

Buddha's Easy Tantra

Buddha's Easy Tantra

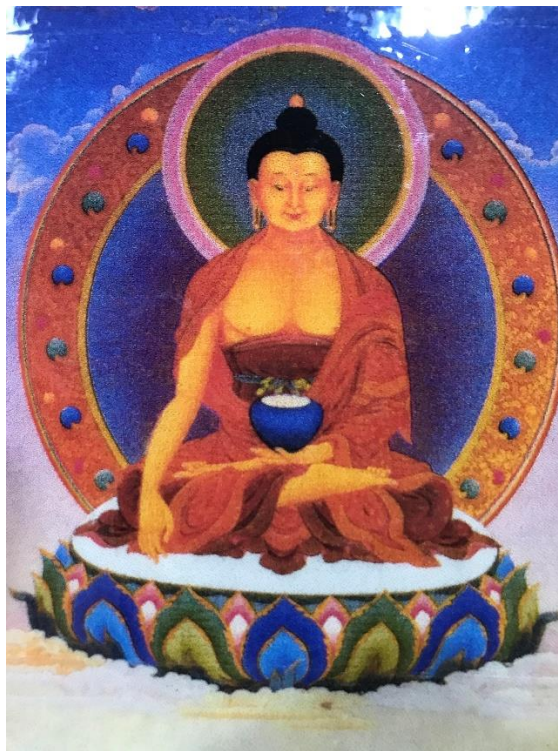
Terton Lama: Jigme Gyatso, Rime Rinpoche

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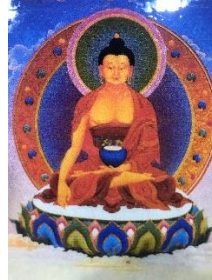


Buddha's Easy Tantra

I. Chanting to train in Love and Letting-go

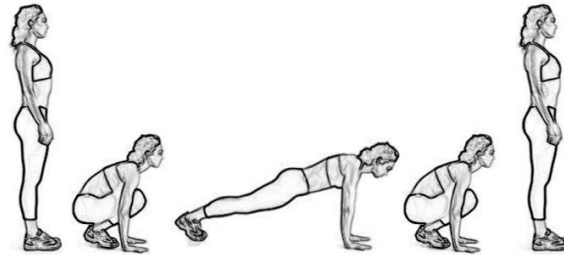


Buddha's Easy Tantra
Generating Bodhichitta



With each recitation of Shak-ya-mu-ni's
mantra may I yearn to liberate all
from hating, craving, and clinging's tyranny
through mastery of the eight-fold path.

Buddha's Easy Tantra
Refuge



With each recitation
of Shakyamuni's twelve syllable mantra
may I rely upon the Buddha's
example, instructions, and students.

Buddha's Easy Tantra

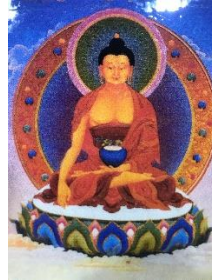
Slice through Confusion with Ati-yoga's, Trekchö Dzogchen's, & Sutra Mahamudra's

Awareness and Letting-go

the seventh and eighth folds of the eightfold path

which is also known as great completion stage: the antidote to confusion

Buddha's Easy Tantra
Lama's Kindness



With each recitation of Shak-ya-mu-ni's twelve syllable mantra may I feel that lama's presence upon my **Crown** makes him kinder than all the Buddhas.

Buddha's Easy Tantra

Contemplating Dukkha Stress

How could _____ ... feel stressful?

Contemplating Karuna Compassion

All beings' _____ ... may I soothe!

Contemplating Anicca Impermanence

How could _____ ... never last?

Contemplating Anatta No Self

How could _____ ... NOT be me?

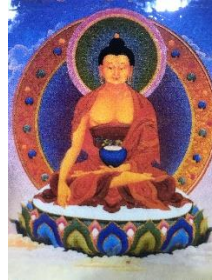
Watching the Play of Mind and Relaxing into it's NON-graspable Nature

Notice this... re-la-xing!

This... ease

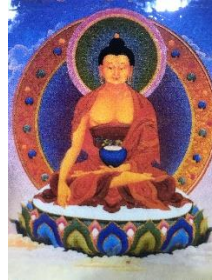
1st set of 256 rounds

Buddha's Easy Tantra
Purification



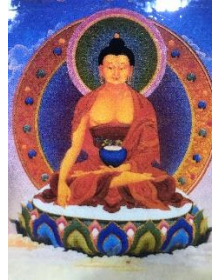
With each recitation
of the Buddha's twelve syllable mántra
kínd lama may I regret the harm I've done
and resolve to do the kínd thing.

Buddha's Easy Tantra
Offering



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

Buddha's Easy Tantra
Lama's Oneness



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

Buddha's Easy Tantra

Dukkha Stress

How could clinging... feel stressful?

Karuna Compassion

All beings' clinging... may I soothe!

Anicca Impermanence

How could clinging... never last?

Anatta NOT-self

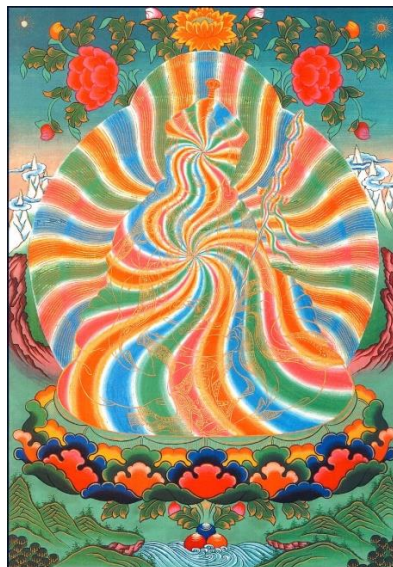
How could clinging... NOT be me?

Watching the Play of Mind and Relaxing into its NON-graspable Nature

*Notice this... **relaxing!***

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

Clear Light Yoga



Buddha's Easy Tantra

Hów could all Buddhas impermanently
melt into blissful rainbów light

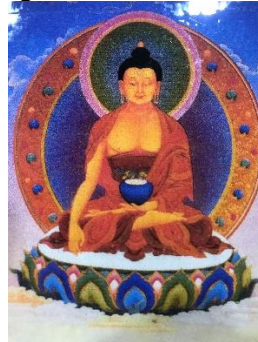
thát interdependently absorbs
into all púre lands?



Buddha's Easy Tantra

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

thát interdependently absorbs
into all beings, felt yét void?



Buddha's Easy Tantra

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

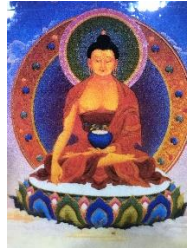
thát interdependently absorbs
into all worlds, seen yét void?



Buddha's Easy Tantra

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

thát interdependently absorbs into all
earthlings, felt yét void?



Buddha's Easy Tantra

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

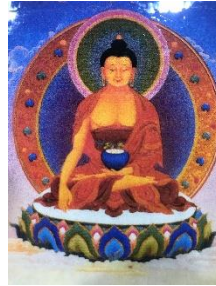
thát interdependently absorbs
into earth, seen yét void?



Buddha's Easy Tantra

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

thát interdependently absorbs into all neighbors, felt yét void?



Buddha's Easy Tantra

Hów could our neighbors impermanently
melt into blissful rainbów light

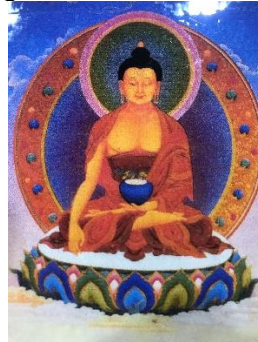
thát interdependently absorbs
into here, seen yét void?



Buddha's Easy Tantra

Hów could here impermanently
melt into blissful rainbów light

thát interdependently absorbs
into this body, felt yét void?



Buddha's Easy Tantra

Hów could this body impermanently
melt into blissful rainbów light

thát interdependently absorbs into this
communication, heard yét void?



Buddha's Easy Tantra

Hów could this communication
impermanently

melt into blissful rainbów light

thát interdependently absorbs
into this mind, clear yét void?

Moom

Buddha's Easy Tantra

How could this mind impermanently
melt into blissful rainbow light

that interdependently absorbs
into infinite openness?

