

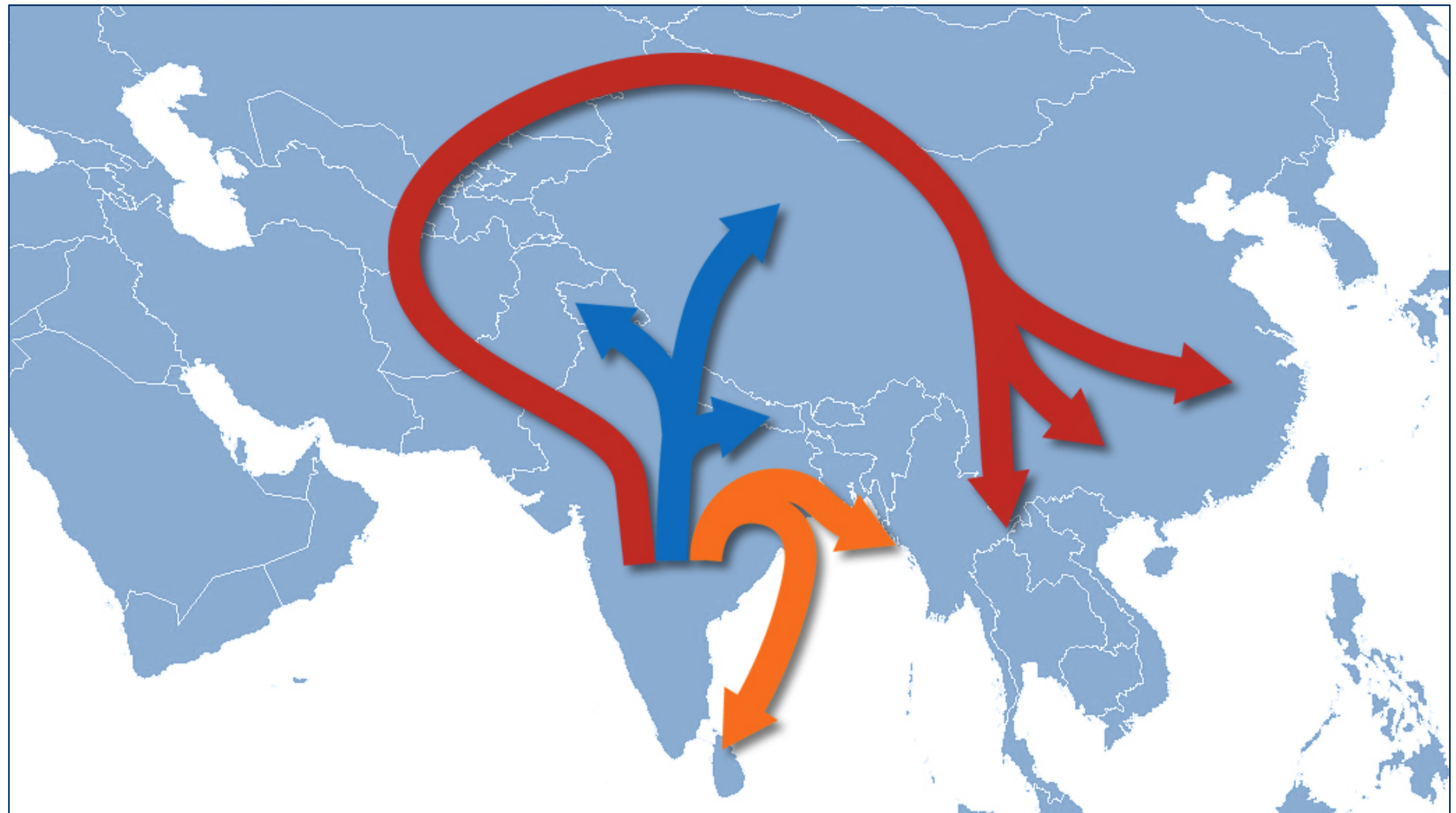


Role-Modeling: The Third Wave in the History of Asian Buddhism



Historic Tree of Asian Contemplative Traditions

The Three Phases
of Asian Buddhist
Thought and Practice





Historic Tree of Asian Contemplative Traditions



The Three Phases
of Asian Buddhist
Thought & Practice

- The Individual Vehicle (*Theravada*) of Monastic Buddhism

*Preserved in Sri-Lanka,
Burma and Thailand*



Historic Tree of Asian Contemplative Traditions



The Three Phases
of Asian Buddhist
Thought & Practice

- The Universal Vehicle
(*Mahayana*) of Lay
Buddhism

*Preserved in China, Korea,
Japan and Vietnam*



Historic Tree of Asian Contemplative Traditions



The Three Phases
of Asian Buddhist
Thought & Practice

- The Process Vehicle
(*Tantrayana*) of Esoteric
Buddhism

*Preserved in Tibet, Nepal,
Mongolia and Bhutan*



Each Tradition Offers a Distinct System of Contemplative Art and Science

- Individual Vehicle
- Universal Vehicle
- Process Vehicle



Each Tradition Offers a Distinct System of Contemplative Art and Science

Individual Vehicle

- Science of Self-Analysis
- Art of Mindfulness
- Ethic of Dispassion



Each Tradition Offers a Distinct System of Contemplative Art and Science

Universal Vehicle

- Science of Interdependence
- Art of Emotional Intelligence
- Ethic of Compassion



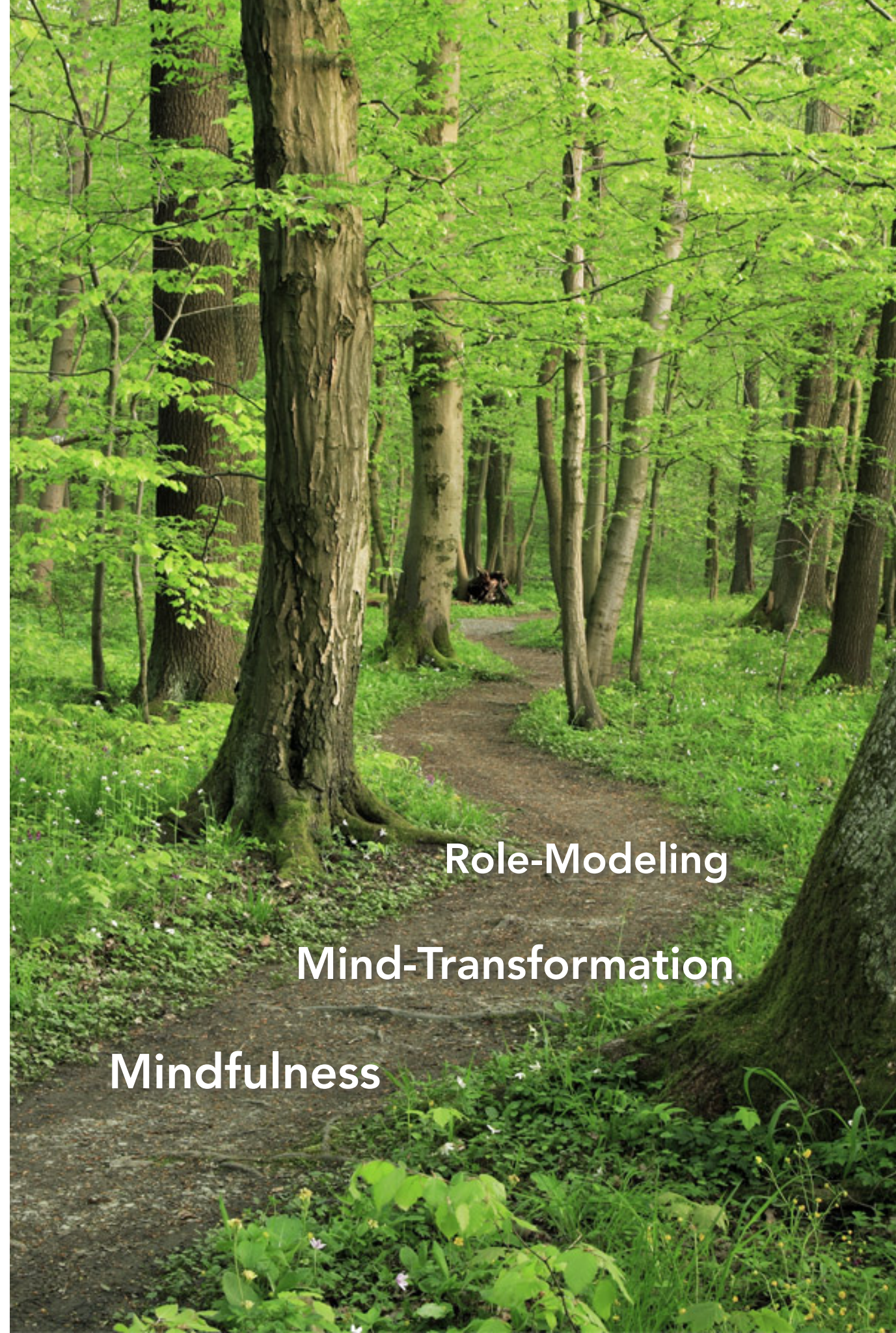
Each Tradition Offers a Distinct System of Contemplative Art and Science

Integral Process Vehicle

- Science of Self-Regulation
- Art of Role-Modeling
- Ethic of Pure Passion

Nalanda Tradition Preserved in Tibet

- Integrated Three Vehicles into One
- One Gradual Path of Contemplative Healing
- Tailored to Life in the Stress-Driven World



Role-Modeling

Mind-Transformation

Mindfulness



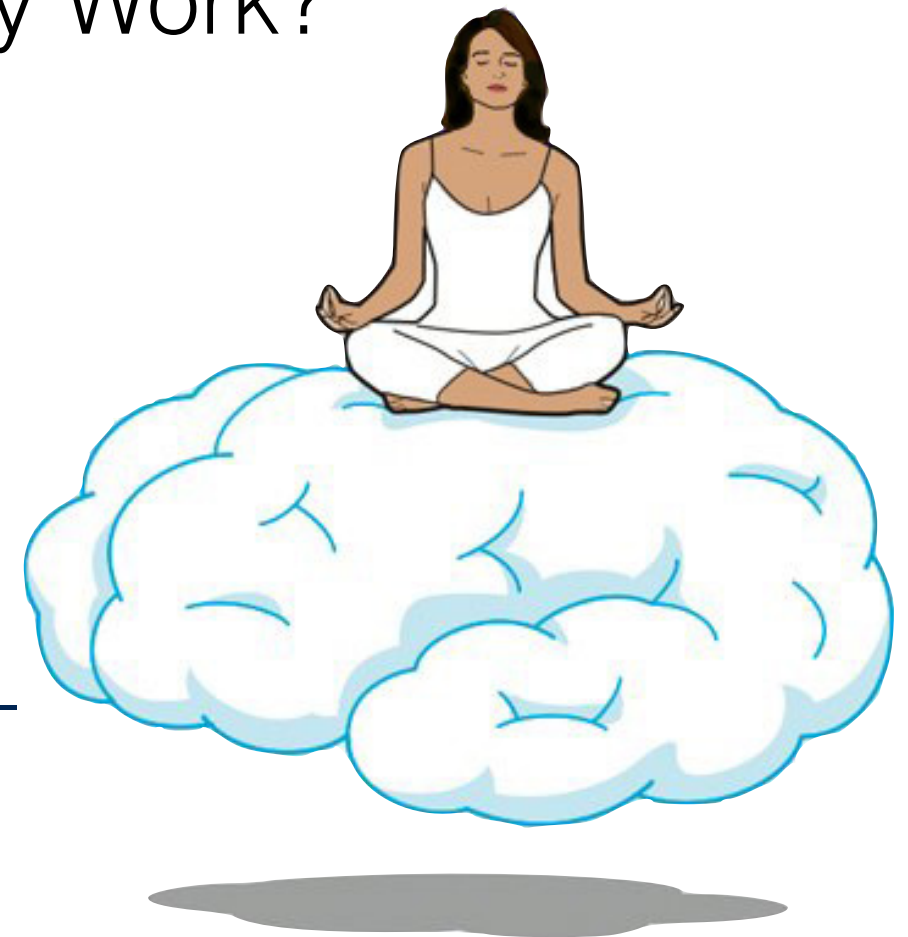
Three Paradigms of Buddhist Psychology

- Analytic Psychology (*Sarvastivada/Sautantrika*) from Shariputa (400 BCE) to Vasubandhu (400 CE)
- Relational Psychology (*Madhyamika*) formulated from Nagarjuna (150 CE) to Chandrakirti (600 CE)
- Depth Psychology (*Yogacara*) formulated from Asanga (400 CE) to Shantaraksita (800 CE)



What are Embodied Practices of Buddhist Depth Psychology and How Do They Work?

- *Top-down tools*: imagery, narrative—
bottom-up: posture & breath-work
- Role-modeling imagery helps internalize ideal self-other states
- Recitation helps revise traumatic self-story into heroic vision & narrative
- Heroic posture and breathing tap flow states to fuel vision & narrative
- Breath-induced flow states help fire & wire vision & narrative into flow traits





Embodied Contemplative Practices: The Tantric Yoga Traditions of India & Tibet

- Contemplative methods explicitly meant to tap and transform the subtlest core layers of mind/CNS
- *Tantra*—“loom” or “weave”—means re-weaving the fabric of the core layers of the mind/body process
- After mindfulness and compassion preliminaries, top-down and bottom-up methods transform the core
- *Creative imagery* stage meant to “purify and revise” traumatic perception of self and world
- *Integration stage* meant to unblock core bliss network, tap flow states and pure flow awareness

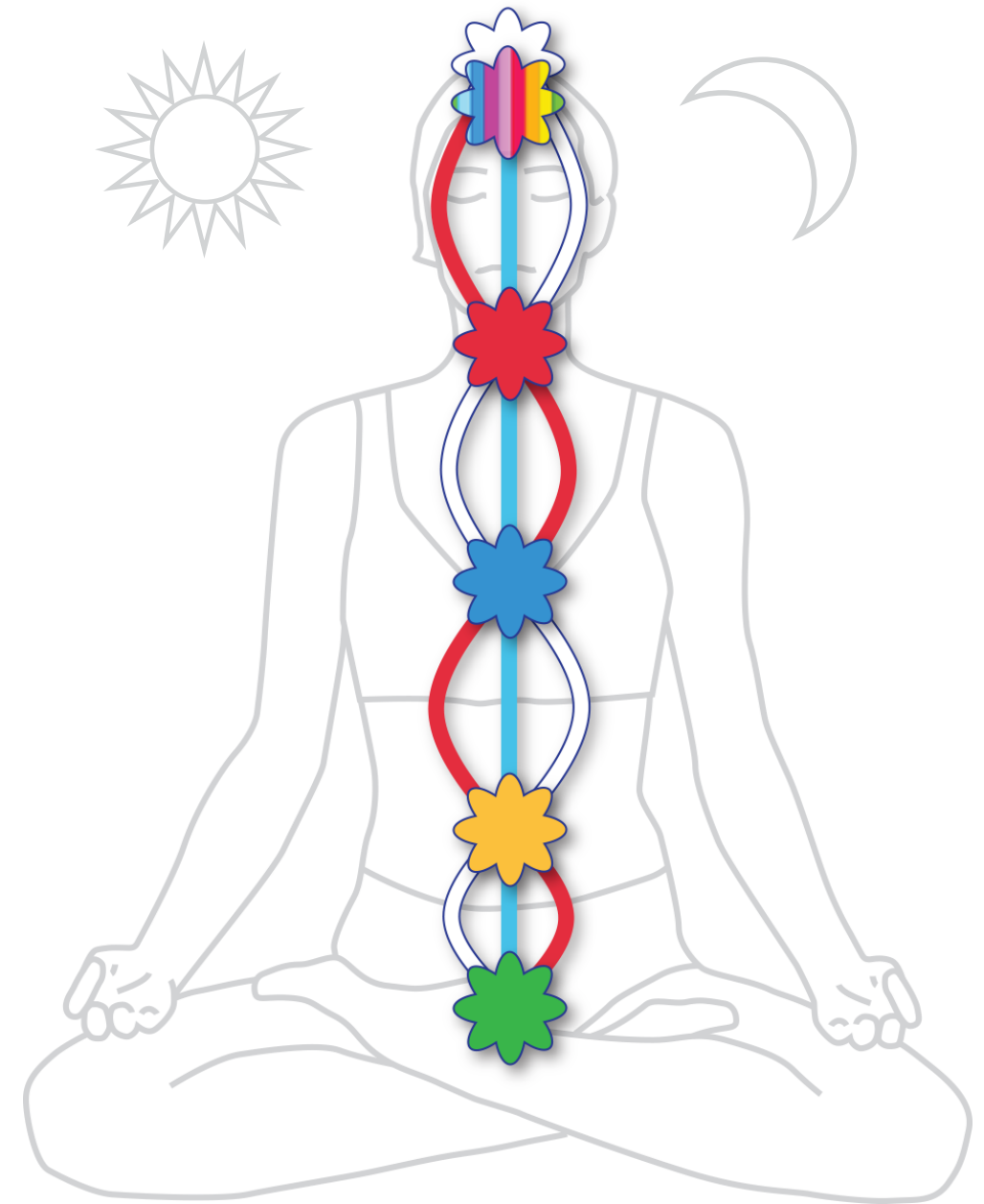


Tantric Depth-Psychology Resonates with Jung's "Alchemical" Approach to Self-Transformation

- Jung found himself drawn to Tibetan Buddhism and one of his key concepts—archetypes of the collective unconscious—may reflect his study of it.
- He traced his approach to the alchemical lore he studied in various languages. In *The Psychology of the Transference* (1946), he reprinted one such text in full.
- The text depicts the transformational space—both interpersonal and intrapsychic—as a vessel or crucible containing a three-spouted fountain.

