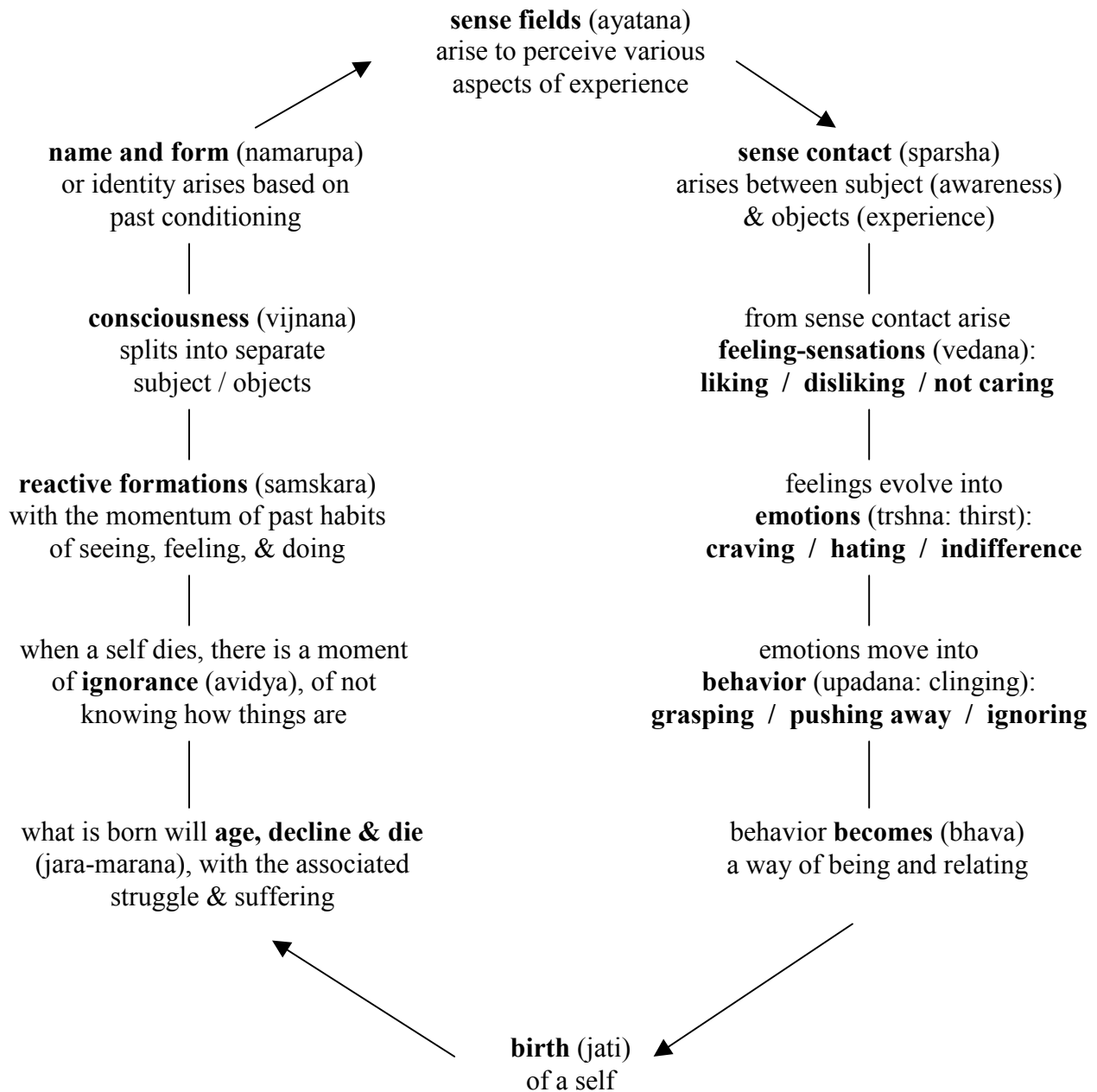


12 Links of Dependent Arising

Sanskrit *pratitya samutpada*
Tibetan *tendrel*



The 12 links are successive, and there are multiple layers of intertwined and mutually supporting chains. Perception, feeling, thought, and action are self-reinforcing biochemically, psychologically, behaviorally. Dependent arising is not a theory -- it's a description of how things co-arise. By cultivating stability and clarity, we can train ourselves to fully experience what arises. When the nature of experience is known, we are freed of the momentum of habitual patterns of identification, struggle and suffering. This is the path of awakening -- the buddhadharma.



3 things we crave

- pleasure
- existence (becoming)
- nonexistence (nonbecoming)

Craving is never fulfilled, because it is based on the delusion of separation between an independent, permanent self and an independent object that can ultimately satisfy.

All things are impermanent, and decay and death inevitably follow the becoming and birth of any sense of self:

“Grasping at things can only yield one of two results: either the thing you are grasping at disappears, or you yourself disappear. It is only a matter of which occurs first.”
~ S.N. Goenka

12 links of dependent arising

ignorance
reactive formations
consciousness
name & form
sense fields
sense contact
like / dislike / neither
craving / hating / indifference
grasping / pushing / ignoring
becoming
birth
aging & death

4 things to which we grasp and cling

- pleasure
- views that contradict how things are (selfless, impermanent, clinging creates suffering, etc)
- rules and rituals
- identification with a sense of self

“Deep identification with the separate self as autonomous and fixed prevents us from experiencing the world as relational and co-creative, always in dynamic flux.”

~ Stephanie Kaza, *Penetrating the Tangle*

10 fetters that bind us to the round of suffering

- belief in a self
- scepticism or doubt
- attachment to rules and rituals
- sense desire
- ill-will
- craving for forms
- craving for the formless
- pride or conceit
- restlessness
- ignorance

“Samsara is on fire with desire, hatred, and delusion.”

Nirvana is the extinguishing of the fire of craving and clinging.