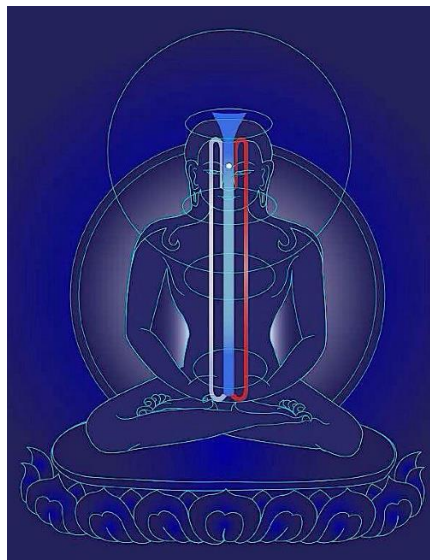
Infinite... openness!

Buddha's Easy Tantra

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

Bliss and Letting-go

the seventh and eighth folds of the eightfold path



Buddha's Easy Tantra

Dukkha Stress

How could craving ... feel stressful?

Karuna Compassion

All beings' craving... may I soothe!

Anicca Impermanence

How could craving... never last?

Anatta NOT-self

How could craving... NOT be me?

Feeling the Play of Sensation and Relaxing into its NON-graspable Nature

*Heart **Moom** grin... re-la-xing!*

2nd set of 256 rounds

Buddha's Easy Tantra

leapfrogging over confusion's competition and clinging with

Mantra Meditation



Buddha's Easy Tantra

The Mantra's Meaning



Buddha's Easy Tantra

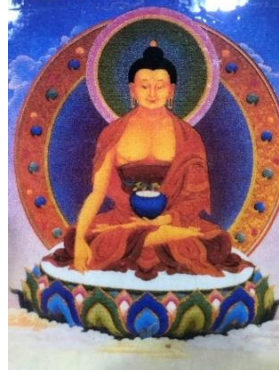
*With **Om** we invoke the example of the
Mu-ni wise one,
Mu-ni wise one,*

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

Buddha's Easy Tantra



Buddha's Easy Tantra

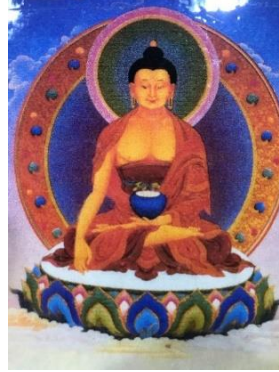


How could hating... feel stressful?

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

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

Buddha's Easy Tantra

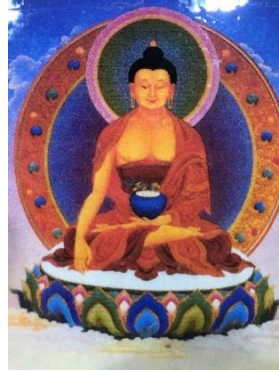


All beings' hate... may I soothe!

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

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

Buddha's Easy Tantra

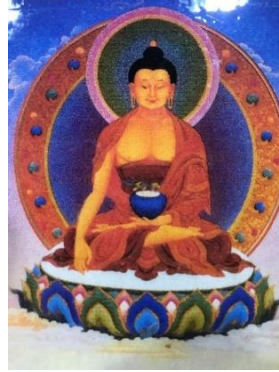


How could hate ... never last?

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

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

Buddha's Easy Tantra



*How could hate... **NOT** be me?*

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

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

Buddha's Easy Tantra

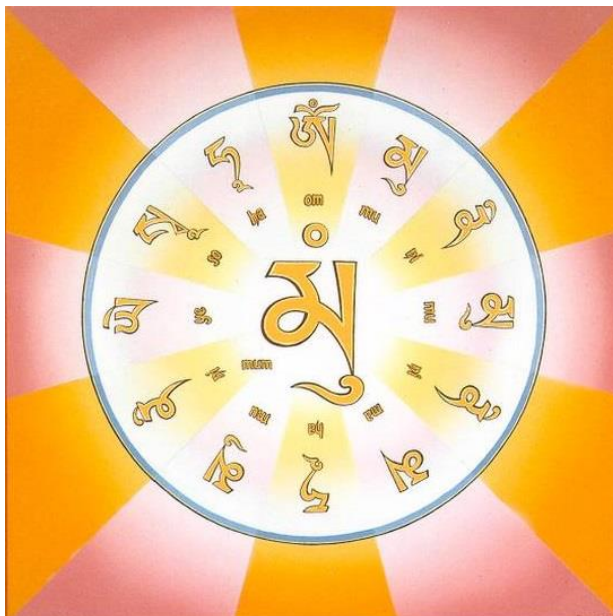
*Leapfrogging over our competitive tendencies
with Maha-yoga's, Tokal Dzogchen's, & Tantra Mahamudra's*

