

Green Heroine's Easy Tantra

Green Heroine's Easy Tantra

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4mar23a



Green Heroine's Easy Tantra

I. *Opening Enthusiasm*



Green Heroine's Easy Tantra
*slicing through the duality of dread and desire
with the eighth jhana of Awareness and Letting-go's*

Silent Meditation

the seventh and eighth folds of the eight fold path

Green Heroine's Easy Tantra
Calling the Lama from Afar's Lama Kyeno



Kínd lama please come
to the crown of thís head
Yóú're kinder than all Buddhas
for you're actively present in mý life.

Green Heroine's Easy Tantra

Calling the Lama from Afar

Lama come... to this crown!

Relaxing into the Nature of Mind

Seeing this... relaxing!

See... ease!

1st set of 256 rounds

Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Count sixteen sets upon the RIGHT little, ring, middle, index finger's lower, middle, & higher sets of creases & tip.

Green Heroine's Easy Tantra

Lam Rim's Stages of the Path of Enlightenment

How could (hating, craving, vying, clinging, this ___)... feel stressful?

All beings' (hating, craving, vying, clinging, this ___)... may I soothe!

How could (hating, craving, vying, clinging, this ___)... never last?

How could (hating, craving, vying, clinging, this ___)... NOT be me?

(Lama come... to this crown!)

Relaxing into the Nature of Mind

Seeing this... relaxing!

See... ease!

1st set of 256 rounds

Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Count sixteen sets upon the RIGHT little, ring, middle, index finger's lower, middle, & higher sets of creases & tip.

Green Heroine's Easy Tantra

Training the Heart with Chanting



Green Heroine's Easy Tantra
Generating Bodhichitta



Máy I yearn liberate all beings
through mastery of the eight-fóld path
wíth each recitation
of the ten syllable mántra.

Green Heroine's Easy Tantra

Refuge



Máy I rely upon the Buddha's
example, instructions, and stúdents
wíth each recitation
of the ten syllable mántra.

Green Heroine's Easy Tantra
Purification



Kínd lama may I regret the harm I've done
and resolve to do the kínd thing
wíth each recitation
of this ten syllable mántra.

Green Heroine's Easy Tantra

Offering



Máy I enthusiastically share with all beings
all my wisdom, love, health, and posséssions
wíth each recitation
of the ten syllable mántra.

Green Heroine's Easy Tantra
Guru Yoga's Lama Naljor



Kind lama please blend with this
HEART mind with each recitation of the
ten syllable mantra for our minds
are one in their empty nature.

Green Heroine's Easy Tantra
RIGHT: view of Letting-go's First fold
Dza Patrul Rinpoche's

II. Heart Treasure of the Enlightened Ones

Translated by the Padmakara Group
Adapted and Amplified by Lama Jigme Gyatso



Green Heroine's Easy Tantra
leapfrogging over confusion's clinging and competition with

Mantra Meditation



Green Heroine's Easy Tantra

The Mantra's Meaning



Green Heroine's Easy Tantra

Óm invokes the archetype's:

Ta-re courage **Tu-ta-re** pacification,

and **Tu-re** increase

Só-ha supplicates,

*“With these attributes may I,
like Tara, liberáte ALL!”*

Green Heroine's Easy Tantra



Green Heroine's Easy Tantra

leapfrogging over our clinging tendencies by contemplating

Right View of Reality

the first fold of the eight fold path

Green Heroine's Easy Tantra



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

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Count sixteen **rounds** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Count sixteen **sets** upon the RIGHT little, ring, middle, index finger's lower, middle, & higher sets of creases & tip.

Green Heroine's Easy Tantra



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

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Count sixteen **rounds** upon the *LEFT little, ring, middle, & index fingers'*
lower, middle, & higher creases and tips.

Count sixteen **sets** upon the *RIGHT little, ring, middle, index finger's*
lower, middle, & higher sets of creases & tip.

Green Heroine's Easy Tantra



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

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.

Count sixteen **sets** upon the RIGHT **little, ring, middle, index** finger's lower, middle, & higher sets of creases & tip.

Green Heroine's Easy Tantra

Tam

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

Om Ta-re Tu-ta-re Tu-re Sö-ha!

Count sixteen **rounds** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Count sixteen **sets** upon the RIGHT little, ring, middle, index finger's lower, middle, & higher sets of creases & tip.

Green Heroine's Easy Tantra

leapfrogging over our competitive tendencies by contemplating

Right Wishes

the second fold of the eight fold path

Green Heroine's Easy Tantra

Mantra Mala Yoga



Green Heroine's Easy Tantra

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



Green Heroine's Easy Tantra

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



Green Heroine's Easy Tantra



Va-ti boon for all lots!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

^{1st} set of 256 rounds
Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.
Count sixteen sets upon the RIGHT little, ring, middle, index finger's lower, middle, & higher sets of creases & tip.

