

# Impermanence

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# Our Inspiration

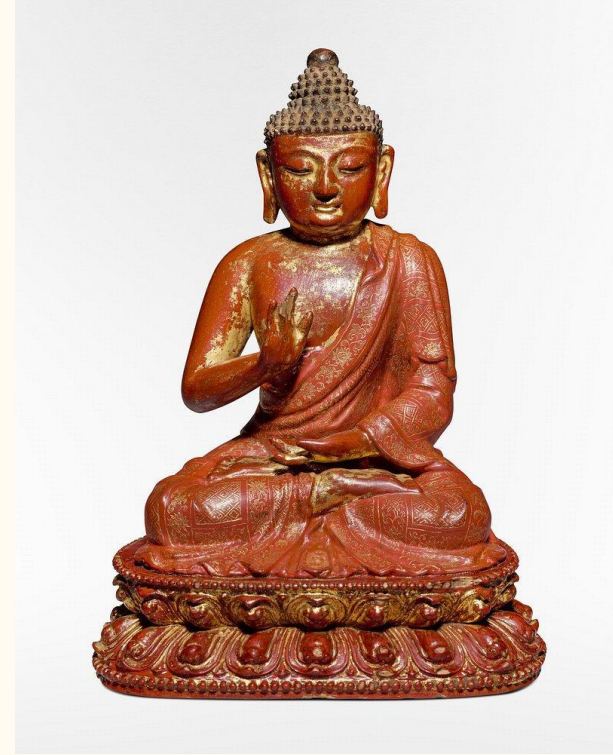
Tibetan Buddhist Statues



Hevajra and Nairatmya

# Tibetan Buddhist Statues

1. Tibetan Buddhist identifies six bardos as transitional states of consciousness related to the phases of life and death
2. Early in Buddhist history, the term bardo primarily referred to the phases of after death and the period between lifetimes
3. Tibetan Buddhism expanded the concept to include three bardos experienced during life in addition to the original three after-death or between-life states
4. The teachings on bardos reflect Tibetan Buddhism's focus on transitional moments as opportunities for spiritual practice and liberation



# The 6 Bardos

## The Three Life Bardos

**Bardo of Life:** Our lifetime in physical form, lasting until our consciousness leaves our body at death

**Bardo of Dreaming:** Our dream experiences and dream states, occurring within a lifetime of the first bardo

**Bardo of Meditation:** True meditation, refers to states reached by experienced meditators who practice correctly

## The Three Bardos of Death

**Bardo of Death:** The death transit, we experience clear light, followed by unconsciousness

**Bardo of Dharmata:** A series of dream or trance-like visions and auditory sensations that each being experiences differently

**Bardo of Becoming:** The process of becoming or being reborn. Experience more visions that will propel into a new lifetime



# Why were we inspired by Tibetan Buddhist statues?

We were inspired by how Tibetan Buddhist statues convey symbolism through their hand gestures, poses, and depictions of deities. Each mudra, or hand gesture, conveys specific teachings and spiritual meanings, while the poses often represent qualities like compassion, wisdom, and power. The various gods and bodhisattvas depicted in the statues embody important principles such as enlightenment, protection, and the overcoming of obstacles. Which gives insight into buddhist philosophy.

Final Product

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# The Bardo of Life

-Karana Mudra: expels negative thoughts, obstacles, and demons.







# The Bardo of Dreaming

-Achieving enlightenment while  
sleeping

-lucid dreaming





# The Bardo of Meditation

Tantric meditation:  
visualize themselves as  
deities or engage in  
elaborate rituals, mantras,  
and symbolic  
representations to embody  
the qualities of compassion,  
wisdom, and power.





# The Bardo of Dying

- Samsar: the continuous cycle of birth, death, and rebirth. It is not seen as an end, but rather as a transition from one life to the next.





# The Bardo of Dharmat

- Simhavaktra rides her mule across a sea of blood to liberate living beings from the endless cycle of birth and death. The sea of blood is a symbol of that cycle.

- Dharmata represents the absolute nature of reality: the way things truly are, free from the distortions of conceptual thinking and mental projections.







# The Bardo of Becoming

- This bardo is described as a time of transition and potential transformation for the soul or consciousness

-The process of becoming, in this context, can be seen as the manifestation of the mind's previous tendencies and attachments, which determine the form and quality of the new life.



