

MEDITATION ESSENTIALS 11:

Illusion and Reality





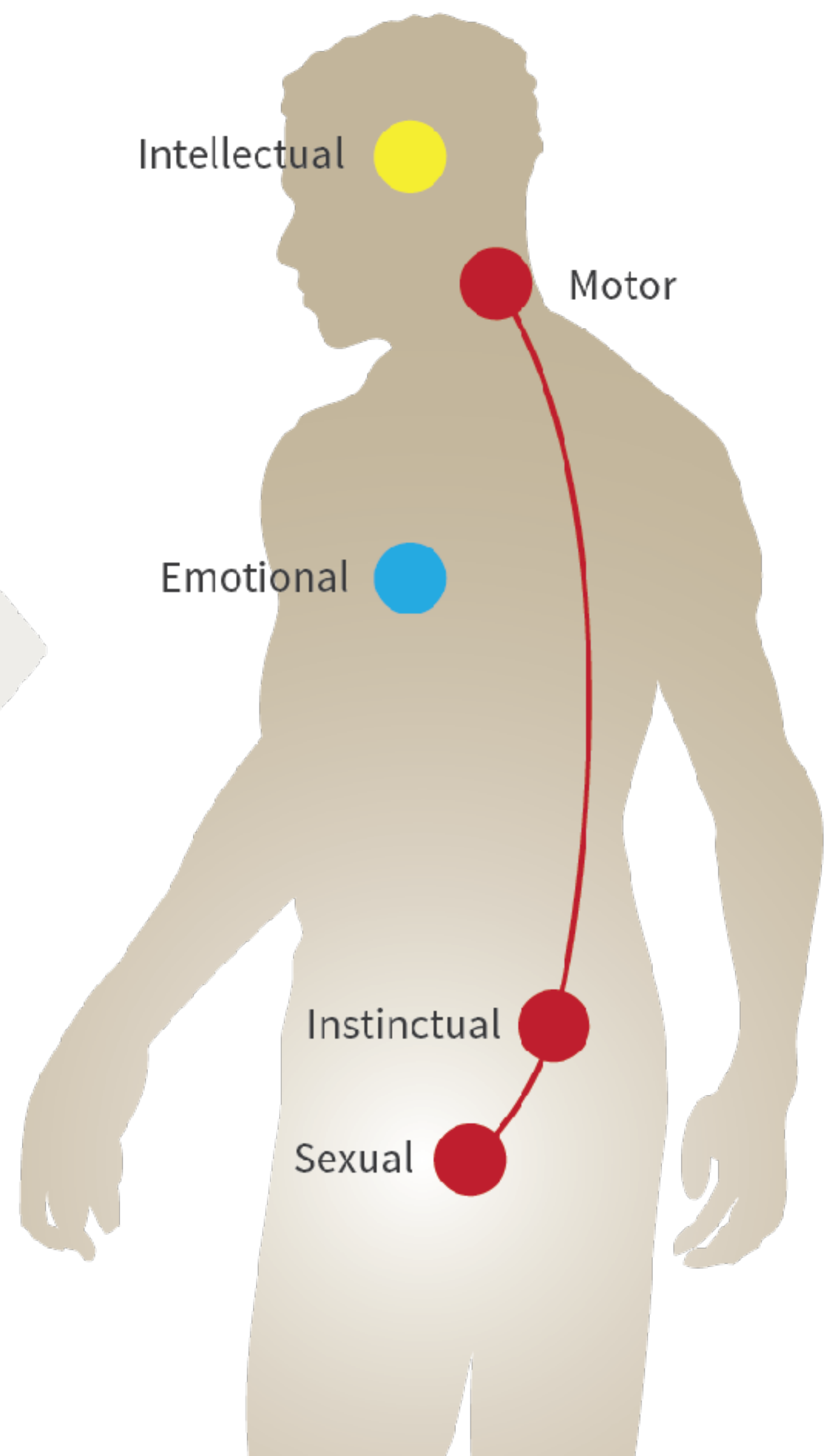
