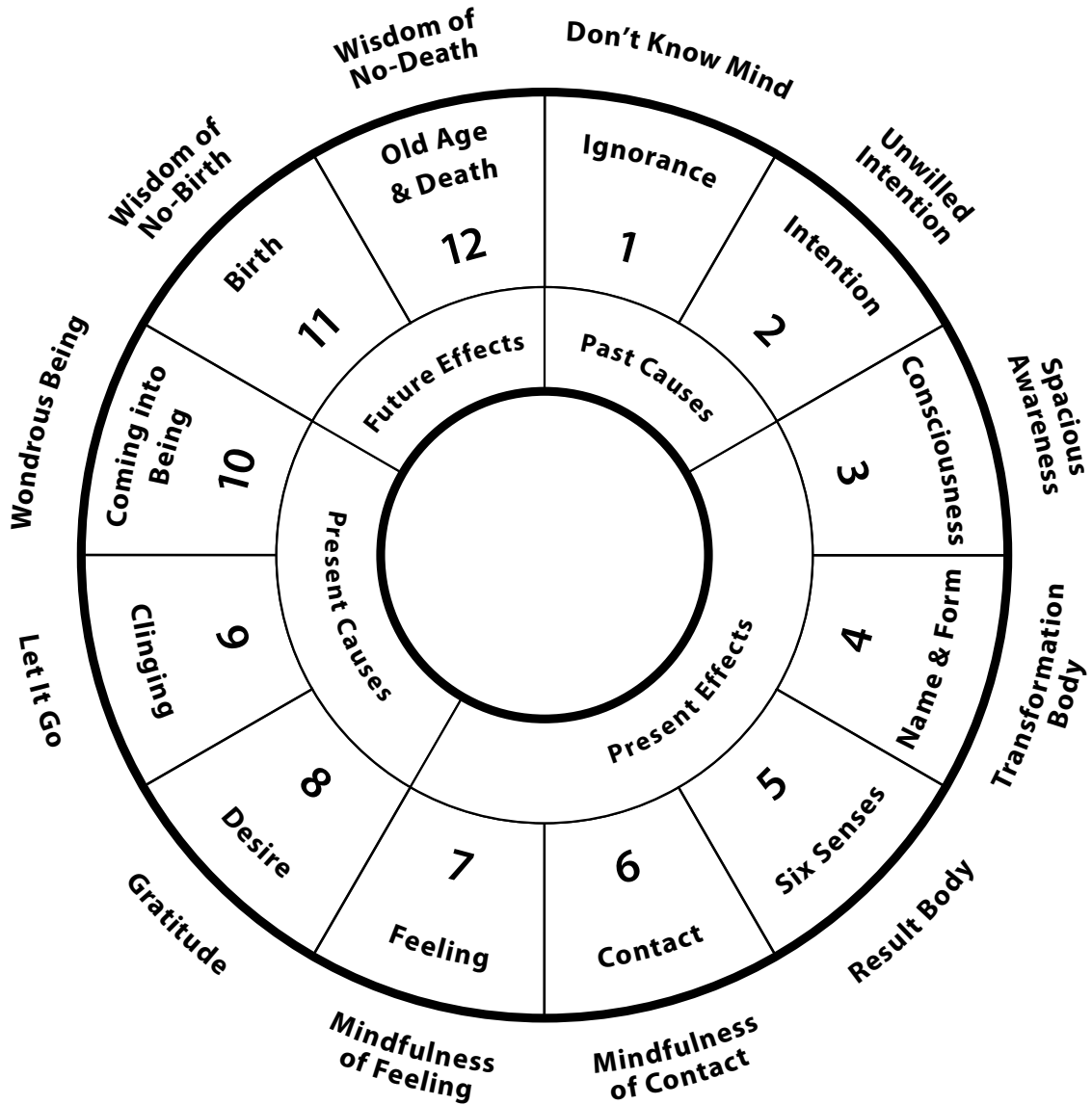


The Wheel of Life

The 12-Link Chain of Dependent Origination



The 12-Link Chain of Dependent Origination

or how to find equanimity, freedom and purpose everywhere, in every condition

Process of Arising (Samsara, Karma)	Process of Cessation (Breaking Free)	The Three Worlds
1. Ignorance – Blindness to the Three Marks of Existence: Impermanence, non-self and nirvana. – Self-deception by believing in concepts rather than reality.	1. Don't Know Mind – Opening up to inquiry. – What is this? – What am I?	Past Causes
2. Intention – Seeds of karma – Willed, leaning mind – Volition, impulse, mental formations – 4th of 5 skandas	2. Unwilled Intention – Finding our practice direction in The Four Great Vows	Past Causes
3. Consciousness – Rebirth consciousness: the sprouting of karmic seeds. Awareness, when coupled with the leaning mind, divides reality.	3. Spacious Awareness – Resting in openness to the totality of present moment awareness.	Past Causes
4. Name and Form (mind and body) – Delusion of distinct, separate subject and object of mind.	4. Transformation Body – No persistent body or mind; no independent subject or object. – Just Do It!	Past Causes
5. Six Senses – To conceive of a world of mind objects, external to mind and body, being taken in through the “window” of the senses.	5. Result Body – To experience sensation as a function of Mind alone. – The objects of Mind are never external to Mind, but are always Mind itself. – Just seeing, hearing, tasting, feeling, thinking!	Present Effects
6. Contact – Delusion of “self” connected to something “out there”	6. Mindfulness of Contact – No connection because there is no separation	Present Effects
7. Feeling – Labeling sensations – Eye meeting snow meeting consciousness = like/dislike, hot/cold, etc.	7. Mindfulness of Feeling – Not being “swept away” by feelings – Acknowledge, appreciate what appears without labeling.	Present Effects
8. Desire/Craving – Mental – Physical – Spiritual	8. Gratitude – Appreciate what is. – Cultivate “Enough Mind”.	Present Effects
9. Clinging/Grasping – Sense objects – Beliefs (in something out there, in something that will save us, in a self)	9. Let It Go – Perceive all experience as fluid stream; therefore nothing to grasp.	Present Causes
10. Coming Into Being – Because we desire, we conceive of it (create new karma) and it appears	10. Wondrous Being – Beyond coming to be and non-being. – Acting within the whole. – Perceive all as stream.	Present Causes
11. Birth – To believe that all beings have come into existence	11. Wisdom of No-Birth – To see that nothing is born.	Future Effects
12. Old Age and Death – If there is birth, there is suffering, old age and death	12. Wisdom of No-Death – To see that nothing dies. – The drop of water merges into the waterfall.	Future Effects