of Chenrezig
Supplication

Observant inhalation: *In view of this
how could my mind
turn towards
the Buddha's path?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to its little finger, slide down to its **lower** set of creases
count the two breaths upon the right: **little** and **ring** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

B. The **Un**common Preliminaries or Ngöndro

Patrul Inspired Practice of Chenrezig
Refuge

Observant inhalation: *Why could I rely
upon the Buddha's:
example, instructions,
and students?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to its little finger, slide down to its **lower** set of creases
count the two breaths upon the right: **little** and **ring** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

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Bodhichitta

Observant inhalation: ***May I compassionately master
the PATH of: love, letting-go,
mindfulness, and meditation
TO help all others do likewise.***

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to its little finger, slide down to its **lower** set of creases
count the two breaths upon the right: **little** and **ring** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

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Universal Practice

Observant inhalation: *Through the cause and effect of
my practice of love & letting-go
may each sentient being
of each world, of each galaxy
now practice with me in unison.*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to its little finger, slide down to its **lower** set of creases
count the two breaths upon the right: **little** and **ring** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

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Purification

Observant inhalation: *Regretting the stress I've
caused myself and others, while
in the thrall of **dread** & desire,
I resolve to master the PATH!*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to its little finger, slide down to its **lower** set of creases
count the two breaths upon the right: **little** and **ring** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

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Mandala offering

Observant inhalation: *I offer my wealth, health, love,
and wisdom to the denizens
of Nirvana and Samsara to meet
all needs: physical and mental!*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to its little finger, slide down to its **lower** set of creases
count the two breaths upon the right: **little** and **ring** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

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Guru Yoga

Observant inhalation: *How could I joyfully:
apply the instructions
and follow the example
of my lama?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to its little finger, slide down to its **lower** set of creases
count the two breaths upon the right: **little** and **ring** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

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II.

Mantra's Contemplation and Meditation

*Known as Vaj-ra-ya-na, Man-tra-ya-na, Ma-ha-yo-ga or A-nu-yo-ga in Sanskrit
and as To-gal's Leap-over or Tik-le's Drop in Tibetan Dzogchen*

*Good preparatory training for the Buddhist, tantric sexual practice of bringing sensuality
into the paths of (1) the ACTIVE contemplation of love and letting-go
as well as (2) PASSIVE mindfulness and meditation.*

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C. Bringing Metaphor and Mantra into the path of the four bases of mindfulness

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1. CIRCUMSTANCE

the First of four bases of mindfulness



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Actively Contemplating Circumstance through the Lens of Love

*Known as Vipassana in Pali, **Vaj-ra-ya-na**, Tan-tra-ya-na, or Ma-ha-yo-ga in Sanskrit
and as To-gal's Leap-over in Tibetan Dzogchen*

*Observant inhalation: May each lot
be as (affluent or _____)
as A-va-lo-ki-te-shva-ra's
pure-land!*

Relaxingly whisper: Om Ma-ni Pe-me Hung!

*Four mantras per breath for one set of four breaths
touch tip of left thumb to its little finger, slide down to its **lower** set of creases
count the two breaths upon the right: **little** and **ring** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

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Actively Contemplate Circumstance through Wisdom's Lens of Letting go

Observant inhalation: *How could each lot be seen
yet feel as **void**
as if it was a pure-land
comprised only of light?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of two breaths
touch tip of left thumb to its little finger, slide down to its **lower** set of creases
count the two breaths upon the right: **middle** and **index** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

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2. CORPUS – body

the Second of four bases of mindfulness



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Actively Contemplate All Bodies through the Lens of Love

Known as **Vaj-ra-ya-na diamond-path**, Tan-tra-ya-na, or Ma-ha-yo-ga in Sanskrit
and as To-gal's Leap-over and Tik-le's drop in Tibetan Dzogchen

Observant inhalation: *May each body
be as healthy
as Chen-re-zik's form!*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

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

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Actively Contemplate All Bodies through Wisdom's Lens of Letting-go

Observant inhalation: *How could each body be felt
yet feel as **void**
as if it was Chen-re-zik's form
comprised only of light?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

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

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3. COMMUNICATION

the Third of four bases of mindfulness



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Actively Contemplating Communication through the Lens of Love

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, or Ma-ha-yo-ga in Sanskrit
and as To-gal's Leap-over and Tik-le's drop in Tibetan Dzogchen*

*Observant inhalation: May all communication
be as loving
as Kind Eyes' speech
symbolized by mantra!*

Relaxingly whisper: Om Ma-ni Pe-me Hung!

