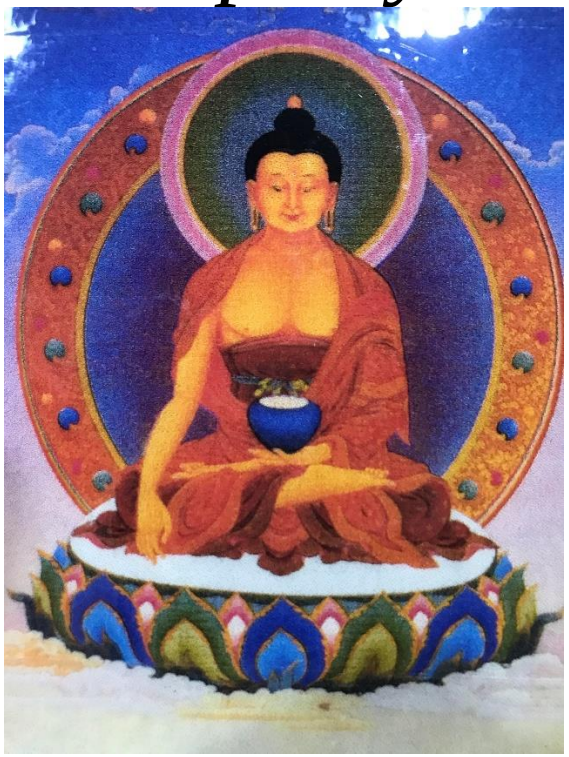
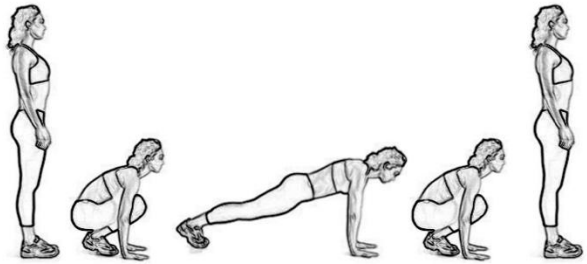
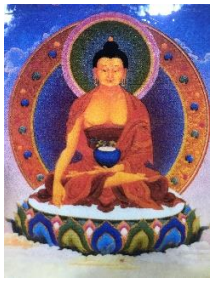
Jewel Born One's Easy Tantra

Terton Lama: Jigme Gyatso, Rime Rinpoche
29mar23a

I. Chanting for Empathy and Enthusiasm







T**ó** liberate ALL beings from the tranny
of hating, craving, and cl**í**nging
m**á**y I rely upon the Buddha's
example, instructions, and st**ú**dents! *three repetitions*

Mantra Meditation

which is also known as creation stage: the antidote to hating

The Mantra's Meaning

Wíth **Om** *we invoke the*

Rat-na *Jewel,*

Sam-bha-va *born one,*

with **Tram** *wishing liberation fór ALL!*

Jewel Born One's Easy Tantra

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

Love's Kind Wishes

the second fold of the eight fold path

Mantra Mala Yoga

Ás we chant the mantra it could feel as if gold rays were emitt**í**ng from **á** thumb-nail sized, horizontal, mantra rosary behind **ó**ur Navel

l**á**vishing ALL minds, communication,
bodies, and circumst**á**nces
w**í**th wisdom, love, health, and good fortune:
centered and spontan**é**ous.

Tram

*M**á**y all minds of all beings*
*now be as wise as a Buddh**á**'s mind*
*s**ý**mbolized by a one syllable mantra*
*known as a seed or Bi-ja m**á**ntra!*

Tram

Navel Tram wise... for all minds!

Om Rat-na Sam-bha-va Tram

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

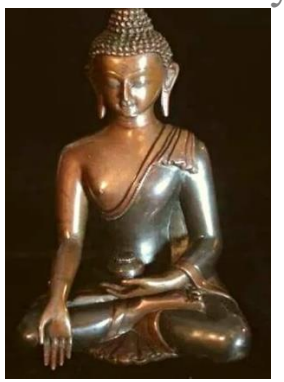
*M**á**y all relationships of all beings*
*now be as l**ó**ving*
***á**s a Buddha's communication*
*symbolized by a seven syllable m**á**ntra!*

Mantra love... for all speech!

