

# ONE HUNDRED AND EIGHT VIEWS OF MOUNT SUNYATA

- 1 I am emptiness: emptiness is I
- 2 Me is emptiness: emptiness is me
- 3 Myself is emptiness: emptiness is myself
- 4 You are emptiness: emptiness is you
- 5 We are emptiness: emptiness is we
- 6 Us is emptiness: emptiness is us
- 7 Mum is emptiness: emptiness is mum
- 8 Dad is emptiness: emptiness is dad
- 9 Self is emptiness: emptiness is self
- 10 Other is emptiness: emptiness is other
- 11 Friend is emptiness: emptiness is friend
- 12 Enemy is emptiness: emptiness is enemy
- 13 Love is emptiness: emptiness is love
- 14 Hate is emptiness: emptiness is hate
- 15 Nature is emptiness: emptiness is nature
- 16 Culture is emptiness: emptiness is culture
- 17 Emptiness is emptiness: emptiness is emptiness
- 18 Identity is emptiness: emptiness is identity
- 19 Body is emptiness: emptiness is body
- 20 Speech is emptiness: emptiness is speech
- 21 Mind is emptiness: emptiness is mind
- 22 Thinking is emptiness: emptiness is thinking
- 23 Feeling is emptiness: emptiness is feeling
- 24 Sensing is emptiness: emptiness is sensing
- 25 Ideas are emptiness: emptiness is ideas
- 26 Phenomena are emptiness: emptiness is phenomena
- 27 Illusion is emptiness: emptiness is illusion
- 28 Delusion is emptiness: emptiness is delusion
- 29 Confusion is emptiness: emptiness is confusion
- 30 Abstraction is emptiness: emptiness is abstraction

- 31 Concrete is emptiness: emptiness is concrete
- 32 Energy is emptiness: emptiness is energy
- 33 Particles are emptiness: emptiness is particles
- 34 Compounds are emptiness: emptiness is compounds
- 35 Structure is emptiness: emptiness is structure
- 36 Organisation is emptiness: emptiness is organisation
- 37 Heart is emptiness: emptiness is heart
- 38 Lungs is emptiness: emptiness is lungs
- 39 Liver is emptiness: emptiness is liver
- 40 Blood is emptiness: emptiness is blood
- 41 Bones are emptiness: emptiness is bones
- 42 Eyes are emptiness: emptiness is eyes
- 43 Ears are emptiness: emptiness is ears
- 44 Nose is emptiness: emptiness is nose
- 45 Tongue is emptiness: emptiness is tongue
- 46 Skin is emptiness: emptiness is skin
- 47 Sex is emptiness: emptiness is sex
- 48 Celibacy is emptiness: emptiness is celibacy
- 49 Indulgence is emptiness: emptiness is indulgence
- 50 Renunciation is emptiness: emptiness is renunciation
- 51 Vegan is emptiness: emptiness is vegan
- 52 Carnivore is emptiness: emptiness is carnivore
- 53 Special is emptiness: emptiness is special
- 54 Ordinary is emptiness: emptiness is ordinary
- 55 Pure is emptiness: emptiness is pure
- 56 Impure is emptiness: emptiness is impure
- 57 Consciousness is emptiness: emptiness is consciousness
- 58 Awareness is emptiness: emptiness is awareness
- 59 Unawareness is emptiness: emptiness is unawareness
- 60 Denial of emptiness is emptiness: emptiness is denial of emptiness
- 61 Reification is emptiness: emptiness is reification
- 62 Health is emptiness: emptiness is health
- 63 Sickness is emptiness: emptiness is sickness

- 64 Healing is emptiness: emptiness is healing
- 65 Harming is emptiness: emptiness is harming
- 66 Intrinsic is emptiness: emptiness is intrinsic
- 67 Artificial is emptiness: emptiness is artificial
- 68 Duality is emptiness: emptiness is duality
- 69 Nonduality is emptiness: emptiness is nonduality
- 70 Polarities are emptiness: emptiness is polarities
- 71 Creation is emptiness: emptiness is creation
- 72 Cessation is emptiness: emptiness is cessation
- 73 Nihilism is emptiness: emptiness is nihilism
- 74 Eternalism is emptiness: emptiness is eternalism
- 75 Coming is emptiness: emptiness is coming
- 76 Going is emptiness: emptiness is going
- 77 Diversity is emptiness: emptiness is diversity
- 78 Identity is emptiness: emptiness is identity
- 79 Profit is emptiness: emptiness is profit
- 80 Loss is emptiness: emptiness is loss
- 81 Pleasure is emptiness: emptiness is pleasure
- 82 Pain is emptiness: emptiness is pain
- 83 Fame is emptiness: emptiness is fame
- 84 Notoriety is emptiness: emptiness is notoriety
- 85 Praise is emptiness: emptiness is praise
- 86 Blame is emptiness: emptiness is blame
- 87 Fascism is emptiness: emptiness is fascism
- 88 Communism is emptiness: emptiness is communism
- 89 Capitalism is emptiness: emptiness is capitalism
- 90 Cruelty is emptiness: emptiness is cruelty
- 91 Compassion is emptiness: emptiness is compassion
- 92 Light is emptiness: emptiness is light
- 93 Dark is emptiness: emptiness is dark
- 94 Bright is emptiness: emptiness is bright
- 95 Obscure is emptiness: emptiness is obscure
- 96 Wisdom is emptiness: emptiness is wisdom

- 97 Clarity is emptiness: emptiness is clarity
- 98 Buddha is emptiness: emptiness is Buddha
- 99 Sentient beings are emptiness: emptiness is sentient beings
- 100 Language is emptiness: emptiness is language
- 101 Freedom is emptiness: emptiness is freedom
- 102 Limitation is emptiness: emptiness is limitation
- 103 Places are emptiness: emptiness is places
- 104 Times are emptiness: emptiness is times
- 105 All I know is emptiness: emptiness is all I know
- 106 All I don't know is emptiness: emptiness is all I don't know
- 107 Everything listed is emptiness: emptiness is everything listed
- 108 Everything else is emptiness: emptiness is everything else



Thirty-six Views of Mount Fuji

By day or by night wherever you are, whatever is happening, Mount Sunyata it is never far away. Infinite in every way she is always available, present and ready to welcome you in non-duality. Let the light of your heart illuminate your pilgrimage as each aspect of experience opens a new vista on her unchanging healing beauty. Then you will see that you have always been walking on Mount Sunyata.

*James Low, 2019*