Green Heroine's Easy Tantra



*Yi-dam **health** for all forms!*

Om Ta-re Tu-ta-re Tu-re Sö-ha!

1st set of 256 rounds
Count sixteen **rounds** upon the **LEFT little, ring, middle, & index** fingers'
lower, middle, & higher creases and tips.
Count sixteen **sets** upon the **RIGHT little, ring, middle, index** finger's
lower, middle, & higher sets of creases & tip.

Green Heroine's Easy Tantra



*Man-tra **love** for all speech!*

Om Ta-re Tu-ta-re Tu-re Sö-ha!

1st set of 256 rounds
Count sixteen **rounds** upon the LEFT little, ring, middle, & index fingers'
lower, middle, & higher creases and tips.

Count sixteen **sets** upon the RIGHT little, ring, middle, index finger's
lower, middle, & higher sets of creases & tip.

Tam

Bi-ja wise for all minds!

Om Ta-re Tu-ta-re Tu-re Sö-ha!

^{1st} set of 256 rounds
Count sixteen rounds upon the LEFT little, ring, middle, & index fingers'
lower, middle, & higher creases and tips.
Count sixteen sets upon the RIGHT little, ring, middle, index finger's
lower, middle, & higher sets of creases & tip.

Green Heroine's Easy Tantra
*slicing through the duality of dread and desire
with the fourth jhana of Bliss and Letting-go's*

Silent Meditation

the seventh and eighth folds of the eightfold path



Green Heroine's Easy Tantra

*All beings melt... into worlds. All worlds melt... into earthlings.
Earthlings melt... into earth. Earth now melts... into neighbors.
Neighbors melt... into here. Here now melts... into form.
Form now melts... into speech. Speech now melts... into mind.
HEART mind melts... into void.*

(Lama blend... with heart mind!)

Relaxing into the Nature of Mind

Feeling this... relaxing!

Feel... ease

*1st set of 256 rounds
Count sixteen rounds upon the LEFT little, ring, middle, & index fingers'
lower, middle, & higher creases and tips.
Count sixteen sets upon the RIGHT little, ring, middle, index finger's
lower, middle, & higher sets of creases & tip.*

Green Heroine's Easy Tantra

Lam Rim's Stages of the Path of Enlightenment

How could ___ ... feel stressful?

All beings' ___ ... may I soothe!

How could ___ ... never last?

How could ___ ... NOT be me?

(Lama blend... with this mind!)

Relaxing into the Nature of Mind

Feeling this ... relaxing!

Feel... ease

1st set of 256 rounds

Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Count sixteen sets upon the RIGHT little, ring, middle, index finger's lower, middle, & higher sets of creases & tip.

Green Heroine's Easy Tantra

Letting-go of the Circumstantial

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

Letting-go of the Physical

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

Letting-go of the Interpersonal

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

Letting-go of the Mental

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

Relaxing into the Nature of Mind

Feeling this... relaxing!

Feel... ease

2nd set of 64 rounds

*Count sixteen **rounds** upon the LEFT **little, ring, middle, & index** fingers' lower, middle, & higher creases and tips.*

*Count sixteen **sets** upon the RIGHT **little, ring, middle, index** finger's lower, middle, & higher sets of creases & tip.*

Green Heroine's Easy Tantra

Circumstantial Love

Va-ti boon... for all lots!

Physical Love

Yi-dam health... for all forms!

Interpersonal Love

Man-tra love... for all speech!

Mental Love

Bi-ja wise... for all minds!

Relaxing into the Nature of Mind

*Feeling this... **relaxing!***

*Feel... **ease***

3rd set of 64 rounds

Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Count sixteen sets upon the RIGHT little, ring, middle, index finger's lower, middle, & higher sets of creases & tip.

Green Heroine'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?

(Lama blend... with this mind!)

Relaxing into the Nature of Mind

Feeling this... relaxing!

Feel... ease

1st set of 256 rounds

Count sixteen rounds upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.

Count sixteen sets upon the RIGHT little, ring, middle, index finger's lower, middle, & higher sets of creases & tip.

Green Heroine's Easy Tantra

IV. Sharing the Good Vibrations



Green Heroine'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!*

Green Heroine's Easy Tantra
Dedication to the Pacification of Hindrances



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

Green Heroine's Easy Tantra

*Máy all be separated from
unfavorable conditions
and may all experience favorable conditions
and everything excellent.*

Green Heroine's Easy Tantra

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

Green Heroine'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 **Green Heroine**'s Bi-ja, Man-tra,
Yi-dam, and Va-ti óf lore.

