

'The Gap' - (or the 'Point of Freedom')

The Buddhist 'Wheel of Life' describes the ultimate vicious circle - the way our past conditioning determines our present responses, which then create more conditioning for the future, deepening our past ruts and patterns. Unless we can break this cycle we have no freedom - life is living us, instead of us living life.

But the Wheel of Life also shows where we can break out of this cycle - the 'gap' or the 'point of freedom'. The relevant part of the Wheel is like this:

