



MANDALA

PURPOSE OF THE MANDALA:

To purify our Karma

To become a dispassionate observer of thought processes, able to watch them rise and fall, without reacting to them.

To transform unconscious behaviors into wisdom

Map of your mind: the unconscious psyche and the subconscious psyche

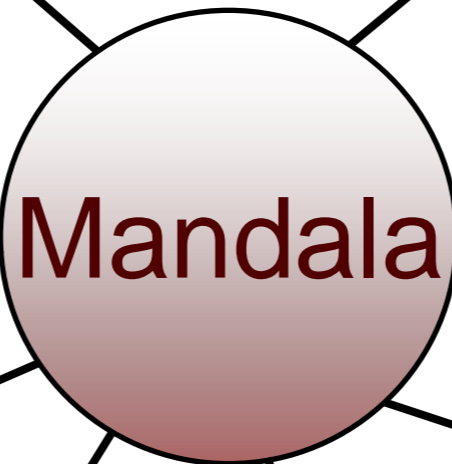
Puts jungle into perspective

A large interwoven fabric

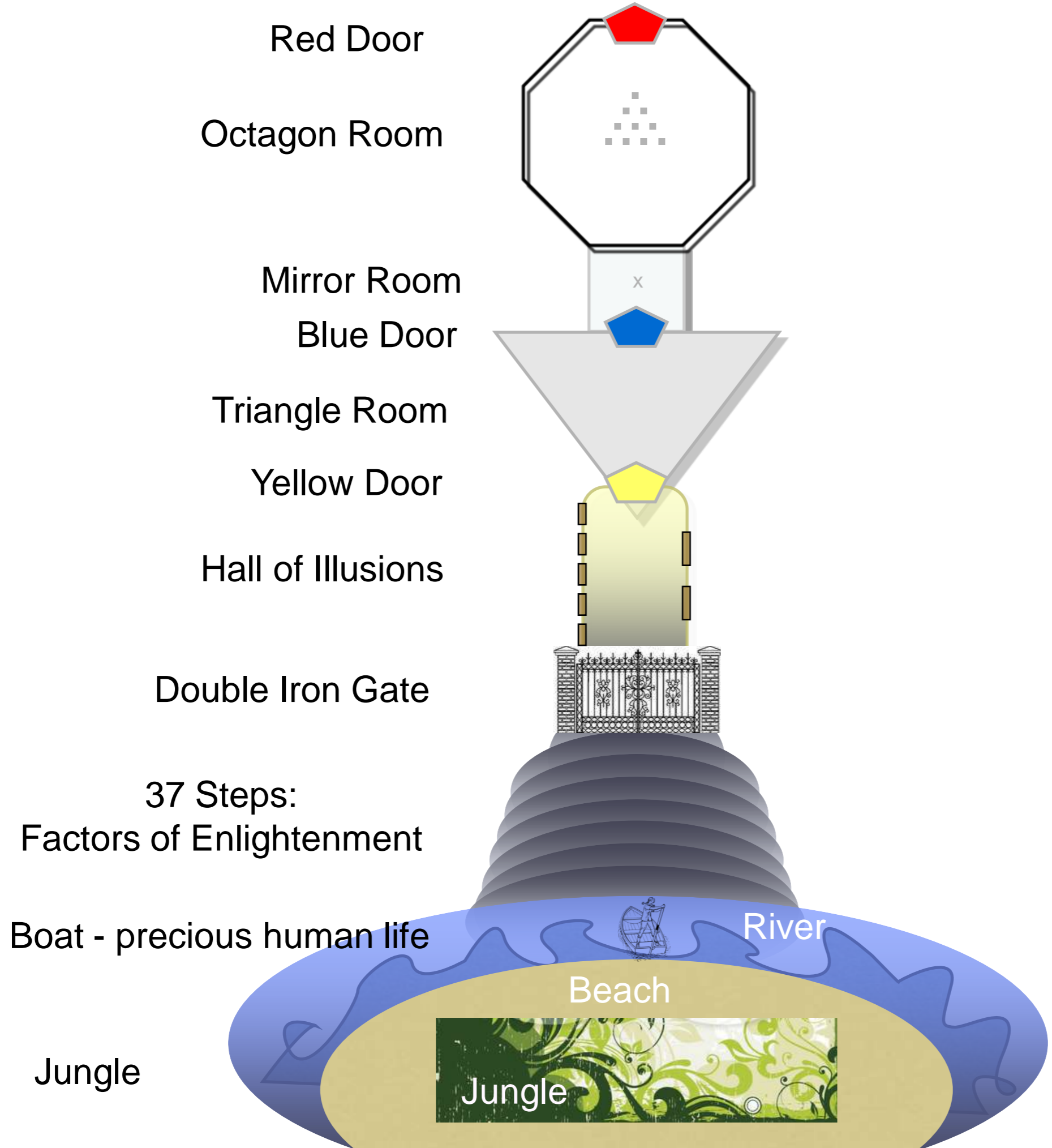
A guide to rid mind of destructive emotions:

Opens doors to an aspect of your mind you'd prefer not to look at

anger
fear
worry
doubt
jealousy



Each shape denotes crossing a sacred boundary



MANDALA

Awareness of suffering can push you out of the jungle

Pain & suffering will raise awareness enough, to have an examined life

Relapse: Go back to repetitive behavior even when unhealthy.

How break out of the Jungle?

Unconscious repetitive behaviors

Conditioned thinking believe what told

Non-introspective

Lacks awareness

Unexamined life

90% unaware

"I play the hand I'm dealt. That's all I got."

Focus on sex, power, money, success, new, now, more...

Life spent pleasing sense facilities

"Hard work equals more money. More money means more happiness."

See, hear, taste, smell, feel and sense

Conditioning, habits, latent tendencies



"The dark side" of the mind

JUNGLE

Do not expect
thanks

Do not expect
applause from
family & friends

To become a Realized Being:

Become **aware** there is pain and stress

Have a desire **to be free** of pain and stress

Must face the **loss** of your illusions

Beach

Jungle

BEACH

Dont settle for being at the top of the ordinary being pile: go further!

Guide in the boat is a projective, wiser version of yourself

Represents your own higher aspirations

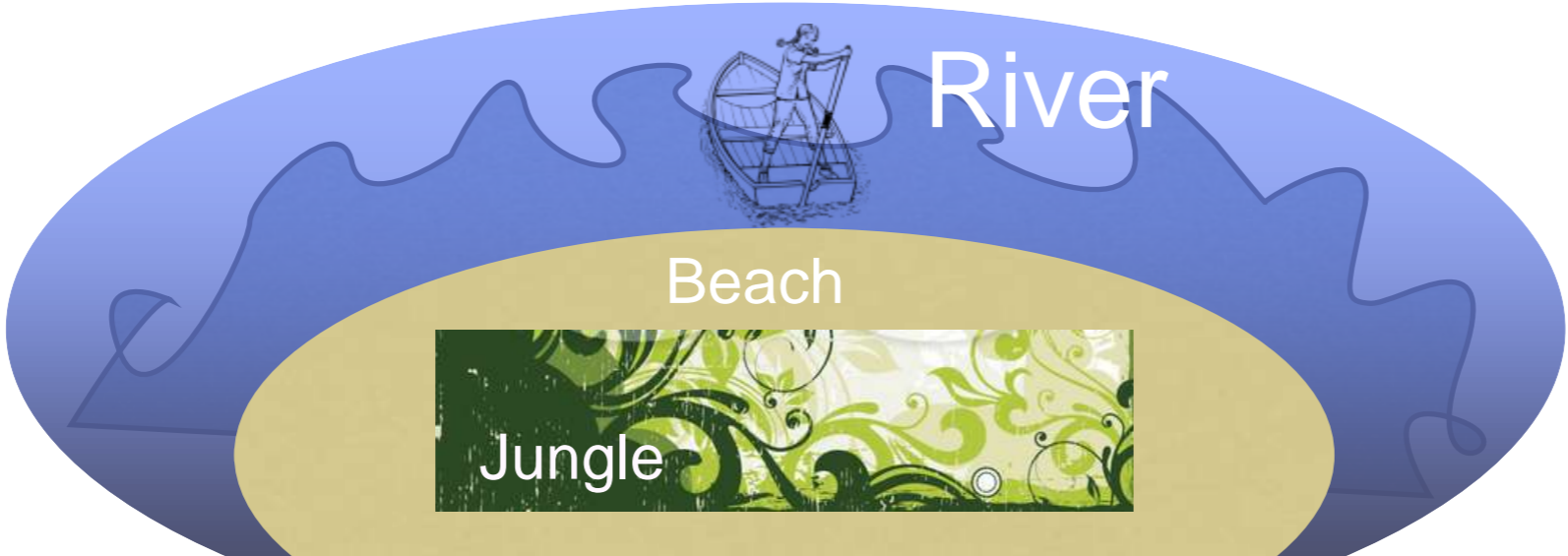
Use the body and mind as a vehicle for transformation

