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translated by Maurice Walshe,
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“The Heart Treasure of the Enlightened Ones
the Practice of View, Meditation, and Action;
a discourse Virtuous in the Beginning, Middle, and End”
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  translated by Christiane Buchet

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  “Sadhana of the Venerable Tara: Tara Battarika Sadhana”
  translated by Martin Willson

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Instructions for the Concise Preliminary Practices of the New Treasure of Dudjom”
Compiled by Jane Tromge

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“Dudjom Tersar Ngöndro”
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and a meditation manual composed by Lama Surya Das
“Natural Radiance: Awakening to your Great Perfection”
# Table of Contents

## Opening Material
- Acknowledgements ........................................ pg. 2
- Contents ...................................................... pg. 7
- Tao Te Ching Syllabus ........................................ pg. 9

## First Set of Meditations ........................................ pg. 10
- Sensation and Acquiescence ................................ pg. 11
- Perception and Acquiescence ............................... pg. 16
- Universal Compassion ....................................... pg. 21

## Second Set of Meditations ..................................... pg. 34
- Impermanence and Non-graspability ..................... pg. 35
- Awareness and Acquiescence ............................... pg. 42
# Tao Te Ching Syllabus

<table>
<thead>
<tr>
<th>Lesson</th>
<th>Volume</th>
<th>Chapters</th>
<th>Lesson</th>
<th>Volume</th>
<th>Chapters</th>
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<tbody>
<tr>
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<td>A-na-pa-na-sa-ti Sut-ta</td>
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<td>9&lt;sup&gt;th&lt;/sup&gt;</td>
<td>8&lt;sup&gt;th&lt;/sup&gt; of 14</td>
<td>43&lt;sup&gt;rd&lt;/sup&gt; – 48&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>1&lt;sup&gt;st&lt;/sup&gt; – 6&lt;sup&gt;th&lt;/sup&gt;</td>
<td>10&lt;sup&gt;th&lt;/sup&gt;</td>
<td>9&lt;sup&gt;th&lt;/sup&gt; of 14</td>
<td>49&lt;sup&gt;th&lt;/sup&gt; – 54&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>7&lt;sup&gt;th&lt;/sup&gt; – 12&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>10&lt;sup&gt;th&lt;/sup&gt; of 14</td>
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</table>
First Set of Meditations

*Palms UP*
Sensation and Relaxation

First Set
Awareness and Acquiescence – Fourth Lesson – Practice

_**Sensation and Relaxation – Climbing – Abdomen**_

<table>
<thead>
<tr>
<th>IN-breath:</th>
<th>OUT-breath:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>IN-breath:</strong></td>
<td><strong>OUT-breath:</strong></td>
</tr>
<tr>
<td>Notice gut...</td>
<td>relaxing! Four breaths</td>
</tr>
<tr>
<td><strong>Gut...</strong></td>
<td><strong>ease!</strong> Four &amp; Four breaths</td>
</tr>
</tbody>
</table>
Awareness and Acquiescence – Fourth Lesson – Practice

Sensation and Relaxation – Climbing – Chest

3 Left Index-finger
6 Left Ring-finger
9 Left Little-finger
12 Left Middle-finger

2 Both Ring-fingers
5 Both Little-fingers
8 Both Middle-fingers
11 Both Index-fingers

1 Right Little-finger
4 Right Middle-finger
7 Right Index-finger
10 Right Ring-finger

IN-breath:

Notice chest...

OUT-breath:

relaxing!

Four breaths

IN-breath:

Chest...

ease!

OUT-breath:

Four & Four breaths
Awareness and Acquiescence – Fourth Lesson – Practice

Sensation and Relaxation – Climbing – Throat

3 Left Index-finger  2 Both Ring-fingers  1 Right Little-finger
6 Left Ring-finger  5 Both Little-fingers  4 Right Middle-finger
9 Left Little-finger  8 Both Middle-fingers  7 Right Index-finger
12 Left Middle-finger  11 Both Index-fingers  10 Right Ring-finger

IN-breath: Notice throat...

OUT-breath: relaxing!

Four breaths

IN-breath: Throat...

OUT-breath: ease!