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

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Actively Contemplate Communication through Wisdom's Lens of Letting-go

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, and Ma-ha-yo-ga in Sanskrit
and as **To-gal's Leap-over** in Tibetan Dzogchen*

*Observant inhalation: **How could all speech be heard**
yet feel as void
as if it was a mantra
comprised only of light?*

Relaxingly** whisper: **Om Ma-ni Pe-me Hung!

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

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4. CONSCIOUSNESS

the Fourth of four bases of mindfulness

Hri

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Actively Contemplating Consciousness through the Lens of Love

*Known as Vaj-ra-ya-na (diamond-way), Tan-tra-ya-na, or Ma-ha-yo-ga and **Anu-yoga** as well as **Bin-du** in Sanskrit
and as To-gal's Leap-over and **Tik-le's drop** in Tibetan Dzogchen*

*Observant inhalation: May each mind be as wise
as Chen-re-zik's mind
symbolized by
a tiny syllable **Hri!***

Relaxingly whisper: Om Ma-ni Pe-me Hung!

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

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Actively Contemplating Consciousness through Wisdom's Lens of Letting-go

Observant inhalation: *How could each mind
clearly perceive
yet feel as **void**
as if it was a syllable **Hri**
comprised only of light?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

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

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D. Mindfulness and Meditation

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Releasing through Passive Mindfulness and Meditation

Zen, Zazen, Ch'an, **Sati Passaddhi** mindfulness and release, Shyamata, Mahamudra, Ati-yoga or Mahasandhi in Sanskrit, and Trekchöa Slice-through in Tibetan Dzogchen

Observant inhalation: ***How relax**
into the awareness
of this?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

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

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E. The Four Sets of Five

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Let us Actively contemplate

1. The Five Aggregates of Clinging

through the Lens of Wisdom's Rhetorical Questions



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Observant inhalation: ***How relax
into the awareness
of this form?***

***Relaxingly** whisper:* **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to tip of its middle finger, slide down to its **lower** 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 its tip.*

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Observant inhalation: ***How relax***
into the awareness
of these feelings
of pleasure, pain, or neither?

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

Four mantras per breath for one set of four breaths
*slide tip of left thumb up its middle finger to its **middle** 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 its tip.

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Observant inhalation: ***How relax***
into the awareness
of this appraisal
of feelings' intensity?

***Relaxingly** whisper:* **Om Ma-ni Pe-me Hung!**

Four mantras per breath for one set of four breaths
*slide tip of left thumb up its middle finger to its **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 its tip.

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Observant inhalation: ***How relax***
into the awareness
of these impulses?

***Relaxingly** whisper:* **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
slide tip of left thumb up its middle finger, to its **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 its tip.*

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Observant inhalation: ***How relax***
into the awareness
of this awareness?

***Relaxingly** whisper:* **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to tip of its index finger, slide down to its **lower** 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 its tip.*

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Let us Actively contemplate

2. The Five Impulsive Mental Poisons

through the Lens of Wisdom's Rhetorical Questions



Patrul Inspired Practice of Chenrezig
Transforming the Poison of Hate into Mirror-like Wisdom

Observant inhalation: ***How relax***
into the awareness
of this hate
that shoves?

***Relaxingly** whisper:* **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
slide tip of left thumb to its little finger, slide down to its **lower** 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 its tip.*

Patrul Inspired Practice of Chenrezig
Transforming the Poison of Greed into Discerning Wisdom

Observant inhalation: ***How relax***
into the awareness
of this greedy craving
that reaches?