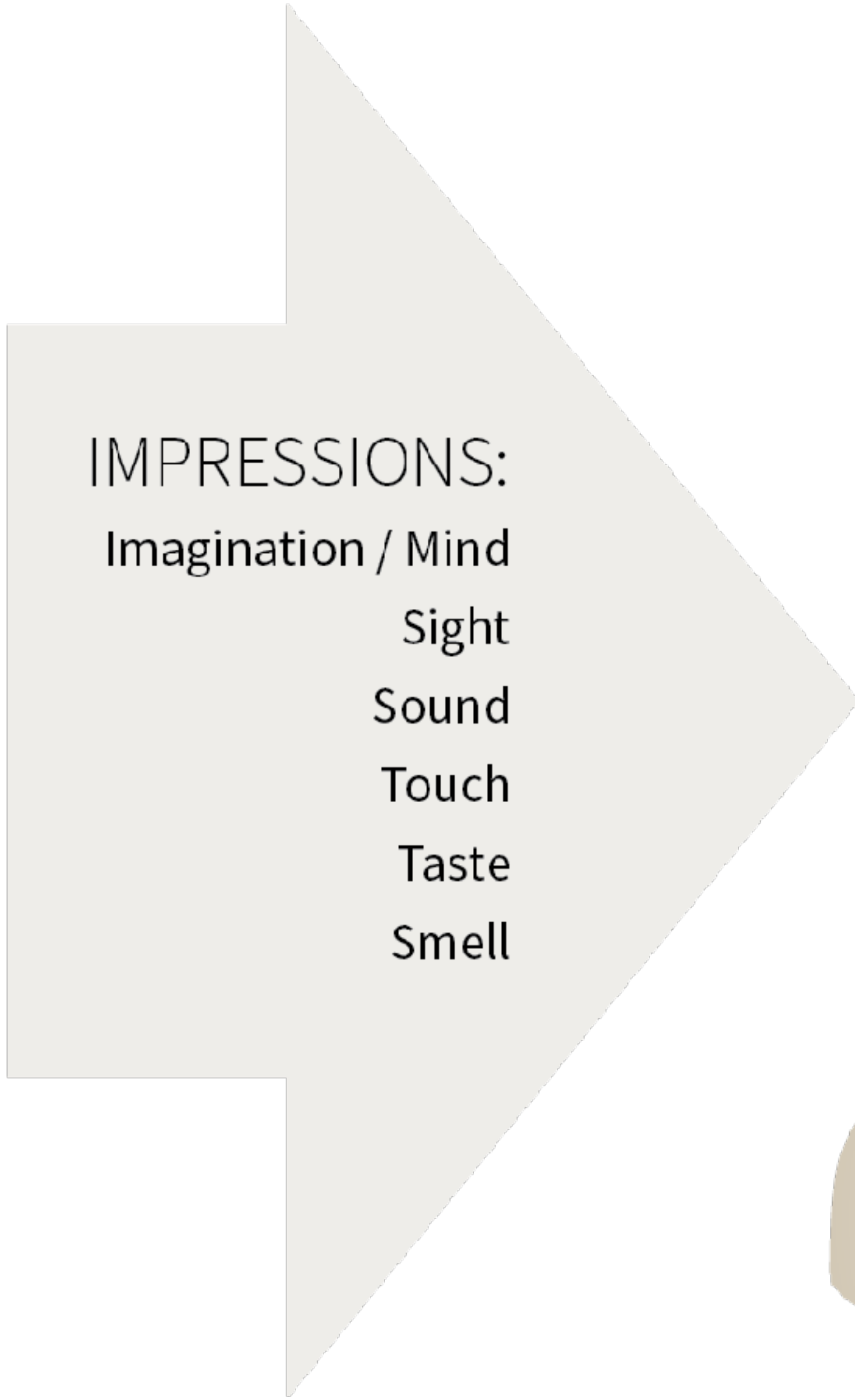
“You are liberated
when your delusions
and contaminated
karmic actions are
exhausted.”

