



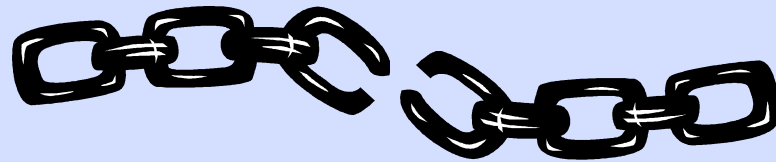
Twelve Nidānas

Twelve Dependent Origination

Prepared by Lotus – Harriet Vu
Regina Zen Class

Why learn this stuff?

- It reveals the origins of phenomena, and the feedback loop of conditioning and causation that leads to suffering in current and future lives.
- Learn it conceptually, observe your mind through meditation to understand its wisdom.
- We learn it to break free of it.



Twelve Dependent Origination

1. Ignorance

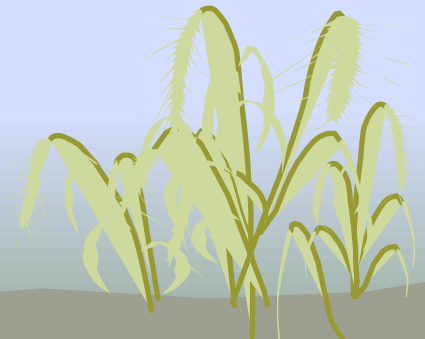
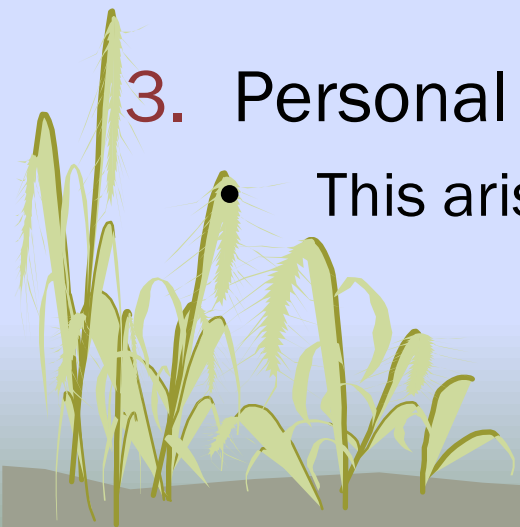
- Wrong perception of reality which leads to this.

2. Mental Formations

- From ignorance came formation of mind which stirs.

3. Personal Consciousness

- This arise as a cognitive process is forming.



Twelve Dependent Origination

4. Name and form

- This is the labelling, the act of mental recognition.

5. Six Sense Gates

- The six senses are eye/seeing, ear/hearing, nose/smelling, tongue/taste, skin/touch, mind/thought. Apart from the five senses which we are familiar with, in Buddhism, the sixth sense is the mind, and the object of mind is thought. Sadayatana refers specifically to the six sense organs.



Twelve Dependent Origination

6. Contact

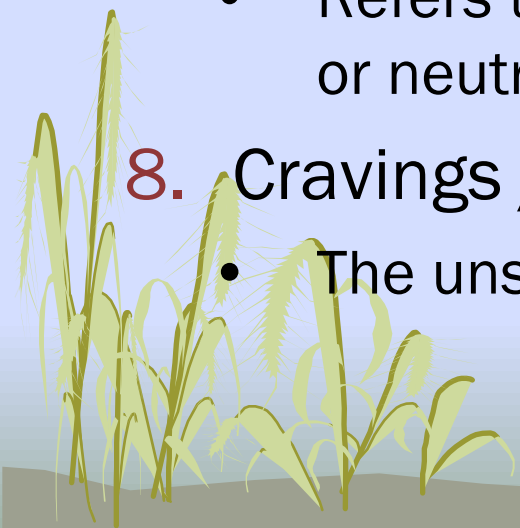
- Contact between the eye and tree, between the ear and drum, nose and perfume, tongue and salt, skin and cut, mind and thought.

