



Eddies in the Stream

You can have a profound effect

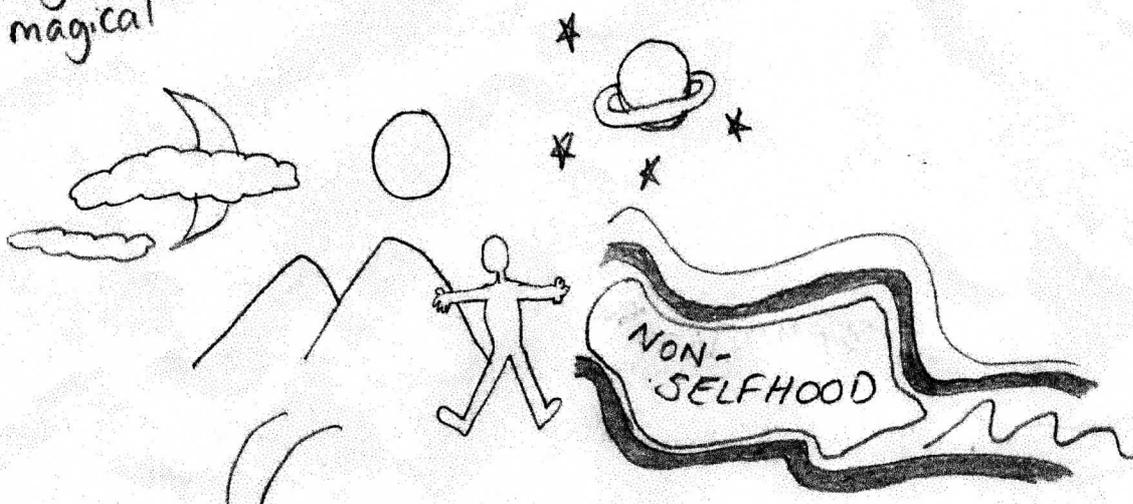
We are all part of each other and the universe

INTER CONNECTEDNESS

Reality is
* wonderful
* mysterious
* magical

all is connected

all is conditioned by everything!

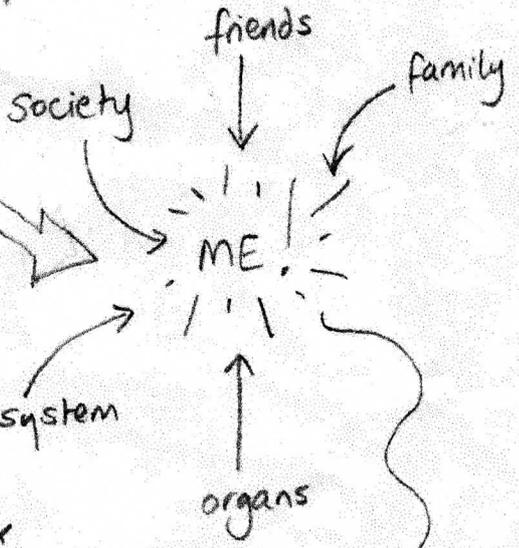
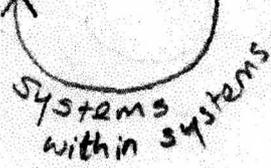


There is change, but no 'thing' changes

no fixed, unchanging, separate self-hood

pure flow

only PROCESS



No core of 'me' apart from change itself.

World systems!

each moment becomes a memory

from the biggest to the smallest thing

Cells in our bodies

especially true of our mind

Mindfulness of breathing - watch the play of the mind!

When change happens we feel affronted!

but we live as if everything lasts forever

ALL THINGS ARE IMPERMANENT

IT'S OBVIOUS.

or we choose the direction in which we change

Initially can seem pessimistic

WE CAN CHANGE!