Stop wasting time

You are full of potential

Boat

Precious human life/birth



River

Beach

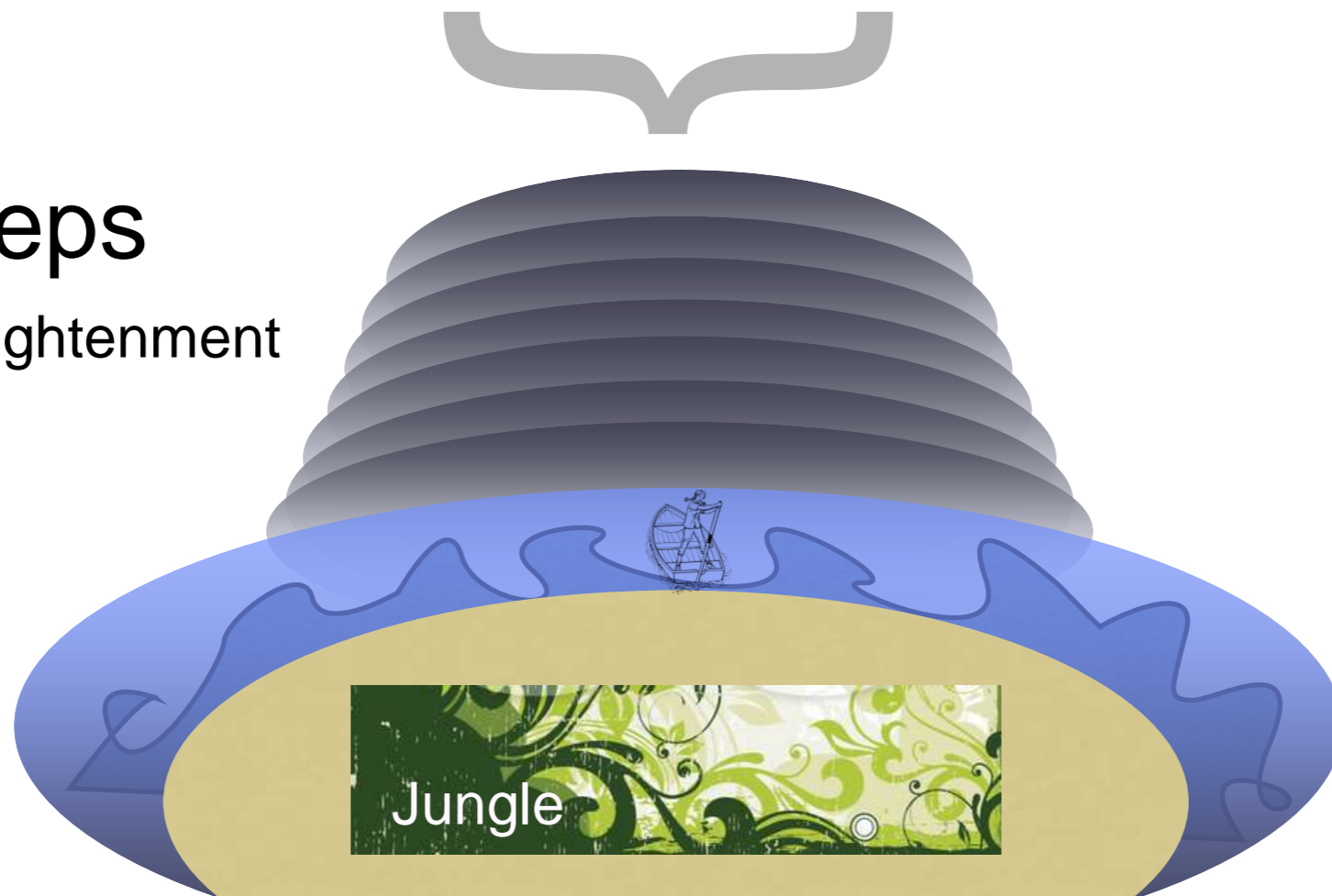
Jungle

Factors of Enlightenment

- 4 Foundations of Mindfulness
- 4 Right Efforts
- 4 Bases of Success or Power
- 5 Faculties
- 5 Strengths or Powers
- 7 Factors of Awakening
- 8 Fold Path

