

Mandala Diary

The mandala diary is intended to help you visualize your kusala : akusala ratio (see chapter 'Feel good: Kusala and Akusala') every day before and after meditation.

First, read through the definitions of emotional disturbances on the following page, as some terms are interpreted differently in Buddhism than in everyday language use. Some of the definitions may sound rather abstract, and as the disturbances are interrelated, clearly distinguishing them is sometimes difficult. But don't worry about it! There is no 'right' or 'wrong' way to do this. The list of disturbances is only meant to give you some examples of akusala states, to help you estimate how much areas you want to color in the mandala. You will use one color for akusala, and a contrasting color for kusala. Color the mandalas following the instructions on each page.

NOTE: On day 1, the first mandala represents a typical OCD episode, so please color it to show how you feel when you are acutely hit by OCD.

NOTE: On the following days, you can use the first mandala in two ways: 1) If you are practicing ERP, color the mandala so that it depicts how you felt when you were doing ERP that day. 2) If you are not practicing ERP, color the mandala so that it depicts your mood on that particular day.

The second mandala on each day represents your state of mind after meditation. Always color both mandalas. Here is an example:

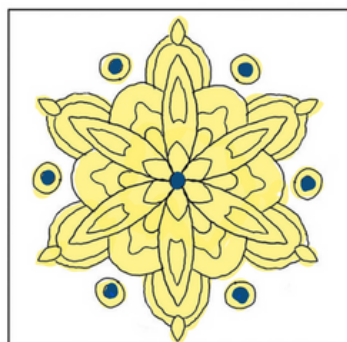
This is how I feel today: 50% akusala today... ☹️



primary disturbances:
greed hatred delusion
pride doubt
flawed beliefs

secondary disturbances:
anger resentment concealment
hostility jealousy stinginess
deceit dishonesty cruelty
arrogance
lack of shame/lack of humility
restlessness of worry
apathy lack of faith negligence
idleness forgetfulness distraction
lack of self awareness

This is how I feel after today's meditation: almost totally kusala! 😊



primary disturbances:
greed hatred delusion
pride doubt
flawed beliefs

secondary disturbances:
anger resentment concealment
hostility jealousy stinginess
deceit dishonesty cruelty
arrogance
lack of shame/lack of humility
restlessness of worry
apathy lack of faith negligence
idleness forgetfulness distraction
lack of self awareness

Definitions of the Disturbances

Primary Disturbances:

- **Greed:** excessive feeling of 'I want to have', not being able to let go
- **Hatred:** very strong aversion, to avoid suffering for oneself, often the trigger for immoral behavior
- **Delusion:** 'selfish indifference' = inability to understand the nature of reality and its principles, basis for all other primary and secondary disturbances.
- **Pride:** regarding oneself higher/more important than others
- **Doubt:** uncertainty and hesitation about what/how reality is and what principles it follows
- **Flawed Beliefs:** 'interpreting reality through the lens of illusion' = misinterpreting or overrating real phenomena so that they may appear to be the opposite of what they really are

Secondary Disturbances:

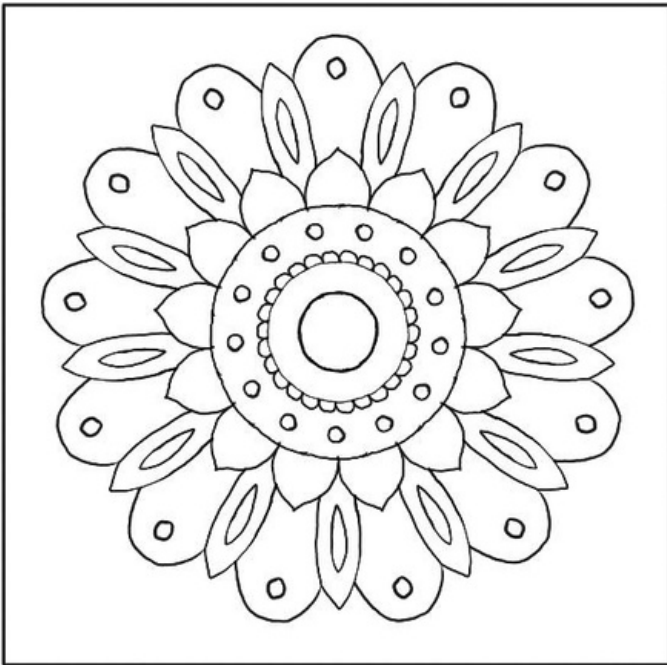
- **Anger:** aversion to disagreeable things/situations
- **Resentment:** not being able to let go of past anger/grievances
- **Concealment:** hiding one's flaws to avoid loss of benefits
- **Hostility:** slow-burning rage which can suddenly explode
- **Jealousy:** inability to accept the exaltation of others in comparison to oneself
- **Stinginess:** clinging to wealth, tendency to 'hoard in secret'
- **Deceit:** pretending to be truthful/polite/virtuous in order to take advantage of others
- **Dishonesty:** cheating/swindling, acting immorally for one's own gain
- **Cruelty:** harming other beings without empathy or compassion
- **Arrogance:** glorification of one's own self
- **Lack of Shame:** no interest in/concern about moral norms and values
- **Lack of Humility:** believes in "he who is stronger is right", therefore no remorse for wrongdoing
- **Restlessness of Worry:** inability to face a matter calm and composed, not being able to decide whether to deal with something this way or that way
- **Apathy:** lack of competence to achieve one's objectives, lack of interest and introspection
- **Lack of Faith:** incapable of an enduring aspiration for virtue, not clear-headed, having many doubts and mental volatility. Important: 'faith' does not mean belief in God/a higher power; it implies belief in the benefits of being virtuous (in Buddhist logic, virtuous behavior is linked to mental health, see article about kusala and akusala!). Thus, 'faith' here can be understood as 'confidence' in that one's spiritual practice is beneficial and that it is worth to keep up the practice.
- **Negligence:** laziness in cultivating virtuous behavior and avoiding bad behavior
- **Idleness:** lack of self-restraint, self-absorption, no 'vigilance' in the sense of 'recognizing and striving for virtue.
- **Forgetfulness:** lapse of remembrance, forgetting what is virtuous behavior (moral lapses)
- **Distraction:** opposite of mindfulness, lack of focus, mind jumps from one thing to another
- **Lack of Self-Awareness:** unaware of the nature of one's self and therefore wrong understanding of objects and objectives; readily leads to moral misconduct

Date: _____

Mandala Diary: Day 1

1. Find two crayons in contrasting colors (for example, blue and yellow).
2. Check out the box on the right and mark all disturbances which apply to you.
3. Now consider how strong you feel each disturbance is and color a correspondingly large area of the mandala (example: you have strong doubts, and color about a quarter of the mandala; but you feel only a little bit of anger, so you color only one of the very small circles).
4. Now color all remaining areas in the other color and compare: did anything change after the meditation?