***Relaxingly** whisper:* **Om Ma-ni Pe-me Hung!**

Four mantras per breath for one set of four breaths
*slide tip of left thumb up its little finger to its **middle** 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 its tip.

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Transforming the Poison of Confusion into Wisdom of the Basic Space of Phenomena

Observant inhalation: **How relax**
into the awareness
of this confusion
that fearfully clings?

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
slide tip of left thumb up its little finger to its **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 its tip.*

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Transforming the Poison of Jealousy into All-accomplishing Wisdom

Observant inhalation: **How relax**
into the awareness
of this competitive jealousy
that forgets interdependence?

***Relaxingly** whisper:* **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
slide tip of left thumb up its little finger to its **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 its tip.*

Patrul Inspired Practice of Chenrezig
Transforming the Poison of Pride into Equalizing Wisdom

Observant inhalation: **How relax**
into the awareness
of this selfish pride
that forgets impermanence?

***Relaxingly** whisper:* **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to tip of its ring finger, slide down to its **lower** 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 its tip.*

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Let us Actively contemplate

3. The Five Coarse Cognitions

through the Lens of Wisdom's Rhetorical Questions



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Observant inhalation: **How relax**
into the awareness
of these emotions?

***Relaxingly** whisper:* **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
slide tip of left thumb to its middle finger, slide down to its **lower** 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 its tip.*

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Observant inhalation: **How relax**
into the awareness
of these intentions?

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
slide tip of left thumb up its middle finger to its **middle** 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 its tip.*

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Observant inhalation: **How relax**
into the awareness
of these thoughts?

***Relaxingly** whisper:* **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
slide tip of left thumb up its middle finger to its **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 its tip.*

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Observant inhalation: **How relax**
into the awareness
of these recollections?

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
slide tip of left thumb up its middle finger to its **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 its tip.*

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Observant inhalation: **How relax**
into the awareness
of these imaginings?

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left to the tip of its index finger slide down to its **lower** 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 its tip.*

Patrul Inspired Practice of Chenrezig

Let us Actively contemplate

4. The Five Subtle Perceptions

through the Lens of Wisdom's Rhetorical Questions



Patrul Inspired Practice of Chenrezig

Observant inhalation: **How relax**
into the awareness
of these sensations?

***Relaxingly** whisper:* **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to its little finger, slide down to its **lower** 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 its tip.*

Patrul Inspired Practice of Chenrezig

Observant inhalation: **How relax**
into the awareness
of these flavors?

***Relaxingly** whisper:* **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
slide tip of left thumb up its little finger to its **middle** 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 its tip.*

Patrul Inspired Practice of Chenrezig

Observant inhalation: **How relax**
into the awareness
of these scents?

***Relaxingly** whisper:* **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
slide tip of left thumb up its little finger to its **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 its tip.*

Patrul Inspired Practice of Chenrezig

Observant inhalation: **How relax**
into the awareness
of these sounds?

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
slide tip of left thumb up its little finger to its **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 its tip.*

Patrul Inspired Practice of Chenrezig

Observant inhalation: **How relax**
into the awareness
of these sights?

***Relaxingly** whisper:* **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of four breaths
touch tip of left thumb to tip of its ring finger and slide down to the **lower** 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 its tip.*

Patrul Inspired Practice of Chenrezig

D. Mindfulness and Meditation

Patrul Inspired Practice of Chenrezig

Releasing through Passive Mindfulness and Meditation

Zen, Zazen, Ch'an, **Sati Passaddhi** mindfulness and release, Shyamata, Mahamudra, Ati-yoga or Mahasandhi in Sanskrit, and Trekchöa Slice-through in Tibetan Dzogchen

Observant inhalation: ***How relax**
into the awareness
of this?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

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

Patrul Inspired Practice of Chenrezig

F. Bringing Metaphor and Mantra into the path of the Four Bases of Mindfulness

Patrul Inspired Practice of Chenrezig

1. CIRCUMSTANCE

the First of four bases of mindfulness



Patrul Inspired Practice of Chenrezig

Actively Contemplating Circumstance through the Lens of Love

*Known as Vipassana in Pali, Vaj-ra-ya-na, Tan-tra-ya-na, or Ma-ha-yo-ga as well as Bindu and Anu-yoga in Sanskrit
and as To-gal's Leap-over in Tibetan Dzogchen*

