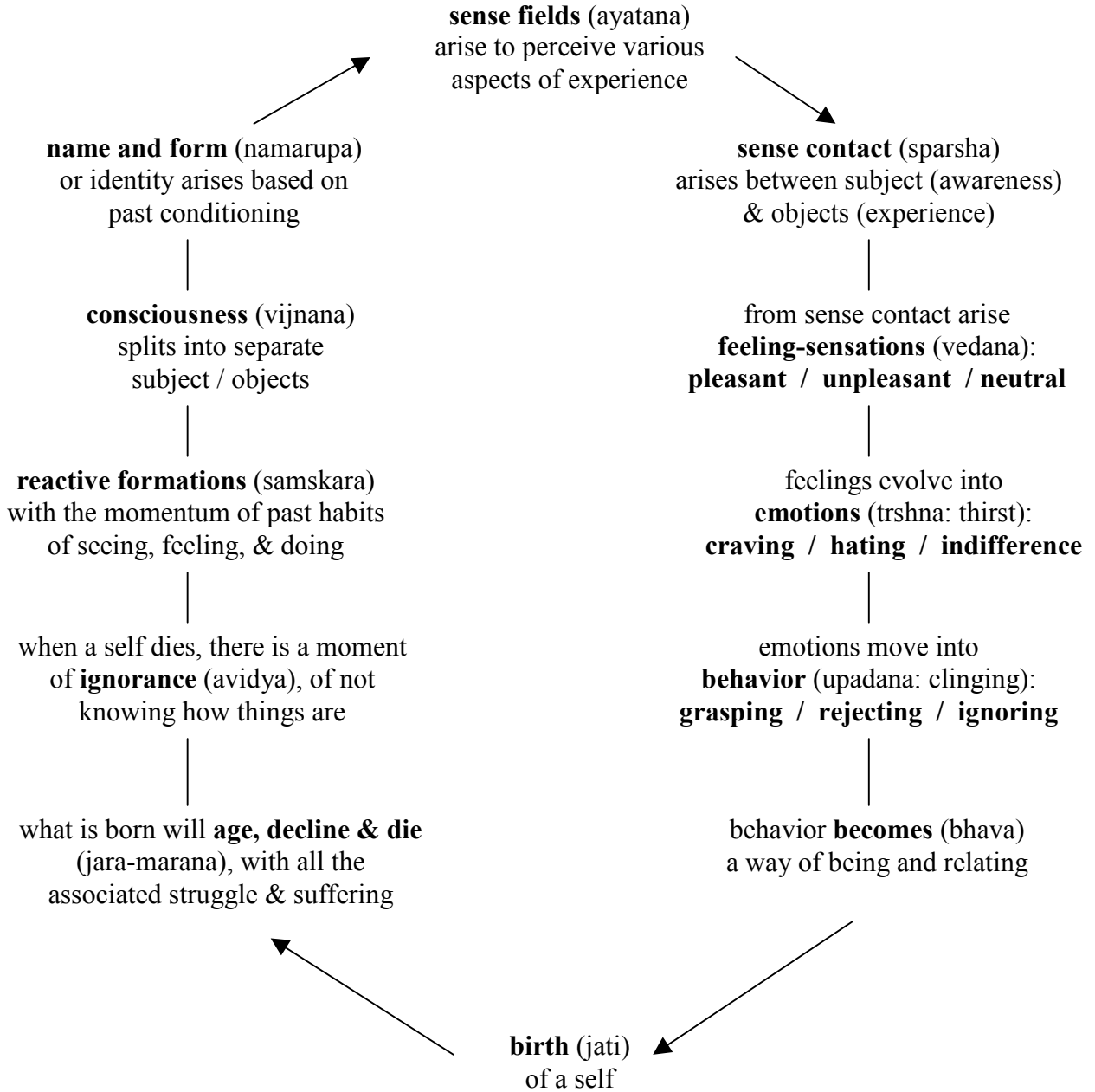


# 12 Links of Dependent Arising

Sanskrit *pratitya samutpada*  
Tibetan *tendrel*



The 12 links are successive, but 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 arise together. By cultivating stability and clarity, we can train ourselves to know the nature of what arises, and free ourselves of the momentum of habitual patterns of identification, struggle and suffering. This is the path of awakening and freedom -- the buddha-dharma.



### 3 things we crave

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

“This, bhikkhus, is the noble truth of the cause of suffering: it is that craving -- compelling, intoxicating -- which causes us to be born into things again and again, ever seeking fresh delight now here, now there; it is namely the craving for sensual delight, the craving to be something, and the craving to feel nothing.”

~ Sutta on Setting the Wheel of Dharma in Motion

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

### 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

### 12 links of dependent arising

ignorance  
reactive formations  
consciousness  
name & form  
sense fields  
sense contact  
pleasant / unplesant / neutral  
craving / hating / indifference  
grasping / rejecting / ignoring  
becoming  
birth  
aging & death

*Samsara is on fire with desire, hatred, and delusion.*

Nirvana is the extinguishing of the fires of craving and struggle.

