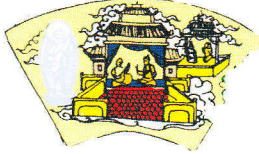
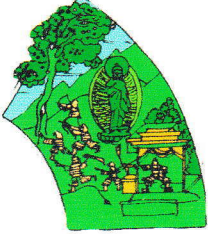
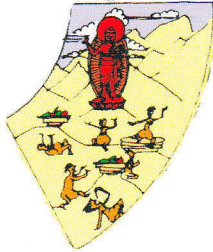
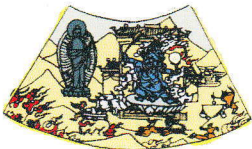
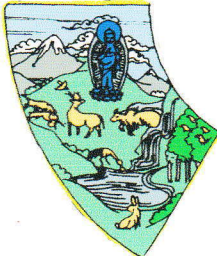



Realms in the Wheel of Life

realm		mental state	what the Buddha holds	message
gods		happy, pleased	lute playing melody of impermanence	when we are happy we need to beware of complacency
titans		hatred - aggressive, competitive, jealous	flaming sword representing transcendental wisdom	When we are feeling competitive and envious, we need to develop wisdom.
hungry ghosts		craving, neurotic desire where nothing satisfies	food and drink which satisfies	When we have neurotic desires we need to understand ourselves better – what we want and whether it is realistic
hell		acute mental suffering, frustration: hatred and malice	ambrosia offering respite and perhaps enlightenment	When in states of intense mental suffering we have the opportunity to realise truths about Reality. These states do not last forever.
animals		sensual indulgence – food, sex and physical comfort	book to help such beings become more civilised	The arts are a first step in the spiritual life.
human		experience both pleasure and pain - communication	begging bowl and three-ringed staff representing the spiritual life	When we are in a human state, the next step is spiritual development.