Observant inhalation: *May each lot
be as (affluent or _____)
as A-va-lo-ki-te-shva-ra's
pure-land!*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of two breaths
touch tip of left thumb to its middle finger, slide down to its **lower** set of creases
count the two breaths upon the right: **little** and **ring** fingers':
lower, middle, and higher sets of creases, as well as its tip.*

Patrul Inspired Practice of Chenrezig

Actively Contemplate Circumstance through Wisdom's Lens of Letting go

Observant inhalation: *How could each lot be seen
yet feel as **void**
as if they were a pure-land
comprised only of light?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of two breaths
touch tip of left thumb to its middle finger, slide down to its **lower** set of creases
count the two breaths upon the right: **middle** and **index** fingers':
lower, middle, and higher sets of creases, as well as its tip.*

Patrul Inspired Practice of Chenrezig

2. CORPUS – body

the Second of four bases of mindfulness



Patrul Inspired Practice of Chenrezig

Actively Contemplate All Bodies through the Lens of Love

Known as **Vaj-ra-ya-na diamond-way**, Tan-tra-ya-na, or Ma-ha-yo-ga in Sanskrit
and as To-gal's Leap-over and Tik-le's drop in Tibetan Dzogchen

Observant inhalation: *May each body
be as healthy
as Chen-re-zik's form!*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of two breaths
slide tip of left thumb up its middle finger to its **middle** set of creases
count the two breaths upon the right: **little** and **ring** fingers':
lower, middle, and higher sets of creases, as well as its tip.*

Patrul Inspired Practice of Chenrezig

Actively Contemplate All Bodies through Wisdom's Lens of Letting-go

Observant inhalation: *How could each body be felt
yet feel as **void**
as if it was Chen-re-zik's form
comprised only of light?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of two breaths
slide tip of left thumb up its middle finger to its **middle** set of creases
count the two breaths upon the right: **middle** and **index** fingers':
lower, middle, and higher sets of creases, as well as their tips.*

Patrul Inspired Practice of Chenrezig

3. COMMUNICATION

the Third of four bases of mindfulness



Patrul Inspired Practice of Chenrezig

Actively Contemplating Communication through the Lens of Love

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, or Ma-ha-yo-ga in Sanskrit
and as To-gal's Leap-over and Tik-le's drop in Tibetan Dzogchen*

*Observant inhalation: May all communication
be as loving
as Kind Eyes' speech
symbolized by mantra!*

Relaxingly whisper: Om Ma-ni Pe-me Hung!

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

Patrul Inspired Practice of Chenrezig

Actively Contemplate Communication through Wisdom's Lens of Letting-go

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, and Ma-ha-yo-ga in Sanskrit
and as To-gal's Leap-over in Tibetan Dzogchen*

Observant inhalation: *How could all speech be heard
yet feel as **void**
as if it was a mantra
comprised only of light?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of two breaths
slide tip of left thumb up its middle finger to its **higher** set of creases
count the two breaths upon the right: **middle**, and **index** fingers':
lower, middle, and higher sets of creases, as well as its tip.*

Patrul Inspired Practice of Chenrezig

4. CONSCIOUSNESS

the Fourth of four bases of mindfulness

Hri

Patrul Inspired Practice of Chenrezig

Actively Contemplating Consciousness through the Lens of Love

*Known as Vaj-ra-ya-na (diamond-way), Tan-tra-ya-na, or Ma-ha-yo-ga and **Anu-yoga** as well as **Bin-du** in Sanskrit
and as To-gal's Leap-over and **Tik-le's drop** in Tibetan Dzogchen*

*Observant inhalation: May each mind be as wise
as Chen-re-zik's mind
symbolized by
a tiny syllable **Hri!***

Relaxingly whisper: Om Ma-ni Pe-me Hung!

