

The 12 Nidanas go to a Party

Ignorance

enter the door, don't know anyone, no reference point, freeze, go numb, heightened self consciousness

Formations

can't stay at the door all night, must do something, impulse to find a landing spot, vision narrows to find a reference point, head for the bar

Consciousness

have now made it into the party, but need to nourish yourself, oral compulsion, have a drink

Name/Form

feel warmth pervading body, feel fortified, empowered, embodied, feel more expansive

Six Senses

survey the situation, look for someone to talk to

Contact

See someone interesting who catches your eye.

Feeling

person looks good, attractive, worthy of our attention, we feel good

Craving

desire to talk to them, engage them, irresistible impulse, so lonely

Grasping

mind is fixated on how to approach them, Can't ignore them, already

Becoming

go over to talk to the person, *yak, yak, yak*

Birth

Get to know the person, give birth to a relationship

Aging & Death

conversation, focus starts to flag, diffuse, interrupted, reference point dies, gap no one to talk to

Ignorance

panic, go numb again, heightened self consciousness, aloneness

Formation

head back to the bar for another drink ...etc!