

THE YAB YUM MANDALA OF THE FIVE FAMILIES OF BUDDHISM

Central Location **BUDDHA Family**

<u>Color:</u>	White body ~ blue light radiance
<u>Symbol:</u>	Wheel
<u>Vehicle:</u>	Lion
<u>Element:</u>	Space/Ether
<u>Aggregate:</u>	Consciousness
<u>Sense Perception:</u>	Mind
<u>Body Type:</u>	Soft, slightly plump, relaxed body
<u>Season:</u>	Winter
<u>Landscape:</u>	Big Sky Country, open expanses
<u>Shape:</u>	Tigle/Bindu or Dot

Seed Syllables:

- * **OM** Male Buddha: VAIROCANA: The Illuminator
- * **MUM** Female Buddha: AKSASA DHATVISVARI: Wisdom Mother of Space

Throne: **Lion throne** representing the fearlessness of proclaiming the truth of the Buddha

Encumbered Pattern:

Confusion, deliberate ignorance, depression, procrastinating, nesting, giving up, spacing out, overly serious, waiting for things to be different, passivity, dissociation, denial, forgetful, overly accommodating, immobilized

Worries: spaces out rather than worrying

Wisdom State: Dharmadhatu- All Encompassing Cognizance The union of emptiness and compassion, the quality of openness and spaciousness, sky-like awareness of totality

In the EAST
VAJRA Family

<u>Color:</u>	Blue body ~ white light radiance		
<u>Symbol:</u>	Vajra		
<u>Vehicle:</u>	Elephant		
<u>Element:</u>	Water		
<u>Aggregate:</u>	Form		
<u>Sense Perception:</u>	Sight		
<u>Body Type:</u>	Thin, hard body		
<u>Season:</u>	Late Autumn	<u>Time:</u>	Dawn
<u>Landscape:</u>	Rugged mountains, icy rivers		
<u>Shape:</u>	Circle		

Seed Syllables:

- * **HUM** Buddha: AKSHOBHYA: The Imperturbable
- * **MAM** Female Buddha: MAMAKI: Wisdom Mother of Water

Throne: **Elephant throne** that represents unmovable, steadfast strength

Encumbered Pattern:

Fear, sharpness, anger, covering all territory, excessive precision, over intellectualizing, physical coldness, austerity, over analyzing, convoluted logic, fear of emotional intimacy, the need to be “right”

Worries: About getting it right, knowing it all

Wisdom State: Mirror-Like Wisdom, self-reflection in all actions, reflecting what is without judgment, seeing consciousness as a huge mirror-clear, vast with no self-clinging

In the SOUTH
RATNA Family

<u>Color:</u>	Yellow body ~ golden light	
<u>Symbol:</u>	Wish-fulfilling Jewel	
<u>Vehicle:</u>	Horse	
<u>Element:</u>	Earth	
<u>Aggregate:</u>	Feeling	
<u>Sense Perception:</u>	Smell and Taste	
<u>Body Type:</u>	Large, generous, statuesque	
<u>Season:</u>	Early Autumn	<u>Time:</u> High Noon
<u>Landscape:</u>	Jungle, Fertile Valleys	
<u>Shape:</u>	Square	

Seed Syllables:

- * **TRAM** Buddha: RATNASAMBHAVA: The Jewel Born
- * **LAM** Female Buddha: LOCANA: Wisdom Mother of Earth

Throne: Horse Throne representing dignity and the impetus for liberation in the pursuit of the Dharma

Encumbered Pattern:

Pride, invasiveness, insisting on love and nurturance, consuming hunger, the need to be noticed, overbearing, self pity, name-dropping, consumerism, feeling of inadequacy covered with arrogance and bravado

Worries: about poverty (nothing is ever enough)

Wisdom State: Wisdom of Equanimity – the fundamental quality of equality. Enriching Presence. A deep fulfilling relationship with the earth... with no need for anything else.

In the WEST
PADMA Family

<u>Color:</u>	RED	
<u>Symbol:</u>	Lotus	
<u>Vehicle:</u>	Peacock	
<u>Element:</u>	FIRE	
<u>Aggregate:</u>	Conception	
<u>Sense Perception:</u>	Hearing	
<u>Body Type:</u>	Perfect proportioned body, very seductive	
<u>Season:</u>	Spring	<u>Time:</u> Sunset
<u>Landscape:</u>	Soft, rolling hills, Mossy glens	
<u>Shape:</u>	Upward pointing Triangle	

Seed Syllables:

- * **HRI** Buddha: AMITHABHA: The Buddha of Boundless Light
- * **PAM** Female Buddha: PANDARAVASINI: Wisdom Mother of Fire

Throne: **Peacock throne** representing the ability to transform poisons into beauty and wisdom

Encumbered Pattern:

Compulsive seduction, desire for union, suction, Sense of insignificance which thinks would disappear if the "right person/object" could be magnetized, misused empathic intensity

Worries: boredom, stability, and rejection

Wisdom State: Discriminating Awareness Wisdom ~ Magnetic without manipulation, self-contained, balanced, able to make appropriate judgments for the good of all.

In the NORTH
KARMA Family

<u>Color:</u>	Green	
<u>Symbol:</u>	Sword OR Double Vajra	
<u>Vehicle:</u>	Kinnara Bird	
<u>Element:</u>	AIR	
<u>Aggregate:</u>	Volitional action	
<u>Sense Perception:</u>	Touch	
<u>Body Type:</u>	wispy, thin, speedy body, always moving	
<u>Season:</u>	Summer	<u>Time:</u> Midnight
<u>Landscape:</u>	Windy places, complicated landscapes	
<u>Shape:</u>	Half Circle	

Seed Syllables:

- * **AH** Buddha: AMOGASIDDHI: Buddha of Infallible Success
- * **TAM** Female Buddha: SAMAYA TARA: Wisdom Mother of Air

Throne: Kinnara bird throne, which represents human in transition to a new level of consciousness

Encumbered Pattern:

Competitiveness, defensiveness, speediness, overly ambitious, paranoid comparison with others, avoidance of heartbreak by staying free, workaholic, jealousy fed by envy

Worries: About everything not getting done, not being superior to others

Wisdom State:

All Accomplishing Wisdom ~ “The Flow rather than the Force”, Self-existing energy ~ automatic fulfillment, knowing all will get done in its right time, trusting the flow, synchronicity.

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January 2025

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MANDALA METHOD

The Yab Yum Mandala of the Five Families of Buddhism