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

Patrul Inspired Practice of Chenrezig

Actively Contemplating Consciousness through Wisdom's Lens of Letting-go

Observant inhalation: *How could each mind
clearly perceive
yet feel as void
as if it was a syllable **Hri**
comprised only of light?*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

*Four mantras per breath for one set of two breaths
slide tip of left thumb up its middle finger to its **tip**
count the two breaths upon the right: **middle** and **index** finger's:
lower, middle, and higher sets of creases, as well as its tip.*

Patrul Inspired Practice of Chenrezig

I. Sharing the Positive Energy

Patrul Inspired Practice of Chenrezig
Ultimate Needs

Observant inhalation: *May I now master the Buddha's
PATH to the point of practicing
it: spontaneously, habitually,
easily, and effectively; and
then help all others do likewise!*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

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

Patrul Inspired Practice of Chenrezig
Conventional Needs

Observant inhalation: *At the time of death
may each being
take auspicious rebirth,
master the path, and then
help all others do likewise!*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

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

Patrul Inspired Practice of Chenrezig

IV. Silent Contemplation and Meditation

*Known as Tan-tra-ya-na, Man-tra-ya-na, Ma-ha-yo-ga or A-nu-yo-ga in Sanskrit
and as To-gal's Leap-over or Tik-le's Drop in Tibetan Dzogchen*

*Good training for the Buddhist, tantric sexual practice of bringing sensuality
into the paths of (1) the ACTIVE contemplation of love and letting-go
as well as (2) PASSIVE mindfulness and meditation.*

Patrul Inspired Practice of Chenrezig

A. Four Bases of Mindfulness

Patrul Inspired Practice of Chenrezig

1. CIRCUMSTANCE

the First of four bases of mindfulness



Patrul Inspired Practice of Chenrezig

Actively Contemplating Circumstance through the Lens of Love

*Known as Vaj-ra-ya-na (diamond-path), Tan-tra-ya-na, and Ma-ha-yo-ga in Sanskrit
and as To-gal's Leap-over in Tibetan Dzogchen*

Observant inhalation: *Pure-land (wealth or _____) ...*

***Relaxing** exhalation:* *for all lots!*

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

Patrul Inspired Practice of Chenrezig

Actively Contemplating Circumstance through the Lens of Wisdom

*Known as Vaj-ra-ya-na (diamond-way), Tan-tra-ya-na, and Ma-ha-yo-ga in Sanskrit
and as To-gal's Leap-over in Tibetan Dzogchen*

Observant inhalation:

Lots like Pure-land...

Relaxing exhalation:

seen yet void!

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

Patrul Inspired Practice of Chenrezig

2. CORPUS – body

the Second of four bases of mindfulness



Patrul Inspired Practice of Chenrezig

Actively Contemplating Corpus through the Lens of Love

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, and Ma-ha-yo-ga in Sanskrit
and as To-gal's Leap-over in Tibetan Dzogchen*

Important for Buddhist Tantra's practice of bringing sensuality into the path of the ACTIVE contemplation of Love

Observant inhalation: *Kind Eyes' health...*
Relaxing exhalation: *for all forms!*

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

Patrul Inspired Practice of Chenrezig

Actively Contemplating Corpus through the Lens of Wisdom

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, and Ma-ha-yo-ga in Sanskrit
and as To-gal's Leap-over in Tibetan Dzogchen*

Important for Buddhist Tantra's practice of bringing sensuality into the path of the ACTIVE contemplation of Letting-go

Observant inhalation: *Forms like Kind Eyes...*

***Relaxing** exhalation:* *felt yet **void**!*

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

Patrul Inspired Practice of Chenrezig

3. COMMUNICATION

the Third of four bases of mindfulness



Patrul Inspired Practice of Chenrezig

Actively Contemplating Corpus through the Lens of Love

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, and Ma-ha-yo-ga in Sanskrit
and as **To-gal's Leap-over** in Tibetan Dzogchen*

Observant inhalation: *Man-tra love...*
Relaxing exhalation: *for all speech!*

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

Patrul Inspired Practice of Chenrezig

Actively Contemplating Communication through the Lens of Wisdom

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, and Ma-ha-yo-ga in Sanskrit
and as **To-gal's Leap-over** in Tibetan Dzogchen*

