

## KALACHAKRA

### The wheel of time

The goddess Kali is the experience of the stages of time: Birth, childhood, adolescence, adulthood, old age and the final decline towards death.

Kalachakra is the study of time, which leads us to be at peace with space / time and overcome our judgments about, it in order to learn to see and feel as Vishnu does.

It is important to understand that there is no time, the past does not exist because when it happened it was now, the future does not exist because when something happens, it will be now. Only the present is real, it is a continuity that changes here and now eternally.

Kalachakra includes the concept that time does not exist and that time itself is timeless. Only judgments distance us from the truth in the experience of time. So, a part of Kalachakra is to discover the reality of time, to embrace now what we are in all stages of life.

Contemplate and embrace each step of the wheel of time to be complete and reach the experience of Swasthya in time. Life is better when the wheel of time is in balance.

However, you should not pretend that you know a stage before you have experienced it. Just live the liberation of each stage happening, accepting everything you are. For this, you can contemplate 5 siddhis:



#### PURVA

*Purva* means childhood or youth without a real context. *Purva bhupa* can also mean "the ancestors" And in another context, it also means "eternal youth".

If something is ancestral, it lives forever, therefore, it is always young.

In its pure form, it is the experience of youth that you can have. Contemplate *Purva* with the qualities from the childhood: The emotions of discovery, of naivety and the emotions from not having judgments, the curiosity, the energy, the simplicity. Always ready for any experience, accepting laughter and crying alike, taking everything as it is. Saying what you feel, the innocence, the purity. Make an effort to not bring up your childhood traumas, but its beauty.

## KIZORA

*Ki*: The first causalities, to start doing things.

*Zo*: All the applied live forces.

*Ra*: Power. Kizora means to start doing things moved in a new way by nature, trying to understand what you are.

It is adolescence, the beginning of emancipation, the discovery of power and its scope. The time to know yourself and discover the identity. It is the experimentation and exploration of the creative capacity. The rebellion of adolescence is a misunderstanding, in reality, it is a celebration of freedom.

## YUVAN

*Yuvan* means "To feel where you are", as well as in *Vayu*, "air" means "To go where you feel".

It is to have all the possibilities through the responsibility: To manifest. You can go wherever you want, because Yuvan is complete freedom, without limits, "the world belongs to you" because you have your power and you take charge in an organized way. It is the understanding of the philosophy and the application of virtue. The freedom you imagine in the adolescence, you have it as an adult, if you allow to yourself to get there and to feel whatever there is in there.

MAHAJRYA  
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## PRAPTA

If *Prapti* means "To get what you want", *Prapta* means you have already achieved everything.

You have done what you could, and you have done it well. You are satisfied, and you can confirm through the existence that you are an accomplished adult and it is time to rest and benefit from what has been done. You can contemplate your whole life from the satisfaction and gratitude. It is the end of the challenges, therefore, there is peace.

## PARASU

It means "to decay and die." *Parasu* is the experience of "walking in the forest with an ax".

The last moments of degradation and death are usually a few months. *Parasu* is the complete liberation of the structures, of the schemes. The misunderstanding is to see it as a curse, the insanity of the old age.

However, it is time to let go and allow the systems to fall. The blessing to decay is to find release from everything that put your soul in a cage, accepting to walk in your forest with an ax. It is the humility of knowing that you need to be careful. It is mourning for all you have been, to ensure a safe and peaceful passage for the soul wherever you go.



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