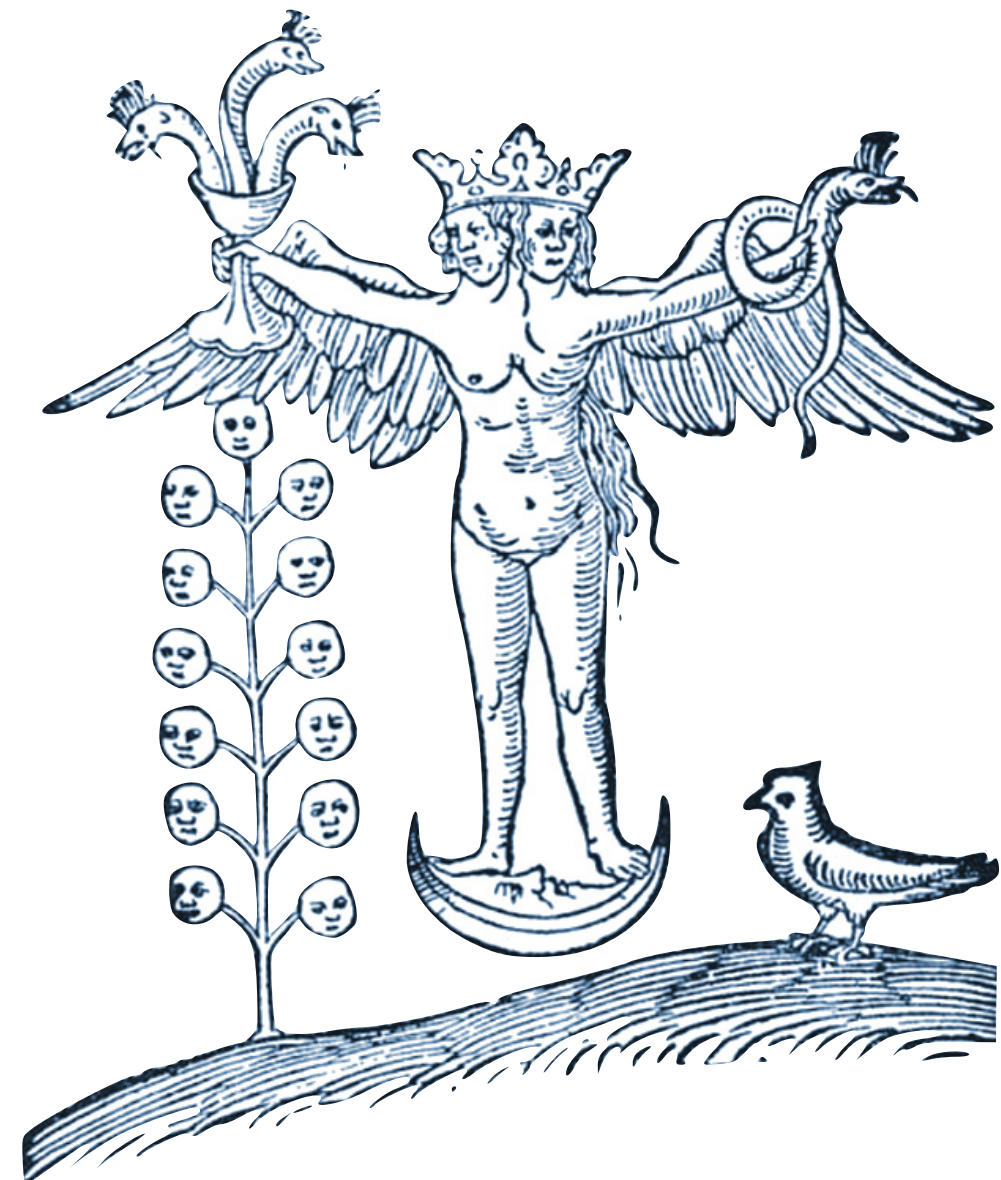
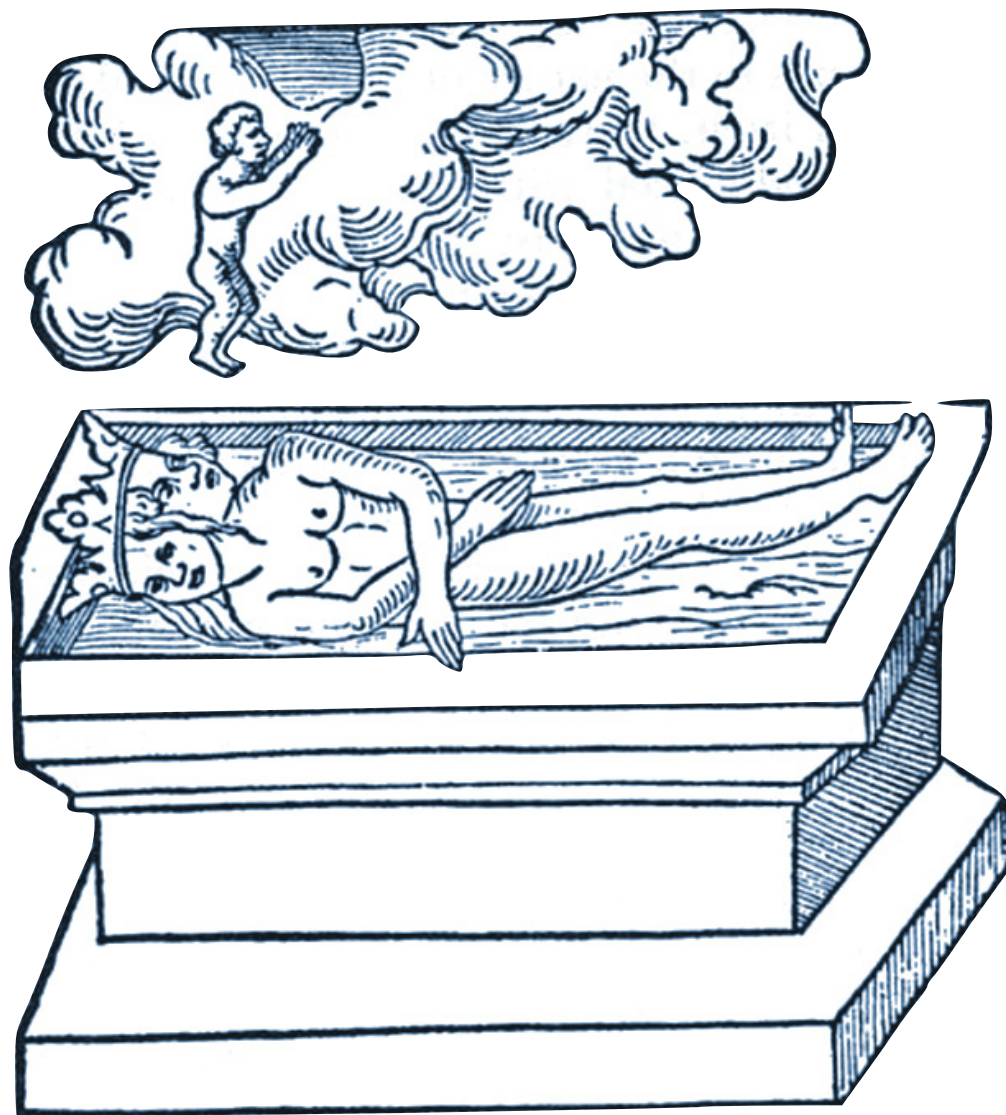


Jung's Alchemical Approach Based on *Rosarium Philosophorum*: "The Fountain" = Subtle Body?





His map leads psyche—in both its male/female, solar/lunar aspects—to dissolve into the “Mercurial” Fountain, the deep psychic source of illness and health, love and death; then re-emerge in a newly integrated, Heroic Individual





Kohut Draws on Jung—Claiming Psyche Is Healed Through “Transmuting Internalization”

- Kohut sees the alchemical healing and transmutation of the fragmented self through transference in **four phases**:
- **Idealization**: the wounded psyche seeks wholeness in the mirroring of one onto whom it projects its own ideal self
- **Identification**/twinship: the introjection of the basic wholeness mirrored by the ideal, as inner sense of equality
- **Internalization**/grandiosity: the ideal is slowly owned and manifest as the true self, accepting and healing wounds
- **Integration** or healthy, “cosmic” narcissism: full access to our capacity to love all beings as parts of our ideal self.



Embodied Contemplative Practices Map Transformation in Similar Alchemical Way

- The mentor-student bond works in four stages to catalyze transformation from baseline to fruition
- Engaging the mentor as an ideal other who provides safety, connection, and guidance (***Kriya-tantra***)
- Practice identifying with that ideal as a mirror of the potential you own and practice realizing (***Carya-tantra***)
- Internalize the ideal as actually present and truly manifesting from within you (***Yoga-tantra***)
- Integrate the ideal so completely you see it in you, your mentor, and all life at once (***Anuttara-yoga-tantra***)



Embodied Contemplative Practice Catalyzes Self-Transformation in an Alchemical Way

- The work begins with an encounter that galvanizes a sense of possibility and leads to a *confidential bond*
- The first phase of work is guided by top-down heroic imagery and narrative in the *creative imagery stage*
- The imagery is co-created with the mentor following a chosen set of images, affirmations & practice scripts
- Once the ordinary traumatized self-state is displaced by the heroic self-state, narrative transformation begins
- Narrative transformation has three nodes: dissolving traumatic self; emerging as nascent hero; then as fully integrated hero (*loss of trauma-self; transition; new life*)



Embodied Contemplative Practice Revolves around a Congenial Mentor-Archetype Bond

- Tantric depth-psychology intentionally encodes maps and tools in symbols which the mentor slowly decodes
- The student chooses the mentor and archetype s/he finds reliable, inspiring, and congenial
- The basic practice involves a seven step process of bonding with and integrating chosen role-models



Chosen Archetypes, like Campbell's Hero w/ 1000 Faces, Come in All Shapes, Moods, & Sizes

- Hero and Heroine Forms (*Deva/Devi*) Solitary/Paired
- Their Affects Range from Calm, Mixed to Fierce
- For Transmuting Addictive Craving, Defensive Anger, or Reactive Self-Enclosure
- Grounded by Link to Positive Mentors & Role-Models
- Include Transformational Family, Mansion & Natural Environment (*Mandala*)



Mystic Communion (Guhyasamaja)



Basic Calming Archetypes: Healing Mother (*Arya Tara*) and Healing Mentor (*Bhaishajyaguru*)





Mixed Fierce-Calm Insight Archetypes: Sheer Brilliance (Manjushri) and Wisdom Mother (*Prajna*)





Fierce Forms Transform Drive States into Ecstatic
Openness and Fearless Presence: *Diamond Yogini*
(*Vajrayogini*) & *Fierce Brilliance* (*Vajrabhairava*)





Embodied Contemplative Practice Revolves around a Congenial Mentor-Archetype Bond

- **Admiring** = focusing on the desired qualities the mentor/archetype embody
- **Sharing** = arranging/envisioning and offering to share all desirable objects and positive experiences
- **Disclosing** = exposing one's deepest self-doubts, worst errors, and most shameful limits and flaws
- **Enjoying** = rejoicing at the mentor's affirmation that the we naturally share her/his qualities



Embodied Contemplative Practice Revolves around a Congenial Mentor-Archetype Bond

- **Asking for help** = requesting guidance and encouragement needed to deeply transform
- **Requesting continuity** = asking the mentor/archetype for a long-term commitment to one's full transformation
- **Dedication** = earmarking the transformative intuition, affect and energy stirred by practice to full realization



The Eight Step Dissolution and Five Step Re-Emergence Process of Self-Transformation

Eight-Step Dissolution

- Solids->Liquids, Mirage/Vision
- Liquids->Heat, Smoke/Hearing
- Heat->Gases, Sparks/Smell
- Gasses->Space/Taste & Touch
- Seeking>Moonlight/Luminance
- Guarding->Twilight/Radiance
- Isolating->Midnight/Immanence
- Void Clarity->Predawn/Translucency

Ten Step Re-Emergence

- Deep Space
- Energy Field
- Solar Heat
- Planetary Water
- Solid Land
- Moonlight
- Sunlight
- Breath Sound
- Implement
- Wisdom Hero

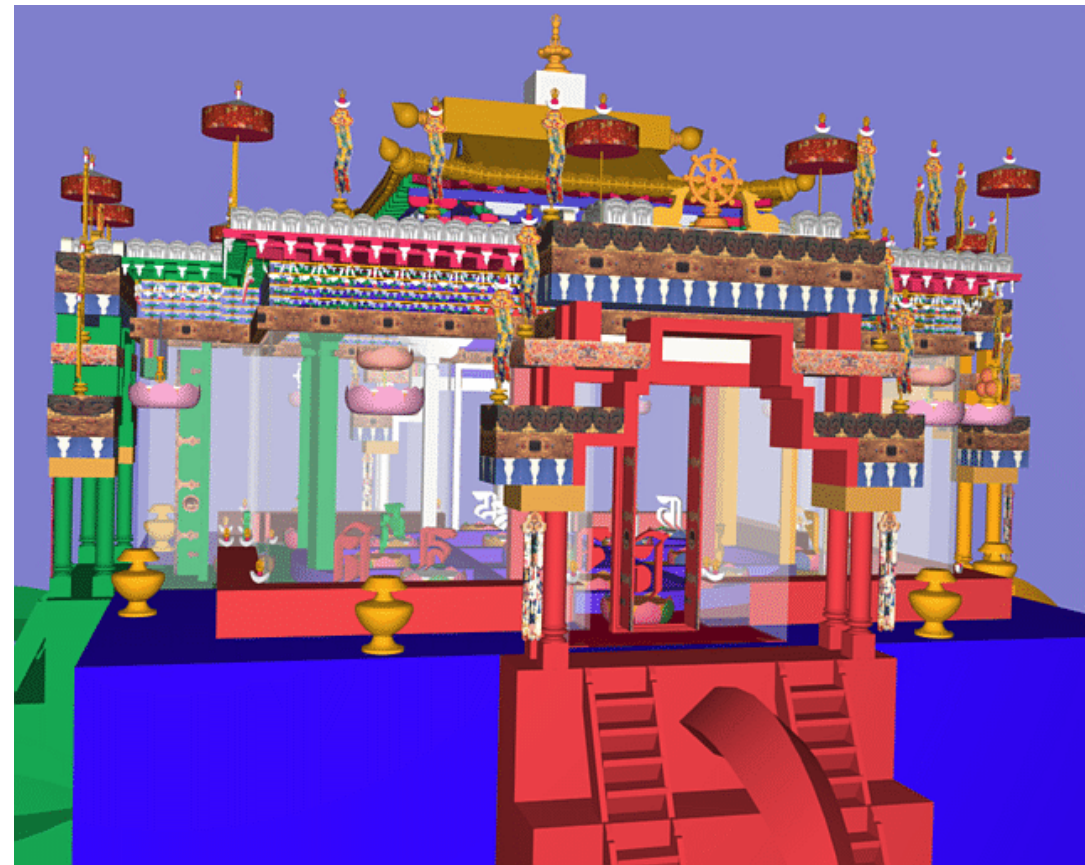


Narrative Self-Transformation Revolves around Three Existential Nodes

- **Turning near-death states** into a way to embody the truths of impermanence, selflessness, and emptiness
- **Turning death-life transitions** into a way to embody the joyful expression of conscious self-creation
- **Turning fully emerged life** into a way to embody the joyful energy and artistry of heroic altruism