Right Wishes

the second fold of the eight fold path

Buddha's Easy Tantra

Mantra Mala Yoga



Buddha's Easy Tantra

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



Buddha's Easy Tantra

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



Buddha's Easy Tantra

Moom

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

Buddha's Easy Tantra

Moom

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

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

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

Buddha's Easy Tantra



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

Buddha's Easy Tantra

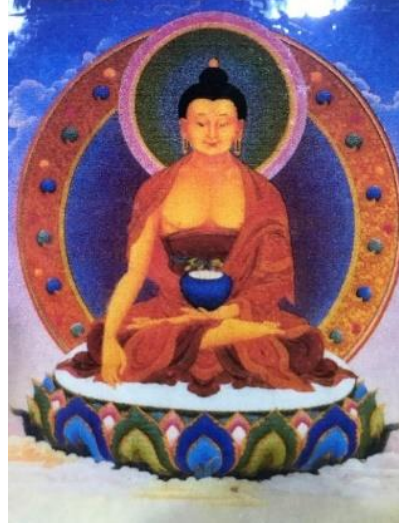


Mantra love... for all speech!

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

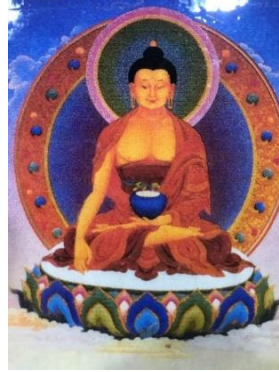
four breaths at four mantras each for a total of sixteen mantras

Buddha's Easy Tantra



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

Buddha's Easy Tantra



Yidam health... for all forms!

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

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

Buddha's Easy Tantra



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

Buddha's Easy Tantra



Vati boon... for all lots!

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

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

Buddha's Easy Tantra

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

Right View of Reality

the first fold of the eight fold path

Moom

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

Buddha's Easy Tantra

Moom

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

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

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

Buddha's Easy Tantra



*Hów is it that as we inhale **communication's** experience of the interpersonal could sound quite resóunding, yét as we **relax** into our exhalation it could feel as non-graspable as a Man-tra óf light?*

Buddha's Easy Tantra

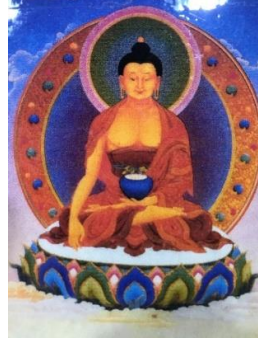


*How **speech** heard yet... void like Man-tra?*

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

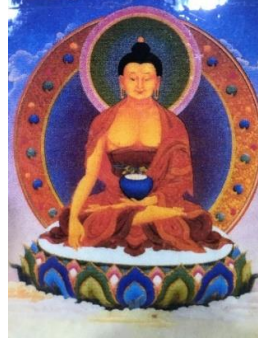
four breaths at four mantras each for a total of sixteen mantras