—*Nagarjuna*

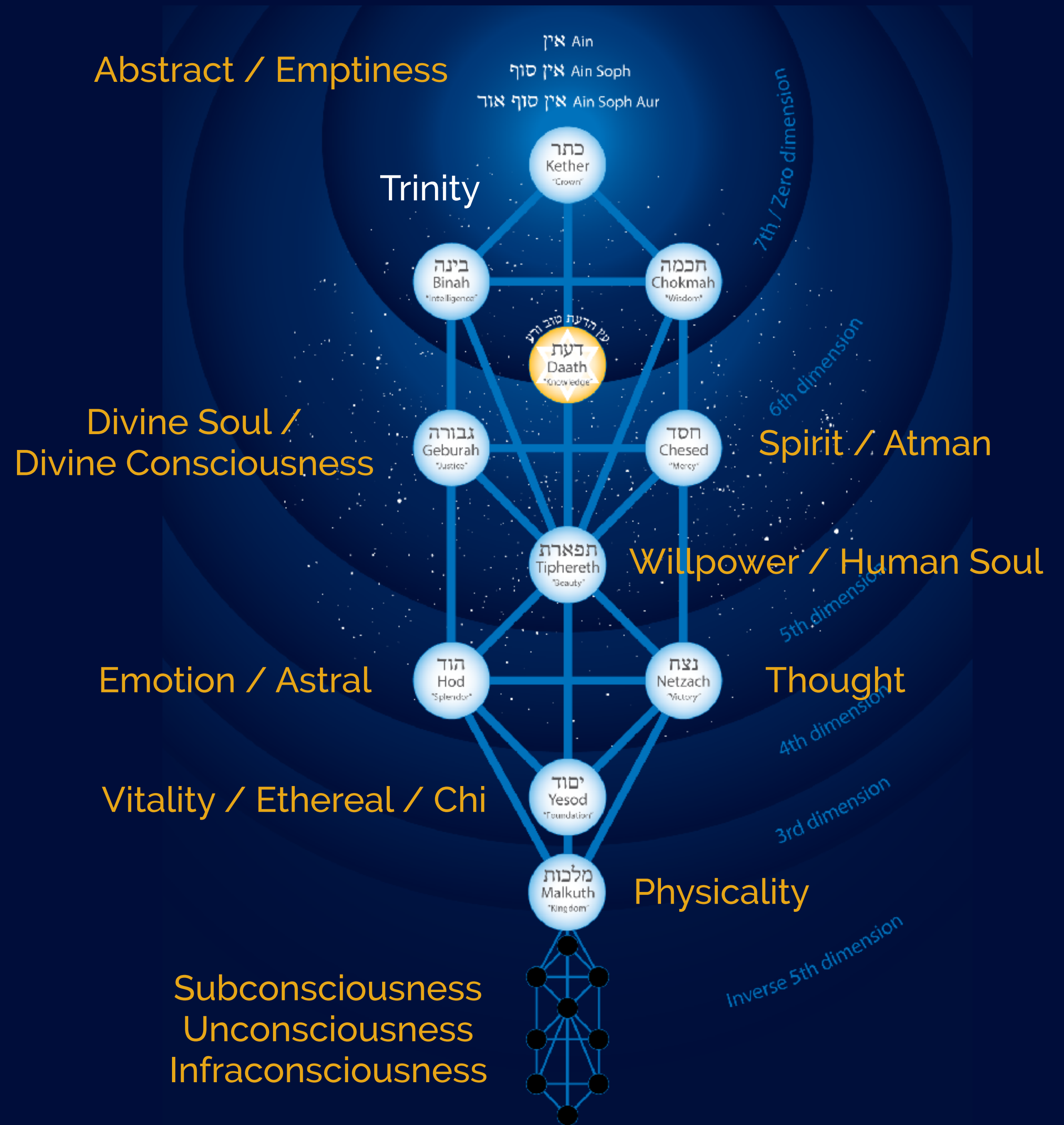
Bhavachakra: “wheel of becoming”