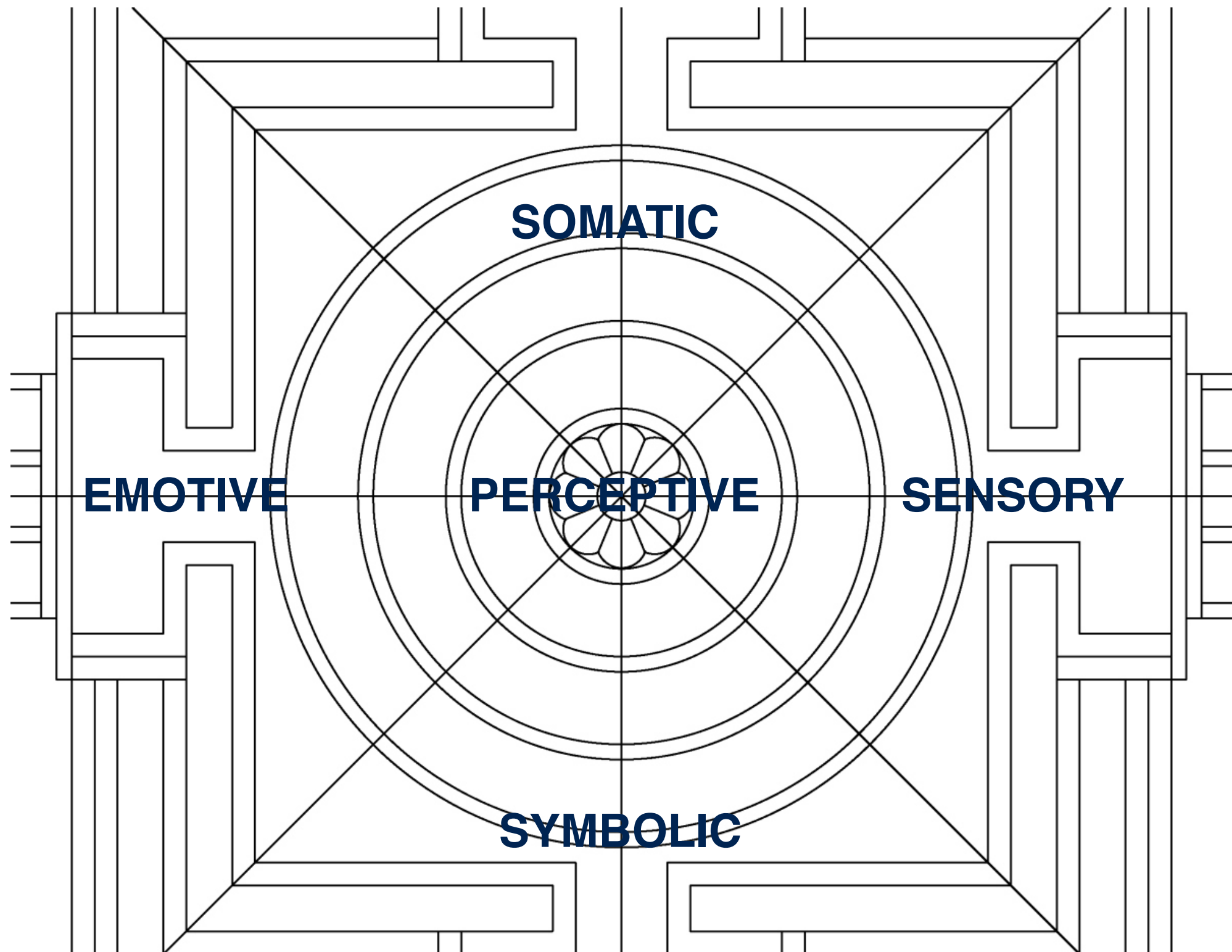


The Nested Crucibles of Mystic Communion: Nature, Home, Body, Meme, Energy Drop



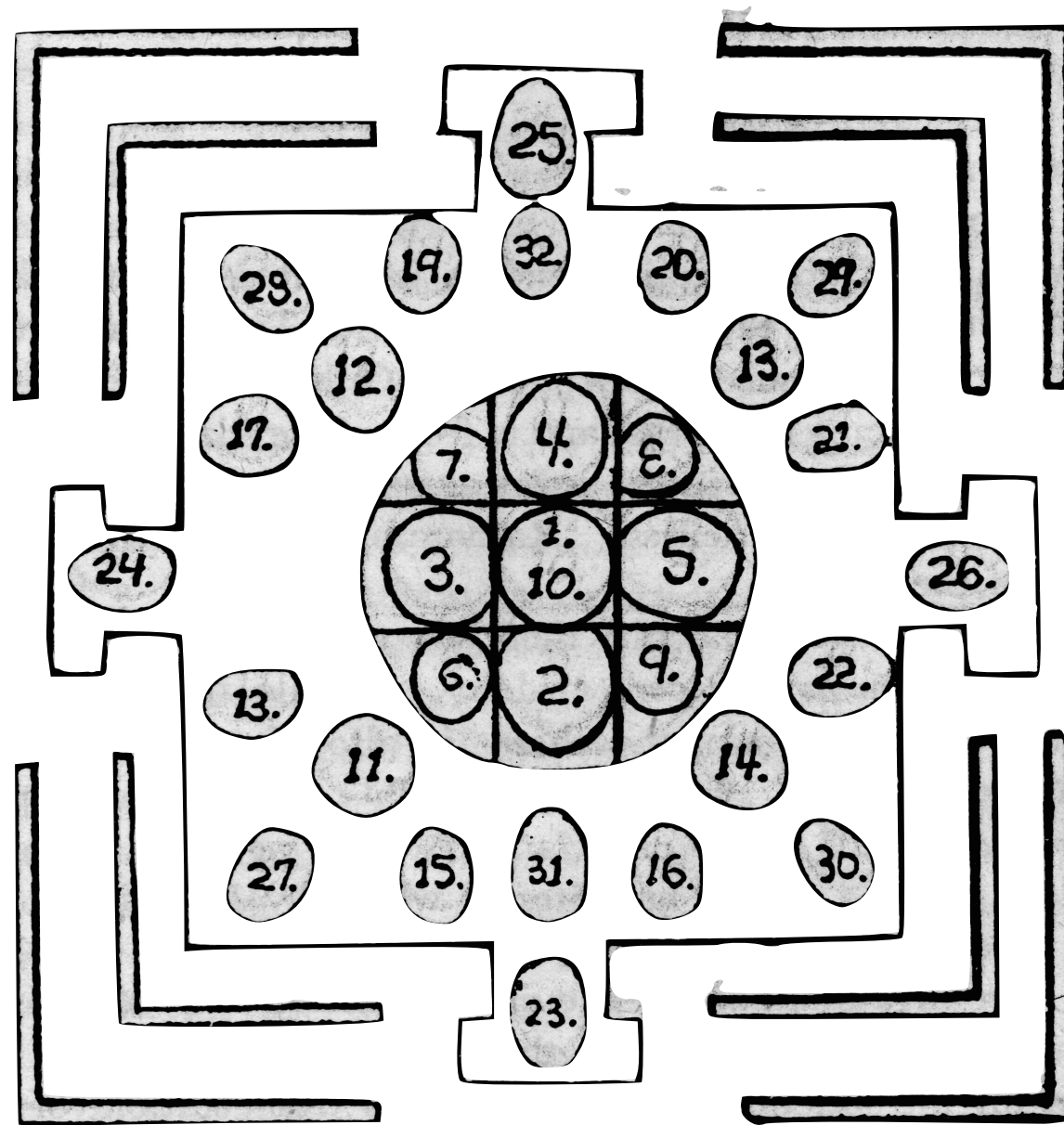


Base Metal: The Five Mind/Body Systems





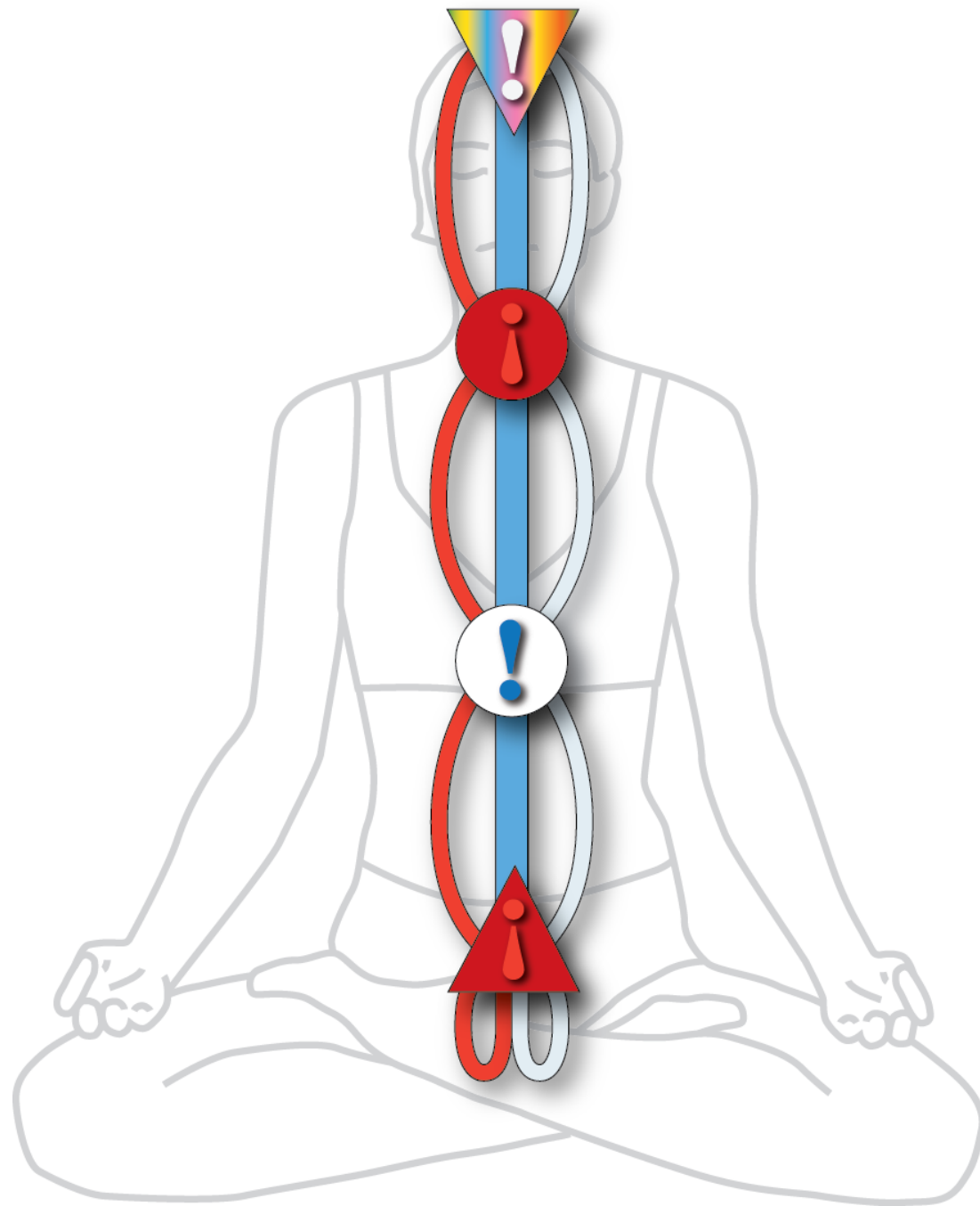
Body Mandala: Making the Mind/Body Process a Crucible for Transforming Trauma to Bliss



- 1-10 = Memes of the Five Life Systems and Physical Elements
- 11-14 = Memes of Five Senses: Sights, Sounds, Tastes, Smells, Touches
- 15-22 = Memes of the Eight Sense Faculties: Eyes, Ears, Tongue, Nose, Body
- 23-32 = Memes of the Ten Motor Functions: Hands, Arms, Legs, Mouth, Pelvis, Feet, Crown



Body Mandala: Installing Mentor Archetype Memes to Guide Breath-Induced Flow



- **Lucid Mind Hero** sends calming lunar bliss chemistry from crown
- **Blessed Speech Heroine** sends solar warmth up to melt Mind Hero
- **Open Heart Hero** sends mixed sun-moon bliss chemistry from heart
- **Embodied Passion Heroine** sends solar fire up to kindle bliss network

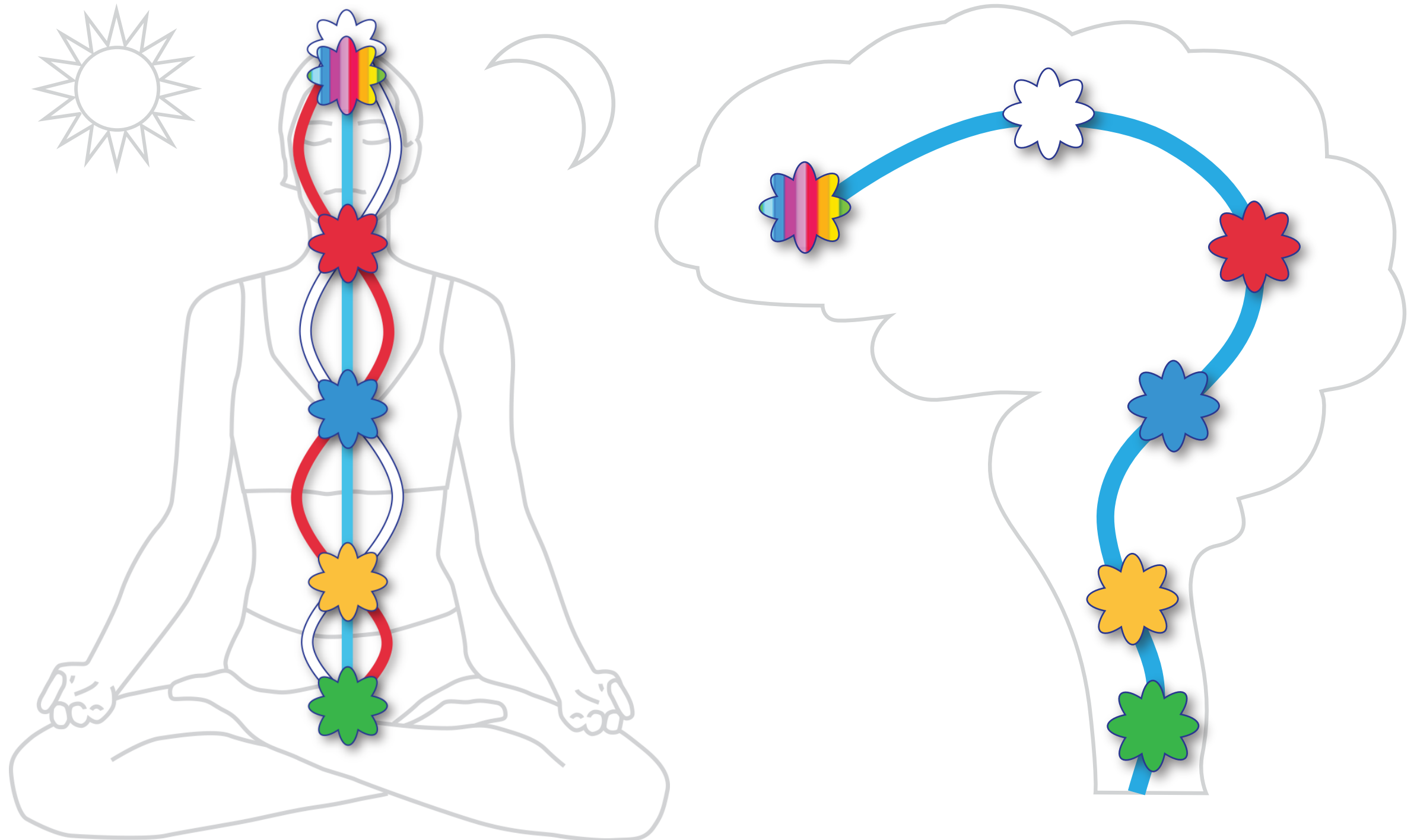


Embodied Contemplative Practices Integrate Deep Transformation in an Alchemical Way

- When role-modeling imagery and narrative have been internalized, the work enters the *integration stage*
- This stage transitions to bottom-up work, with the stage set by installing mentor memes/family in the body
- Then dissolution process (simulating death) is primed by intensive breath holding, w/ or w/o erotic imagery
- Breath holding is accentuated by upper and lower “breath-locks” mimicking the diving reflex
- Psychic kindling is achieved by priming dorsal vagal and sympathetic afferents to induce a mixed flow state



Bottom-Up Embodied Practices Use Yoga's Interoceptive Map of the Central Nervous System





If the Indic subtle body maps the CNS,
why so different from our brain map?

Subtle Body Map

- first/second-person, qualitative
- virtual, functional map
- for self-care and self-regulation
- maps network at end organ synapse
- to live better in one's own body

Brain Map

- impersonal, quantitative
- gross anatomical
- for mechanical intervention
- maps at central cell body
- to diagnose and treat others



How might the primary circuits of the subtle body map relate to the brain?