Buddha's Easy Tantra



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

Buddha's Easy Tantra



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

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

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

Buddha's Easy Tantra



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

Buddha's Easy Tantra



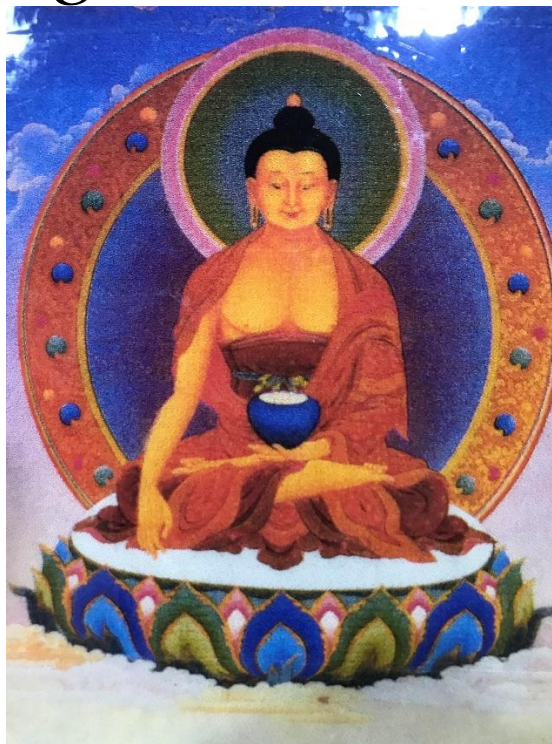
*How **lots** seen yet... void like Va-ti?*

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

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

Buddha's Easy Tantra

IV. Sharing the Good Vibrations



Buddha's Easy Tantra
Pacifying Hindrances

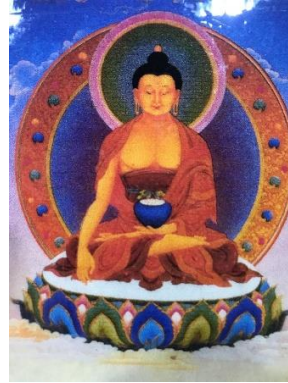
Máy ALL the harm of Ma-ras, non-humans
and so forth be ovércome. *clap!*

Máy they become non-exístent. *clap!*

Máy they be pacífiéd. *clap!*

Máy they be thoroughly pacífiéd. *clap!*

Buddha's Easy Tantra
Dedication to the Pacification of Hindrances



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

Buddha's Easy Tantra

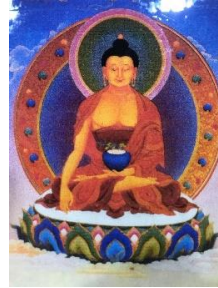
Máy all be separated from
unfavorable conditions

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

Buddha's Easy Tantra

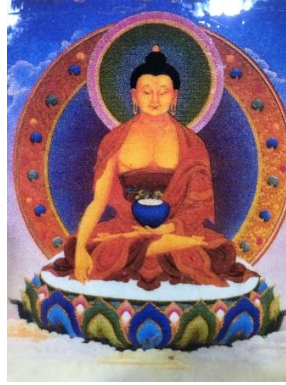
Through this fortune
may there be at this time
happiness and health.

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



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

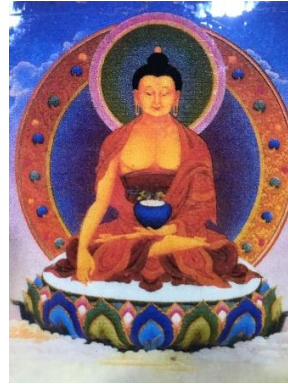
Buddha's Easy Tantra
Embracing the Path of Yin



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

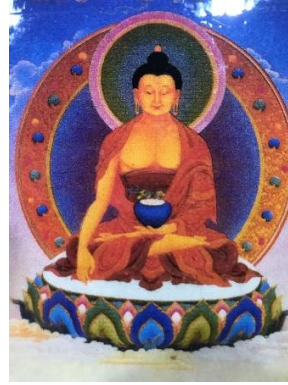
Buddha's Easy Tantra

Right Communication, Conduct, and Commerce's Third, Fourth, & Fifth Folds – Ethics



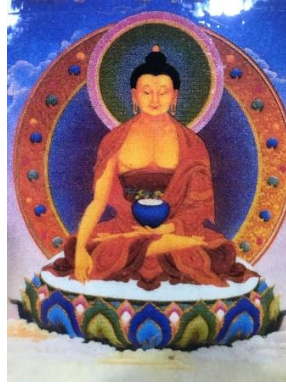
**Máy ALL beings' practice of KIND:
communication, conduct, and commerce
flow spontaneous and uncóntrived.**