This is how I feel when OCD gets to me:



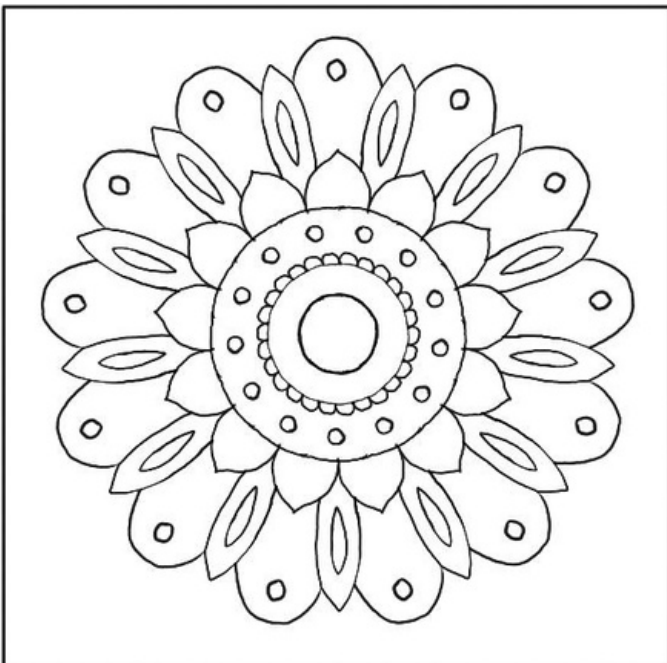
Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

This is how I feel after meditation:



Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

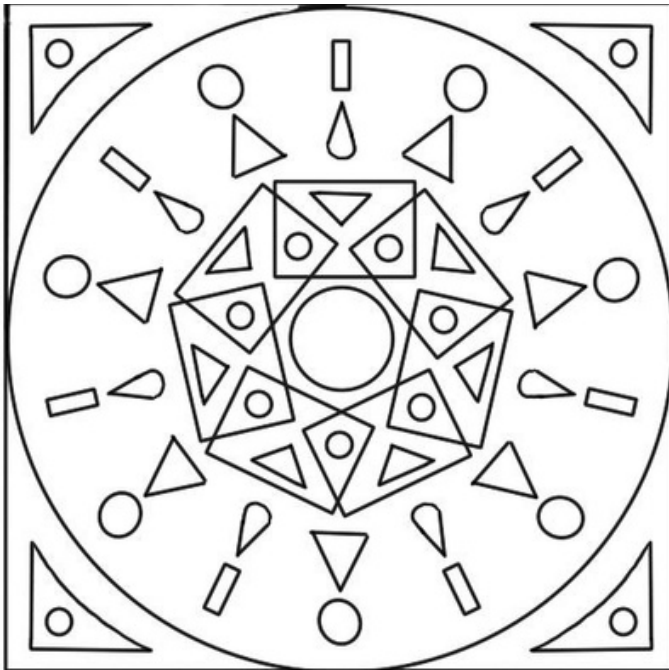
anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

Date: _____

Mandala Diary: Day 2

1. Find two crayons in contrasting colors (for example, blue and yellow).
2. Check out the box on the right and mark all disturbances which apply to you.
3. Now consider how strong you feel each disturbance is and color a correspondingly large area of the mandala (example: you have strong doubts, and color about a quarter of the mandala; but you feel only a little bit of anger, so you color only one of the very small circles).
4. Now color all remaining areas in the other color and compare: did anything change after the meditation?

This is how I feel today:



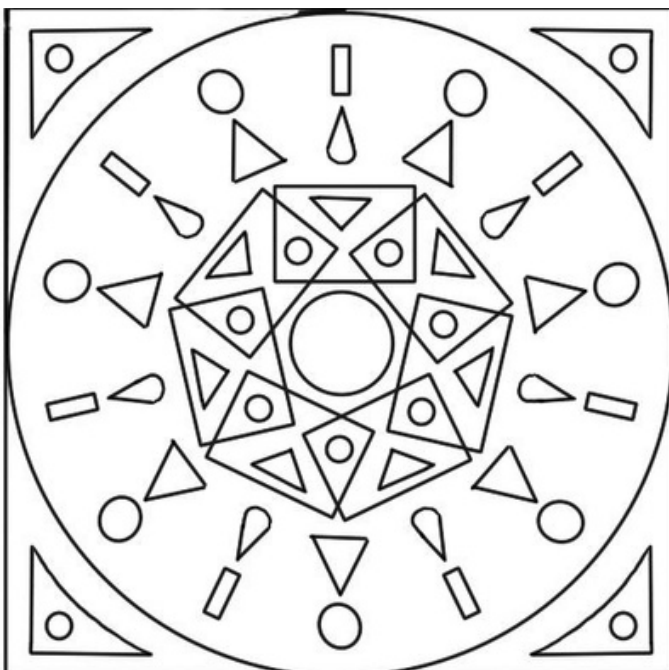
Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

This is how I feel after today's meditation:



Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

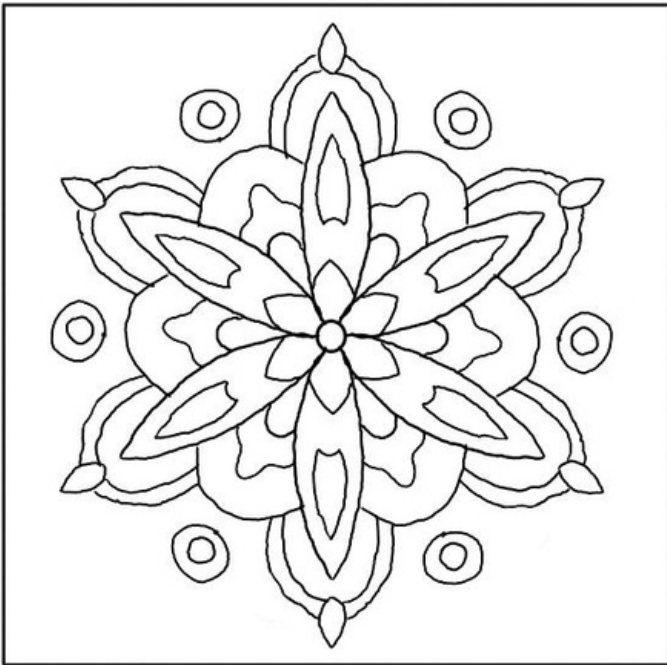
anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

Date: _____

Mandala Diary: Day 3

1. Find two crayons in contrasting colors (for example, blue and yellow).
2. Check out the box on the right and mark all disturbances which apply to you.
3. Now consider how strong you feel each disturbance is and color a correspondingly large area of the mandala (example: you have strong doubts, and color about a quarter of the mandala; but you feel only a little bit of anger, so you color only one of the very small circles).
4. Now color all remaining areas in the other color and compare: did anything change after the meditation?

