

September 27 / 26

A Blossoming of Sublime Understanding and Love – Unbroken Wholeness, the Sadhana of Amitabha and Pureland Buddhism –

A series of classes inviting 'Yogis of the Natural World' and long term practitioners of buddha-dharma, to join in an experiential exploration of love and clear seeing, using the lens of this "[Sadhana of Amitabha](#)".

A playlist of recordings for all the classes can be viewed at <https://www.youtube.com/playlist?list=PLDfqQ393gSUJpWgp-thJLAWbwuYMREjvI>

PDFs of resources and reminders to accompany some of the classes can be found by [clicking here](#).

Resources and Reminders for class #10 The Yoga of Effortless Naturalness

The Yoga of Effortless Naturalness rests on a foundation of all the preceding explorations. We spoke of an expansion of involvement, from four contemplations that are common to all vehicles and focus primarily on one's own life and practice, through to Mahayana – a more expansive exploration of the inter-beingness of everything and everyone. Gradually as these practices become more and more continuous in our living, we find ourselves prepared to enter the domain of Tantra.

Here is a very general summary of the process.

Common to All Vehicles

(1) Foundational Themes

- the precious human life with its various freedoms and opportunities.
- birth/ death (*jati/marana*) and impermanence
- karma, responsive relating, cause~effect, action~response;
evanescent dynamism
- the suffering of samara
- + satipatthana
- + precepts

TANTRA – continuum (working with sadhana, in this case the Sadhana of Amitabha)

View/Ground

- Foundation (*Prologue*)
- Ancestral Ground
- True Refuge
- Reflecting on Bodhicitta and Bodhisattva Vow)

Meditation/Path

- Contemplating the True Nature of Being

Yoga of Skilful Fabrication
Sevenfold Training
Breathing Yoga

Action/Fruition (Mahamudra/Dzogchen)

Yoga of Effortless Naturalness

Early in the class I tried to give a sense of how big 300 billion is with the example of cubic meters of sand scattered in Trafalgar Square with each grain representing a sun and all of it together, our Galaxy. This example was taken from a very readable book called *"The Universe In Your Hand"* by Christophe Galfard, 2025.

Three poems referred to in the class:

Clear Light – 1999

Not a light
 but a lightness.
Not a place to come from or to go to
 but the womb of all textures.
Not a this or a that
 but beauty manifesting.
Not here or there
 but thusness (unbroken wholeness) personifying.
Try to grasp it
 and the grasping heavys, obscuring lightness.
Try to reason it
 Why? Where? How? ... and the reasoning densifies.
Letting go and letting be
 completely relaxing within
 the lightness/ knowing is apparent all over.

Pith Instruction from Lama Shabkar

All appearances are vast openness,
Blissful and utterly free.
With a free, happy mind
I sing this song of joy.

When one looks towards one's own mind –
The root of all phenomena –
There is nothing but vivid emptiness,
Nothing concrete there to be taken as real.

It is present as transparent, utter openness,
Without outside, without inside –
An all-pervasiveness
Without boundary and without direction.

The wide-open expanse of the view,
The true condition of mind,
Is like the sky, like space:
Without centre, without edge, without goal

By leaving whatever I experience
Relaxed in ease, just as it is,
I have arrived at the vast plain
That is the absolute expanse.

Dissolving into the expanse of emptiness
That has no limits and no boundary,
Everything I see, everything I hear,
My own mind, and the sky all merge.

Not once has the notion arisen
Of these being separate and distinct.

In the absolute expanse of awareness
All things are blended into that single taste –
But, relatively, each and every phenomena is distinctly, clearly seen.
Wondrous!

Guru Yoga

by His Holiness Dudjom Rinpoché

Since pure awareness of nowness is the real Buddha,
In openness and contentment
I found the Lama in my heart.
When we realize this unending natural mind is the very nature of the Lama,
Then there is no need for attached grasping, or weeping prayers, or artificial complaints.
By simply relaxing in this uncontrived, open natural state,
We obtain the blessing of aimless self-liberation of whatever arises.