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



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

Buddha's Easy Tantra
Future wishes

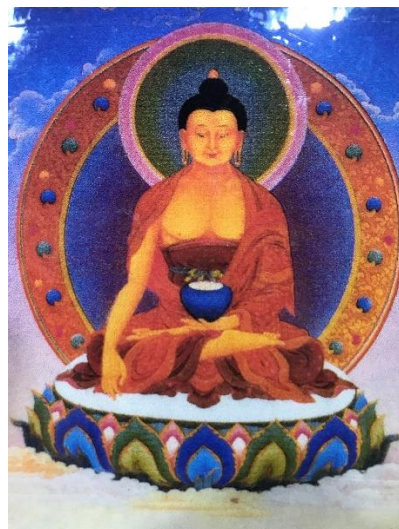


Máy each being take auspicious rebirth,
master the Buddha's path
and then help all others do líkewise.

Buddha's Easy Tantra
Right Intention's Second Fold

The Four Immeasurables

thus side-stepping aloofness



Buddha's Easy Tantra

Máy everyone be free from stress.

thus no need to hate

May everyone be háppy.

thus no need to crave

Máy NO one be separated
from their happíness.

thus no need to cling

Máy everyone have balance:

from the tyranny

of hating, craving, & clingíng **FREED!** 😊

V. Appendix

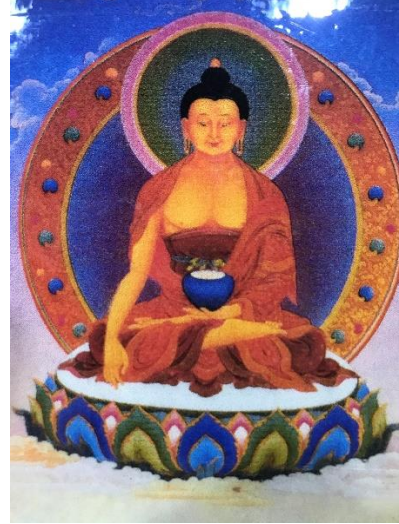
Buddha's Easy Tantra
Shantideva's

Dedication Prayers

from the 10th chapter of the Bodhicharyavatara

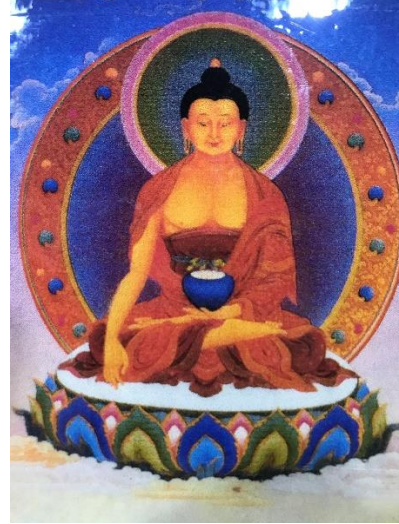


Buddha's Easy Tantra



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

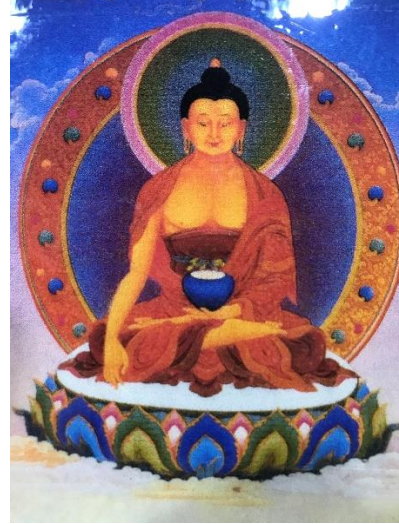
Buddha's Easy Tantra



Máy NO living creature suffer,
commit evil, or ever fáll ill.

Máy NO one be afraid or belittled,
with a mind weighed down by *sórr*ow.

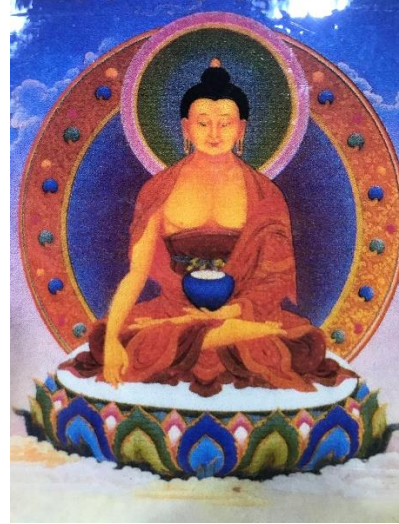
Buddha's Easy Tantra



Máy the blind see forms
and the deaf héar sounds.