This is how I feel today:

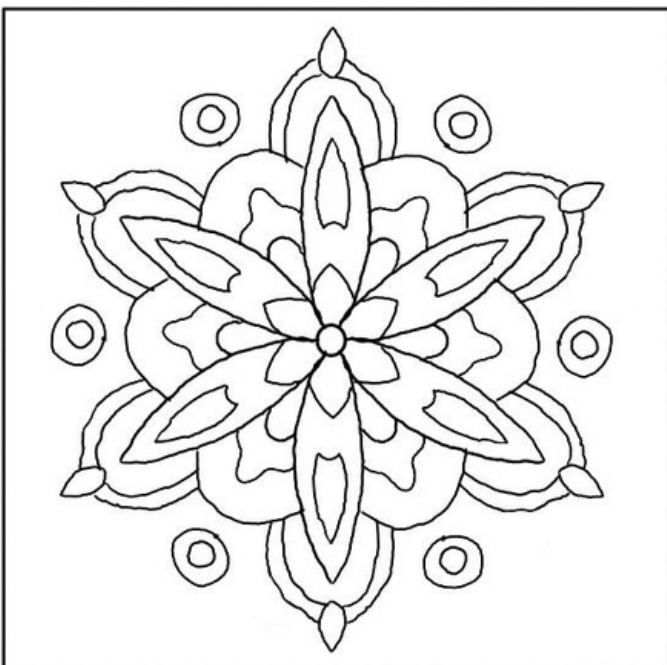
**Primary Disturbances:**

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

This is how I feel after today's meditation:

**Primary Disturbances:**

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

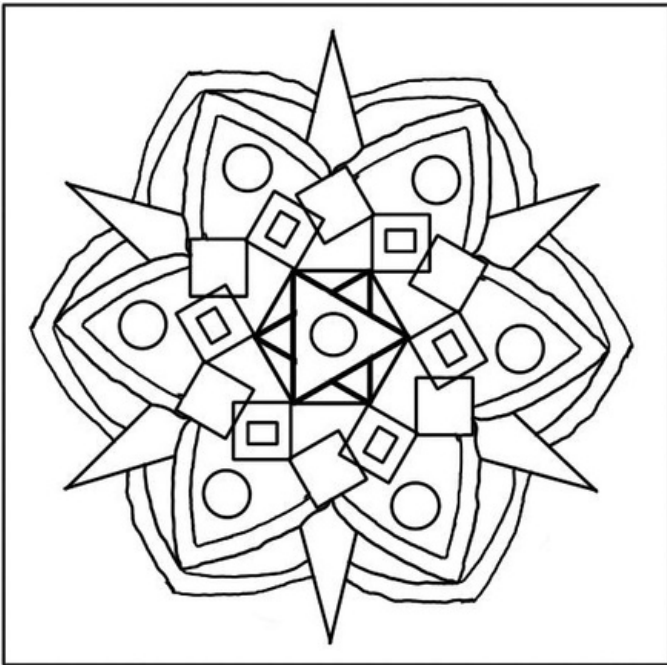
anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

Date: _____

Mandala Diary: Day 4

1. Find two crayons in contrasting colors (for example, blue and yellow).
2. Check out the box on the right and mark all disturbances which apply to you.
3. Now consider how strong you feel each disturbance is and color a correspondingly large area of the mandala (example: you have strong doubts, and color about a quarter of the mandala; but you feel only a little bit of anger, so you color only one of the very small circles).
4. Now color all remaining areas in the other color and compare: did anything change after the meditation?

This is how I feel today:



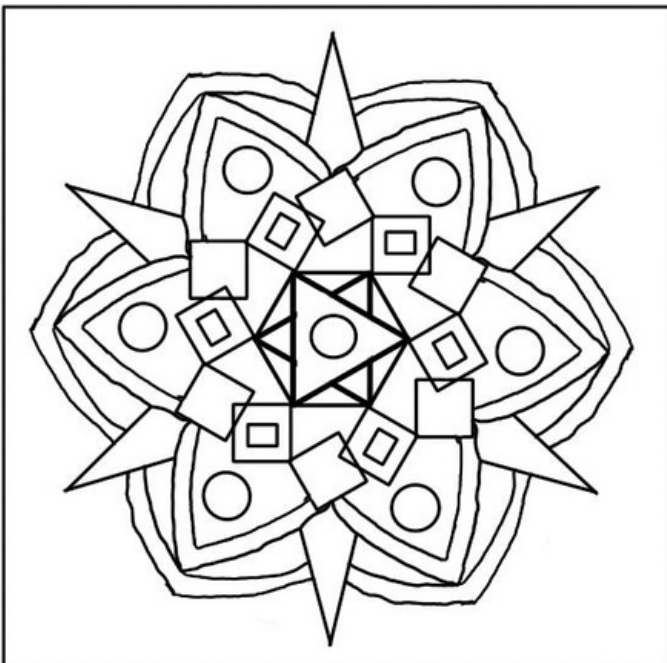
Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

This is how I feel after today's meditation:



Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

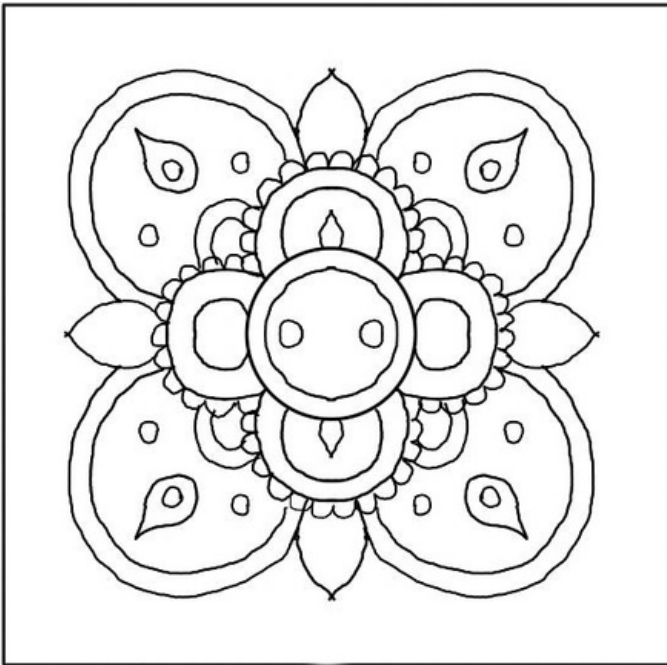
anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

Date: _____

Mandala Diary: Day 5

1. Find two crayons in contrasting colors (for example, blue and yellow).
2. Check out the box on the right and mark all disturbances which apply to you.
3. Now consider how strong you feel each disturbance is and color a correspondingly large area of the mandala (example: you have strong doubts, and color about a quarter of the mandala; but you feel only a little bit of anger, so you color only one of the very small circles).
4. Now color all remaining areas in the other color and compare: did anything change after the meditation?

