

CHART 1: FIRST CYCLE OF SIMULTANEOUS DISSOLUTION

Factor dissolving	External sign	Internal sign
earth element	body becomes very thin, limbs loose; sense that body is sinking under the earth	
aggregate of forms	limbs become smaller, body becomes weak and powerless	
basic mirror-like wisdom (our ordinary consciousness that clearly perceives many objects simultaneously)	sight becomes unclear and dark	appearance of mirages
eye sense	one cannot open or close eyes	
colours and shapes	lustre of body diminishes; one's strength is consumed	

CHART 2: SECOND CYCLE OF SIMULTANEOUS DISSOLUTION

Factor dissolving	External sign	Internal sign
water element	saliva, sweat, urine, blood and regenerative fluid dry greatly	
aggregate of feelings (pleasure, pain and neutrality)	body consciousness can no longer experience the three types of feelings that accompany sense consciousnesses	
basic wisdom of equality (our ordinary consciousness mindful of pleasure, pain and neutral feelings as feelings)	one is no longer mindful of the feelings accompanying the mental consciousness	appearance of smoke
ear sense	one no longer hears external or internal sounds	
sounds	'ur' sound in ears no longer arises	

CHART 3: THIRD CYCLE OF SIMULTANEOUS DISSOLUTION

Factor dissolving	External sign	Internal sign
fire element	one cannot digest food or drink	
aggregate of discrimination	one is no longer mindful of affairs of close persons	
basic wisdom of analysis (our ordinary consciousness mindful of the individual names, purposes and so forth of close persons)	one can no longer remember the names of close persons	appearance of fireflies or sparks within smoke
nose sense	inhalation weak, exhalation strong and lengthy	
odours	one cannot smell	

CHART 4: FOURTH CYCLE OF SIMULTANEOUS DISSOLUTION

Factor dissolving	External sign	Internal sign
wind element	the ten winds move to heart; inhalation and exhalation ceases	
aggregate of compositional factors	one cannot perform physical actions	
basic wisdom of achieving activities (our ordinary consciousness mindful of external activities, purposes and so forth)	one is no longer mindful of external worldly activities, purposes and so forth	appearance of a sputtering butter-lamp about to go out
tongue sense	tongue becomes thick and short; root of tongue becomes blue	
tastes	one cannot experience tastes	
body sense and tangible objects	one cannot experience smoothness or roughness	

CHART 5: FIFTH TO EIGHTH CYCLES OF DISSOLUTION

Factor dissolving	External sign	Internal sign
FIFTH CYCLE		
eighty conceptions	winds in right and left channels above heart enter central channel at top of head	at first, burning butter-lamp; then, clear vacuity filled with white light
SIXTH CYCLE		
mind of white appearance	winds in right and left channels below heart enter central channel at base of spine	very clear vacuity filled with red light
SEVENTH CYCLE		
mind of red increase	upper and lower winds gather at heart; then winds enter drop at heart	at first, vacuity filled with thick darkness; then as if swooning unconsciously
EIGHTH CYCLE		
mind of black near-attainment	all winds dissolve into the very subtle life-bearing wind in the indestructible drop at the heart	very clear vacuity free of the white, red and black appearances - the mind of clear light of death