Four & Four breaths
### Sensation and Relaxation – Climbing – Scalp

<table>
<thead>
<tr>
<th>Left Hand</th>
<th>Right Hand</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Left Index-finger</td>
<td>1 Right Little-finger</td>
</tr>
<tr>
<td>6 Left Ring-finger</td>
<td>4 Right Middle-finger</td>
</tr>
<tr>
<td>9 Left Little-finger</td>
<td>7 Right Index-finger</td>
</tr>
<tr>
<td>12 Left Middle-finger</td>
<td>10 Right Ring-finger</td>
</tr>
</tbody>
</table>

**IN-breath:**

Notice scalp...

**OUT-breath:**

relaxing!  

*Four breaths*

**IN-breath:**

Scalp...

**OUT-breath:**

ease!  

*Four & Four breaths*
Perception and Acquiescence

First Set
Awareness and Acquiescence – Fourth Lesson – Practice

**Perception and Acquiescence – Awareness**

3 Left Index-finger 2 Both Ring-fingers 1 Right Little-finger
6 Left Ring-finger 5 Both Little-fingers 4 Right Middle-finger
9 Left Little-finger 8 Both Middle-fingers 7 Right Index-finger
12 Left Middle-finger 11 Both Index-fingers 10 Right Ring-finger

**IN-breath:**

**Notice mind... accepting!**

**OUT-breath:**

**Four breaths**

**IN-breath:**

**Mind... yes!**

**OUT-breath:**

**Four & Four breaths**
Awareness and Acquiescence – Fourth Lesson – Practice

Perception and Acquiescence – Communication

3 Left Index-finger
6 Left Ring-finger
9 Left Little-finger
12 Left Middle-finger

2 Both Ring-fingers
5 Both Little-fingers
8 Both Middle-fingers
11 Both Index-fingers

1 Right Little-finger
4 Right Middle-finger
7 Right Index-finger
10 Right Ring-finger

IN-breath:

Hearing this...
accepting!

OUT-breath:

Four breaths

IN-breath:

Hear...
yes!

OUT-breath:

Four & Four breaths
Awareness and Acquiescence – Fourth Lesson – Practice

*Perception and Acquiescence – Physique*

3 Left Index-finger
6 Left Ring-finger
9 Left Little-finger
12 Left Middle-finger

2 Both Ring-fingers
5 Both Little-fingers
8 Both Middle-fingers
11 Both Index-fingers

1 Right Little-finger
4 Right Middle-finger
7 Right Index-finger
10 Right Ring-finger

**IN-breath:**

Feeling this...

relaxing!

**OUT-breath:**

**IN-breath:**

Feel...

yes!

**OUT-breath:**

Four & Four breaths
Awareness and Acquiescence – Fourth Lesson – Practice

Perception and Acquiescence – Circumstance

3 Left Index-finger  2 Both Ring-fingers  1 Right Little-finger
6 Left Ring-finger  5 Both Little-fingers  4 Right Middle-finger
9 Left Little-finger  8 Both Middle-fingers  7 Right Index-finger
12 Left Middle-finger  11 Both Index-fingers  10 Right Ring-finger

IN-breath:

Watching this...

OUT-breath:

accepting!

Four breaths

IN-breath:

Watch...

OUT-breath:

yes!

Four & Four breaths
Universal Compassion

First Set
**Universal Compassion – Personal Mindfulness**

<table>
<thead>
<tr>
<th>Left Fingers</th>
<th>Right Fingers</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Left Index-finger</td>
<td>2 Both Ring-fingers</td>
</tr>
<tr>
<td>6 Left Ring-finger</td>
<td>5 Both Little-fingers</td>
</tr>
<tr>
<td>9 Left Little-finger</td>
<td>8 Both Middle-fingers</td>
</tr>
<tr>
<td><strong>12 Left Middle-finger</strong></td>
<td><strong>11 Both Index-fingers</strong></td>
</tr>
</tbody>
</table>

**IN-breath:**  
*Awareness...*

**OUT-breath:**  
*now for me!*

*Four breaths*
Awareness and Acquiescence – Fourth Lesson – Practice

_Universal Compassion – Personal Insight_

3 Left Index-finger          2 Both Ring-fingers          1 Right Little-finger
6 Left Ring-finger          5 Both Little-fingers          4 Right Middle-finger
9 Left Little-finger        8 Both Middle-fingers          7 Right Index-finger
12 Left Middle-finger       11 Both Index-fingers          10 Right Ring-finger

**IN-breath:**

Acquiescence...