This is how I feel today:



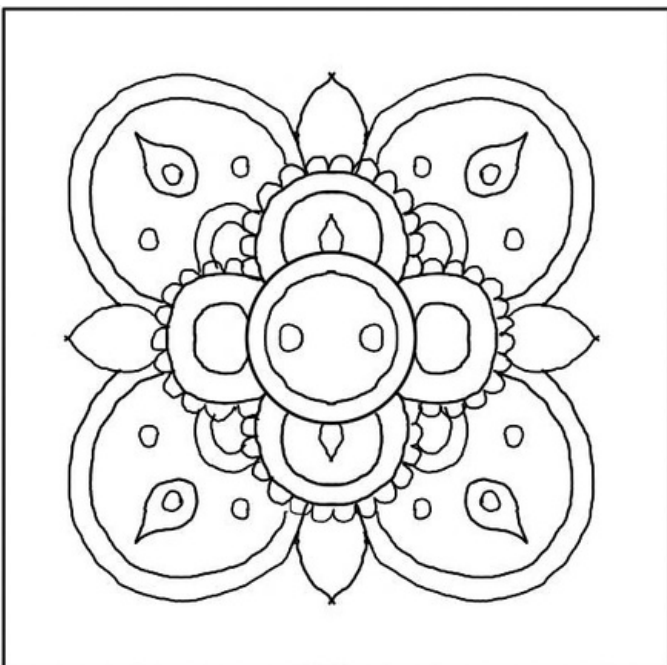
Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

This is how I feel after today's meditation:



Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

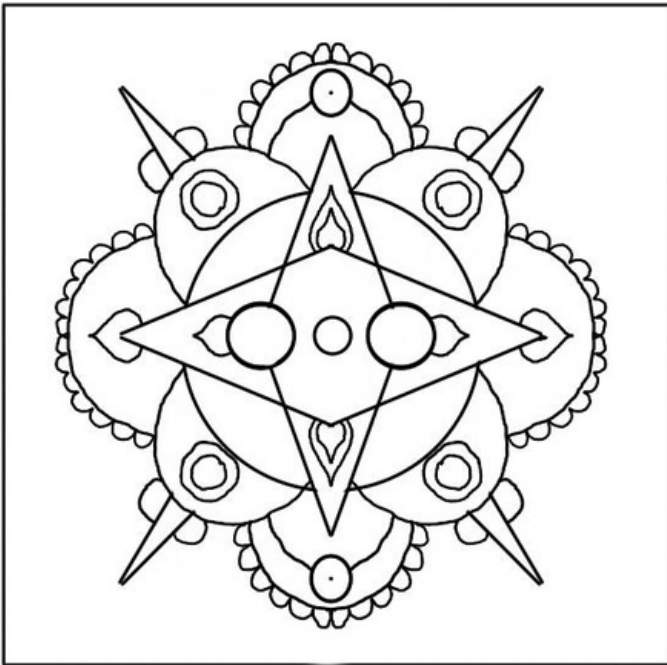
anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
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distraction,
lack of self-awareness

Date: _____

Mandala Diary: Day 6

1. Find two crayons in contrasting colors (for example, blue and yellow).
2. Check out the box on the right and mark all disturbances which apply to you.
3. Now consider how strong you feel each disturbance is and color a correspondingly large area of the mandala (example: you have strong doubts, and color about a quarter of the mandala; but you feel only a little bit of anger, so you color only one of the very small circles).
4. Now color all remaining areas in the other color and compare: did anything change after the meditation?

This is how I feel today:



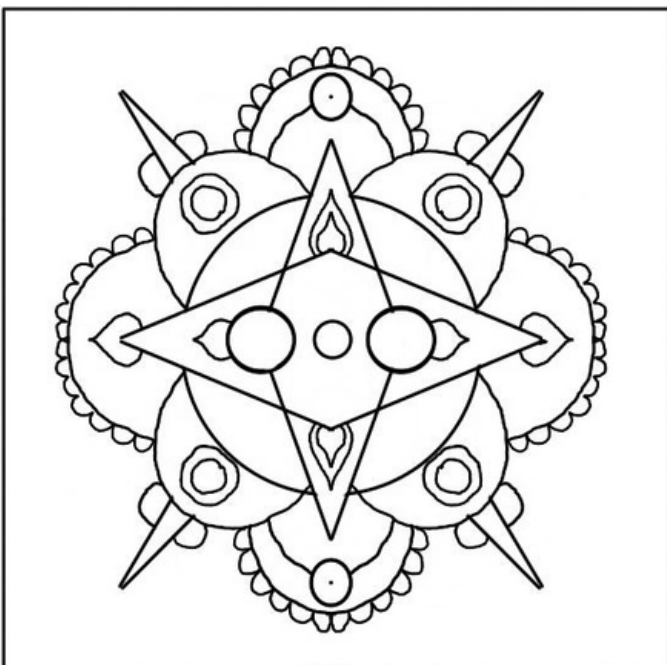
Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

This is how I feel after today's meditation:



Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

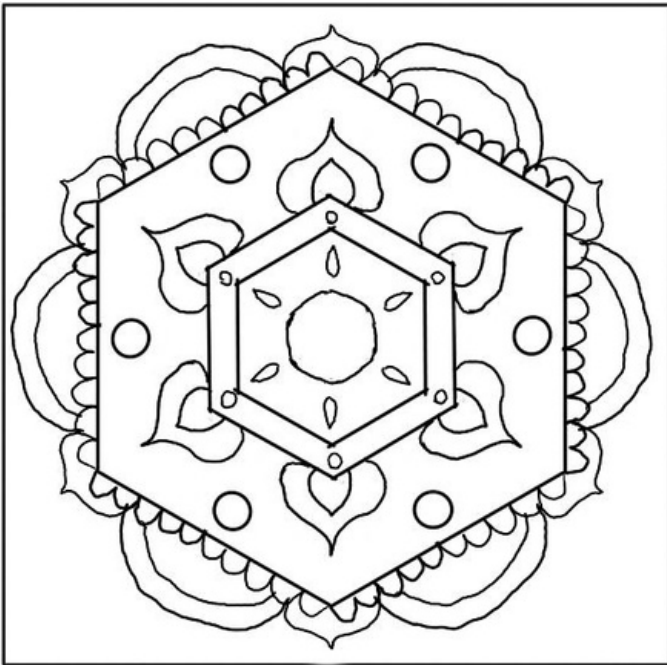
anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

Date: _____

Mandala Diary: Day 7

1. Find two crayons in contrasting colors (for example, blue and yellow).
2. Check out the box on the right and mark all disturbances which apply to you.
3. Now consider how strong you feel each disturbance is and color a correspondingly large area of the mandala (example: you have strong doubts, and color about a quarter of the mandala; but you feel only a little bit of anger, so you color only one of the very small circles).
4. Now color all remaining areas in the other color and compare: did anything change after the meditation?