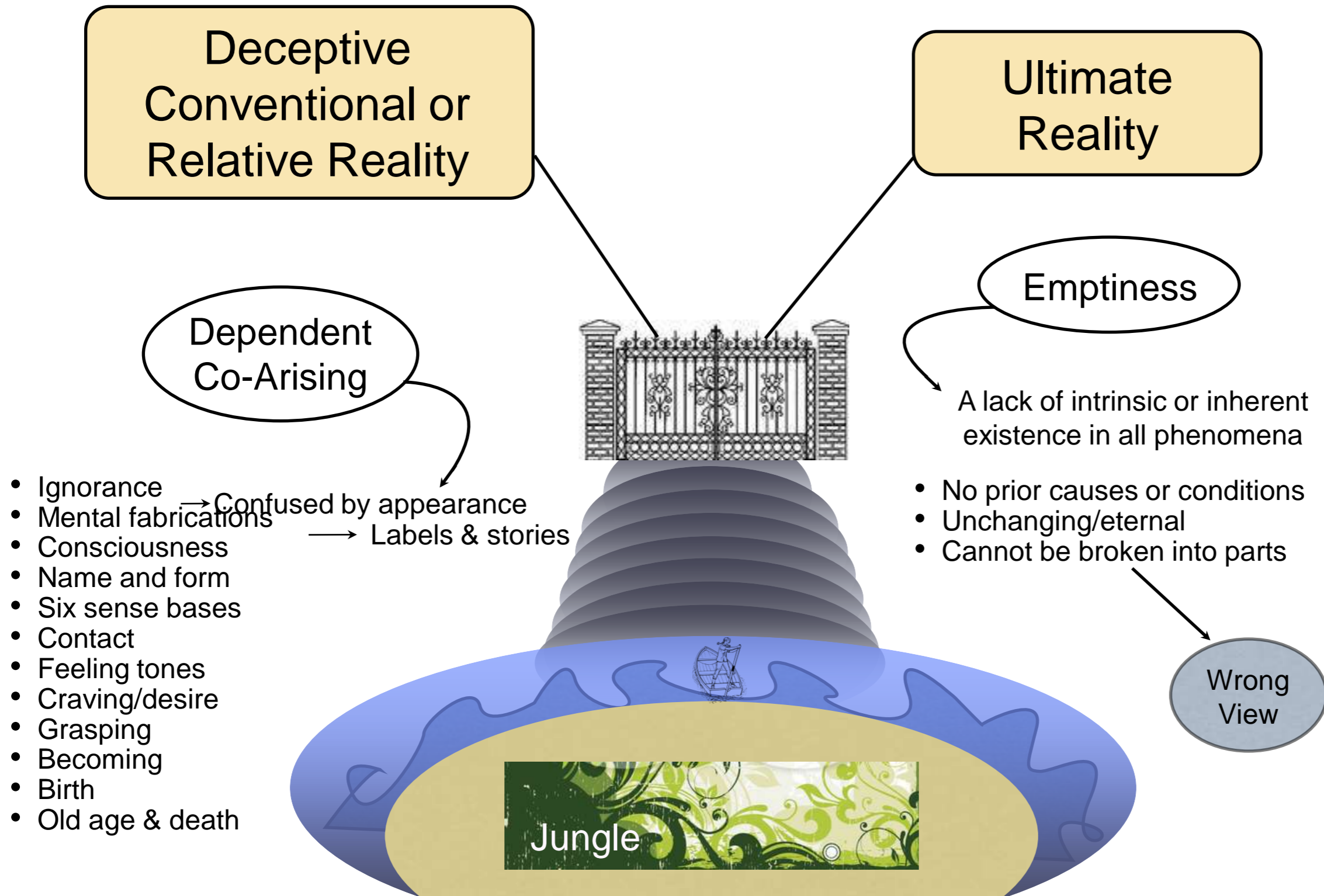
37 Steps

Factors of Enlightenment



Double Iron Gates

Two sides of one coin - always have both:



Hall of Illusions

You are not in control

Appreciate what you have

This existence is fragile

Everything is constantly changing

Puts attachments into perspective

Windows of Attachment
See everything you are attached to in this life.