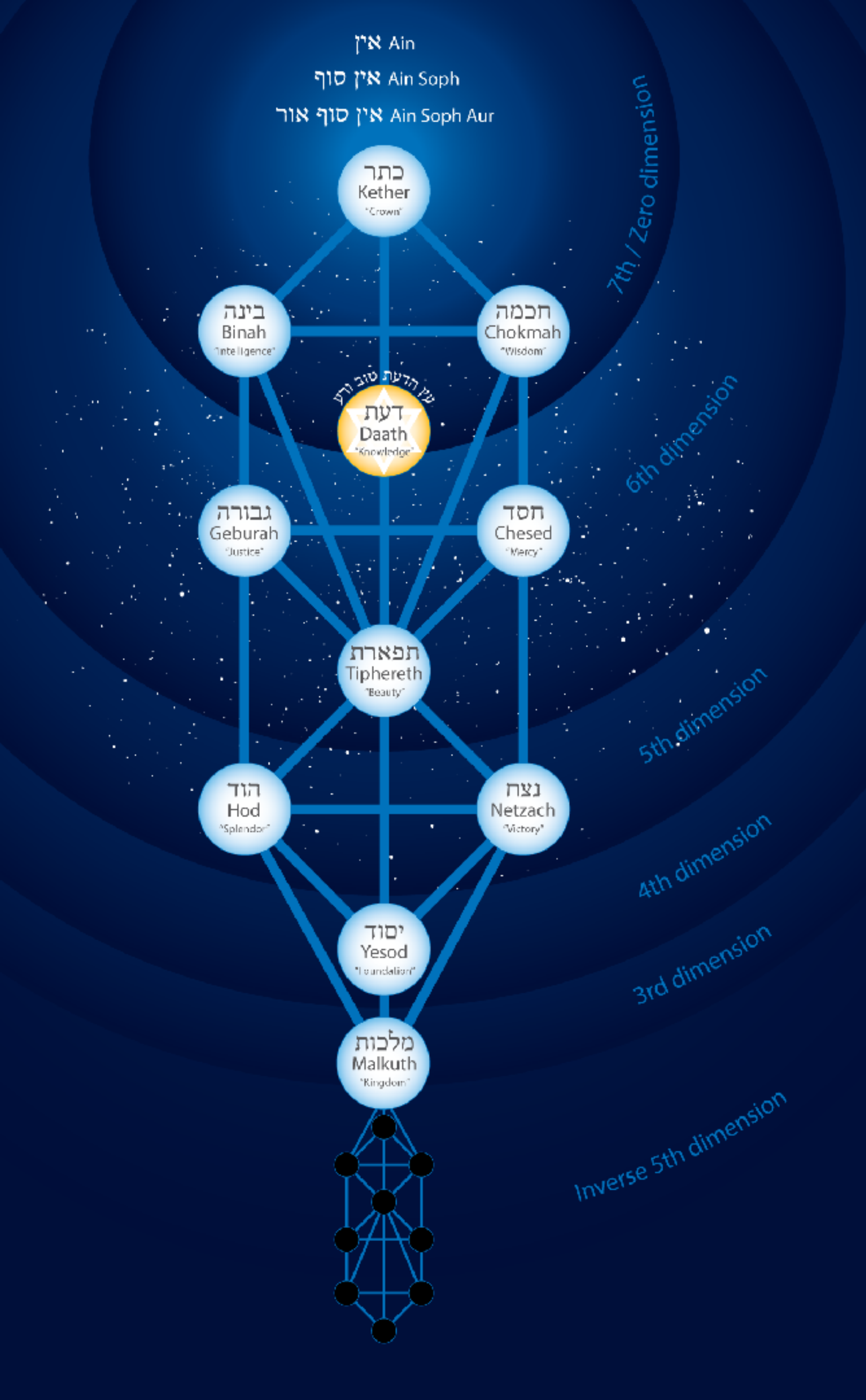


1. **Dog / pig:** ignorance (lack of knowing)
2. **Bird:** craving / attachment / desire
3. **Snake:** aversion



The Tree of Life





Kaya

“body, collection, house, assemblage, natural temperament”

Abstract / Emptiness

אין Ain

אין סוף Ain Soph

אין סוף אור Ain Soph Aur

Dharmakaya:
"body of truth / reality"

כתר
Kether
"Crown"

בינה
Binah
"Intelligence"

חכמה
Chokmah
"Wisdom"

Sambhogakaya:
"body of enjoyment"

עץ הדעת טוב ורע
דעת
Daath
"Knowledge"

Nirmanakaya:
"body of transformation"

גבורה
Geburah
"Justice"

חסד
Chesed
"Mercy"