Om Rat-na Sam-bha-va Tram

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

*M**á**y all bodies of all beings now enjoy the perfect health depicted in Buddh**í**st art **ó**f the blissful body of a De-vi or Yi-dam of lore: an architype of enlight**é**nment!*



Yidam health... for all forms!

Om Rat-na Sam-bha-va Tram

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

*M**á**y all circumstances of all beings*
*now be as safe and fort**ú**nate*
***á**s a Buddha's*
*paradise, pure land or Va-ti **ó**f lore!*

Vati boon... for all lots!

Om Rat-na Sam-bha-va Tram

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

Letting-go's Right View of Reality

the first fold of the eight fold path

Tram

*H**ó**w is it that as we inhale*
*our minds' functions could seem qu**í**te clear,*

*y**é**t as we **relax** into our exhalation*
they could feel as non-graspable as
*a vast, empty void, or a Bi-ja **ó**f light?*

Tram

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

Om Rat-na Sam-bha-va Tram

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

*H**ó**w is it that as we inhale communication's experience of the interpersonal could sound quite resounding, yet as we **relax** int**ó** our*

***é**xhalation it could feel as non-graspable as the infinite azure sky on a bright & beautiful cloudless morn or a Man-tra **ó**f light?*

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

Om Rat-na Sam-bha-va Tram

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

*H**ó**w is it that as we inhale*
*our bodies could feel quite sens**ú**al,*

*y**é**t as we **relax** into our exhalation*
they could feel as non-graspable as
*a Yi-dam **ó**f light?*

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

Om Rat-na Sam-bha-va Tram

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

*H**ó**w is it that as we inhale our*
*circumstances could appear quite viv**í**dly,*

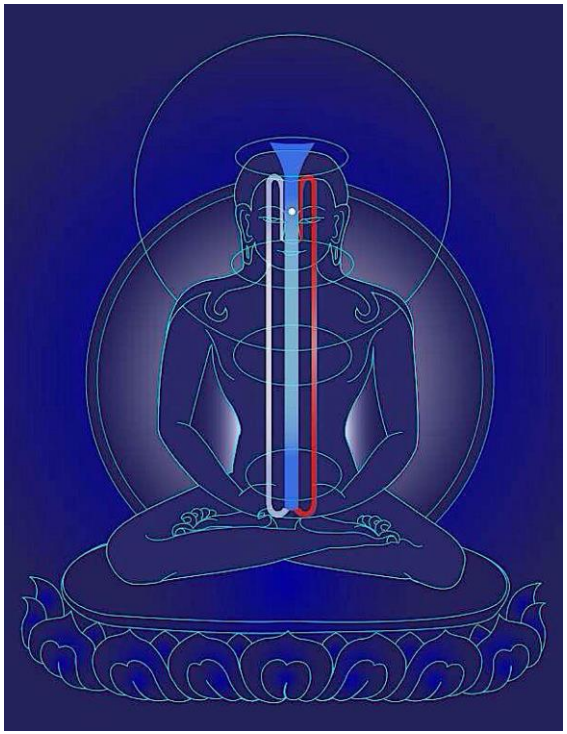
*y**é**t as we **rela**x into our exhalation*
they could feel as non-graspable as
*a Va-ti **ó**f light?*

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

Om Rat-na Sam-bha-va Tram

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

Silent Contemplations and Meditations



Dance of Impermanence and Interdependence

*All lots **melt**... into form*
*All forms **melt** ... into speech*
*All speech **melts** ... into mind*
*All minds **melt** ... into void*

Slicing through Clinging w/ Atiyoga, Trekcho, Sutra Mahamudra

*Notice this... **re-lax-ing**!* *Watching the Play of Mind & then Relaxing into its NON-graspable Nature*