Stop grasping onto things that are temporary

It is all temporary

Not attaching doesn't mean not caring

1000 yrs
100 yrs
30 yrs
10 yrs
Now

Shit of this life

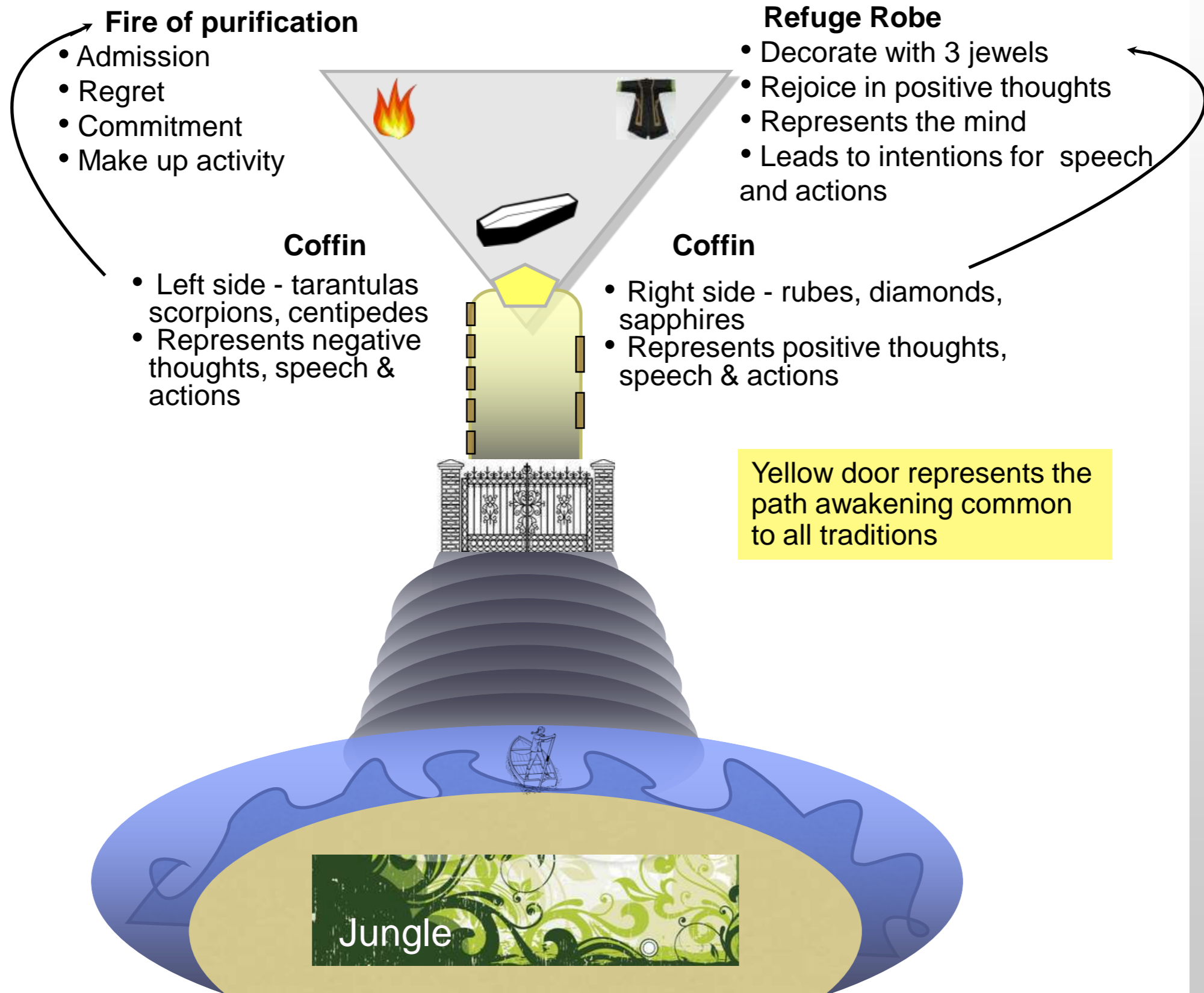
Food of this life

It all looks the same coming out

You are insatiable

Jungle

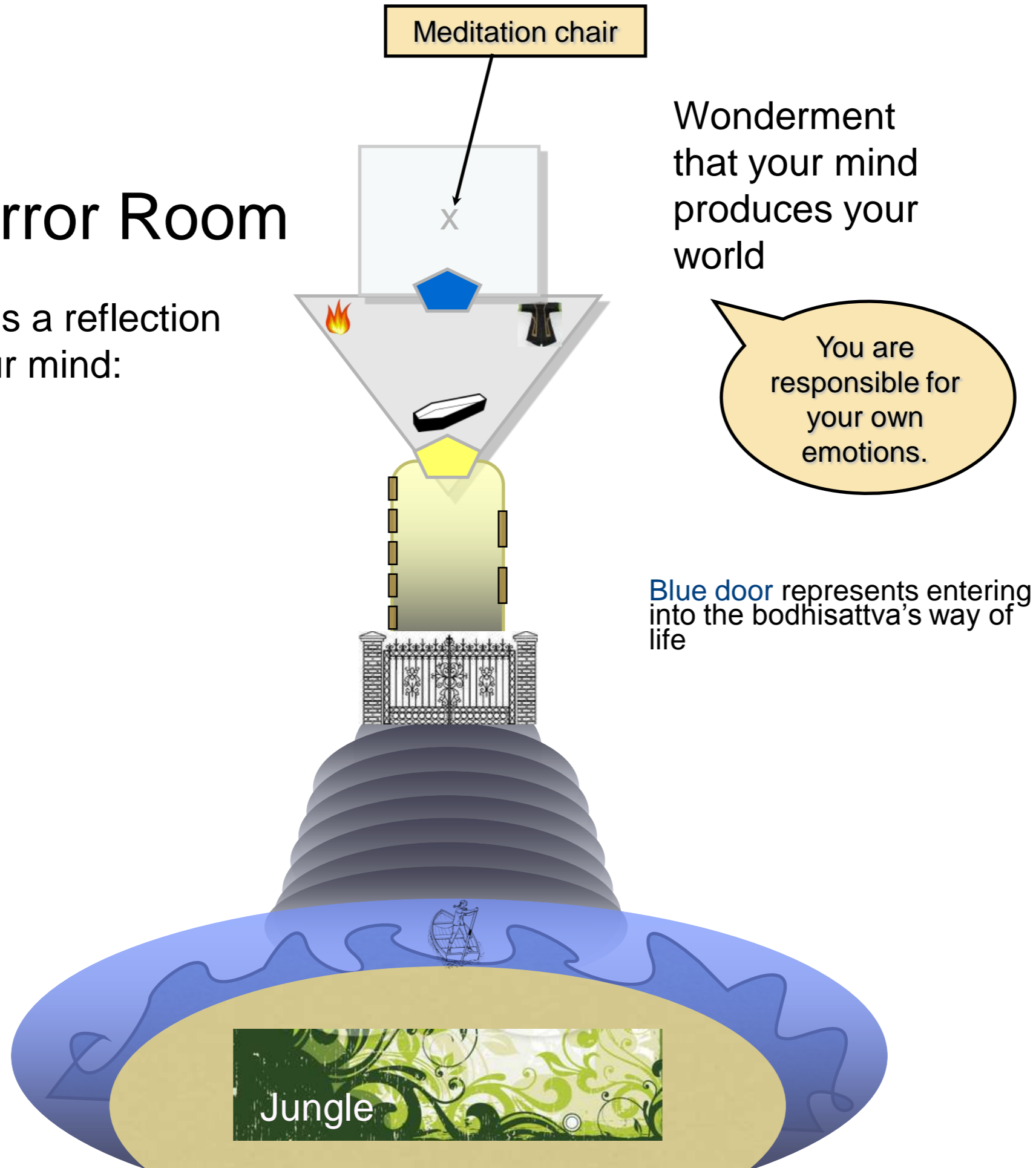
Triangle Room



Mirror Room

Everything is a reflection of your mind:

- Thoughts
- Stories
- Intentions
- Actions



Octagon Room

Ten Perfections

Ten qualities leading to Buddhahood

1. Generosity
2. Morality -virtue, integrity
3. Renunciation
4. Wisdom
5. Energy/Strength - effort
6. Patience
7. Truthfulness
8. Resolution – determination
9. Loving kindness
10. Equanimity