**OUT-breath:**

_now for me!

Four breaths
Universal Compassion – Personal Compassion

3 Left Index-finger    2 Both Ring-fingers    1 Right Little-finger
6 Left Ring-finger    5 Both Little-fingers    4 Right Middle-finger
9 Left Little-finger  8 Both Middle-fingers    7 Right Index-finger
12 Left Middle-finger 11 Both Index-fingers  10 Right Ring-finger

IN-breath: Compassion...

OUT-breath: now for me!

Four breaths
**Universal Compassion – Local Mindfulness**

<table>
<thead>
<tr>
<th>Left</th>
<th>Right</th>
<th>2 Both Ring-fingers</th>
<th>1 Right Little-finger</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Index-finger</td>
<td>5 Both Little-fingers</td>
<td>4 Right Middle-finger</td>
</tr>
<tr>
<td>6</td>
<td>Ring-finger</td>
<td>8 Both Middle-fingers</td>
<td>7 Right Index-finger</td>
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<tr>
<td>9</td>
<td>Little-finger</td>
<td>11 Both Index-fingers</td>
<td>10 Right Ring-finger</td>
</tr>
<tr>
<td>12</td>
<td>Middle-finger</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**IN-breath:**

**Awareness...**

**OUT-breath:**

*for neighbors!*

*Four breaths*
### Universal Compassion – Local Insight

<table>
<thead>
<tr>
<th>3 Left Index-finger</th>
<th>2 Both Ring-fingers</th>
<th>1 Right Little-finger</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Left Ring-finger</td>
<td>5 Both Little-fingers</td>
<td>4 Right Middle-finger</td>
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<tr>
<td>9 Left Little-finger</td>
<td>8 Both Middle-fingers</td>
<td>7 Right Index-finger</td>
</tr>
<tr>
<td>12 Left Middle-finger</td>
<td>11 Both Index-fingers</td>
<td>10 Right Ring-finger</td>
</tr>
</tbody>
</table>

**IN-breath:**

**Acquiescence...**

**OUT-breath:**

_for neighbors!_

_Four breaths_
### Universal Compassion – Local Compassion

<table>
<thead>
<tr>
<th>Left</th>
<th>Middle</th>
<th>Ring</th>
<th>neighbour</th>
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</thead>
<tbody>
<tr>
<td>3</td>
<td>12</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>2</td>
<td>11</td>
<td>5</td>
<td>8</td>
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<tr>
<td>1</td>
<td>10</td>
<td>4</td>
<td>7</td>
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</tbody>
</table>

**IN-breath:**

**Compassion... for neighbors!**

**OUT-breath:**

Four breaths
### Universal Compassion – Global Mindfulness

<table>
<thead>
<tr>
<th>3 Left Index-finger</th>
<th>2 Both Ring-fingers</th>
<th>1 Right Little-finger</th>
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<tbody>
<tr>
<td><strong>6 Left Ring-finger</strong></td>
<td>5 Both Little-fingers</td>
<td>4 Right Middle-finger</td>
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<td>9 Left Little-finger</td>
<td>8 Both Middle-fingers</td>
<td>7 Right Index-finger</td>
</tr>
<tr>
<td>12 Left Middle-finger</td>
<td>11 Both Index-fingers</td>
<td>10 Right Ring-finger</td>
</tr>
</tbody>
</table>

**IN-breath:**

*Awareness...*  

**OUT-breath:**

*for earthlings!*  

*Four breaths*
Awareness and Acquiescence – Fourth Lesson – Practice

Universal Compassion – Global Insight

3 Left Index-finger  2 Both Ring-fingers  1 Right Little-finger
6 Left Ring-finger  5 Both Little-fingers  4 Right Middle-finger
9 Left Little-finger  8 Both Middle-fingers  7 Right Index-finger
12 Left Middle-finger  11 Both Index-fingers  10 Right Ring-finger

IN-breath: Acquiescence...

OUT-breath: for earthlings!