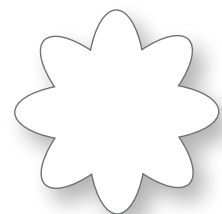
- The six primary circuits of the subtle body model map the complexity of the CNS
- Each circuit is a distinct system that integrates a number of elements
- Metaphors are hub and spokes of a wheel, center and petals of a flower



How are the primary circuits characterized?



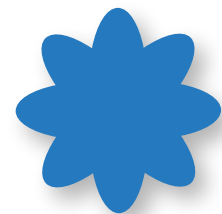
Command Hub behind the forehead,
6 control elements align with PFC



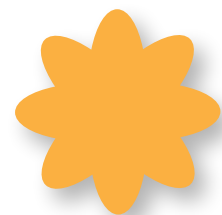
Thousandfold Bliss Hub under the crown,
32 sensorimotor elements align with neocortex



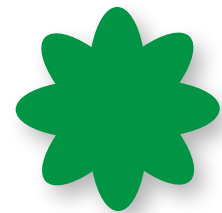
Pure Enjoyment Hub behind the throat,
16 mood state elements align with limbic system



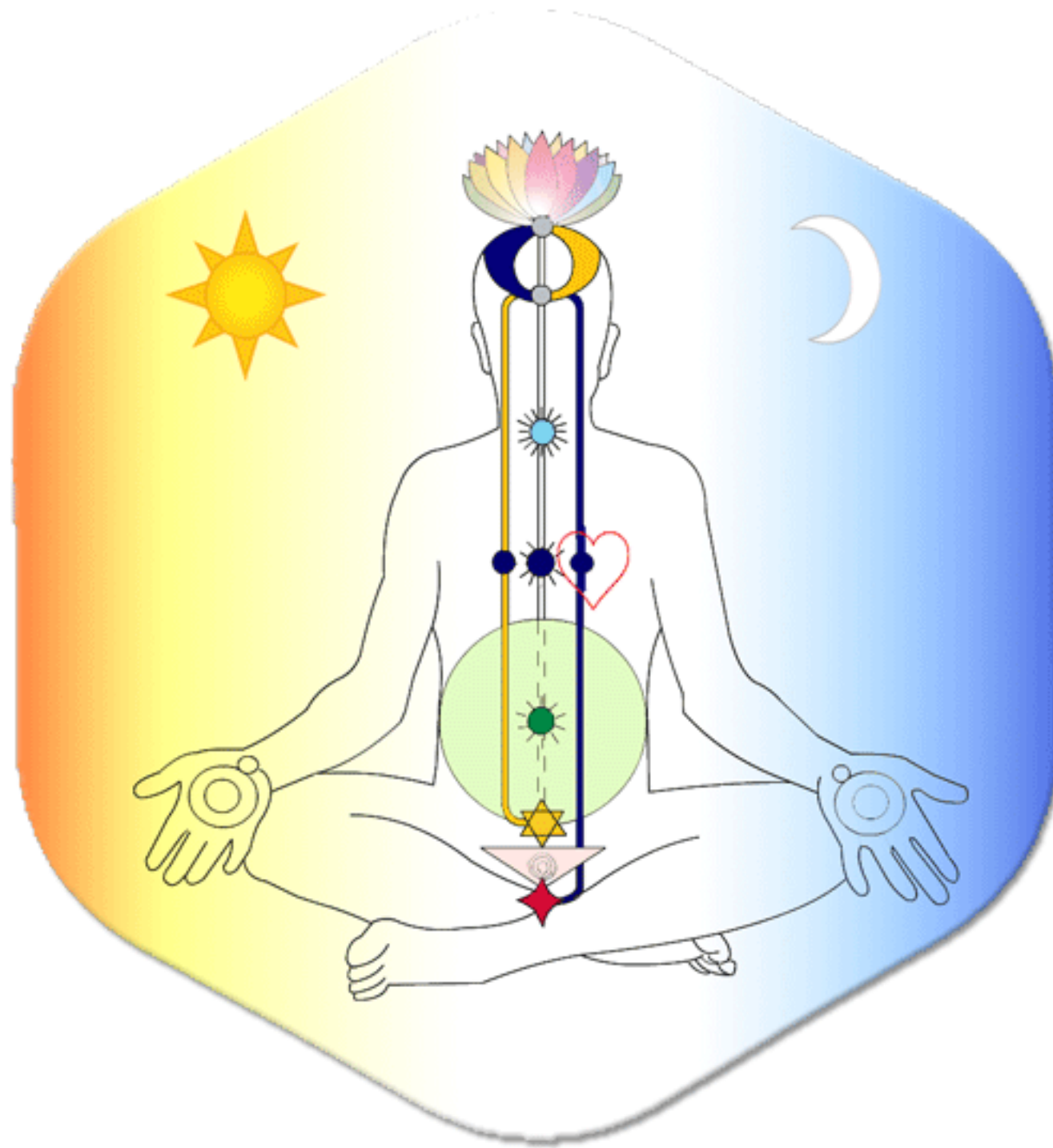
Truth Hub behind the heart, 8 reward and
appetite elements align with midbrain