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

Buddha's Easy Tantra



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

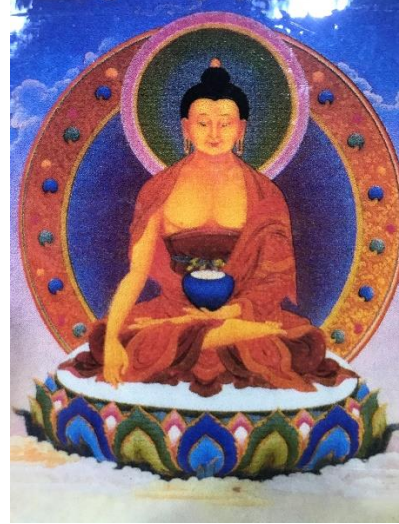
Buddha's Easy Tantra

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

máy the hopeless *receive*:

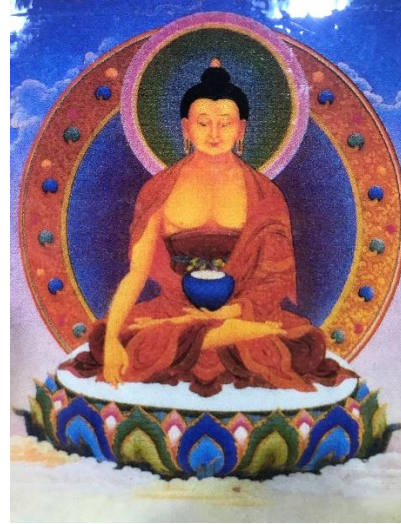
- (1) hope,
- (2) constant happiness,
- (3) and prosperítý.

Buddha's Easy Tantra



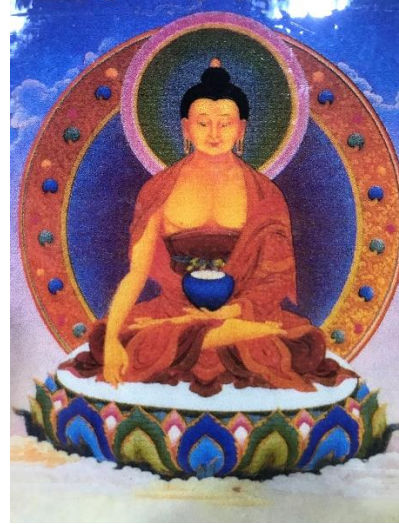
Máy there be timely rains
and bountiful hárvests;
máý all the medicines be effective
and wholesome prayers béar fruit.

Buddha's Easy Tantra



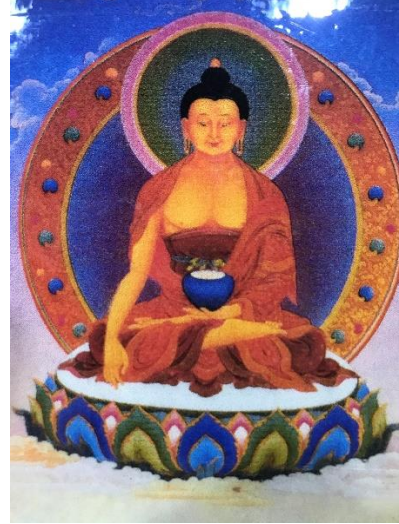
Máy all who are sick and ill
quickly be freed from their aílments.
Whátever diseases there are in the world,
may they never occur ágain.

Buddha's Easy Tantra



Máy the frightened cease to be afraid
and those bound bé freed;
máý the powerless *receive* power
and the people *long* to benefit each óther.