7. Sensations

- Refers to the quality of feeling. Is it pleasant, unpleasant or neutral?

8. Cravings / Desires / Thirsts

- The unsatisfactory existence, the cause of sufferings



Twelve Dependent Origination

9. Attachment

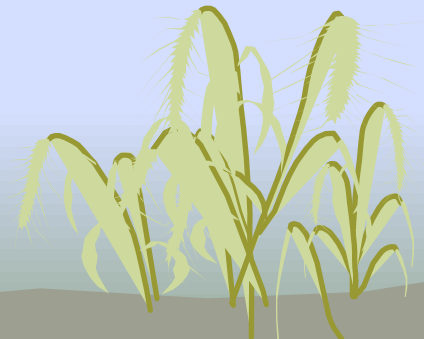
- From cravings we become attached

10. Becoming

- From attachment we formulate an idea of a self and separation in becoming something

11. Birth

- Thus from becoming the birth process begins and the coming to form begins.



Twelve Dependent Origination

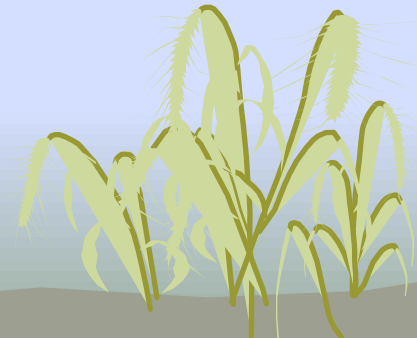
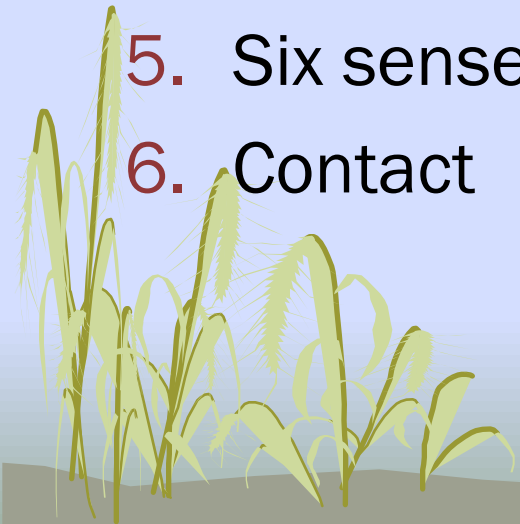
12. Aging/Decay & Death

- Whatever comes into being as a form must therefore be changing and eventually dissolving as a form.
- Samsara – or cyclic existence then happens.
- The 12 links is a chain that binds us to suffering and being re-born again and again.



Twelve Dependent Origination

1. Ignorance
2. Mental Formations
3. Personal Consciousness
4. Name and Form
5. Six senses gates
6. Contact
7. Sensation
8. Cravings/Desires / Thirsts
9. Attachment
10. Becoming
11. Birth
12. Aging/Decay & Death



Transcendental Dependent Arising

According to Upanisa Sutta in the Samyutta Nikaya

THE CHAIN OF ENLIGHTENMENT ARISING

1. suffering (*dukkha*)
2. faith (*saddhā*)
3. joy (*pāmojja, pāmujja*)
4. rapture (*pīti*)
5. tranquillity (*passaddhi*)
6. happiness (*sukha*)
7. concentration (*samādhi*)
8. knowledge and vision of things as they are (*yathābhūta-ñāna-dassana*)
9. disenchantment with worldly life (*nibbidā*)
10. dispassion (*virāga*)
11. freedom, release, emancipation (*vimutti*, a synonym for *nibbana*)
12. knowledge of destruction of the disease of ignorance (*āsava-khaye-ñāna*)



Lotus's Zen Origination Arising

1. Tired of suffering = went to meditate
 - ask lots of questions where the mind can't answer or just sitting in pure awareness.
2. Suffering again = went to meditate
 - sit on those questions.
3. Meditation gets good = went to meditate some more.
4. Get some realization = do some more Zen.
5. Repeat the practice until suffering ends.