Embodiment Hub behind the navel,
64 vital energy elements align with pons

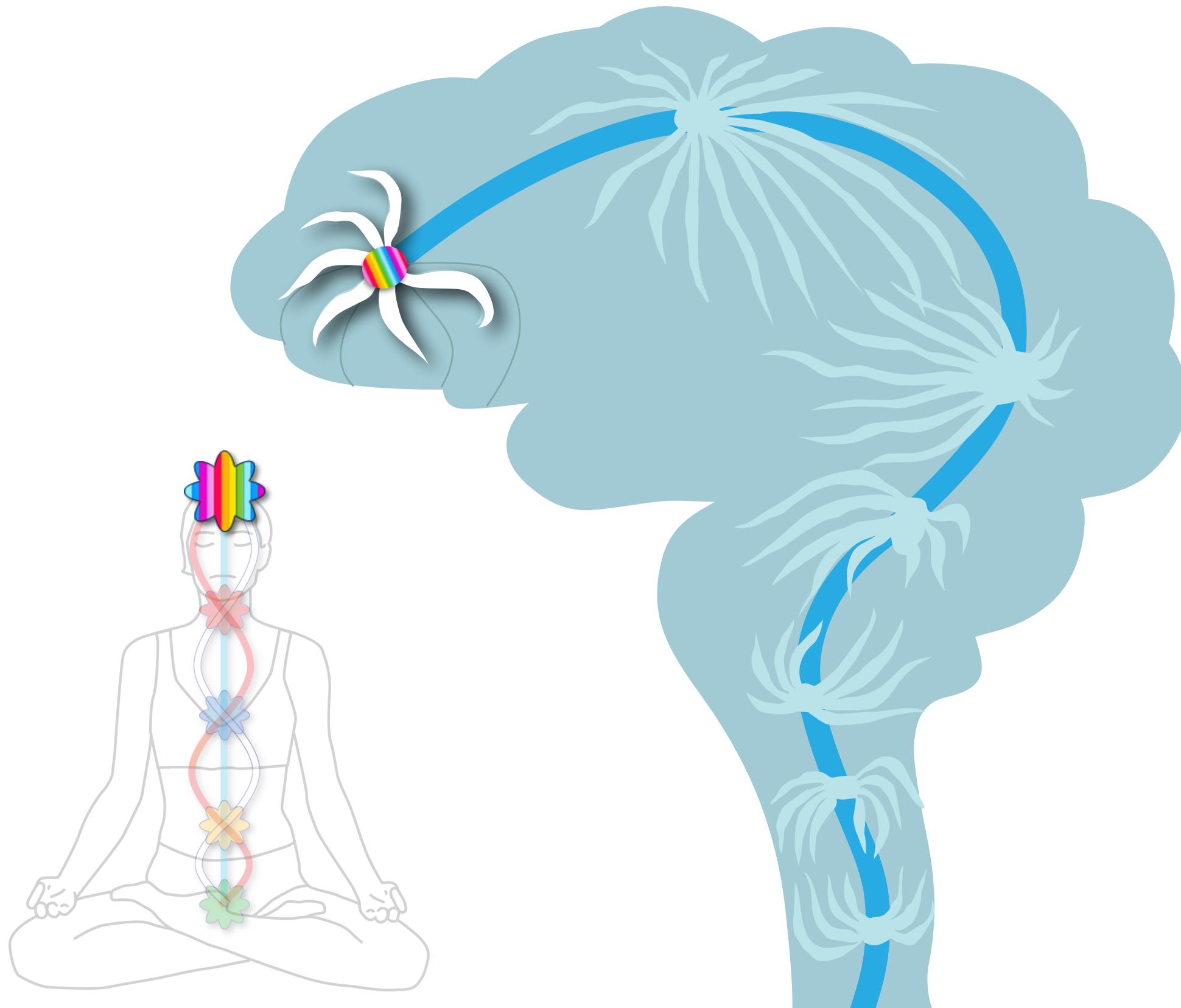


Secret Hub within the sexual organ,
32 life support elements align with medulla



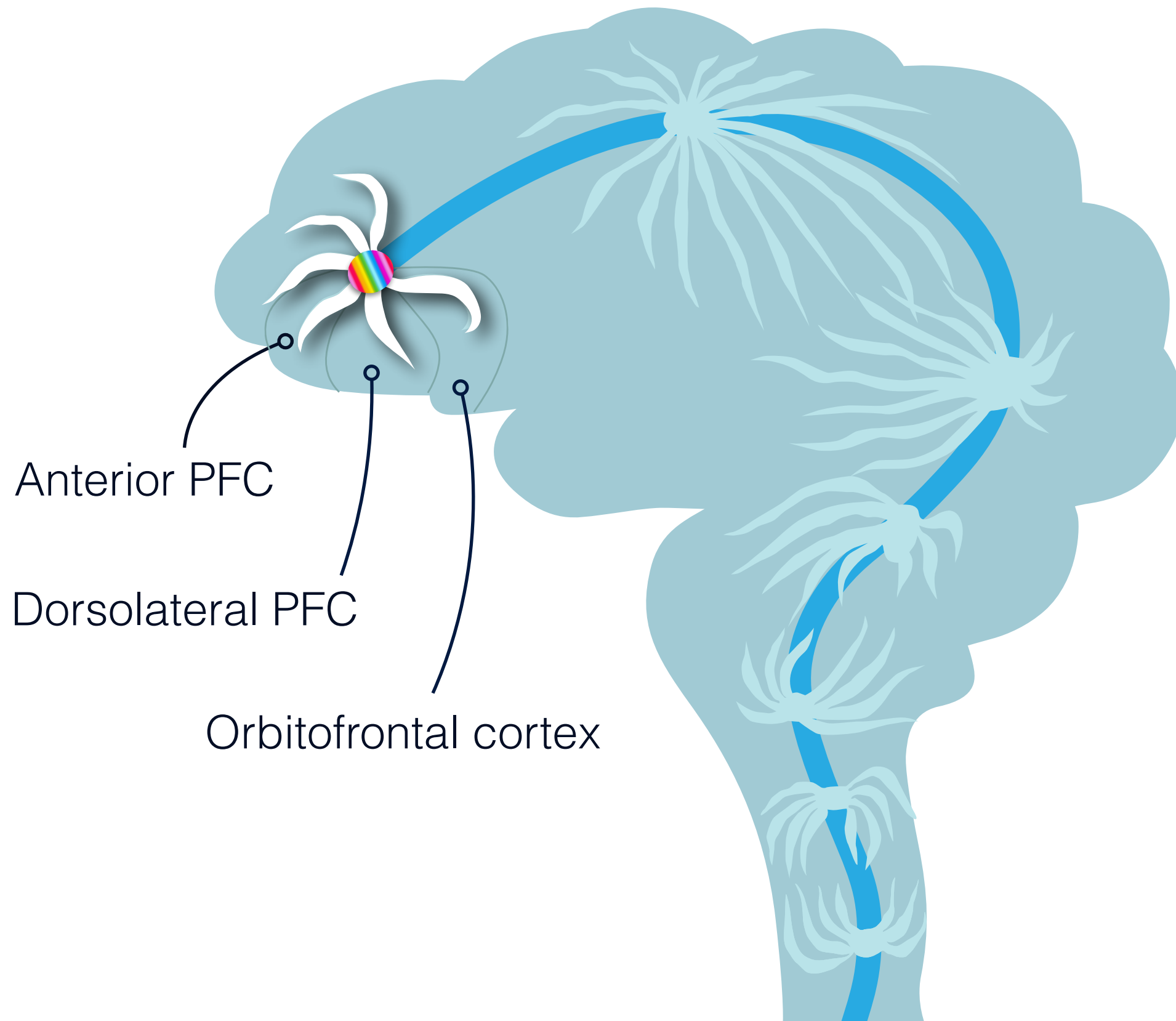


Command Hub



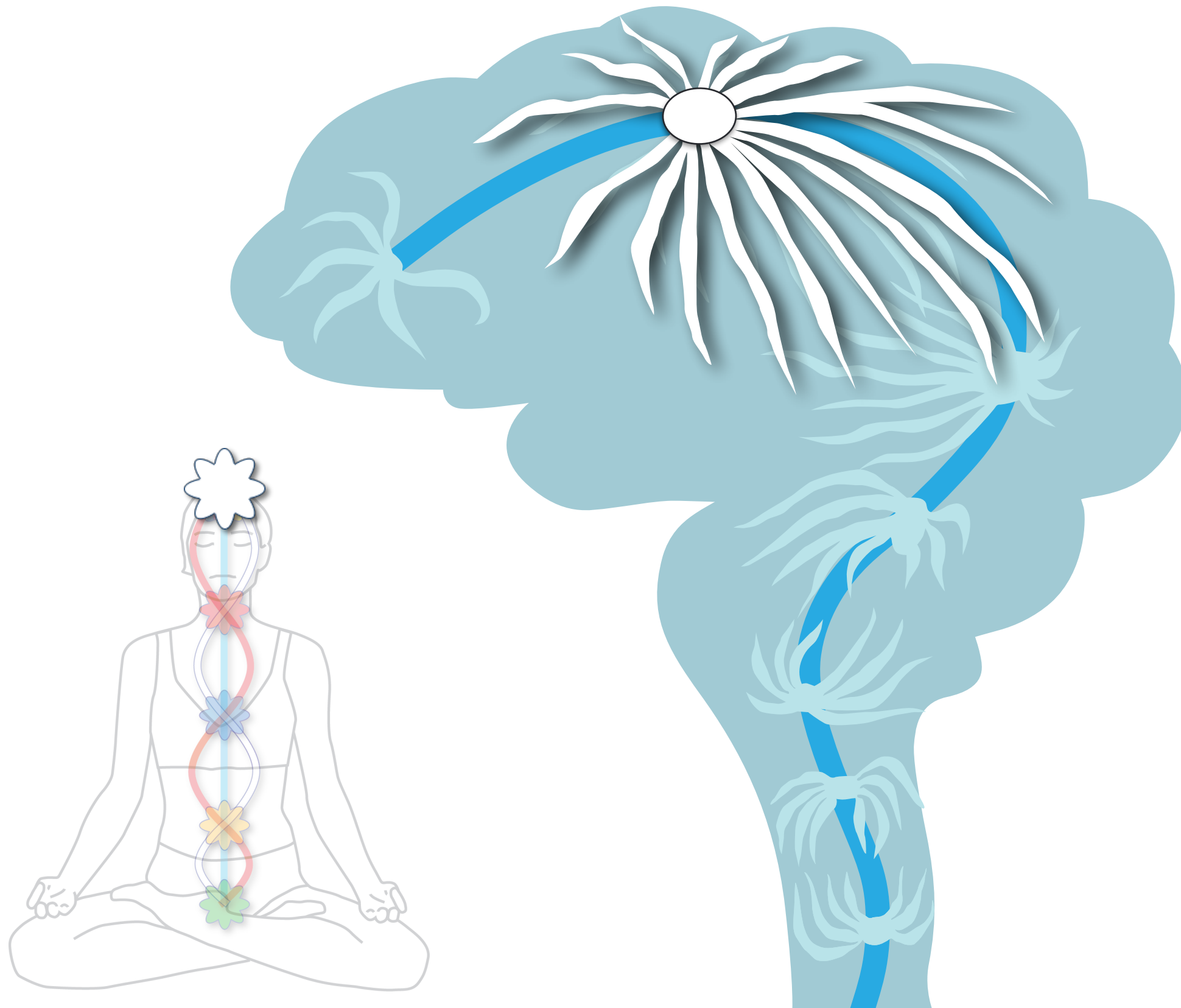


Command Hub



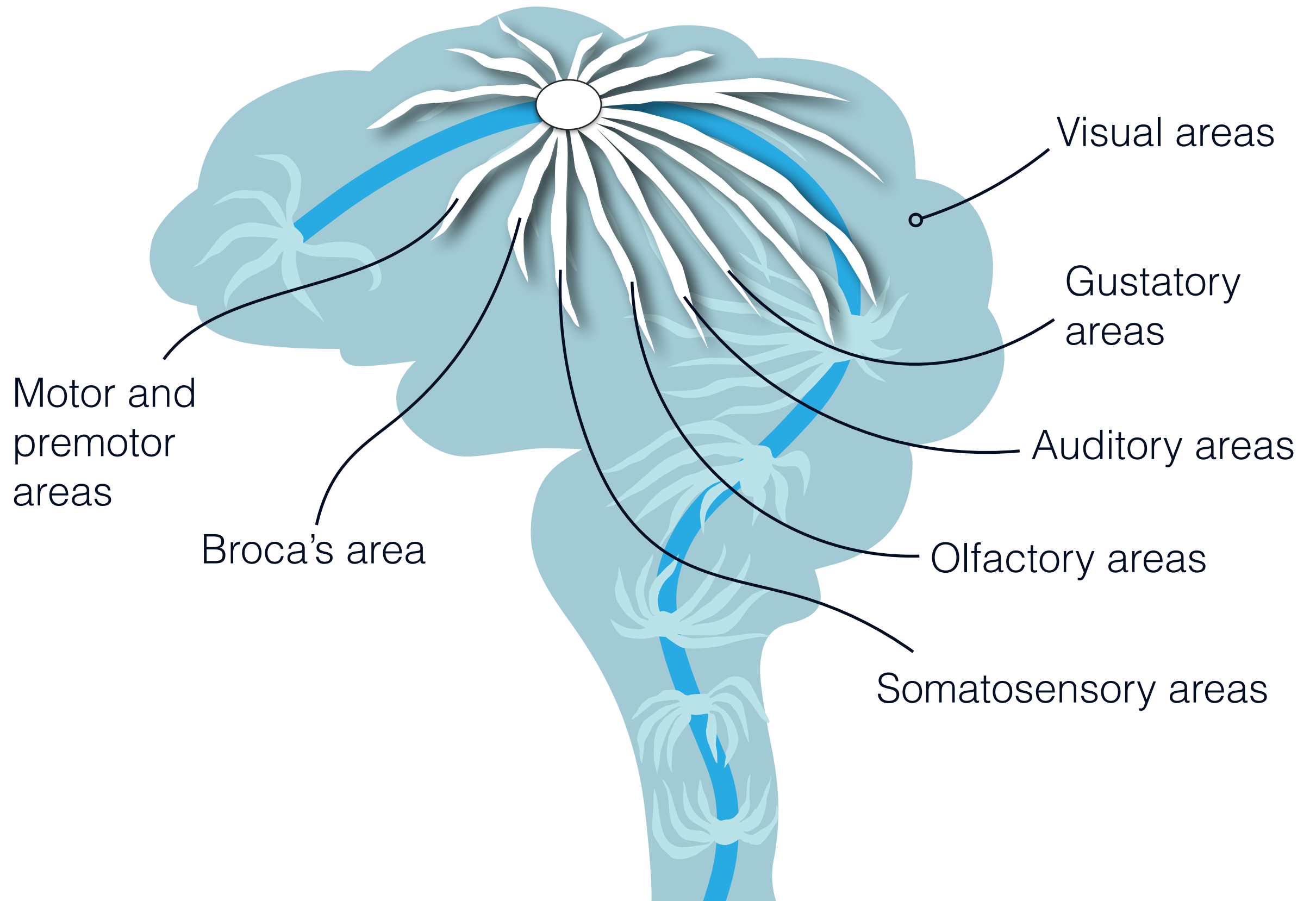


Thousandfold Bliss Hub



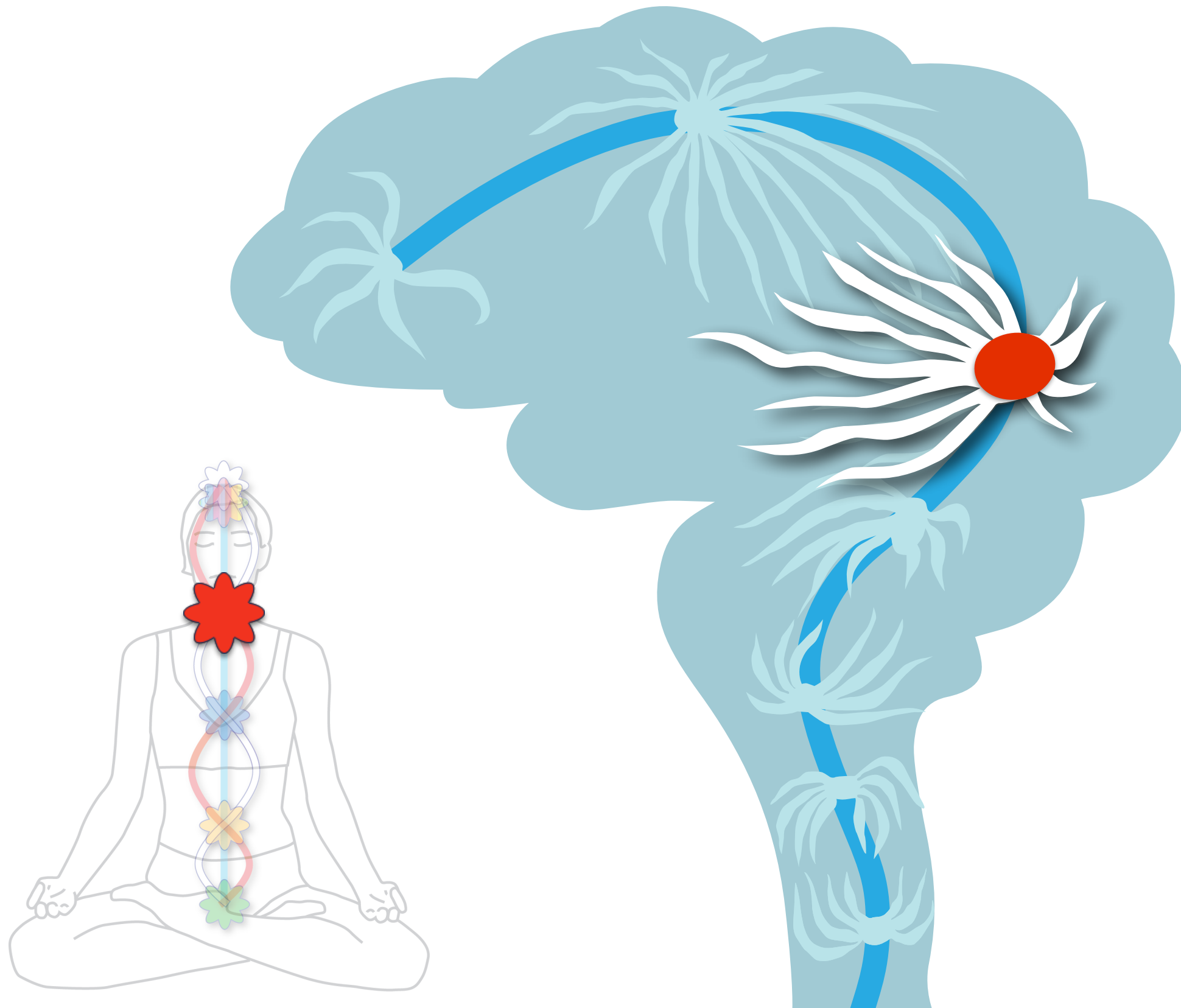


Thousandfold Bliss Hub



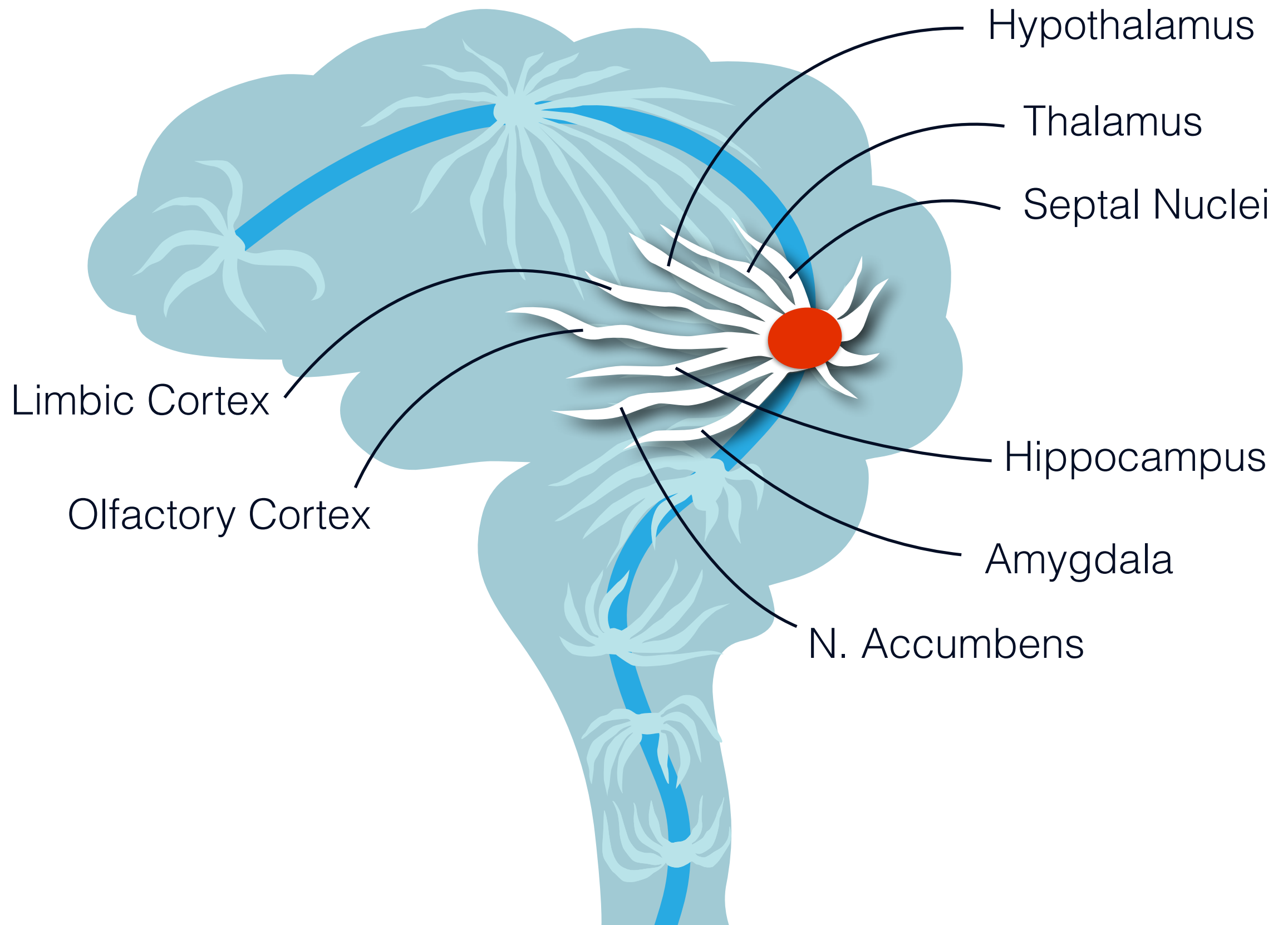


Pure Enjoyment Hub



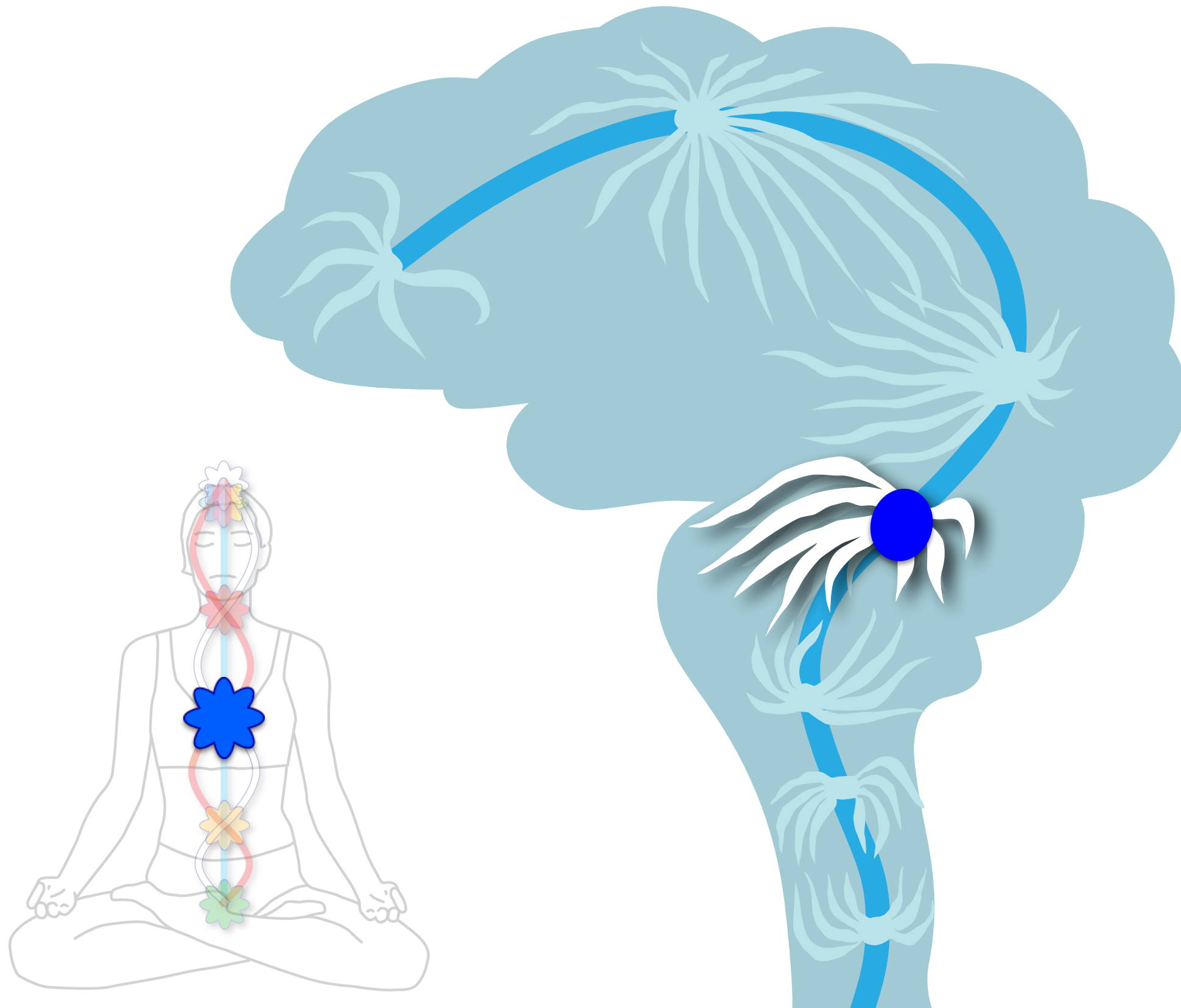


Pure Enjoyment Hub



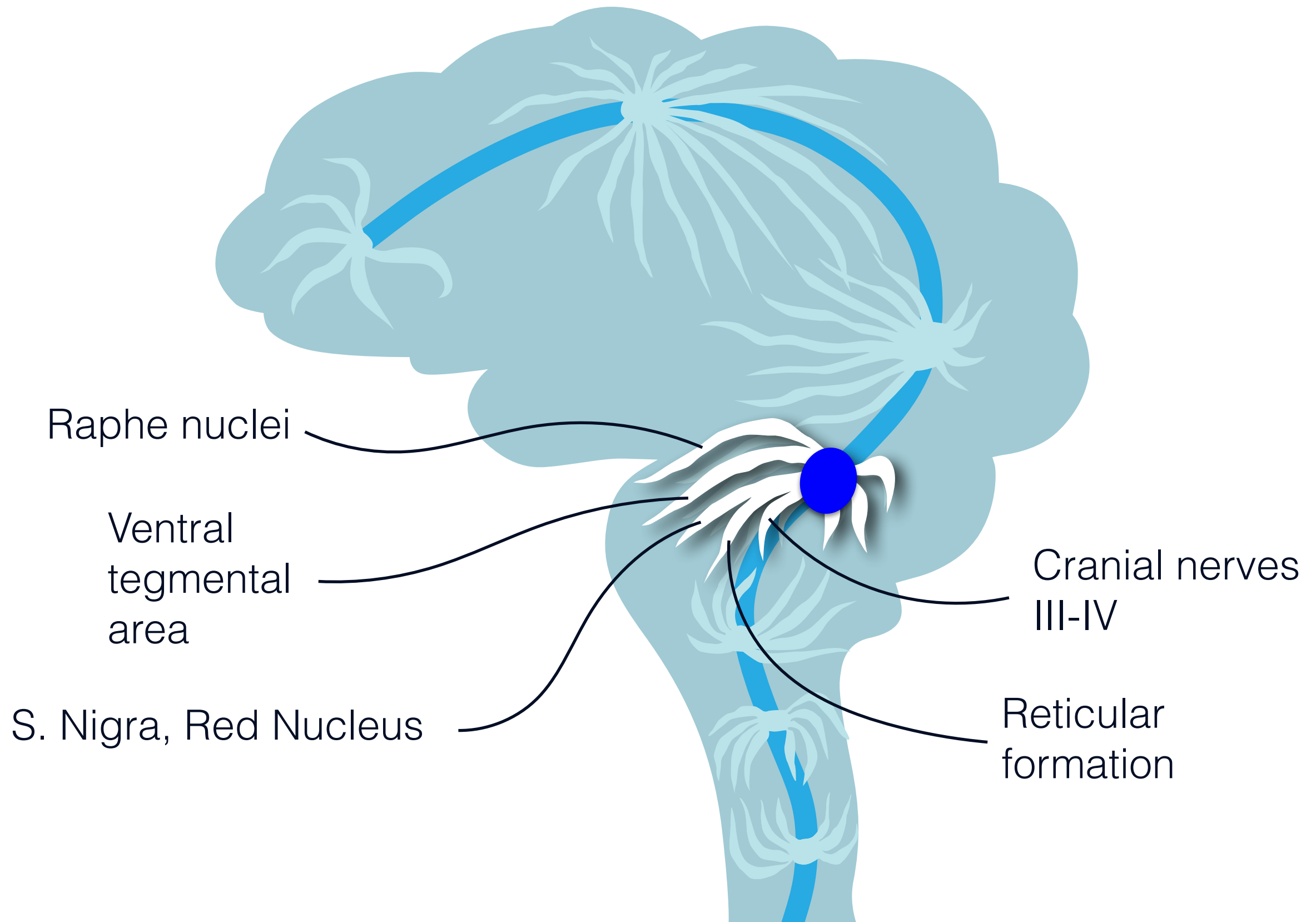


Primal Truth Hub



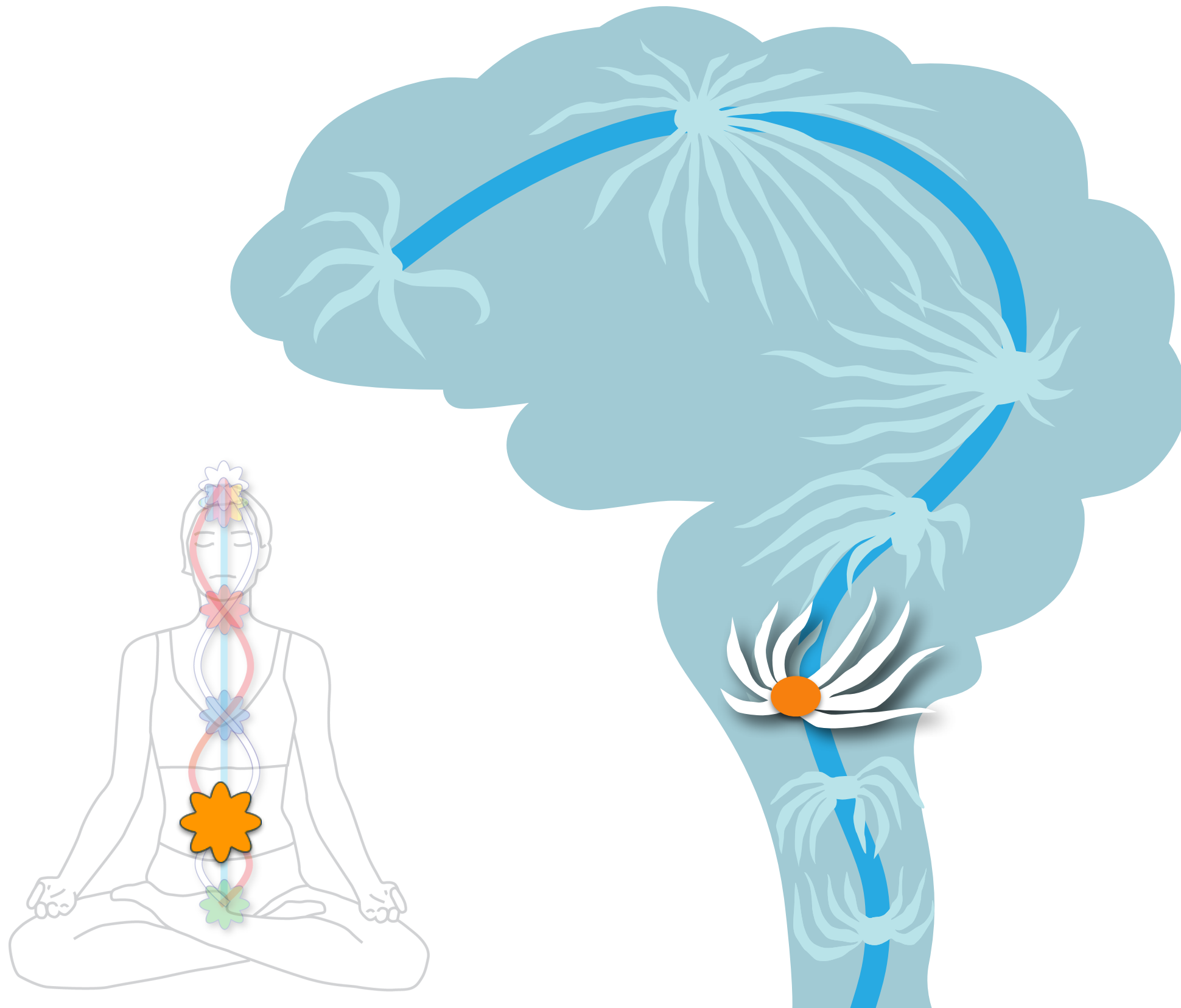


Primal Truth Hub



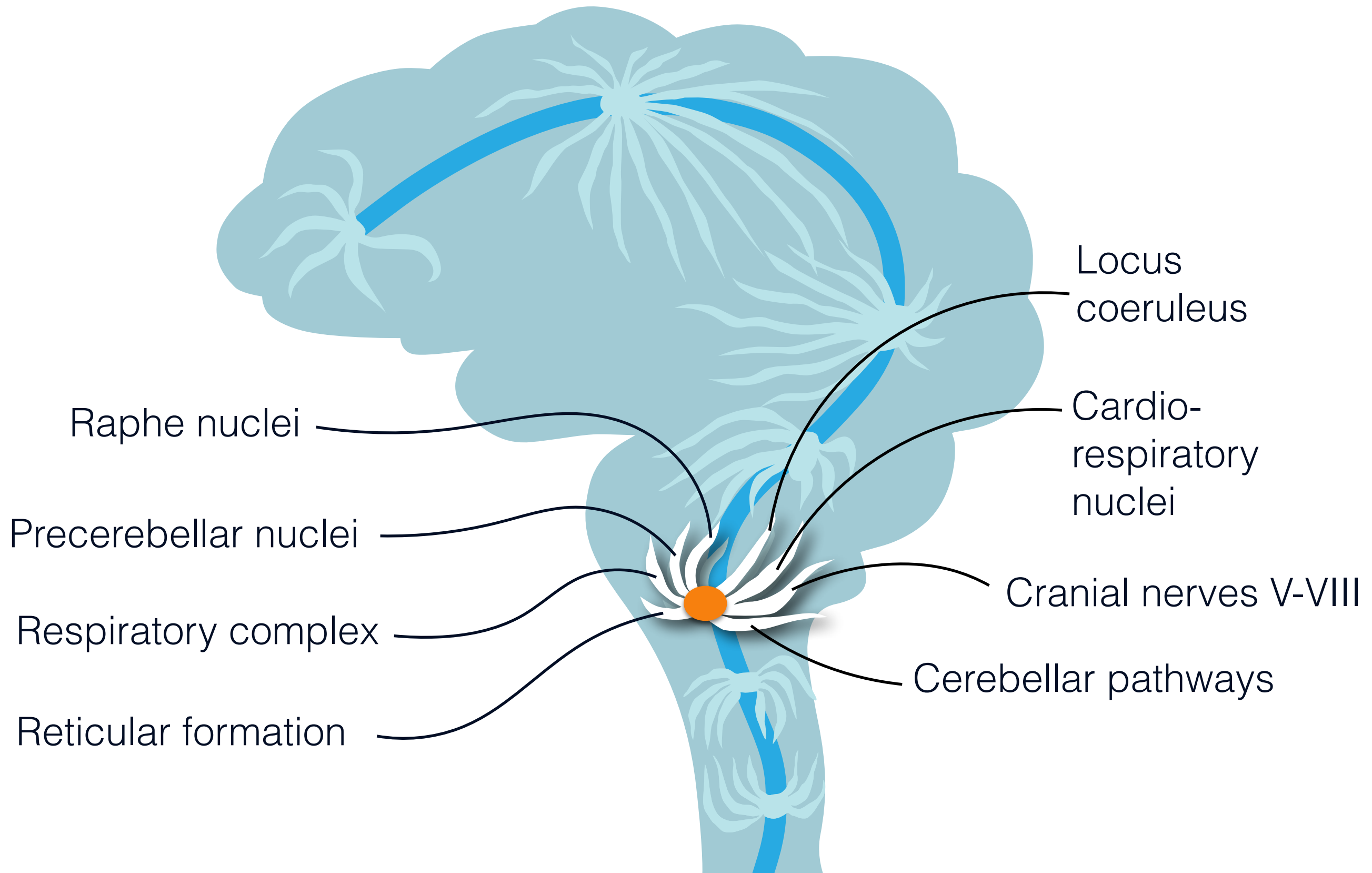


Embodiment Hub



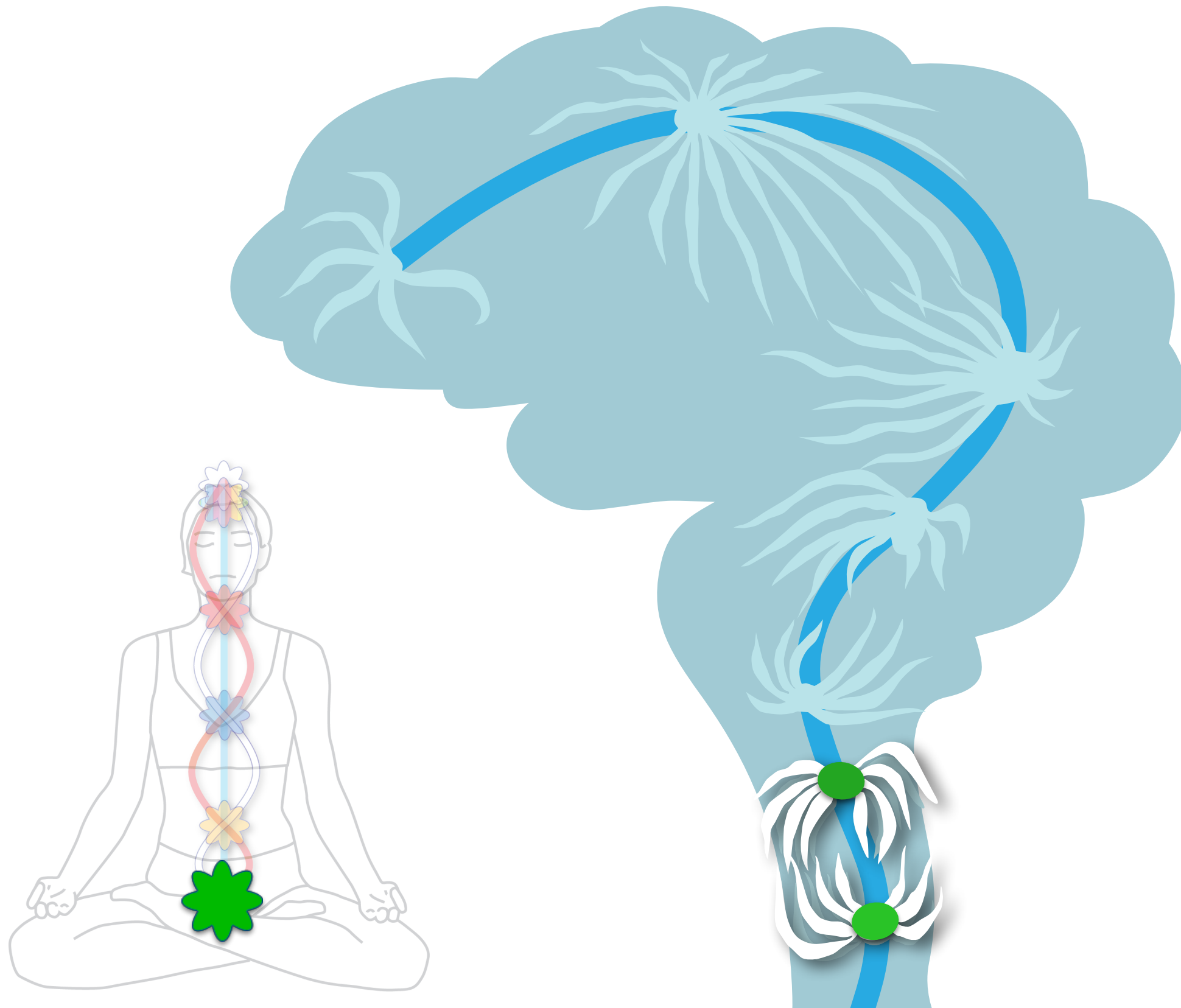


Embodiment Hub



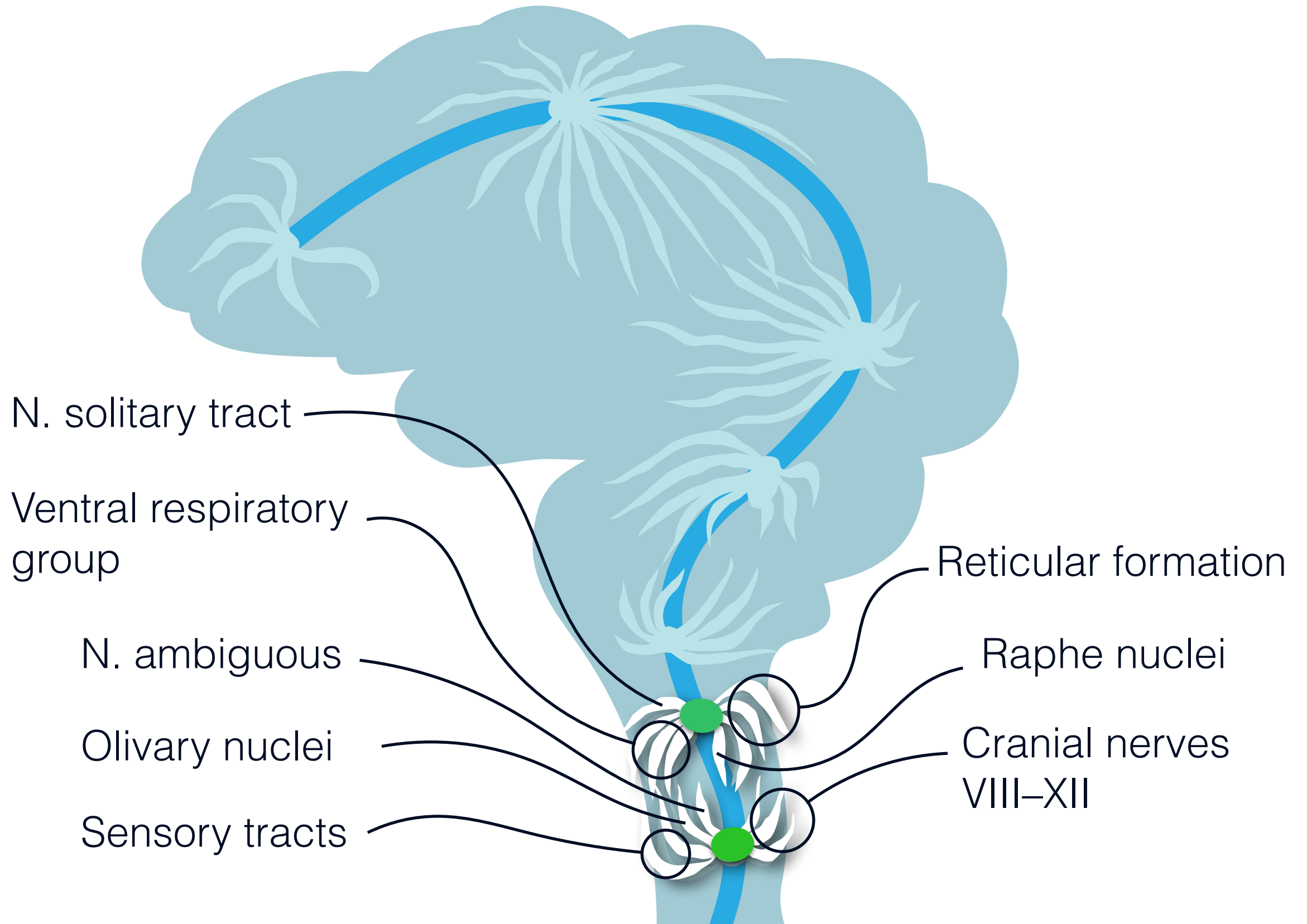


Secret Sexual Hub





Secret Sexual Hub





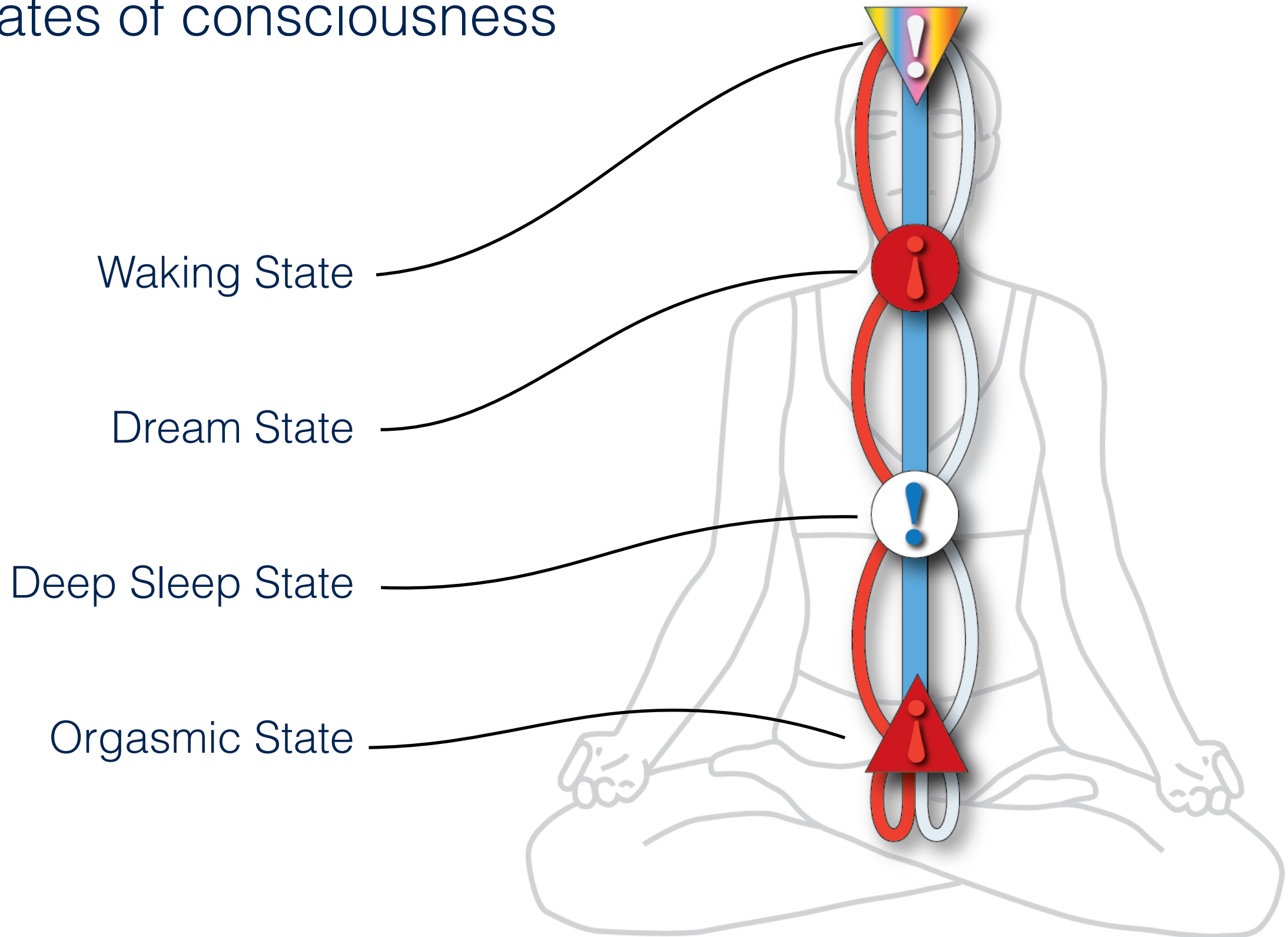
How the subtle body maps *vertical* integration