Transcending Craving w/ Anuyoga, Tikle, Bija Mahamudra

*Grin gut **Tram**... **re-la-xing**!* *Feeling Play of Sensation & Relaxing into its NON-graspable Nature*

Leaping over Hating w/ Mahayoga, Tokal, Bija Mahamudra

Bi-ja wise... for all minds
Man-tra love... for all speech
Yi-dam health... for all forms
Va-ti boon... for all lots

Dance of Mindfulness and Meditation

*All lots seen yet… **void** like Va-ti*
*All forms felt yet… **void** like Yi-dam*
*All speech heard yet… **void** like Man-tra*
*All minds clear yet… **void** like Bi-ja*

Slicing through Clinging w/ Atiyoga, Trekcho, Sutra Mahamudra

*Notice this… **re-lax-ing**!*

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

Transcending Craving w/ Anuyoga, Tikle, Bija Mahamudra

*Grin gut **Tram**… **re-la-xing**!*

Feeling Play of Sensation & Relaxing into its NON-graspable Nature

Leaping over Hating w/ Mahayoga, Tokal, Bija Mahamudra

Bi-ja wise… for all minds
Man-tra love… for all speech
Yi-dam health… for all forms
Va-ti boon… for all lots

Dukkha Stress

How could this… feel stressful?

Karuna Compassion

All beings' stress... may I soothe!

Anicca Impermanence

How could this… NEVER last?

Anatta NO-self

How could this… NOT be me?

Slicing through Clinging w/ Atiyoga, Trekcho, Sutra Mahamudra

Notice <u>this</u>… ***re-lax-ing****!* *Watching the Play of Mind & then Relaxing into its NON-graspable Nature*

Transcending Craving w/ Anuyoga, Tikle, Bija Mahamudra

Grin gut ***Tram****…* ***re-la-xing****!* *Feeling Play of Sensation & Relaxing into its NON-graspable Nature*

Leaping over Hating w/ Mahayoga, Tokal, Bija Mahamudra

Bi-ja wise… for all minds

Man-tra love… for all speech

Yi-dam health… for all forms

Va-ti boon… for all lots

IV. Eight Well Wishes

M**á**y ALL the harm of Ma-ras, non-humans and so forth be ov**é**rcome. *clap!*

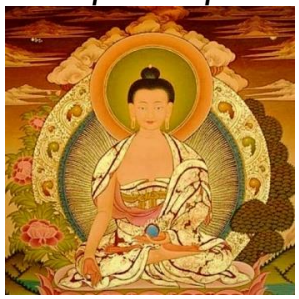
M**á**y they become non-ex**í**stent. *clap!*
M**á**y they be pac**í**fied. *clap!*
M**á**y they be thoroughly pac**í**fied. *clap!*

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

M**á**y *all* be separated from
unfavorable cond**í**tions

ánd may *all experience*
favorable conditions
and everything exc**é**llent.

Thro**ú**gh this fortune
may there be at this time
happiness **á**nd health.



M**á**y ALL minds, speech, forms, and lots be as wise, loving, healthy, and fort**ú**nate **á**s **Rat-na-sam-bha-va**'s Bi-ja, Man-tra, Yi-dam, and Va-ti **ó**f lore.

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

M**á**y ALL beings' practice of KIND**:** communication, conduct, and commerce flow spontaneous and unc**ó**ntrived.

Má**á**y all beings, like **Ratnasambhava**,
master the eight-fold path
as well as liberate ALL **ó**thers.

8 Future wishes

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

Jewel Born One's Easy Tantra

8 Right Intention's Second Fold

The Four Immeasurables

thus side-stepping aloofness

M**á**y everyone be free from stress. *thus no need to hate*

May everyone be h**á**ppy. *thus no need to crave*

M**á**y NO one be separated
from their happ**í**ness. *thus no need to cling*

M**á**y everyone have balance:
from the tyranny
of hating, craving, & cling**í**ng FREED! ☺

