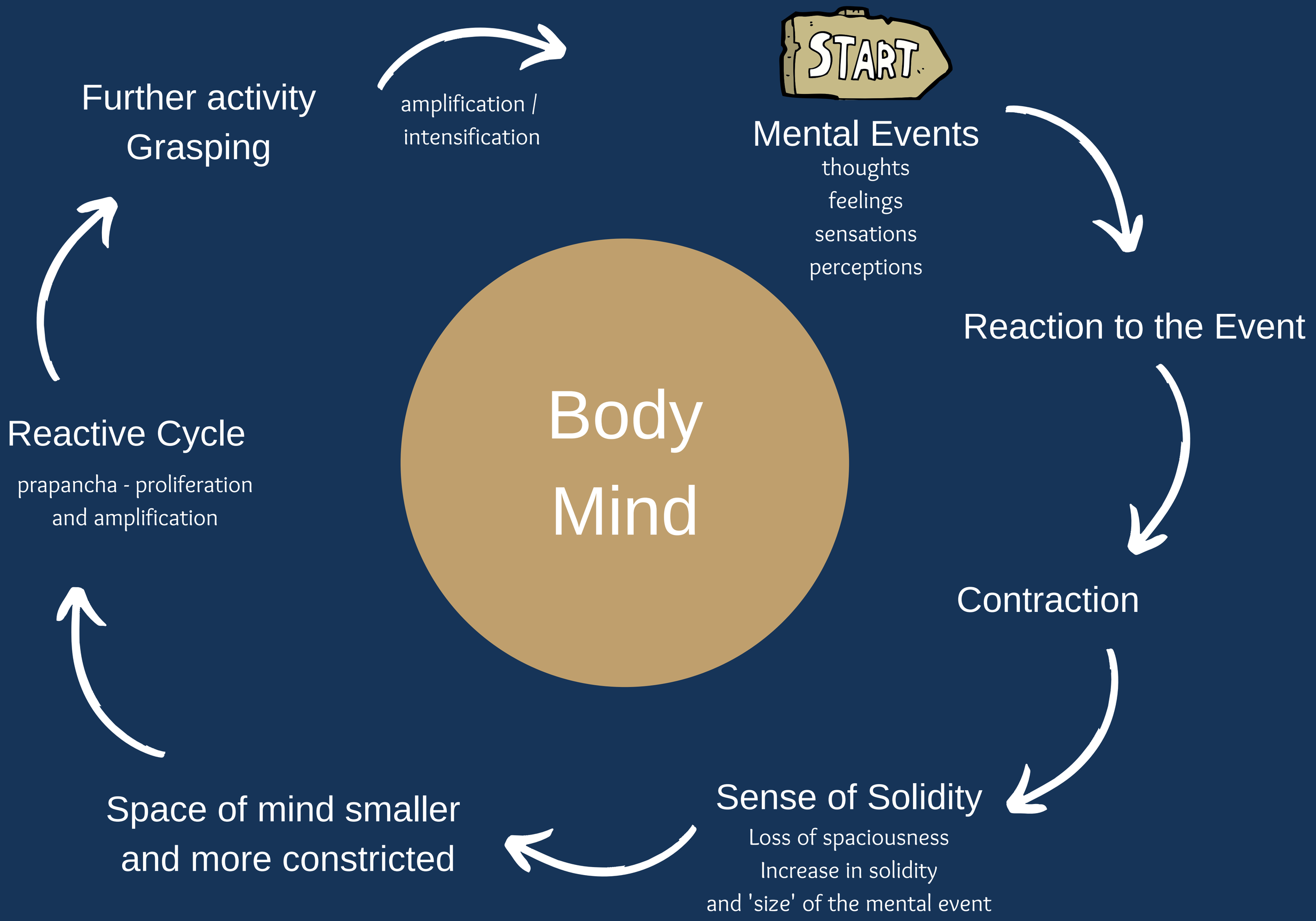
START
Mental Events
thoughts
feelings
sensations
perceptions
Reaction to the Event
Contraction
Sense of Solidity
Loss of spaciousness
Increase in solidity
and 'size' of the mental event
Space of mind smaller
and more constricted
Reactive Cycle
prapancha - proliferation
and amplification
Further activity
Grasping
amplification /
intensification
Body
Mind