- It maps four states of consciousness as a hierarchy onto successive circuits of neuraxis
- More differentiated, higher states mapped rostrally, undifferentiated, primal states caudally

Self-Regulation	Practice	Mind State	Neural Level
Cognitive	Mindfulness	Waking State	Neocortical
Emotional	Compassion	Dream State	Mesolimbic
Intuitive	Imagery-Prosody	Sleep State	Mesopontine
Embodied	Breath-Control	Orgasmic State	Medullary



Subtle body map of states of consciousness





How the subtle body maps *lateral* integration

- As the self-regulation of polar left and right side channels with integral central channel
- Side channels parallel neuraxis, map sympathetic-parasympathetic balance
- Central channel maps smart vagus and integrative reward and activation networks

Level of Integration	Mind-Body Practice	Dichotomy	Neural System
Coarse Mind/Body	Alternate Nostril	Approach/Avoid	L/R Neocortex
Subtle Mind/Body	Breath-Holding	Relax/Stress	Limbic SNS/PNS
Subtlest Mind/Body	Breath of Fire	Pleasure/Pain	Reward/Drive
Whole Mind/Body	Diamond Breathing	Whole/Split	Mind/Body Rhythms

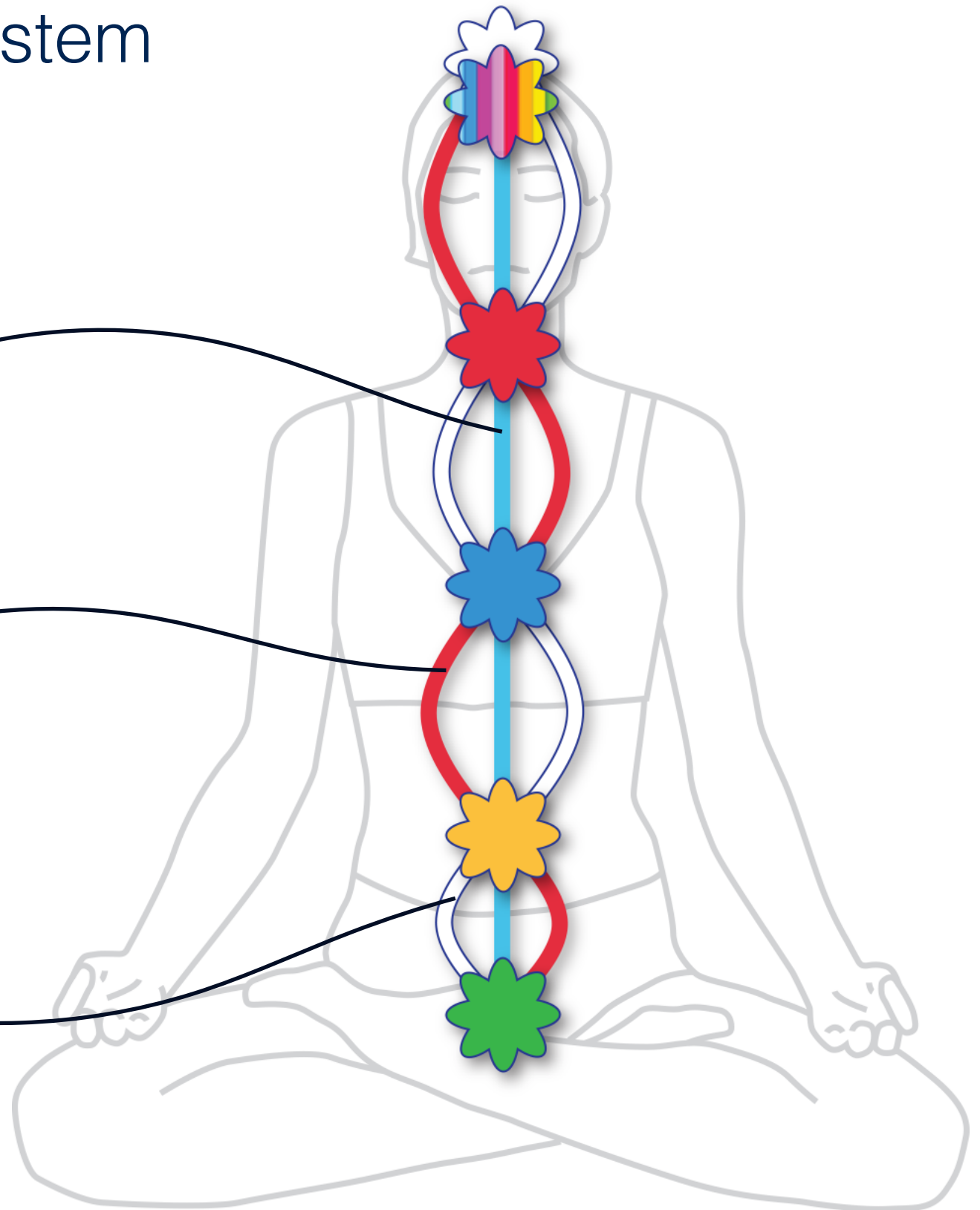


Subtle body map of the autonomic nervous system

Central
Androgynous Channel
Called “Midnight,” “Released”
Smart Vagal Control of ANS

Right Predominant
Feminine Channel
Called “Solar,” “Luscious”
Sympathetic Nervous System

Left Predominant,
Masculine Channel
Called, “Lunar,” “Succulent”
Primitive Vagal Nervous System





How the subtle body maps neural plasticity and integration

- Loosening and releasing stress-reactive wiring patterns called “knots”
- Akin to Reich’s “character armor” and Lowen’s “bioenergy blocks”
- Seen as "atomic, subtle material structures" ingrained by reactive habit-patterns
- Block electrochemical flow within integrative reward and activation pathways





How the subtle body maps neural plasticity and integration

- By mindfulness, concentration, wiser choices, and repeated practice
- Habit-patterns dematerialized and knots unravelled, releasing flow
- Mind and nervous system rewired for self-regulation and integration



