

Further Calm Abiding Practices—Santa Fe NM-

Taught by Fred Cooper on April 12, 2011

Based on Mahamudra –Ocean of Certainty according to the oral transmission of HE Tai Situpa

1) Lotus Sun and Moon Discs

In your heart is an 8 petaled lotus—white with a red tinge.

On top of that is a moon disk radiating cool light.

On top of that is a sun disk, gold, radiating warm light.

Then on top of sun and moon disk

a) White ball of light

b) Your Yidam

c) Bodhisattva—Chenrezig, Tara, Manjushri, Vajrapani

d) Your Guru—lineage Guru, personal guru or guru as Vajradhara

First—Ball of light

After the visualization is clear—then concentrate on the light that it radiates-

Your body is filled up with light.

Then your body becomes transparent with light

Then your whole body radiates diffuse light and glows with light

a) Light is white if you use ball of white light

Green if Tara, Orange if Manjushri, Blue if Vajradhara.

Then dissolve—Light goes back into the ball, dissolves into sun disc, dissolves into moon disk then lotus dissolves. Everything dissolves into light.

Alternate Creating and Dissolving.

2) Dissolving into Emptiness—Clear Light –Great Voidness.

Tong chen osal

Earth dissolves into water—into fire—into air – into space—into voidness.

Clarity with no object. Biggest and smallest are the same.

Then let go for a while.

Then start over

3) Om AH Hung Breathing

First part—Balancing the breaths:

Breathe in as complete and slowly as possible

Pause in (don't close up)

Breathe out as completely as possible.

Pause out.

Next—As you breathe out—slightly blue in color—letting go of disharmony.

Breathing in energy of the universe -everything good—color slightly white

Pausing in digesting the energy—color red

Then add—breathing in OM, pausing in AH, breathing out HUNG

10-3-10-3 etc

Balance the breath—do this as slow as possible.

4) Par lung

First 21 breaths.

Then clean the air in the body before and after.

Posture: Thumbs pressing 4th finger. Hand stretched straight on knees.

Then breathe out forcefully while stretching out fingers.

Do 3 times

Then breathe in—create a little cavern with pressure on top (diaphragm) and also

Close sphincters to create a pocket of air under the navel.

Then breathe normally—look to the right –look to the left

Say the refuge and bodhicitta prayer.

Ping-pong belly

Underneath close up

Gently press down

Pack of energy kept below navel.

Keep awareness at the navel.

Then let go—

Again do 3 cleaning of the breaths as in the beginning.

Wait 5 minutes before starting again or getting up.

This centralizes the energy.

REFUGE AND AROUSAL OF BODHICITTA

SANG JAY CHO DANG TSOG KYI CHOG NAM LA
CHANG CHUB BAR DU DAG NI CHAB SU CHI
DAG GI CHIN SOG GYI PAI SO NAM KYI
DRO LA PEN CHYIR SANG GAY DRUP PAR SHOG

In the Buddha, Dharma and Supreme Assembly
I go for Refuge until enlightenment
By the merit of my practicing generosity and the other perfections
May I attain the state of Buddhahood for the sake of all living beings

FOUR IMMEASURABLES

SEM CHEN TAM CHAY DEWA DANG DE WAY GYU DANG DEN PAR GYUR CHIG
DUK NGAL DANG DUK NGAL GYI GYU DANG DRAL WAR GYUR CHIG
DUK NGAL MAY PAI DE WA DAM PA DANG MI DRAL WAR GYUR CHIG
NYE RING CHAK DANG NYI DANG DRAL WAI TANG NYOM CHEN PO LA NAY PAR
GYUR CHIG

May all beings have happiness and the causes of happiness
May all beings not have suffering and the causes of suffering
May all beings never be without the supreme bliss, which is free of all suffering
May all beings abide in the great equanimity, which is free from partiality; attachment to some and aversion to others.

DEDICATION OF MERIT

SO NAM DI YI TAM CHE ZIK PA NYI
TOP NE NYE PAI DRA NAM PAM JE NE
KYE GA NE CHYI BA LAP TRUK PA YI
SI PAI TSO LE DRO WAR DROL WAR SHO
By this virtue may we become enlightened,
And having vanquished all negative influences,
Liberate all beings from the ocean of existence,
Which is turbid with the waves of birth, old age, sickness, and death.