Four breaths
### Universal Compassion – Global Compassion

<table>
<thead>
<tr>
<th>Left Hand</th>
<th>Right Hand</th>
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<tr>
<td>12 Left Middle-finger</td>
<td>11 Both Index-fingers</td>
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<tr>
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<td>1 Right Little-finger</td>
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<tr>
<td></td>
<td>4 Right Middle-finger</td>
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<tr>
<td></td>
<td>7 Right Index-finger</td>
</tr>
<tr>
<td></td>
<td>10 Right Ring-finger</td>
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</tbody>
</table>

**IN-breath:**

**Compassion...**

**for earthlings!**

**OUT-breath:**

Four breaths
Universal Compassion – Universal Mindfulness

IN-breath: Awareness...

OUT-breath: for all beings!

Four breaths
Awareness and Acquiescence – Fourth Lesson – Practice

Universal Compassion – Universal Insight

3 Left Index-finger  2 Both Ring-fingers  1 Right Little-finger
6 Left Ring-finger   5 Both Little-fingers  4 Right Middle-finger
9 Left Little-finger  8 Both Middle-fingers  7 Right Index-finger
12 Left Middle-finger 11 Both Index-fingers  10 Right Ring-finger

IN-breath:    Acquiescence ...

OUT-breath:   for all beings!

Four breaths
Universal Compassion – Universal Compassion

<table>
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<tr>
<th>Left Hand</th>
<th>Right Hand</th>
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<td>10 Right Ring-finger</td>
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<tr>
<td>2 Both Ring-fingers</td>
<td>5 Both Little-fingers</td>
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<tr>
<td>5 Both Little-fingers</td>
<td>8 Both Middle-fingers</td>
</tr>
<tr>
<td>8 Both Middle-fingers</td>
<td>11 Both Index-fingers</td>
</tr>
</tbody>
</table>

**IN-breath:**

*Compassion... for all beings!*

**OUT-breath:**

*Four breaths*
Second Set of Meditations

*Palms DOWN*
Impermanence and Acquiescence

*Second Set*
Second – Impermanence and Acquiescence – Universal Impermanence

3 Left Index-finger   2 Both Ring-fingers   1 Right Little-finger
6 Left Ring-finger   5 Both Little-fingers   4 Right Middle-finger
9 Left Little-finger  8 Both Middle-fingers  7 Right Index-finger
12 Left Middle-finger 11 Both Index-fingers  10 Right Ring-finger

**IN-breath:**

All beings could pass... accepting!

**OUT-breath:**

One breath
IN-breath: Earthlings could pass…

OUT-breath: accepting!

One breath
Second – Impermanence and Acquiescence – Local Impermanence

3 Left Index-finger  2 Both Ring-fingers  1 Right Little-finger
6 Left Ring-finger  5 Both Little-fingers  4 Right Middle-finger
9 Left Little-finger  8 Both Middle-fingers  7 Right Index-finger
12 Left Middle-finger  11 Both Index-fingers  10 Right Ring-finger

**IN-breath:**

*Neighbors could pass...*

**OUT-breath:**

*accepting!*

One breath
### Second – Impermanence and Acquiescence – Personal Impermanence

<table>
<thead>
<tr>
<th>IN-breath:</th>
<th>OUT-breath:</th>
</tr>
</thead>
<tbody>
<tr>
<td>I could pass...</td>
<td>accepting!</td>
</tr>
</tbody>
</table>

#### Fingers for IN-breath:
- 3 Left Index-finger
- 6 Left Ring-finger
- 9 Left Little-finger
- **12 Left Middle-finger**

#### Fingers for OUT-breath:
- 2 Both Ring-fingers
- 5 Both Little-fingers
- 8 Both Middle-fingers
- 11 Both Index-fingers
- 1 Right Little-finger
- 4 Right Middle-finger
- 7 Right Index-finger
- 10 Right Ring-finger

One breath
Awareness and Acquiescence

Second Set
Awareness and Acquiescence – Fourth Lesson – Practice

Second – Awareness and Acquiescence

3 Left Index-finger  2 Both Ring-fingers  1 Right Little-finger
6 Left Ring-finger   5 Both Little-fingers  4 Right Middle-finger
9 Left Little-finger 8 Both Middle-fingers  7 Right Index-finger
12 Left Middle-finger 11 Both Index-fingers 10 Right Ring-finger

IN-breath: Notice this...
OUT-breath: accepting!

IN-breath: This...
OUT-breath: yes!