Observant inhalation: *Speech like Man-tra...*
Relaxing exhalation: *heard yet **void**!*

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

Patrul Inspired Practice of Chenrezig

4. CONSCIOUSNESS

the Fourth of four bases of mindfulness

Hri

Patrul Inspired Practice of Chenrezig

Actively Contemplate Consciousness through the Lens of Love

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, or Ma-ha-yo-ga and **Anu-yoga** as well as **Bin-du** in Sanskrit
and as To-gal's Leap-over and Tigle's drop in Tibetan Dzogchen*

Observant inhalation:

*Seed **Hri** wise...*

***Relaxing** exhalation:*

for all minds!

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

Patrul Inspired Practice of Chenrezig

Actively Contemplate Consciousness through Wisdom's Lens of Letting-go

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, or Ma-ha-yo-ga and Anu-yoga as well as Bin-du in Sanskrit
and as To-gal's Leap-over and Tigle's drop in Tibetan Dzogchen*

Observant inhalation:

Minds like seed Hri...

Relaxing exhalation:

clear yet void!

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

Patrul Inspired Practice of Chenrezig

H. Passive Mindfulness and Meditation

Zen, Zazen, Ch'an, Sati Passaddhi mindfulness and release, Shyamata, Mahamudra, Ati-yoga or Mahasandhi in Sanskrit,
and Trekchöa Slice-through in Tibetan Dzogchen

Observant: inhalation *Notice this...*

Relaxing exhalation: ***relaxing!***

FIRST set of sixteen breaths
*touch tip of left thumb to tip of 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 their tips.

Patrul Inspired Practice of Chenrezig

B. Four Sets of Five

Patrul Inspired Practice of Chenrezig
Actively Contemplating

1. The Five Aggregates of Clinging

through the Lens of these Exercises



Patrul Inspired Practice of Chenrezig

a. Form

Observant inhalation: *Notice form...*

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

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

Patrul Inspired Practice of Chenrezig

b. Feeling

Observant inhalation: *What feeling?*

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

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

Patrul Inspired Practice of Chenrezig
c. Appraisal

Observant inhalation: *How intense?*
***Relaxing** exhalation:* *relaxing!*

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

Patrul Inspired Practice of Chenrezig

d. Impulse

Observant inhalation:

Notice urge...

Relaxing exhalation:

relaxing!

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

Patrul Inspired Practice of Chenrezig
e. Consciousness

Observant inhalation: *Notice mind...*
***Relaxing** exhalation:* *relaxing!*

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

Patrul Inspired Practice of Chenrezig
Actively Contemplating

2. The Five Impulsive Mental Poisons

through the Lens of these Exercises



Patrul Inspired Practice of Chenrezig

a. By Relaxing into Dread it Transforms into Mirror-like Wisdom

Observant inhalation: *Notice hate...*

Relaxing exhalation: *relaxing!*

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

Patrul Inspired Practice of Chenrezig

b. By Relaxing into Desire it Transforms into Discriminating Wisdom

Observant inhalation: *Notice crave...*
***Relaxing** exhalation:* *relaxing!*

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

Patrul Inspired Practice of Chenrezig

c. By Relaxing into Confusion it Transforms into the Wisdom of the Basic Space of Phenomena

Observant inhalation: *Notice cling...*
***Relaxing** exhalation:* *relaxing!*

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

Patrul Inspired Practice of Chenrezig

d. By Relaxing into Jealousy it Transforms into All-accomplishing Wisdom

Observant inhalation: *Jealousy...*

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

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

Patrul Inspired Practice of Chenrezig

e. By Relaxing into Pride it Transforms into Mirror-like Wisdom

Observant inhalation: *Notice pride...*

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

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

Patrul Inspired Practice of Chenrezig
Actively Contemplating

3. The Five Coarse Cognitions

through the Lens of these Exercises



Patrul Inspired Practice of Chenrezig

a. Emotion

Observant inhalation: *Emotion...*

Relaxing exhalation: *relaxing!*

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

Patrul Inspired Practice of Chenrezig

b. Intention

Observant inhalation:

Intention...