Buddha's Easy Tantra



Fór as long as space remains,
for as long as sentient beings rémain,
úntil then may I too *auspiciously* remain to
effectively dispel the miseries of thé world. 😊

Buddha's Easy Tantra

A. Invigorating Buddha Bowing



Buddha's Easy Tantra



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

I pay homage to the Buddha's example

I pay homage to the Buddha's teachings

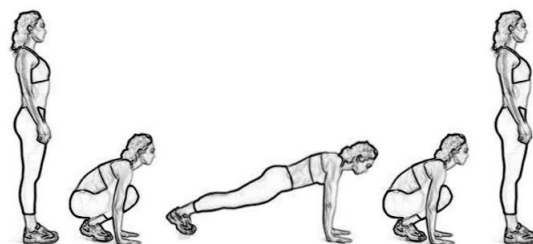
I pay homage to the Buddha's students

3 repetitions

Buddha's Easy Tantra
Karmic Calisthenics



or



Buddha's Easy Tantra

RIGHT: intention

Máy everyone be free from misery.

May everyone be háppy.

Máy NO one be separated
from their happíness.

Máy everyone have balance: FREE from
the tyranny of greed, hate, and confúsi^on. 😊

Buddha's Easy Tantra

B. Two Paths

*In the Tao Te Ching we read of two paths in any endeavor,
Lao Tzu warned against the former and encouraged the latter:*

*the path of yang or the path of yin,
the path of patriarchy or the path of matriarchy,
the path of rigidity or the path of flexibility,
the path of elitism, or the path of egalitarianism,*

*the path of control or the path of permissiveness,
the path that craves certitude or the path that embraces ambiguity,
the path with authority as the source of truth
or the path with truth as the source of authority,*

*the direct path or the circuitous path,
the active path or the passive path,
the path of competition or the path of cooperation,
the path of cruelty or the path of compassion...*

Buddha's Easy Tantra

*the path of pride or the path of love,
the path of ego or the path of NO-self (aka NOT-self),
the path of scatteredness or the path of centeredness,
the path of contrivance or the path of spontaneity,
the path of effort or the path of ease.*

Buddha's Easy Tantra

C. Four Levels of Practice

- Browsers – come to class but do NO homework and see NO transformation.*
- Students – come to class AND do their homework every morning AND every evening; they evolve.*
- Yogis – students who perform one-day retreats every quarter, month or week, practicing four times that day (i.e.: 6am, 10am, 2pm & 6pm).*
- Monastics – students who live as if on permanent retreat, practicing four times every day (i.e.: 6am, 10am, 2pm & 6pm).*

Buddha's Easy Tantra

Twenty minutes of formal silent meditation

for First Level Students – those who are seeking a “life lubricant”

Forty minutes of formal silent meditation

*for Second Level Students – those who desire a “profound evolution”
such as healing PTSD, overcoming a tragic past,
or transcending a disempowering and oft repeated pattern*

Sixty minutes of formal silent meditation

*for Third Level Students – those who yearn to rapidly master
sagehood's simplicity, patience, and compassion to the point of practicing them:
spontaneously, habitually, easily and effectively.*

Buddha's Easy Tantra

D. The Path of Mastery

Unconscious Incompetence

Conscious Incompetence

Conscious Competence

Unconscious Competence

When have we mastered the sages' path?



Buddha's Easy Tantra

*When we practice their techniques:
spontaneously, habitually, easily and effectively;
and their practice has so defined us
that we no longer chase a goal...*

*but are so content to practice the path
that we no longer even feel the need
to ask whether or not
we have mastered it.*



Buddha's Easy Tantra

E. The Means of Mastery

Ten thousand hours of regular, lucid, strategic practice is often the minimum required to accomplish mastery needed to teach others. Any student who enthusiastically practices their homework every morning AND every evening for sixteen consecutive weeks could be considered an apprentice.

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

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

Buddha's Easy Tantra

A Master is a journeyman who has accumulated an additional 5,000 hours of study and an additional 5,000 hours of meditation; ideally for eight hours daily...

*over the course of an additional three and a half years and has demonstrated intellectual and emotional **mastery**. The 10,000 hours is a minimum, for some folks require 20,000 hours, 30,000 hours or more to demonstrate intellectual and emotional mastery.*

Although this path of mastery can be long, it is neither mysterious nor occult.

Buddha's Easy Tantra

**Their nudity reminds us
of mindfulness' vulnerability,
their bodies comprised of light
remind us of non-graspability,**

**their beauty reminds us
of love's energy,
the stability with which he sits
reminds us of centeredness, and**

**the abandon with which she sports
reminds us of spontaneity.**

MEDITATE LIKE A JEDI

