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bardo

In Tibetan Buddhism a period of transition. The most well-known bardos are

kyenay bardo (the bardo of birth and this life)

milam bardo (the bardo of dreams)

samten bardo (the bardo of meditation)

chikhai bardo (the bardo of the moment of death)

chönyi bardo (the bardo of the luminosity of the true nature)

sidpa bardo (the bardo of becoming or transmigration)

However, generally speaking any period of transition is regarded as a “bardo”

māra

Buddhist demon described by Nyanaponika Thera as “the personification of the forces antagonistic to enlightenment”.

Māra makes use of five emotions (called “arrows”) to persuade practitioners to give up meditation.

- the arrow that makes one ecstatic
- the arrow that makes one crave
- the arrow that makes one stupefied (spaced out)
- the arrow that makes one worn out, hungry or thirsty
- the arrow that makes one afraid of dying

For A.

*the most beautiful coincidence I could
have ever encountered*