This is how I feel today:



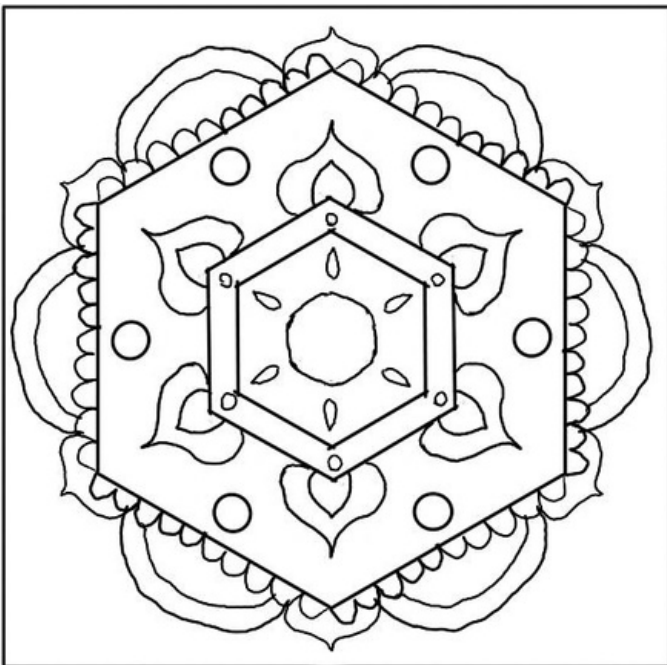
Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

This is how I feel after today's meditation:



Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

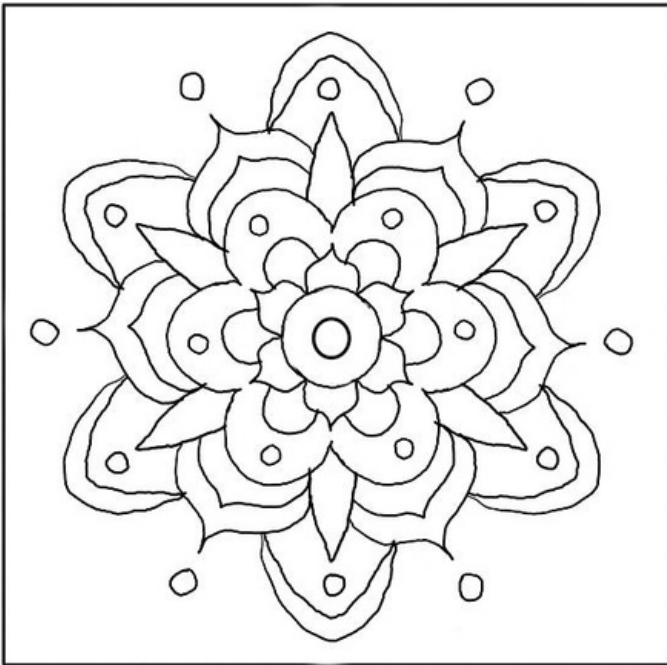
anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

Date: _____

Mandala Diary: Day 8

1. Find two crayons in contrasting colors (for example, blue and yellow).
2. Check out the box on the right and mark all disturbances which apply to you.
3. Now consider how strong you feel each disturbance is and color a correspondingly large area of the mandala (example: you have strong doubts, and color about a quarter of the mandala; but you feel only a little bit of anger, so you color only one of the very small circles).
4. Now color all remaining areas in the other color and compare: did anything change after the meditation?

This is how I feel today:

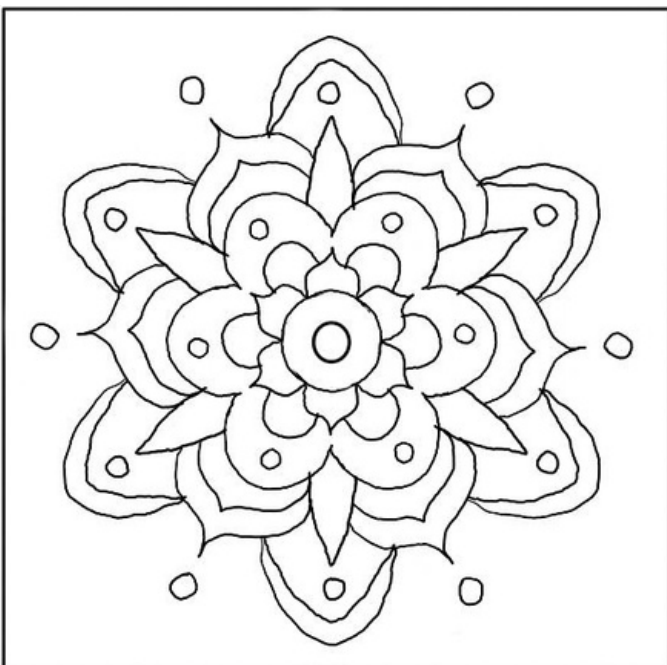
**Primary Disturbances:**

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

This is how I feel after today's meditation:

**Primary Disturbances:**

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

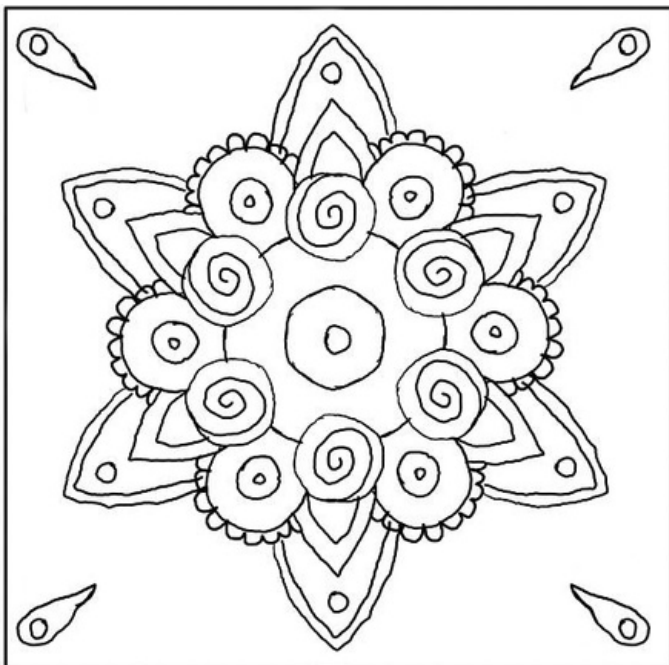
anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

Date: _____

Mandala Diary: Day 9

1. Find two crayons in contrasting colors (for example, blue and yellow).
2. Check out the box on the right and mark all disturbances which apply to you.
3. Now consider how strong you feel each disturbance is and color a correspondingly large area of the mandala (example: you have strong doubts, and color about a quarter of the mandala; but you feel only a little bit of anger, so you color only one of the very small circles).
4. Now color all remaining areas in the other color and compare: did anything change after the meditation?