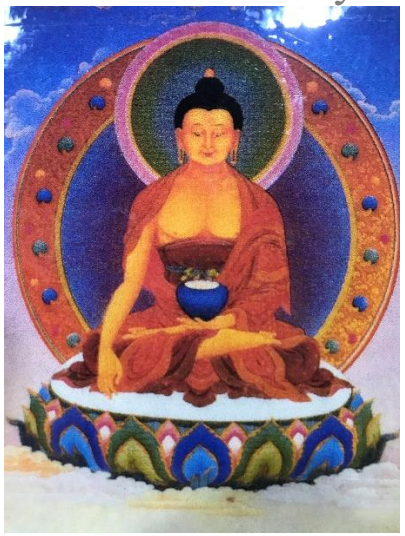
V. Appendix

Jewel Born One's Easy Tantra

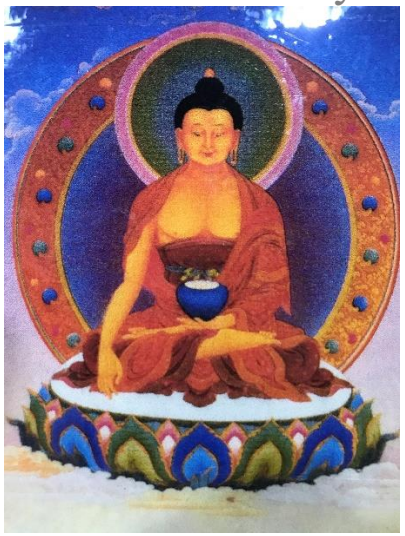
Shantideva's

Dedication Prayers

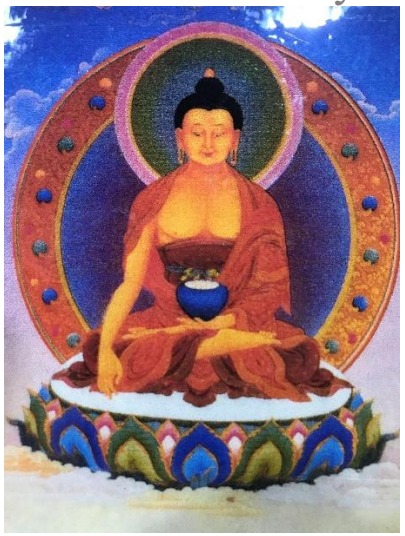
from the 10th chapter of the Bodhicharyavatara



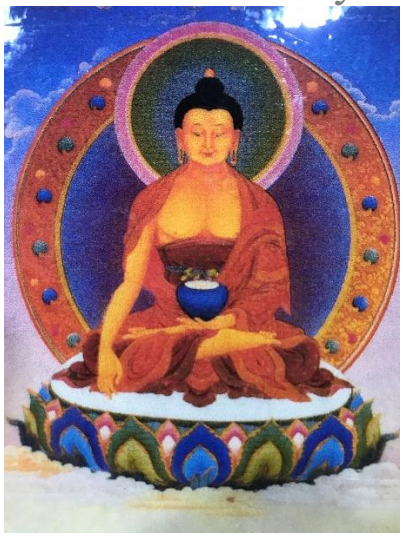
M**á**y all beings everywhere
plagued by sufferings of body **á**nd mind,
*r**é**ceive* an ocean of happiness and joy
by virtue of my m**é**rits.



M**á**y NO living creature suffer,
commit evil, or ever f**á**ll ill.
M**á**y NO one be afraid or belittled,
with a mind weighed down by *s**ó**rrow*.



M**á**y the blind see forms
and the deaf h**é**ar sounds.
M**á**y those whose bodies are worn with toil,
receive rest and be r**é**stored.

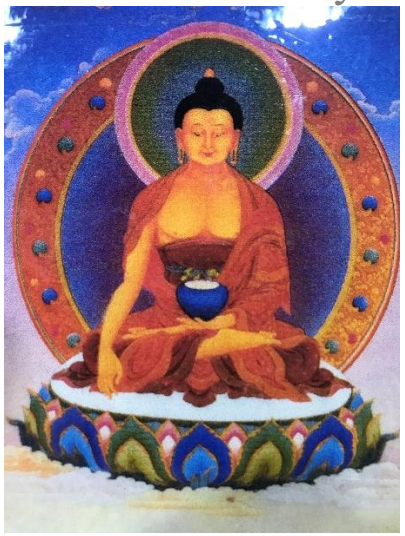


Má**a**y the naked *receive* clothing
the hungry receí**i**ve food
má**a**y the thirsty *receive* water
and delicioú**u**s drinks.

