

Karla Jackson-Brewer

*Turning Turmoil into Clarity*

Week Four: The Padma Family and the Karma Family

July 28, 2019



Hi, I'm Karla Jackson-Brewer. Welcome back to our dharma series with *Tricycle*. Today we are going to focus on two of the five families that we've been exploring over the last couple of weeks: the Padma dakini family and the Karma dakini family.

I'd like to start by generating a motivation and an intention for this teaching. May we intend that the information we receive benefits ourselves and benefits all sentient beings everywhere without exception. [Pause.] Just hold that in your heart. Thank you.

As I said, we're going to dive deeper into two of these families. We're going to take a look at the Padma dakini family. The Padma dakini sits in the west in the mandala. Her color is red and her element is fire, magnetism. Her seed syllable, her sound, is "NI," N-I, and the symbol for the Padma energy is the lotus. I'm sure you've seen a lotus and know they usually grow in muddy, murky rivers and lakes. Yet when the lotus opens its petals, it is pristine. In regards to its symbol, this family teaches us about transformation. We can draw on the murkiness in our lives, and yet manifest a pristine expression. The connection is that the beauty of the lotus is not tarnished by the murkiness of the bottom of the lake.

The Padma family focuses very much on relationships. Whereas the Ratna family that we talked about last week focuses on material things, the Padma family is about being in relationship and wanting relationship. It's desire, but more in terms of craving, like "I have a relationship, but it's not great so now I'm looking for the next relationship."

One of the ways that I think about this particular family in its encumbered expression is the 'shiny penny syndrome.' It's as if you're my new best friend and we're hanging out, and then all of a sudden I notice somebody else and they become my best friend. You call me and say, "Karla, do you want to go out?" I say "No, I'm not available. I'm finished with you. I'm done with you because I have a new person." It's about how that attraction makes me feel and how it pumps up my ego.

In the Padma family, the encumbered expression looks like manipulation. I pull you toward me to help myself feel more important, complete, and not so lonely. Loneliness is one of the aspects of the encumbered emotions in this family.

Karla Jackson-Brewer

*Turning Turmoil into Clarity*

Week Four: The Padma Family and the Karma Family

July 28, 2019



Padma energy focuses on the element of fire. Fire is transformative and dangerous, but it also can be very healing and helpful. On a cold night, a good fire keeps us warm. But craving can block us and cause us to not feel good enough. This family has a need to possess and possess other people—it's that kind of ravenous energy. We might find addictions in this family, that level of craving where we find the energy of obsession.

When you first fall in love with somebody, or you think you fall in love with them, all you can do is think about them. You can't think about anything else, you can't even take a deep breath. When they walk into the room, your heart starts beating. That whole physiological response is very much Padma energy—it moves you off center. In the Padma family, the encumbered energy is an excessive desire for pleasure, a tendency to overdo things, and a need to be stimulated all the time.

Sometimes Padma energy is expressed as daydreaming that becomes more exciting than reality. I'm sure you've known people who get lost in their daydreams. The Padma energy also manifests very much in junior-high school when people are making new friends and forming cliques, determining who you can be friends with and who you can't. That's very much encumbered Padma energy, and we just stumble through and learn. As I said before, what's underlying this encumbered energy is the sensation of emptiness, loneliness, and isolation, particularly isolation from other beings and from relationship.

With the Padma encumbered energy, we think the insignificance we feel would disappear if only the right person or right relationship would come along. Not only would it be perfect, but I'd feel safe and could finally relax. But that's not really the outcome.

How do we transform this? What does it move into? How do we meet the wisdom energy? The wisdom energy is called discernment, or sometimes, discriminating awareness wisdom. It's the understanding that we don't really need anybody to fill us up. Discernment means being in tune, so it's about paying attention to what another person needs, feels, and desires in a relationship, and recognizing it's not all about you. With discernment there's an immediate awareness of what is needed because there is a heightened awareness. But it's not a heightened awareness of hypervigilance, it's just being fully present.

Karla Jackson-Brewer

*Turning Turmoil into Clarity*

Week Four: The Padma Family and the Karma Family

July 28, 2019



With the wisdom energy, there's no longer a need to manipulate people or pull them towards you to feel whole. We don't need to make people feel dependent on us to feel good, we are enough in ourselves. That doesn't mean that we're not in relationship. We are, but it's cleaner, clearer, and more equitable. With the wisdom energy in the Padma family we recognize the preciousness of every moment, it is very much about being very present. We stop chasing everything, we stop magnetizing things for our own pleasure, and we choose with awareness.

Now as we've done before, take a moment and see how this Padma energy might manifest for you. Have you ever dumped a friend? Have you ever pulled people to you just because you could? Have you desired or fantasized about a relationship? Just go inside, scan your body, feel that energy, and intensify it. As you intensify it, we're going to sound the seed syllable of the Padma family, "NI," and flood our bodies with that beautiful ruby red light, "NI, NI, NI." Check in and see if there's been a change. Of course, you can continue this on your own time whenever you like.

Moving north in the mandala is the Karma family. For the Karma family, the seed syllable is "SA." The symbol is the double vajra or sword, the sword that cuts through confusion. Sometimes it's the thunderbolt, because it's like the movement of lightning: very direct. The element is air and the color is green. Interestingly, the encumbered emotion is envy. Envy sometimes manifests as competition, and there's a certain paranoia with envy like "Who's got what? Who's the boss's favorite? Who's the teacher's favorite? How do I get to be the teacher's favorite?" You can hear the air energy.

There's a lot of speediness with this family. "I'm in a hurry. I have to get the work done. I have many things to do." Often this manifests in people who have very taxing jobs where there's too much to do and never enough time. A certain amount of anxiety builds up in the Karma family about getting things done.

Ambition is part of the encumbered emotion in this family. Let me tell you about excessive ambition and defensiveness. In the wisdom expression, which is all-accomplishing wisdom, it's already accomplished. When you drop the anxiety around tasks, then you can actually get them done. There's a flow that becomes established, just like the flow of air when it's unimpeded. You

Karla Jackson-Brewer

*Turning Turmoil into Clarity*

Week Four: The Padma Family and the Karma Family

July 28, 2019



can accept every situation as it is or needs to be. The wisdom is that there is self-fulfilling activity that's free of all hindrances.

Let's do our Karma meditation. Again the seed syllable is "SA," S-A. Feel a time when you've been competitive or envious. Feel it in your body and intensify it. Now we're going to sound the seed syllables, "SA, SA, SA." Feel that beautiful, deep emerald green light touching every single cell in your body. Check in and see how you feel. Again, you could do this practice on your own.

Today we've worked with two of the families, and in the whole series we've made our way around the entire mandala. We started in the center and learned to transform spaciousness into spaciousness. We moved to the direction of the east and learned to transform anger into mirror-like wisdom. Moving to the direction of the south, we learned to transform pride into equanimity. Moving to the west, we learned to transform craving into discernment. Finally, coming to the north, we learned to transform envy into all-accomplishing wisdom.

I encourage you to work with these energies to see how you can transform your emotions, and experience spaciousness, peace, and clarity. I also encourage you to read Lama Tsultrim Allione's book, *Wisdom Rising: Journey Into the Mandala of the Empowered Feminine*, which provides many more rich details and also shares with you the full dakini mandala practice so you can work on a spiritual, emotional, and physical level, with your mind, body and spirit transforming turmoil into clarity.

Thank you for spending your time with me. I want to end this series by dedicating the merit of what we've learned and sending it out to every being everywhere. May all beings have happiness and the causes of happiness. Thank you.