Relaxing exhalation:

relaxing!

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

Patrul Inspired Practice of Chenrezig
c. Cognition

Observant inhalation: *Reasoning...*
***Relaxing** exhalation:* *relaxing!*

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

Patrul Inspired Practice of Chenrezig
d. Recollection

Observant inhalation: *Recollect...*
***Relaxing** exhalation:* *relaxing!*

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

Patrul Inspired Practice of Chenrezig
e. Imagination

Observant inhalation: *Imagine...*

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

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

Patrul Inspired Practice of Chenrezig
Actively Contemplating

4. The Five Subtle Perceptions through the Lens of these Exercises



Patrul Inspired Practice of Chenrezig

a. Sensation

Observant inhalation:

Sensations...

Relaxing exhalation:

relaxing!

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

Patrul Inspired Practice of Chenrezig

b. Flavor

Observant inhalation:

These flavors...

Relaxing exhalation:

relaxing!

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

Patrul Inspired Practice of Chenrezig

c. Scent

Observant inhalation:

Notice scents...

Relaxing exhalation:

relaxing!

One set of four breaths

*slide tip of left thumb up its ring finger, to its **tip**
count the breath upon the right: **middle** finger's:*

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

Patrul Inspired Practice of Chenrezig

d. Sound

Observant inhalation:

Notice sounds...

Relaxing exhalation:

relaxing!

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

Patrul Inspired Practice of Chenrezig
e. Sight

Observant inhalation:

Notice sights...

Relaxing exhalation:

relaxing!

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

Patrul Inspired Practice of Chenrezig

H. Passive Mindfulness and Meditation

Zen, Zazen, Ch'an, Sati Passaddhi mindfulness and release, Shyamata, Mahamudra, Ati-yoga or Mahasandhi in Sanskrit,
and Trekchöa Slice-through in Tibetan Dzogchen

Observant: inhalation *Notice this...*

Relaxing exhalation: ***relaxing!***

FIRST set of sixteen breaths
*touch tip of left thumb to tip of 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 their tips.

Patrul Inspired Practice of Chenrezig

C. Four Bases of Mindfulness

Patrul Inspired Practice of Chenrezig

1. CIRCUMSTANCE

the First of four bases of mindfulness



Patrul Inspired Practice of Chenrezig

Actively Contemplating Circumstance through the Lens of Love

*Known as Vaj-ra-ya-na (diamond way), Tan-tra-ya-na, and Ma-ha-yo-ga in Sanskrit
and as To-gal's Leap-over in Tibetan Dzogchen*

Observant inhalation: *Pure-land (wealth or _____) ...*

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

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

Patrul Inspired Practice of Chenrezig

Actively Contemplating Circumstance through the Lens of Wisdom

Known as *Vaj-ra-ya-na (diamond-way)*, *Tan-tra-ya-na*, and *Ma-ha-yo-ga* in Sanskrit
and as *To-gal's Leap-over* in Tibetan Dzogchen

Observant inhalation: *Lots like Pure-land...*

***Relaxing** exhalation:* *seen yet void!*

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

Patrul Inspired Practice of Chenrezig

2. CORPUS – body

the Second of four bases of mindfulness



Patrul Inspired Practice of Chenrezig

Actively Contemplating Corpus through the Lens of Love

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, and Ma-ha-yo-ga in Sanskrit
and as To-gal's Leap-over in Tibetan Dzogchen*

Important for Buddhist Tantra's practice of bringing sensuality into the path of the ACTIVE contemplation of Love

Observant inhalation: *Kind Eyes' health...*
Relaxing exhalation: *for all forms!*

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

Patrul Inspired Practice of Chenrezig

Actively Contemplating Corpus through the Lens of Wisdom

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, and Ma-ha-yo-ga in Sanskrit
and as To-gal's Leap-over in Tibetan Dzogchen*

Important for Buddhist Tantra's practice of bringing sensuality into the path of the ACTIVE contemplation of Letting-go