This is how I feel today:



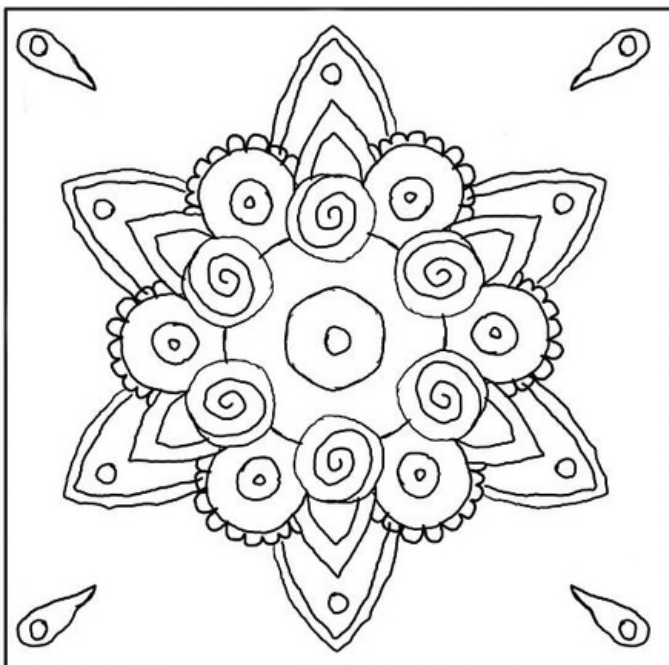
Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

This is how I feel after today's meditation:



Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

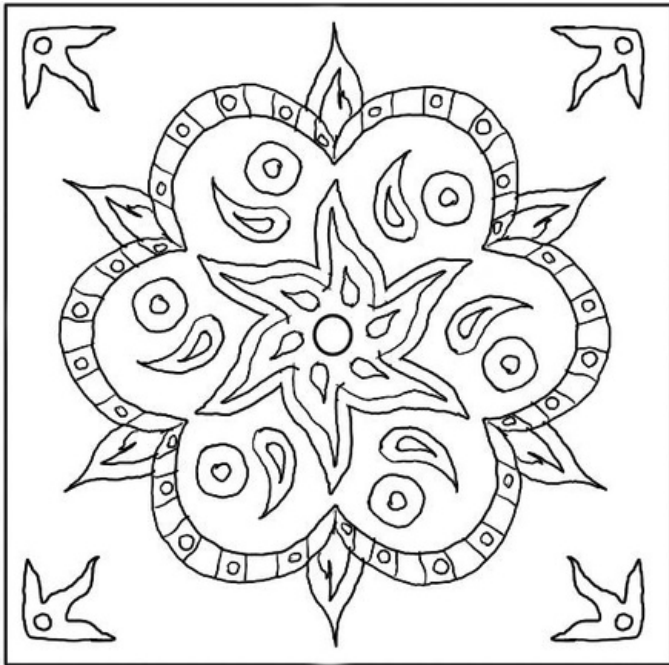
anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

Date: _____

Mandala Diary: Day 10

1. Find two crayons in contrasting colors (for example, blue and yellow).
2. Check out the box on the right and mark all disturbances which apply to you.
3. Now consider how strong you feel each disturbance is and color a correspondingly large area of the mandala (example: you have strong doubts, and color about a quarter of the mandala; but you feel only a little bit of anger, so you color only one of the very small circles).
4. Now color all remaining areas in the other color and compare: did anything change after the meditation?

This is how I feel today:



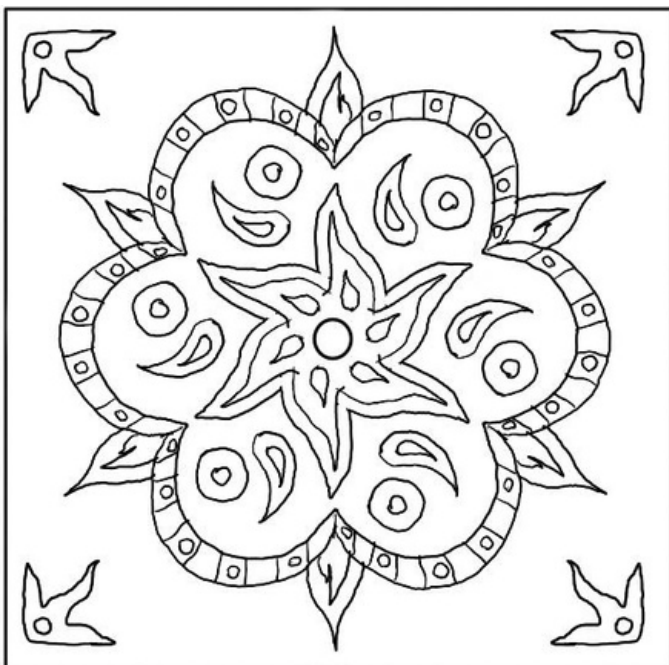
Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

This is how I feel after today's meditation:



Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

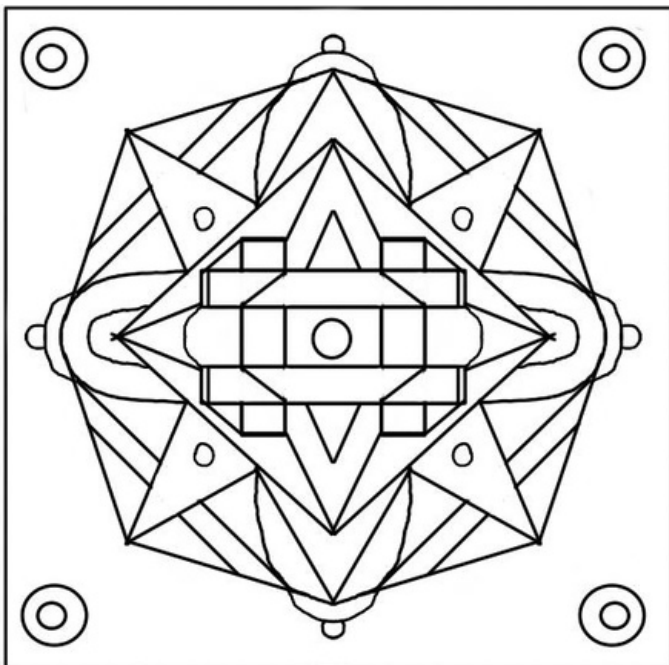
anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