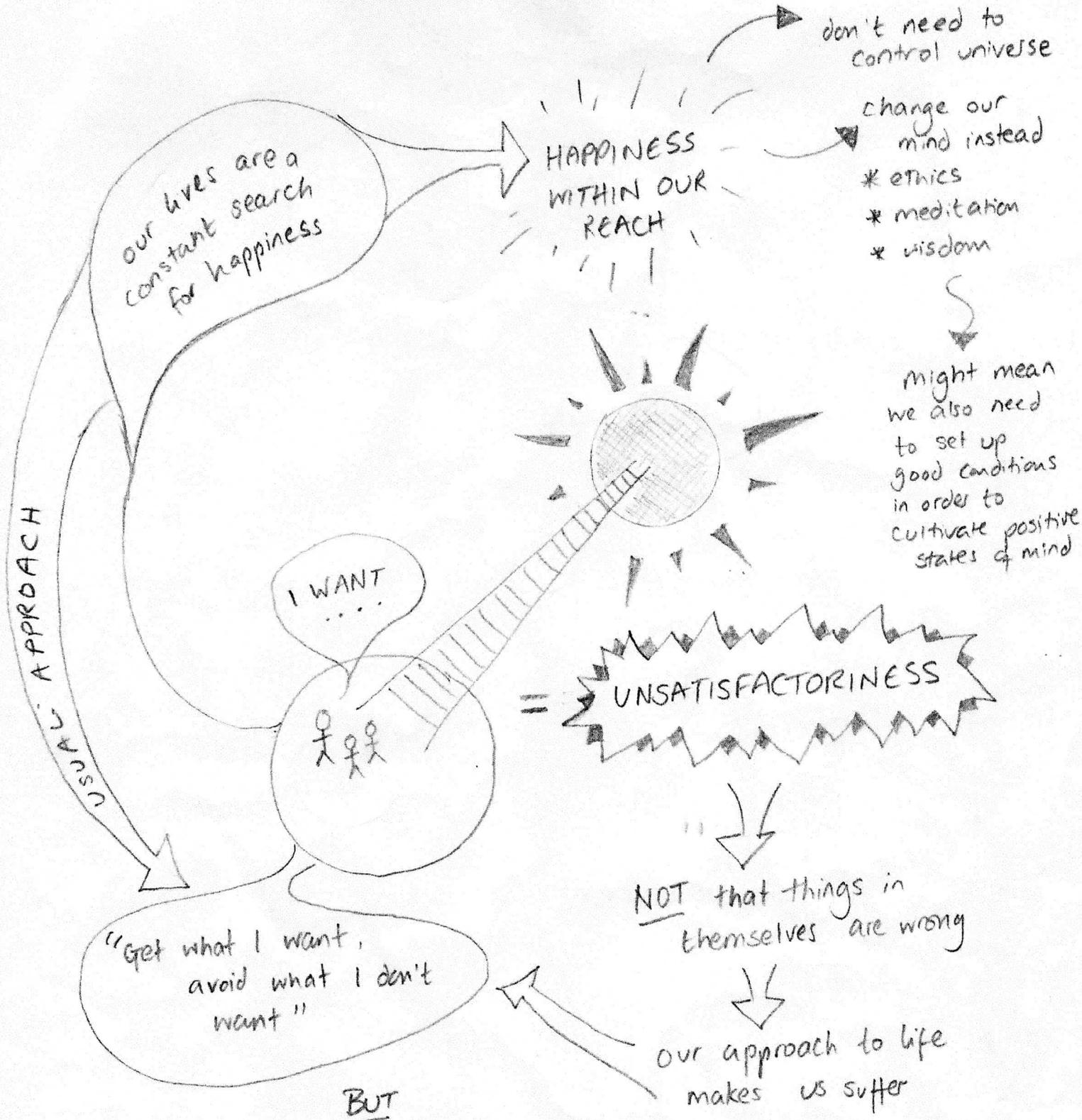
BUT CHANGE AS A DOOR TO LIBERATION!

or how could anything happen

Impermanence is the cause of as much of our pleasure as of pain

either the world changes us

Impermanence related to BEAUTY



- BUT
- * we can't control the universe
 - * Things are always changing
 - * Until we reach spiritual potential, nothing can satisfy us

→ "NIRVANA ALONE IS PEACE"