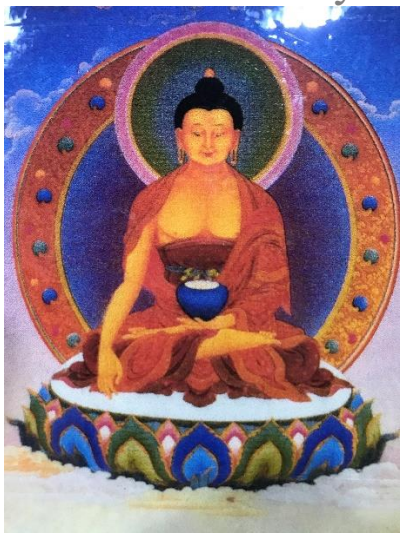
M**á**y the poor *receive* wealth,
those weak with sorrow *rec**é**ive* joy;

m**á**y the hopeless *receive*:

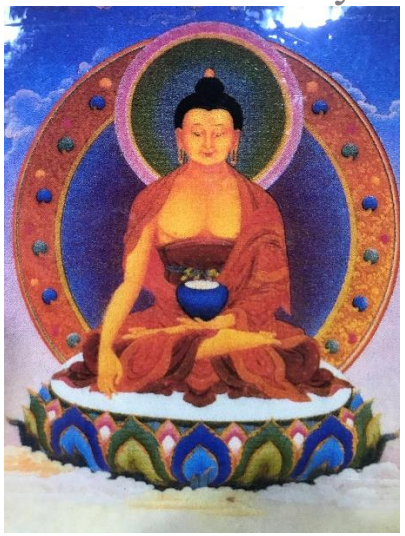
(1) hope,
(2) constant happiness,
(3) and prosper**í**ty.



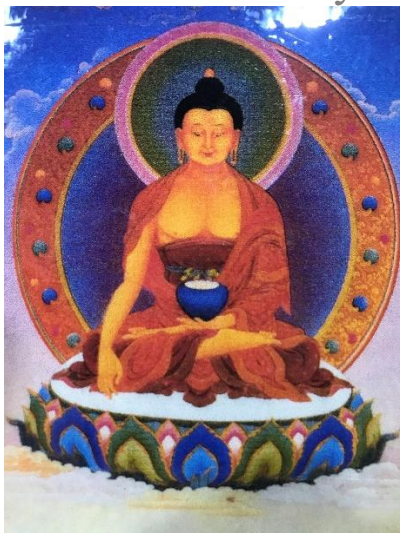
M**á**y there be timely rains
and bountiful h**á**rvests;
m**á**y all the medicines be effective
and wholesome prayers b**é**ar fruit.



M**á**y all who are sick and ill
quickly be freed from their a**í**lments.
Wh**á**tever diseases there are in the world,
may they never occur **á**gain.



M**á**y the frightened cease to be afraid
and those bound b**é** freed;
m**á**y the powerless *receive* power
and the people *long* to benefit each **ó**ther.



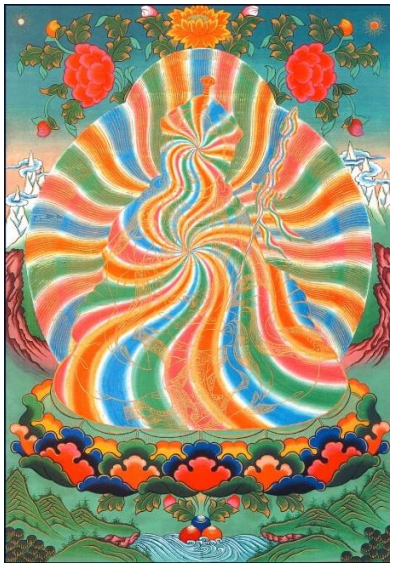
F**ó**r as long as space remains,
for as long as sentient beings r**é**main,
úntil then may I too *auspiciously* remain to
effectively dispel the miseries of th**é** world. ☺

Jewel Born One's Easy Tantra

leapfrogging over confusion's clinging and competition with

Clear Light Yoga's

chanted contemplation of the Dance of Impermanence, Interdependence, and Emptiness

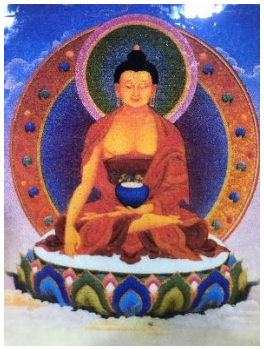


H**ó**w could all Buddhas impermanently
melt into blissful rainb**ó**w light

th**á**t interdependently absorbs
into all p**ú**re lands?

H**ó**w could all pure lands impermanently
melt into blissful rainb**ó**w light

th**á**t interdependently absorbs
into **á**ll beings?

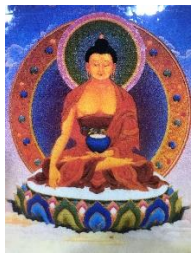


H**ó**w could all beings
(*other than earthlings*) impermanently
melt into blissful rainb**ó**w light

th**á**t interdependently absorbs
into **á**ll worlds?

H**ó**w could all worlds
(*other than earth*) impermanently
melt into blissful rainb**ó**w light

th**á**t interdependently absorbs
into all **é**arthlings?

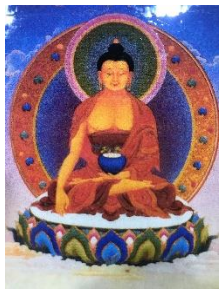


H**ó**w could all earthlings
(*other than our neighbors*) impermanently
melt into blissful rainb**ó**w light

th**á**t interdependently absorbs
int**ó** earth?

H**ó**w could all of Earth (*other than our neighborhood*) impermanently melt into blissful rainb**ó**w light

th**á**t interdependently absorbs into our n**é**ighbors?

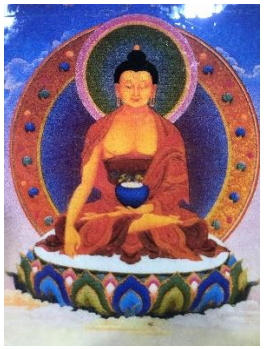


H**ó**w could our neighbors impermanently melt into blissful rainb**ó**w light

th**á**t interdependently absorbs int**ó** here?

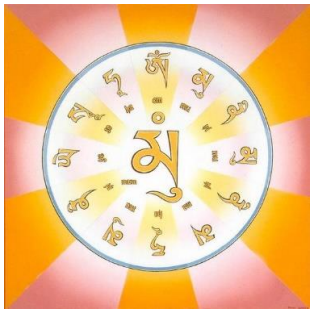
H**ó**w could here impermanently
melt into blissful rainb**ó**w light

th**á**t interdependently absorbs
into this b**ó**dy?



H**ó**w could this body impermanently melt into blissful rainb**ó**w light

th**á**t interdependently absorbs into this communic**á**tion?



H**ó**w could this communication
impermanently
melt into blissful rainb**ó**w light

th**á**t interdependently absorbs
into th**í**s mind?

Moom

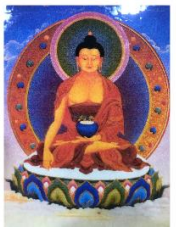
H**ó**w could this mind impermanently
melt into blissful rainb**ó**w light

th**á**t interdependently absorbs
into infinite spacio**ú**sness?