Four breaths
### Second – Awareness and Acquiescence

<table>
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<tr>
<th>3 Left Index-finger</th>
<th>2 Both Ring-fingers</th>
<th>1 Right Little-finger</th>
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</tr>
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<td>12 Left Middle-finger</td>
<td>11 Both Index-fingers</td>
<td>10 Right Ring-finger</td>
</tr>
</tbody>
</table>

**IN-breath:**

**OUT-breath:**

*This... yes!*

*Four, Four & Four breaths*
Second – Awareness and Acquiescence

3 Left Index-finger
6 Left Ring-finger
9 Left Little-finger
12 Left Middle-finger

2 Both Ring-fingers
5 Both Little-fingers
8 Both Middle-fingers
11 Both Index-fingers

1 Right Little-finger
4 Right Middle-finger
7 Right Index-finger
10 Right Ring-finger

IN-breath:

This...

yes!

OUT-breath:

Four, Four & Four breaths
Awareness and Acquiescence – Fourth Lesson – Practice

**Second – Awareness and Acquiescence**

<table>
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<tr>
<th>3 Left Index-finger</th>
<th>2 Both Ring-fingers</th>
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<tr>
<td>12 Left Middle-finger</td>
<td>11 Both Index-fingers</td>
<td>10 Right Ring-finger</td>
</tr>
</tbody>
</table>

**IN-breath:**

**OUT-breath:**

*This... yes!*  
*Four, Four & Four breaths*
Closing Compassionate Intentions

Benediction
Good Fortune
Meaningful to Behold
Benediction

May all beings everywhere habitually rest: spontaneous, carefree and at ease in the infinity of the here and the eternity of the now.
Good Fortune

May all the denizens of my abode, neighborhood, world and cosmos experience good fortune of: mind, communication, body and circumstance.
Meaningful to Behold

May all who recall, mention, hear, touch, or see me practice mindfulness, insight as well as compassion:

spontaneously, habitually, easily and effectively.
Appendix

Gradually Progressing from a Beginning to an Intermediate Contemplative
Concise – Twelve Elemental Permutations
Two Paths
Syllabus
Gradually progressing from a Beginning to an Intermediate Contemplative

<table>
<thead>
<tr>
<th>Week</th>
<th>Duration</th>
<th>Week</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1\textsuperscript{st}</td>
<td>6 minutes</td>
<td>6\textsuperscript{th}</td>
<td>36 minutes</td>
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<tr>
<td>2\textsuperscript{nd}</td>
<td>12 minutes</td>
<td>7\textsuperscript{th}</td>
<td>42 minutes</td>
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<td>3\textsuperscript{rd}</td>
<td>18 minutes</td>
<td>8\textsuperscript{th}</td>
<td>48 minutes</td>
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<td>4\textsuperscript{th}</td>
<td>24 minutes</td>
<td>9\textsuperscript{th}</td>
<td>54 minutes</td>
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<tr>
<td>5\textsuperscript{th}</td>
<td>30 minutes</td>
<td>10\textsuperscript{th}</td>
<td>60 minutes</td>
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</table>
## Concise Twelve Elemental Permutations

<table>
<thead>
<tr>
<th></th>
<th>Finger</th>
<th>Element</th>
<th>Body Part</th>
<th>Quality</th>
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<tbody>
<tr>
<td>1</td>
<td>Right Little-finger</td>
<td>Cardinal-fire</td>
<td>Crown</td>
<td>Adventurous Courage</td>
</tr>
<tr>
<td>2</td>
<td>Both Ring-fingers</td>
<td>Fixed-earth</td>
<td>Throat</td>
<td>Wealth and Sexuality</td>
</tr>
<tr>
<td>3</td>
<td>Left Index-finger</td>
<td>Mutable-air</td>
<td>Upper limbs</td>
<td>Playful Creativity</td>
</tr>
<tr>
<td>4</td>
<td>Right Middle-finger</td>
<td>Cardinal-water</td>
<td>Stomach</td>
<td>Mother Henning</td>
</tr>
<tr>
<td>5</td>
<td>Both Little-fingers</td>
<td>Fixed-fire</td>
<td>Liver</td>
<td>Charismatic Leadership</td>
</tr>
<tr>
<td>6</td>
<td>Left Ring-finger</td>
<td>Mutable-earth</td>
<td>Guts</td>
<td>Considerate Meticulousness</td>
</tr>
<tr>
<td>7</td>
<td>Right Index-finger</td>
<td>Cardinal-air</td>
<td>Kidney</td>
<td>Love and Beauty</td>
</tr>
<tr>
<td>8</td>
<td>Both Middle-fingers</td>
<td>Fixed-water</td>
<td>Crotch</td>
<td>Deep Desires</td>
</tr>
<tr>
<td>9</td>
<td>Left Little-finger</td>
<td>Mutable-fire</td>
<td>Thighs</td>
<td>Big-picture Thinking</td>
</tr>
<tr>
<td>10</td>
<td>Right Ring-finger</td>
<td>Cardinal-earth</td>
<td>Bones</td>
<td>Affluence and Power</td>
</tr>
<tr>
<td>11</td>
<td>Both Index-fingers</td>
<td>Fixed-air</td>
<td>Calves</td>
<td>Laid-back, Smart Generous</td>
</tr>
<tr>
<td>12</td>
<td>Left Middle-finger</td>
<td>Mutable-water</td>
<td>Feet</td>
<td>Surrendered Sagehood</td>
</tr>
</tbody>
</table>
Two Paths