Date: _____

Mandala Diary: Day 11

1. Find two crayons in contrasting colors (for example, blue and yellow).
2. Check out the box on the right and mark all disturbances which apply to you.
3. Now consider how strong you feel each disturbance is and color a correspondingly large area of the mandala (example: you have strong doubts, and color about a quarter of the mandala; but you feel only a little bit of anger, so you color only one of the very small circles).
4. Now color all remaining areas in the other color and compare: did anything change after the meditation?

This is how I feel today:



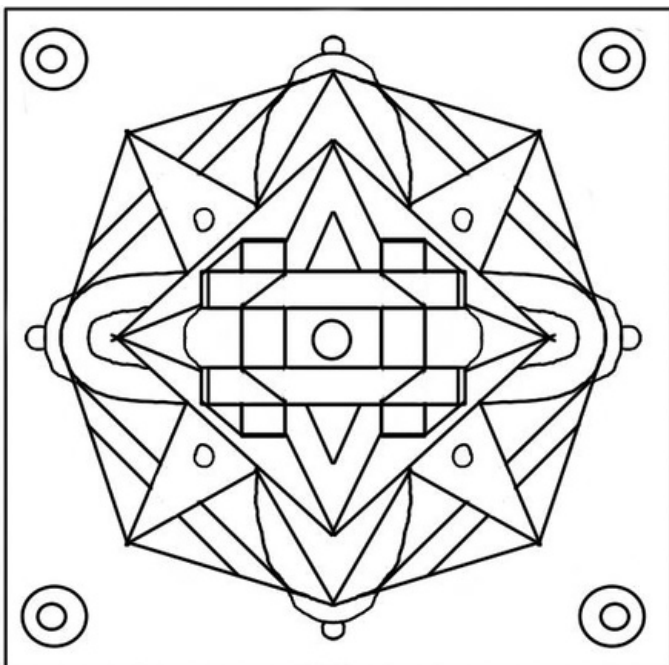
Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

This is how I feel after today's meditation:



Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

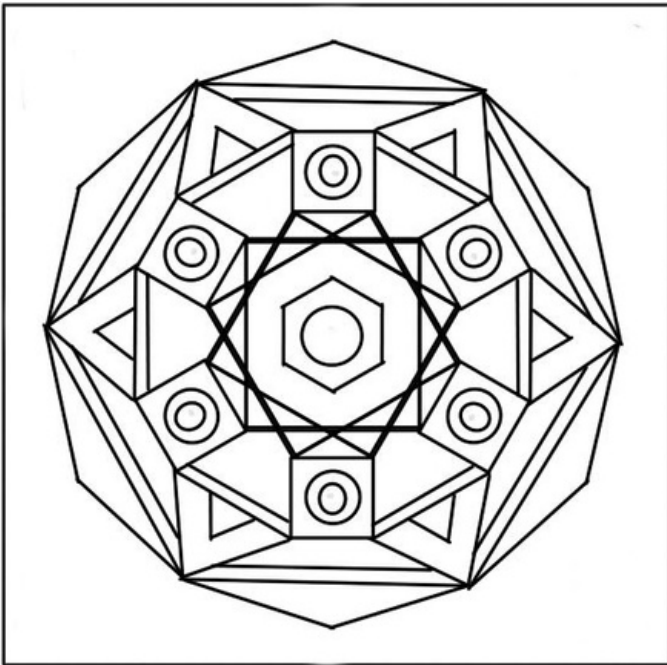
anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

Date: _____

Mandala Diary: Day 12

1. Find two crayons in contrasting colors (for example, blue and yellow).
2. Check out the box on the right and mark all disturbances which apply to you.
3. Now consider how strong you feel each disturbance is and color a correspondingly large area of the mandala (example: you have strong doubts, and color about a quarter of the mandala; but you feel only a little bit of anger, so you color only one of the very small circles).
4. Now color all remaining areas in the other color and compare: did anything change after the meditation?

This is how I feel today:

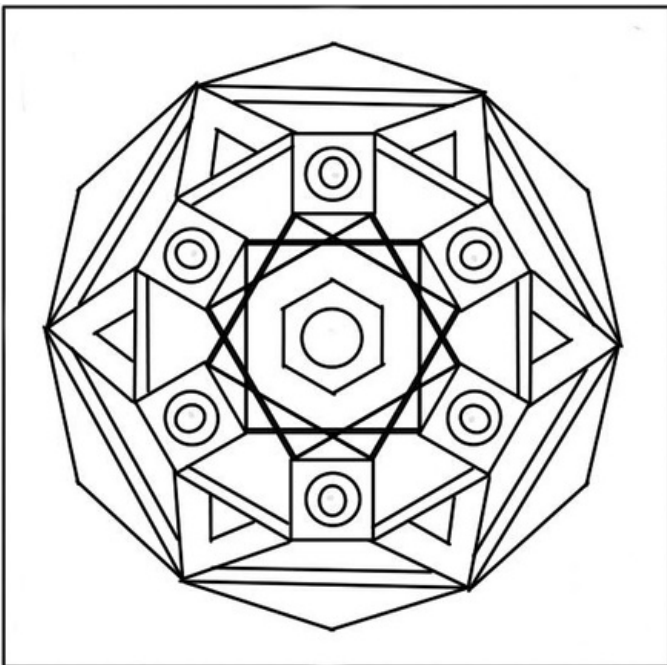
**Primary Disturbances:**

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

This is how I feel after today's meditation:

**Primary Disturbances:**

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

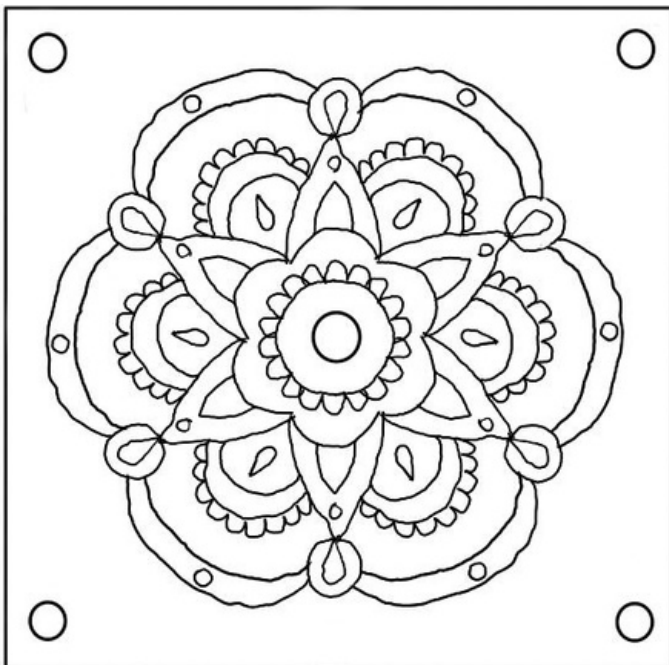
anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

Date: _____

Mandala Diary: Day 13

1. Find two crayons in contrasting colors (for example, blue and yellow).
2. Check out the box on the right and mark all disturbances which apply to you.
3. Now consider how strong you feel each disturbance is and color a correspondingly large area of the mandala (example: you have strong doubts, and color about a quarter of the mandala; but you feel only a little bit of anger, so you color only one of the very small circles).
4. Now color all remaining areas in the other color and compare: did anything change after the meditation?

This is how I feel today:



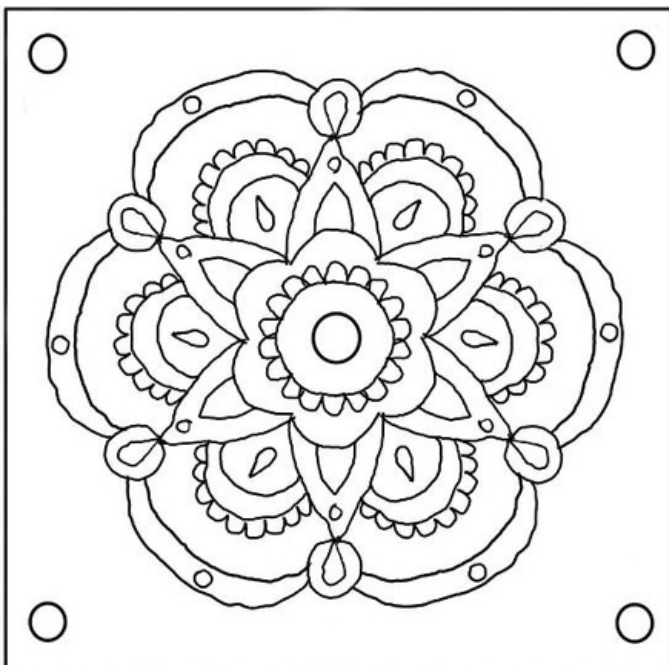
Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

This is how I feel after today's meditation:



Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

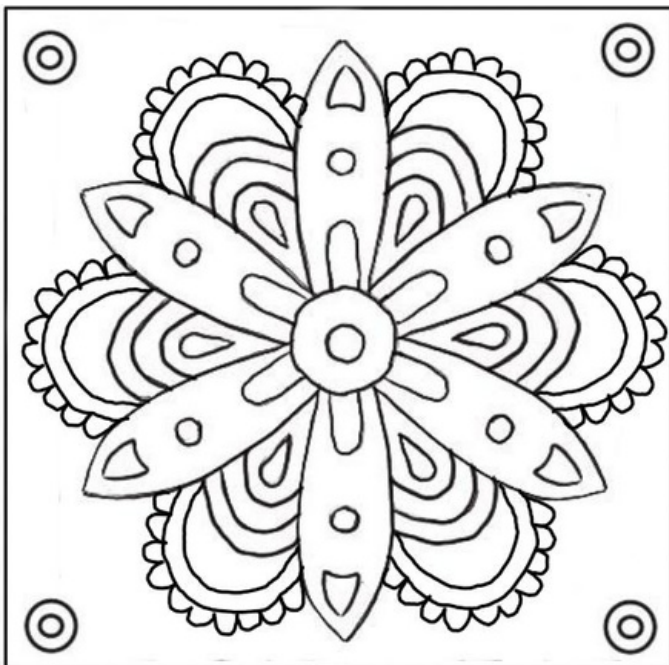
anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

Date: _____

Mandala Diary: Day 14

1. Find two crayons in contrasting colors (for example, blue and yellow).
2. Check out the box on the right and mark all disturbances which apply to you.
3. Now consider how strong you feel each disturbance is and color a correspondingly large area of the mandala (example: you have strong doubts, and color about a quarter of the mandala; but you feel only a little bit of anger, so you color only one of the very small circles).
4. Now color all remaining areas in the other color and compare: did anything change after the meditation?

This is how I feel today:



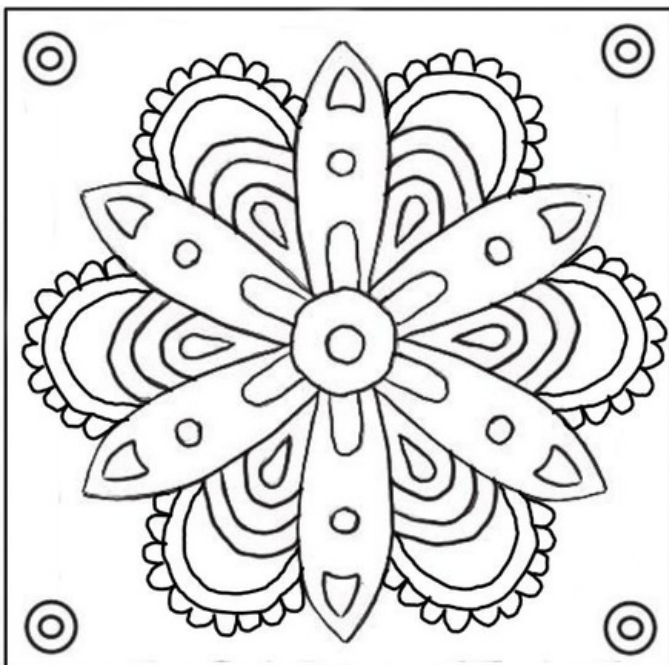
Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness

This is how I feel after today's meditation:



Primary Disturbances:

greed, hatred, delusion,
pride, doubt,
flawed beliefs

Secondary Disturbances:

anger, resentment, concealment,
hostility, jealousy, stinginess,
deceit, dishonesty, cruelty,
arrogance, lack of shame,
lack of humility,
restlessness of worry, apathy,
lack of faith, negligence,
idleness, forgetfulness,
distraction,
lack of self-awareness