Green Heroine's Easy Tantra
Embracing the Path of Yin



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

Green Heroine'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 uncóntrieved.**

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



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

Green Heroine's Easy Tantra
Future wishes



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

Green Heroine's Easy Tantra
Right Intention's Second Fold

The Four Immeasurables

thus side-stepping aloofness



Green Heroine'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

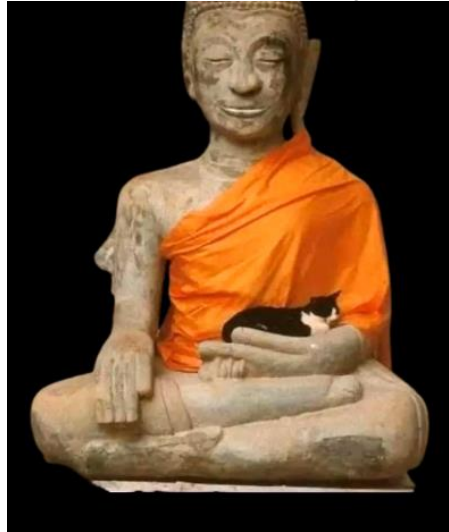
Green Heroine's Easy Tantra
Shantideva's

Dedication Prayers

from the 10th chapter of the Bodhicharyavatara

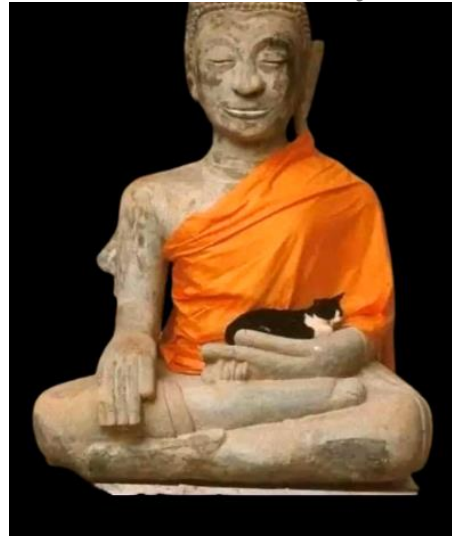


Green Heroine's Easy Tantra



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

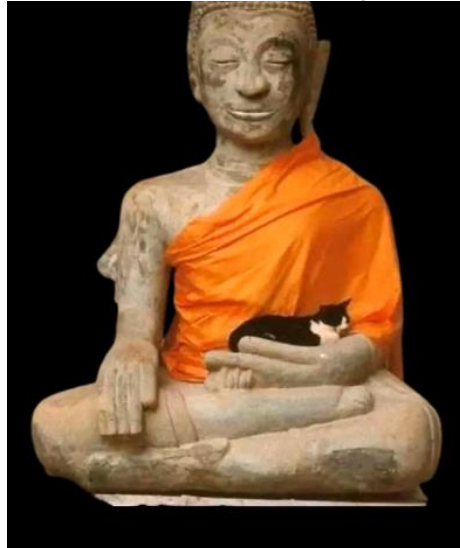
Green Heroine's Easy Tantra



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

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

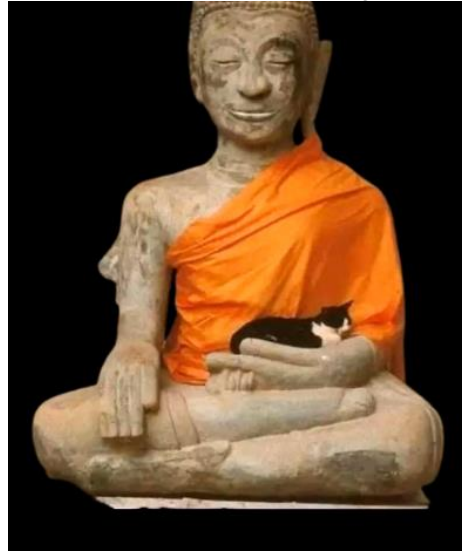
Green Heroine's Easy Tantra



Máy the blind see forms
and the deaf héar sounds.