7th / Zero dimension

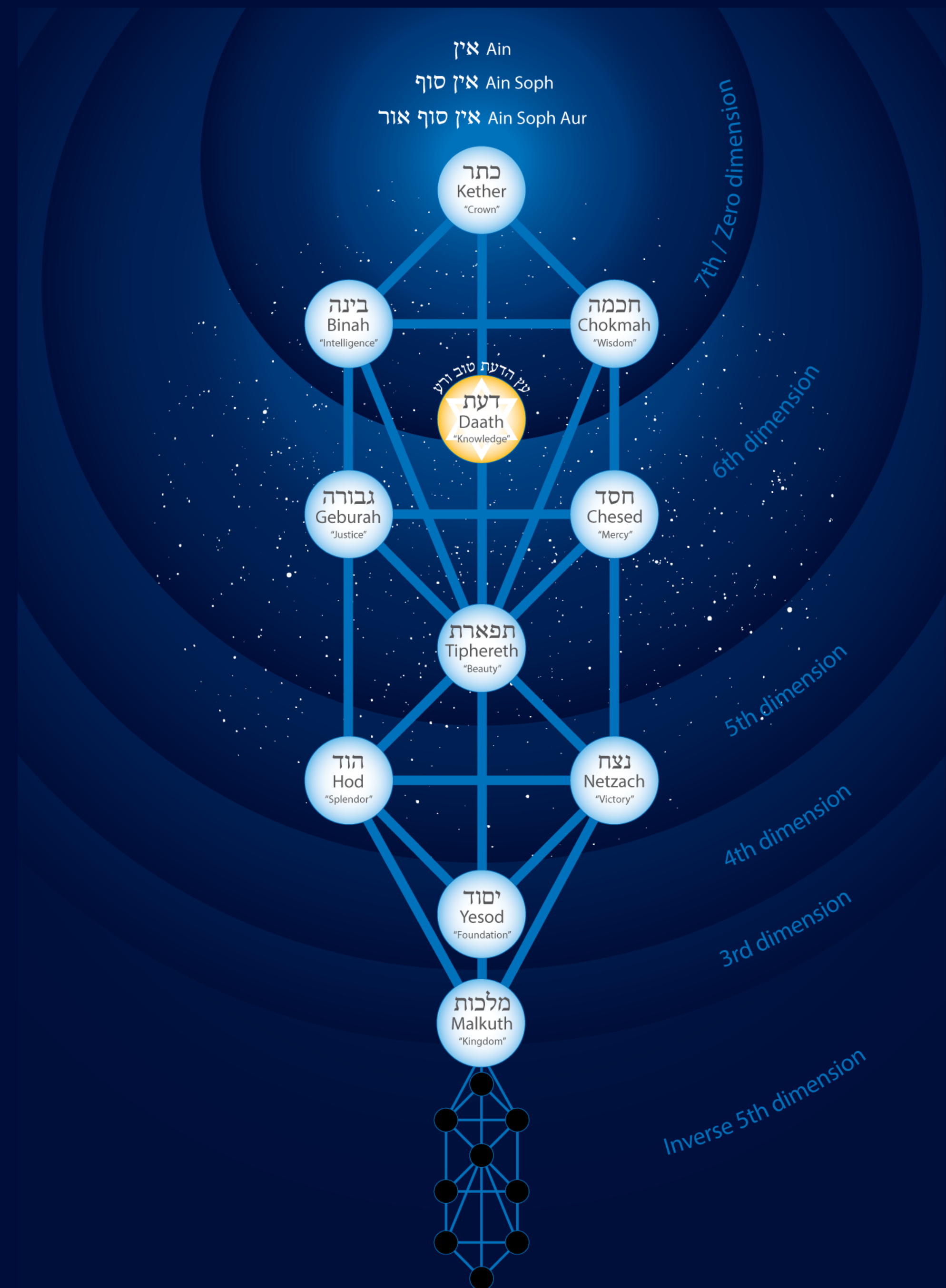
6th dimension

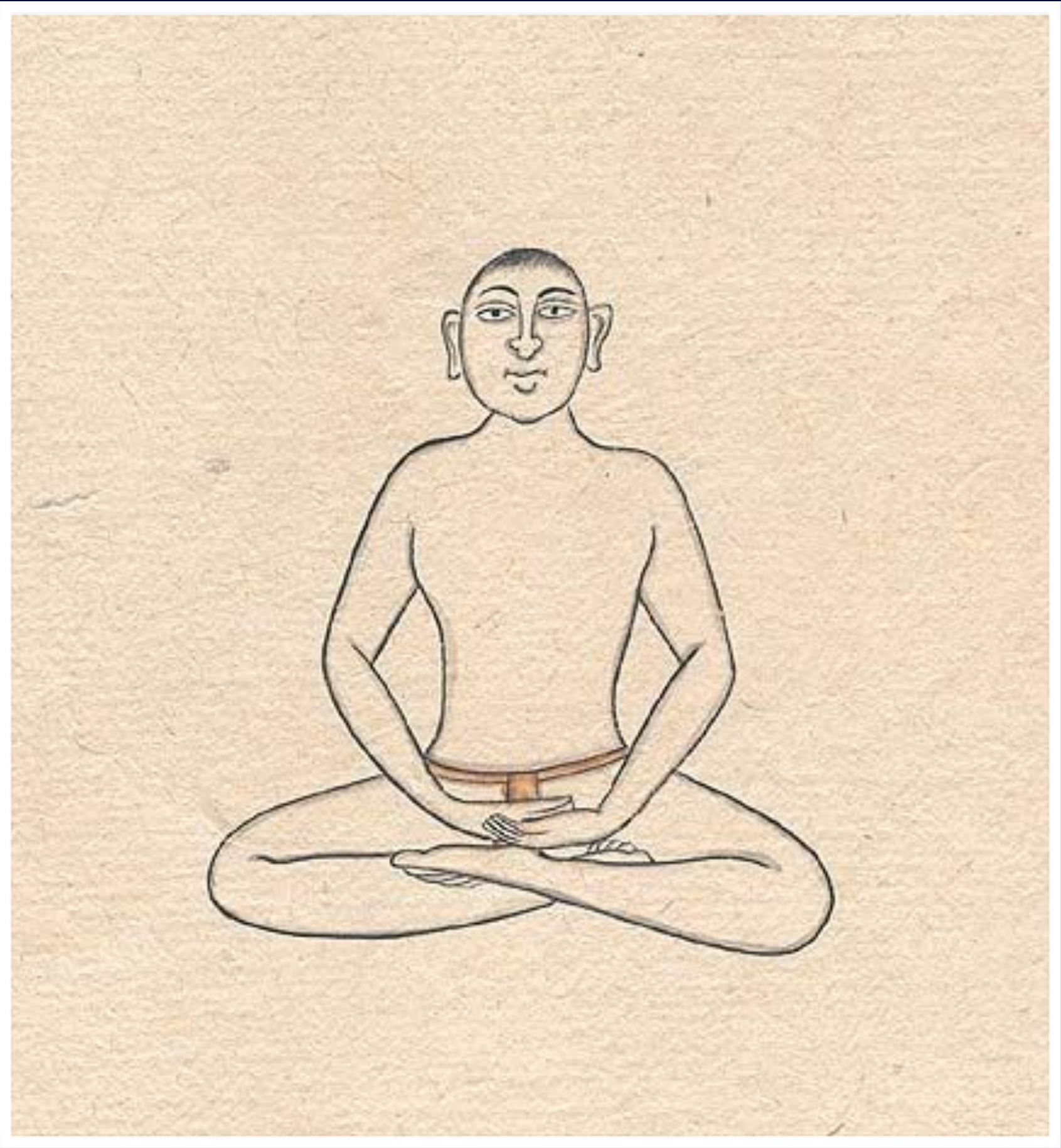


1. **Dharmakaya:** truth / reality
2. **Samboghakaya:** compassion / wisdom
3. **Nirmanakaya:** intelligent action

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Abstract / Emptiness

Divine Soul /
Divine Consciousness

Emotion / Astral

Vitality / Ethereal / Chi

Subconsciousness
Unconsciousness
Infraconsciousness



Exercises

1. Every day, as part of your **self-observation** from moment to moment, question the validity of what you perceive.
2. Every day, practice **meditative retrospection**. Recall what you *perceived* externally and internally from the entire day. Question the validity of what you perceived.
3. Write the facts of your day in your spiritual diary.