In the *Dao De 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.
<table>
<thead>
<tr>
<th>Week</th>
<th>Rumination</th>
<th>Recitation</th>
<th>Meditation</th>
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<tr>
<td>First</td>
<td>Anapanasati Sutta or it’s Commentary</td>
<td>Twelve Elemental Permutations</td>
<td>1st – Set of Bliss and Acquiescence</td>
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<td></td>
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<td>Gradually Progressing as a Contemplative</td>
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<td>Second</td>
<td>Tao Te Ching 1st – 6th Chapters</td>
<td>Two Paths</td>
<td>1st – Set of Perception and Acquiescence</td>
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<tr>
<td></td>
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<td>Good Fortune</td>
<td></td>
</tr>
<tr>
<td>Third</td>
<td>Tao Te Ching 7th – 12th Chapters</td>
<td>Meaningful to Behold</td>
<td>1st – Set of Universal Compassion</td>
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<tr>
<td>Fourth</td>
<td>Tao Te Ching 13th – 18th Chapters</td>
<td>Benediction</td>
<td>1st – Set of Impermanence &amp; Non-graspability as well as Awareness and Acquiescence</td>
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<tr>
<td>Fifth</td>
<td>Tao Te Ching 19th – 24th Chapters</td>
<td>Opening Compassionate Intention</td>
<td>2nd – Set of Bliss and Acquiescence</td>
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<tr>
<td>Sixth</td>
<td>Tao Te Ching 25th – 30th Chapters</td>
<td>Calling the Lama from Afar</td>
<td>2nd – Set of Perception and Acquiescence</td>
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<td>Four Levels of Practice</td>
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<tr>
<td>Seventh</td>
<td>Tao Te Ching 31st – 36th Chapters</td>
<td>The Nature of Suffering</td>
<td>2nd – Set of Universal Compassion</td>
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<tr>
<td>Eighth</td>
<td>Tao Te Ching 37th – 42nd Chapters</td>
<td>Impermanence</td>
<td>2nd – Set of Impermanence &amp; Non-graspability as well as Awareness and Acquiescence</td>
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<td>Ninth</td>
<td>Tao Te Ching 43rd – 48th Chapters</td>
<td>Interdependence</td>
<td>3rd – Set of Bliss and Acquiescence</td>
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<tr>
<td>Tenth</td>
<td>Tao Te Ching 47th – 54th Chapters</td>
<td>Making the Most of our Opportunities</td>
<td>3rd – Set of Perception and Acquiescence</td>
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<tr>
<td>Eleventh</td>
<td>Tao Te Ching 55th – 60th Chapters</td>
<td>Notice, Relax and Flow</td>
<td>3rd – Set of Universal Compassion</td>
</tr>
<tr>
<td>Twelfth</td>
<td>Tao Te Ching 61st – 66th Chapters</td>
<td>Fortunate Rebirth</td>
<td>3rd – Set of Impermanence &amp; Non-graspability as well as Awareness and Acquiescence</td>
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<td>Fourteenth</td>
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<tr>
<td>Fifteenth</td>
<td>Tao Te Ching 79th – 81st Chapters</td>
<td>The Path of Mastery</td>
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</tr>
<tr>
<td>Sixteenth</td>
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<td>The Means of Mastery</td>
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Awareness and Acquiescence – Fourth Lesson – Practice