Subtle body map of five main neural energy circuits

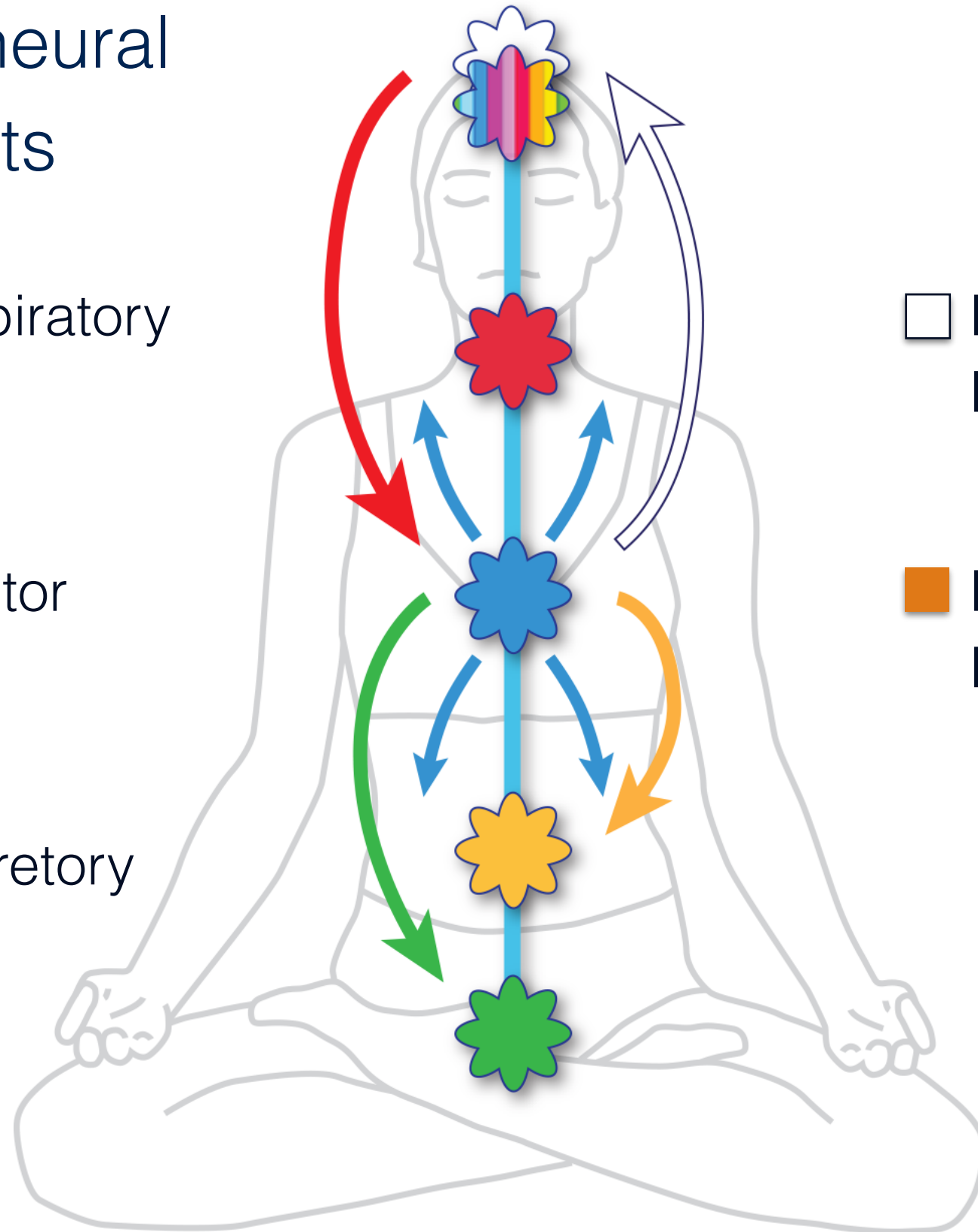
■ Cardiorespiratory
Energy

■ Sensorimotor
Energy

■ Genitoexcretory
Energy

□ Expressive
Energy

■ Digestive
Energy





Subtle body map of five secondary perceptual energies

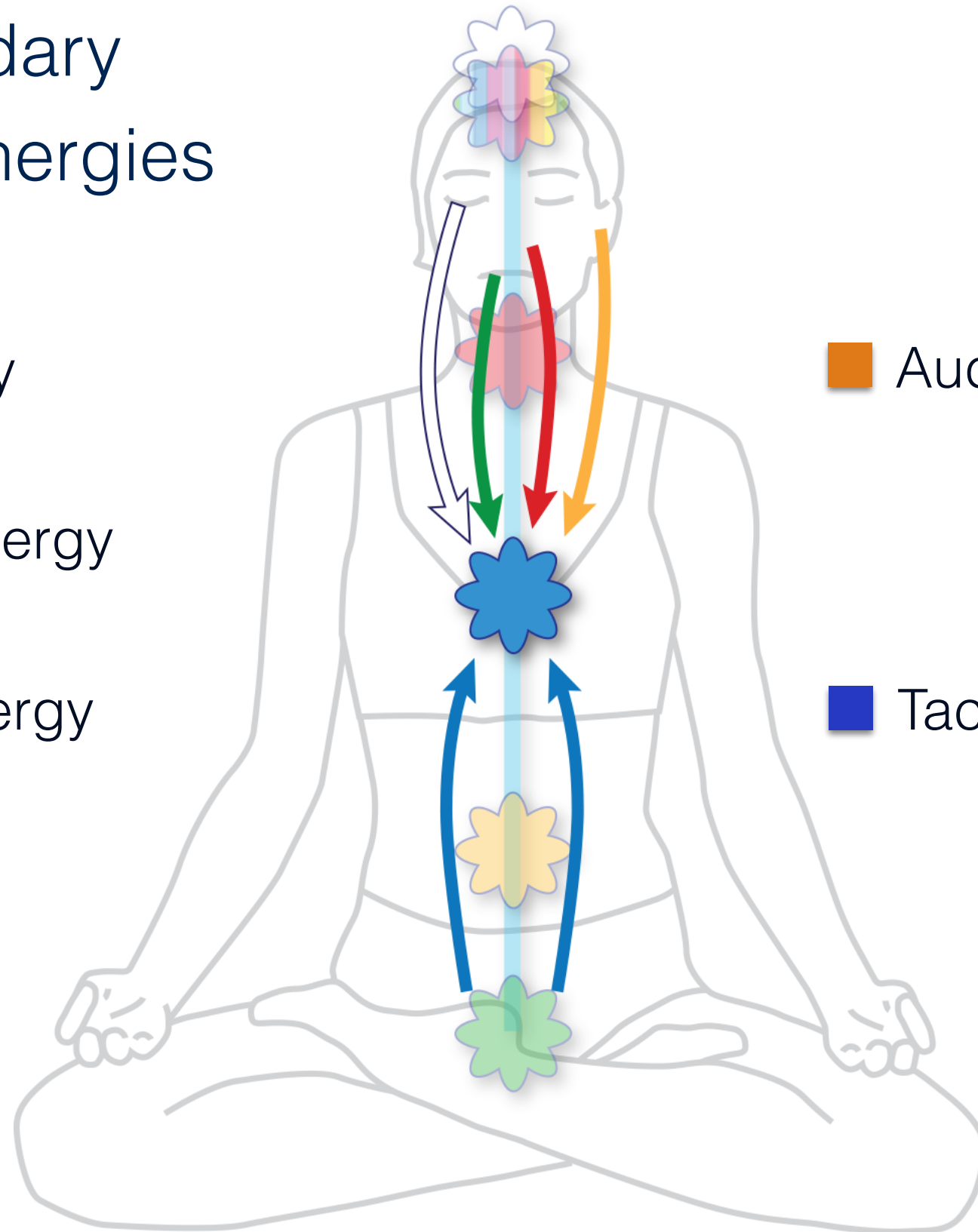
□ Visual energy

■ Gustatory energy

■ Olfactory energy

■ Auditory energy

■ Tactile energy



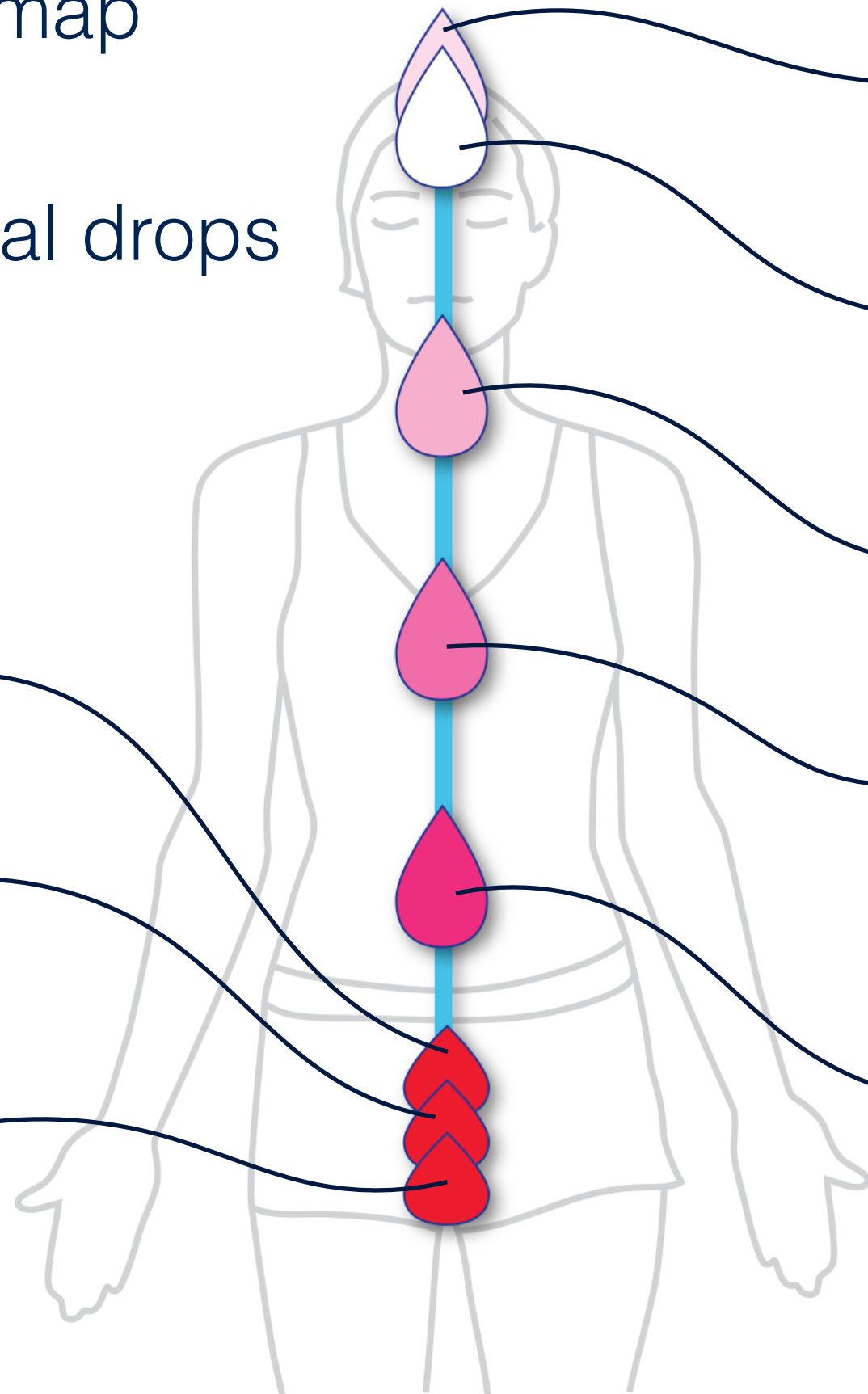


Subtle body map of eight main neurochemical drops

Solar, feminine,
dreaming drop

Solar, feminine,
sleeping drop

Solar, feminine,
orgasmic drop



Lunar, masculine
daydream drop

Lunar, masculine
waking drop

Lunar, masculine
dreaming drop

Sun-moon,
androgynous,
sleeping drop

Solar, feminine,
waking drop



How the subtle body maps bioenergetic and neurochemical integration

- Focusing on thoughts, images, sounds, gestures stimulates energies and drops
- The flow of energy-chemistry and information ingrains molecular pathways
- With mindfulness, compassion, imagery, and breath control
- Stress-reactive energies and chemistry can be accessed and mastered



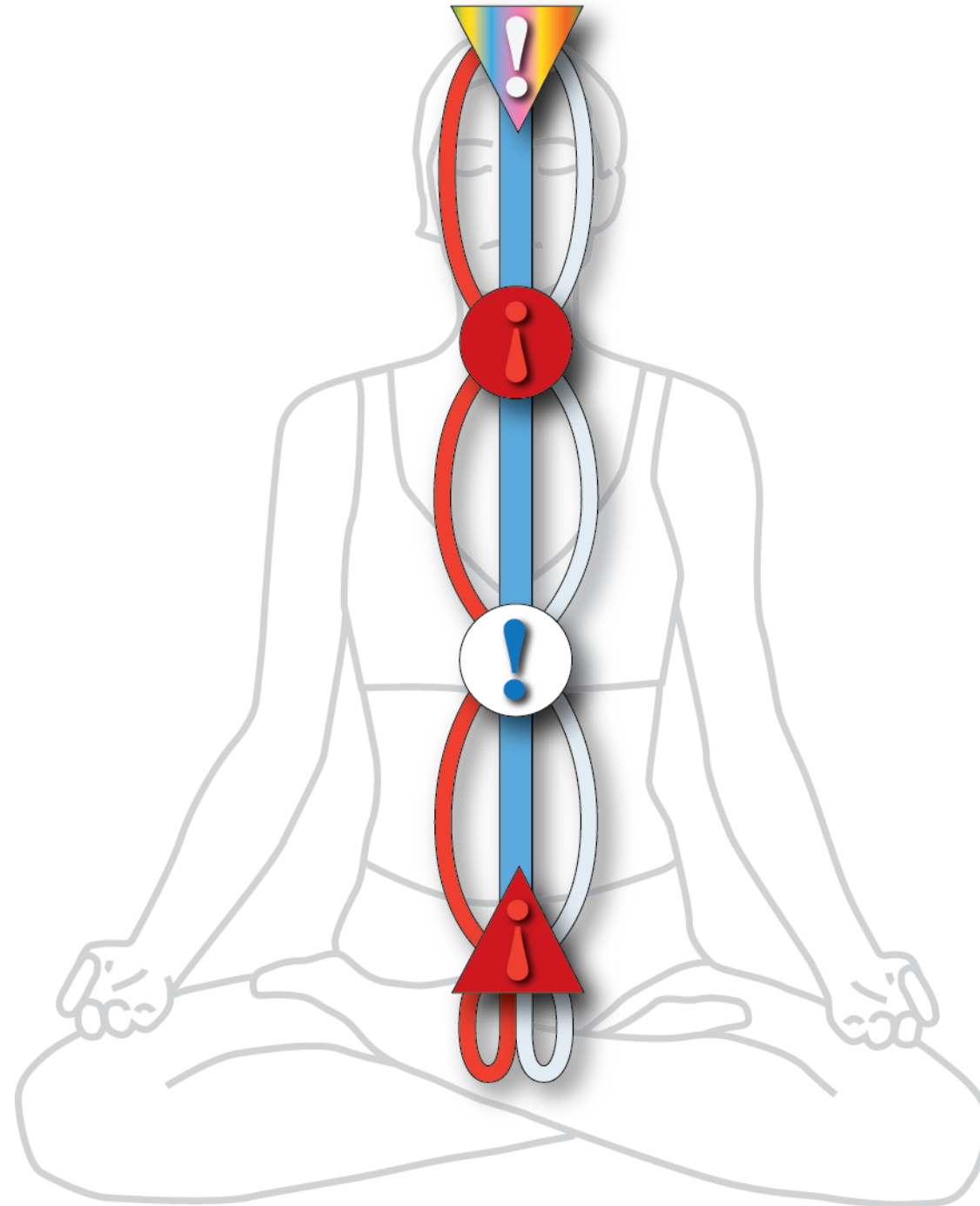


How the subtle body maps bioenergetic and neurochemical integration

- Then harnessed and re-channelled towards full integration
- Includes 10 main neural energy circuits, 8 kinds of neurochemical drops

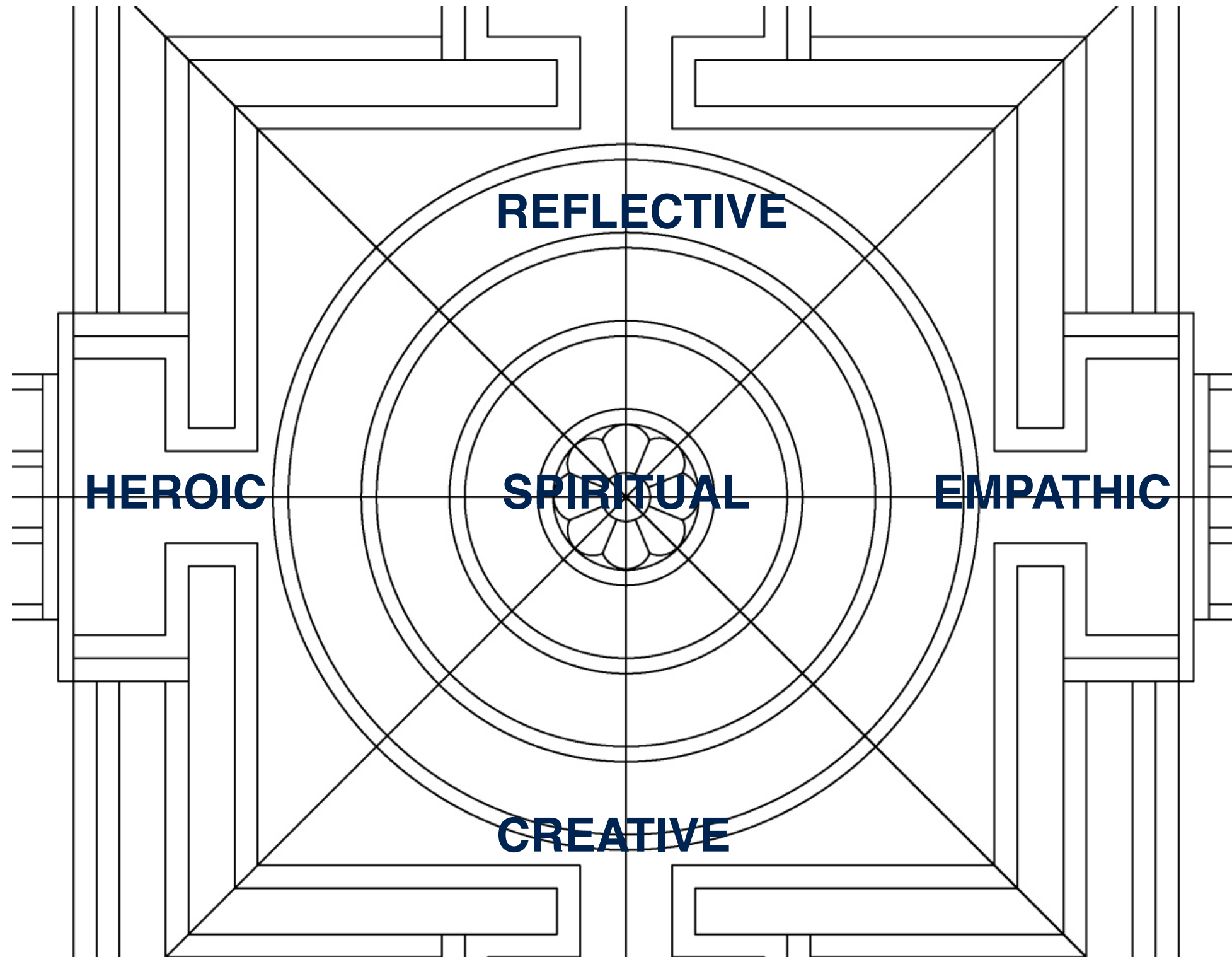


Tibetan Breath-Control Unknots the CNS, Taps the Core Network of Lucid Bliss-Openness





The Five Embodied Lucid Bliss Intuitions





Making the Heart a Crucible for Transforming Survival Energies into Lucid Bliss Energies

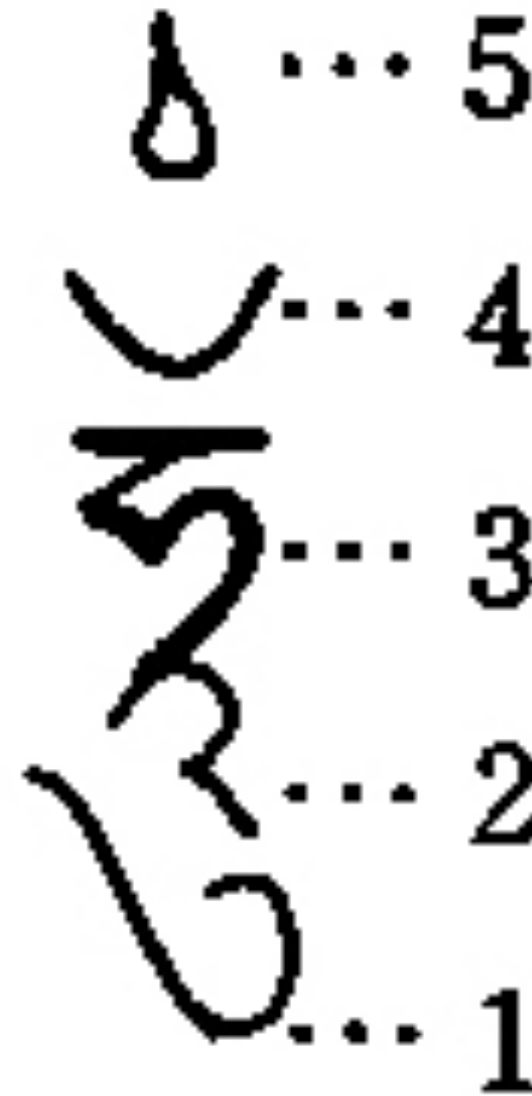
- **Reflective In-Breath**
- **Empathic Gut-Breath**
- **Aesthetic Out-Breath**
- **Heroic Root-Breath**
- **Spiritual Heart-Breath**





Transmuting the Subtle Mind/Body Systems and Energies into Fivefold Lucid Flow Self

- **Reflective In-Breath**
- **Empathic Gut-Breath**
- **Aesthetic Out-Breath**
- **Heroic Root-Breath**
- **Spiritual Heart-Breath**





The Rainbow Spirit of the Healing Mentor





The Healing Mentor: Integrating and Embodying the Elixir of Blissful Altruism





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