In-fi-nite… ***spa-cious-ness!***

Jewel Born One's Easy Tantra

Pho'wa's Transference of Consciousness



Át the END of this current life
may this tiny **Moom**-l**í**ke mind

sh**ó**ot UP this central channel
out this fontanel
and into the vast exp**á**nse: **Pey**! (*snap*)

A. Invigorating Buddha Bowing

Na-mo Bud-dha-ya — *I pay homage to the Buddha's example*

Na-mo Dhar-ma-ya — *I pay homage to the Buddha's teachings*

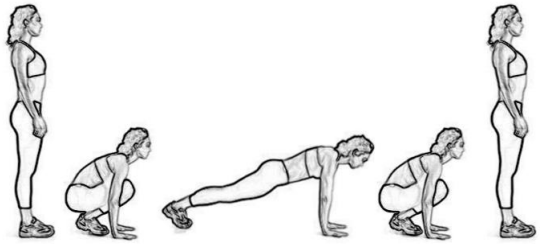
Na-mo Sang-ha-ya! — *I pay homage to the Buddha's students*

***3** repetitions*

Jewel Born One's Easy Tantra

Karmic Calisthenics

or



M**á**y everyone be free from misery.
May everyone be h**á**ppy.
M**á**y NO one be separated
from their happ**í**ness.

M**á**y everyone have balance: FREE from the tyranny of greed, hate, and conf**ú**sion.☺

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 or cruelty or the path of compassion…

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.

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).*

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.

D. The Path of Mastery

Unconscious Incompetence
Conscious Incompetence
Conscious Competence
Unconscious Competence

When have we mastered the sages' path?

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.

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.

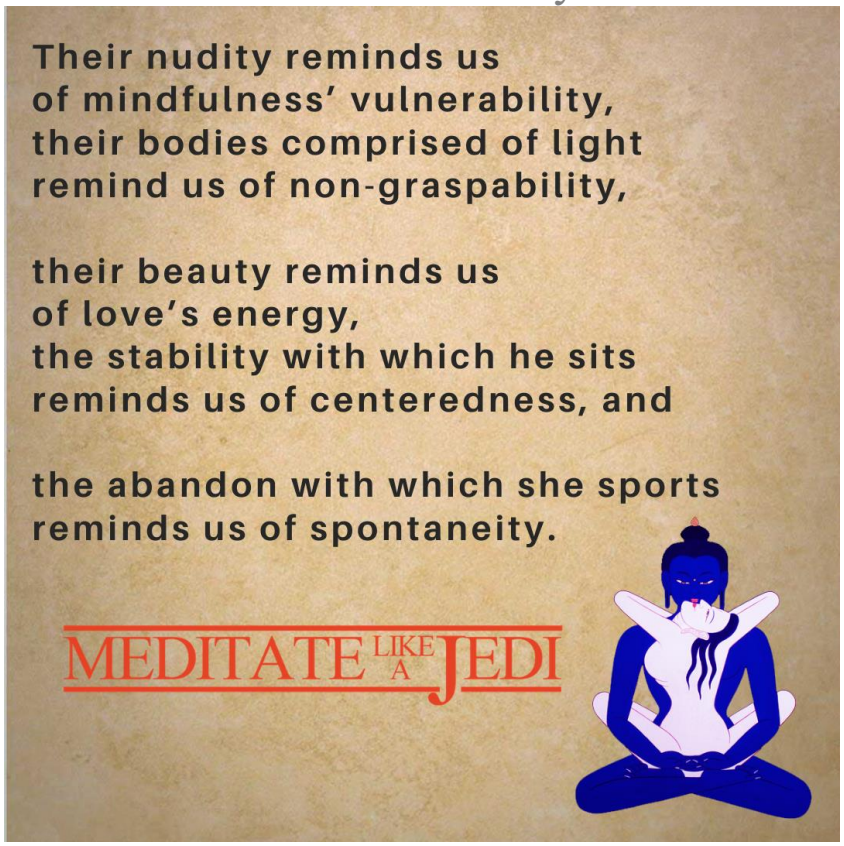
A Journeyman is an apprentice who has accumulated
5,000 hours of study and 5,000 hours meditation;
ideally for eight hours daily
over the course of three and a half years…

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

A <u>Master</u> 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
*<u>and</u> 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.


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