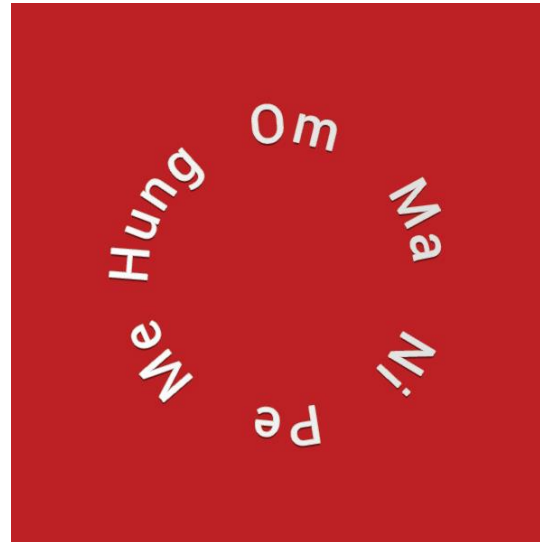
Observant inhalation: *Forms like Kind Eyes...*
Relaxing exhalation: *felt yet void!*

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

Patrul Inspired Practice of Chenrezig

3. COMMUNICATION

the Third of four bases of mindfulness



Patrul Inspired Practice of Chenrezig

Actively Contemplating Communication through the Lens of Love

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, and Ma-ha-yo-ga in Sanskrit
and as To-gal's Leap-over in Tibetan Dzogchen*

Observant inhalation: *Man-tra love...*
Relaxing exhalation: *for all speech!*

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

Patrul Inspired Practice of Chenrezig

Actively Contemplating Communication through the Lens of Wisdom

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, and Ma-ha-yo-ga in Sanskrit
and as **To-gal's Leap-over** in Tibetan Dzogchen*

Observant inhalation: *Speech like Man-tra...*
Relaxing exhalation: *heard yet **void**!*

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

Patrul Inspired Practice of Chenrezig

4. CONSCIOUSNESS

the Fourth of four bases of mindfulness

Hri

Patrul Inspired Practice of Chenrezig

Actively Contemplate Consciousness through the Lens of Love

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, or Ma-ha-yo-ga and **Anu-yoga** as well as **Bin-du** in Sanskrit
and as To-gal's Leap-over and Tigle's drop in Tibetan Dzogchen*

Observant inhalation:

*Seed **Hri** wise...*

***Relaxing** exhalation:*

for each mind!

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

Patrul Inspired Practice of Chenrezig

Actively Contemplate Consciousness through Wisdom's Lens of Letting-go

*Known as Vaj-ra-ya-na, Tan-tra-ya-na, or Ma-ha-yo-ga and Anu-yoga as well as Bin-du in Sanskrit
and as To-gal's Leap-over and Tigle's drop in Tibetan Dzogchen*

Observant inhalation:

Minds like seed Hri...

Relaxing exhalation:

clear yet void!

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

Patrul Inspired Practice of Chenrezig

I. Sharing the Positive Energy

Patrul Inspired Practice of Chenrezig
Ultimate Needs

Observant inhalation: ***May I quickly master:
Love, Letting-go,
Mindfulness, and Meditation
then help all others do likewise!***

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

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

Patrul Inspired Practice of Chenrezig
Conventional Needs

Observant inhalation: *At the time of death
may each being
take auspicious rebirth,
master the path and then
help all others do likewise!*

Relaxingly whisper: **Om Ma-ni Pe-me Hung!**

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

VIII. Appendix

Patrul Inspired Practice of Chenrezig

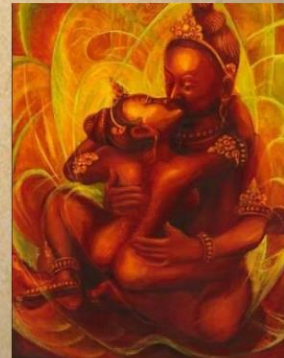
Patrul Inspired Practice of Chenrezig

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



Patrul Inspired Practice of Chenrezig

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