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

Green Heroine's Easy Tantra



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

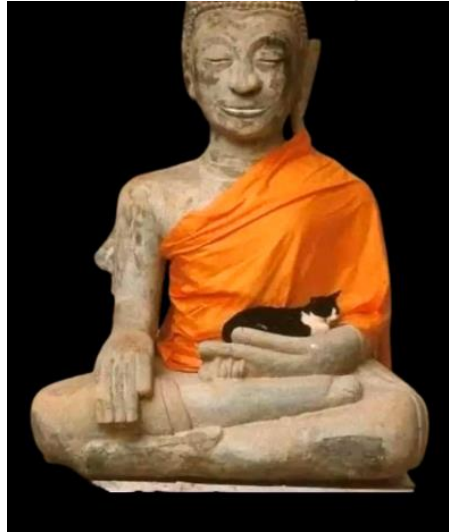
Green Heroine's Easy Tantra

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

máy the hopeless *receive*:

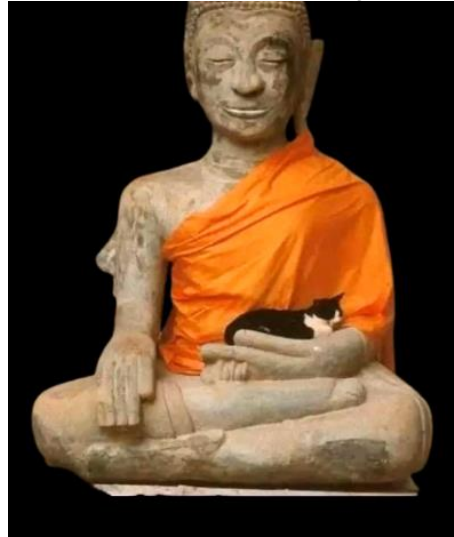
- (1) hope,
- (2) constant happiness,
- (3) and prosperity.

Green Heroine's Easy Tantra



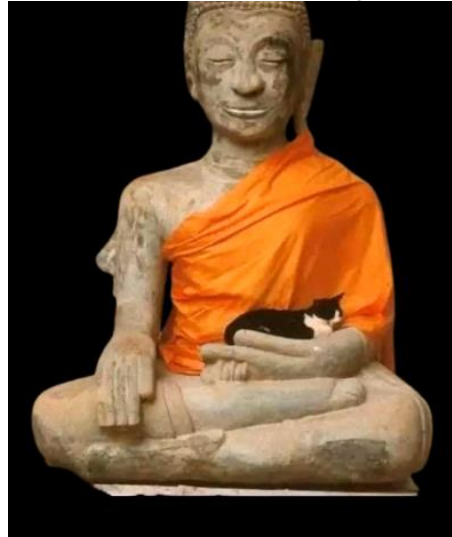
Máy there be timely rains
and bountiful hárvests;
máý all the medicines be effective
and wholesome prayers béar fruit.

Green Heroine's Easy Tantra



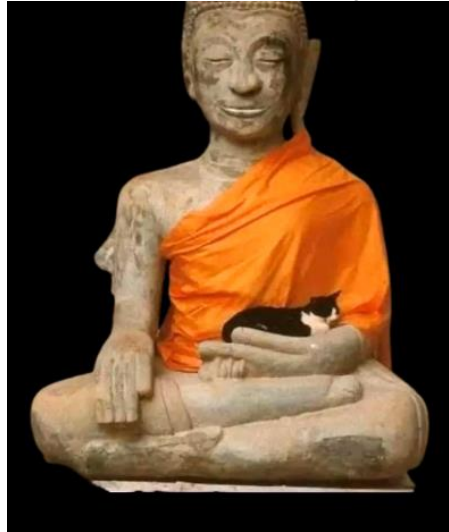
Máy all who are sick and ill
quickly be freed from their ailments.
Whátever diseases there are in the world,
may they never occur **á**gain.

Green Heroine'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.

Green Heroine'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. 😊

Green Heroine's Easy Tantra

A. Invigorating Buddha Bowing



Green Heroine'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

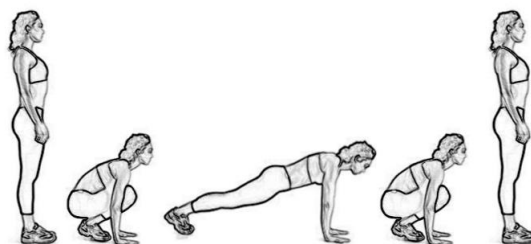
I pay homage to the Buddha's students

3 repetitions

Green Heroine's Easy Tantra *Karmic Calisthenics*



or



Green Heroine'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. 😊

Green Heroine'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...*

Green Heroine'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.*

Green Heroine'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).*

Green Heroine'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.*

Green Heroine's Easy Tantra

D. The Path of Mastery

Unconscious Incompetence

Conscious Incompetence

Conscious Competence

Unconscious Competence

When have we mastered the sages' path?



Green Heroine'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.*



Green Heroine'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**.*

Green Heroine'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.

Green Heroine'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

