

MEDITATION ESSENTIALS 02:

Consciousness



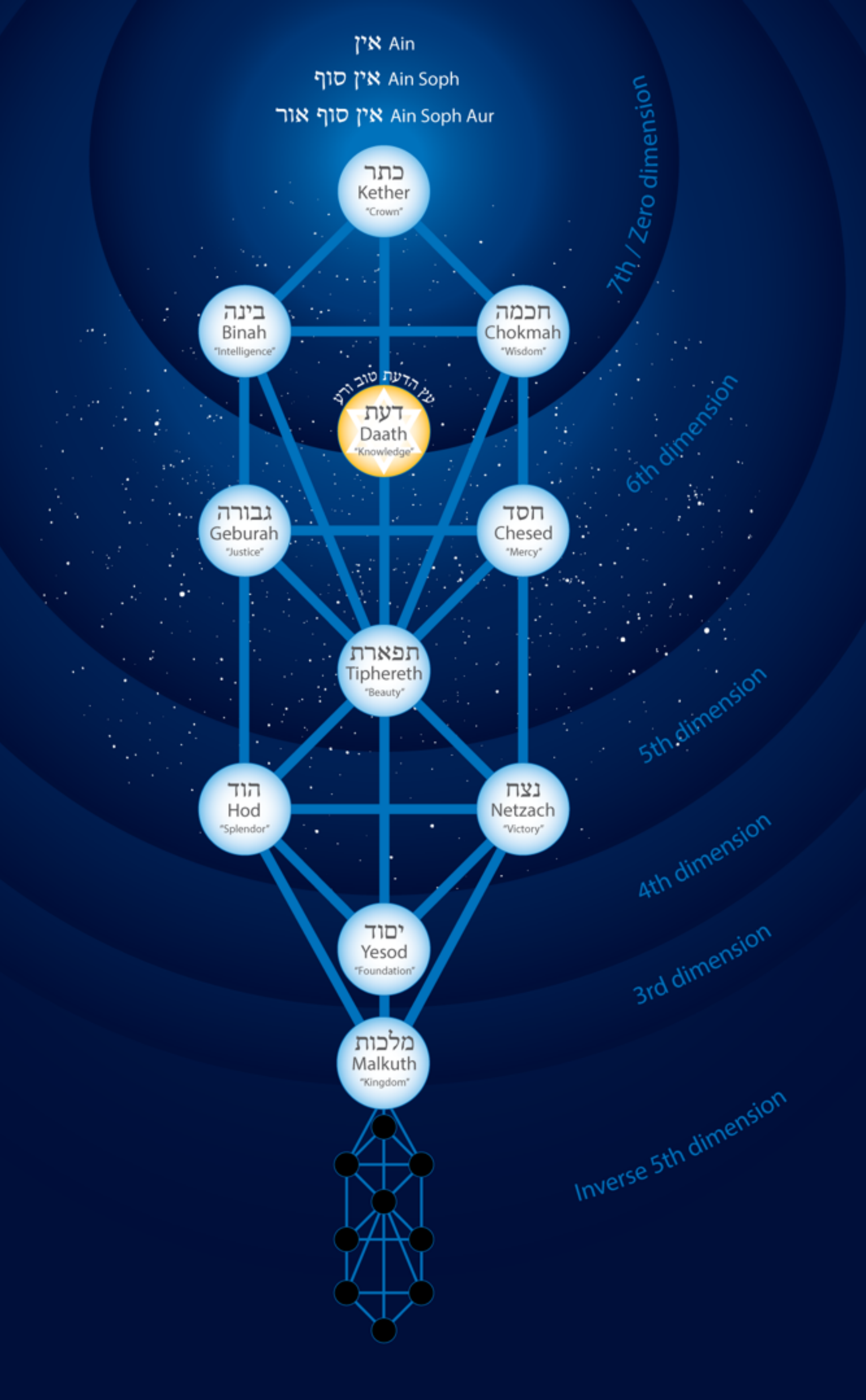
Observation of Facts

Consciousness

1. The **state of being** conscious; knowledge of one's own existence, condition, sensations, mental operations, acts, etc.
2. Immediate knowledge or **perception** of the presence of any object, state, or sensation.
3. An **alert cognitive state** in which you are aware of yourself and your situation.

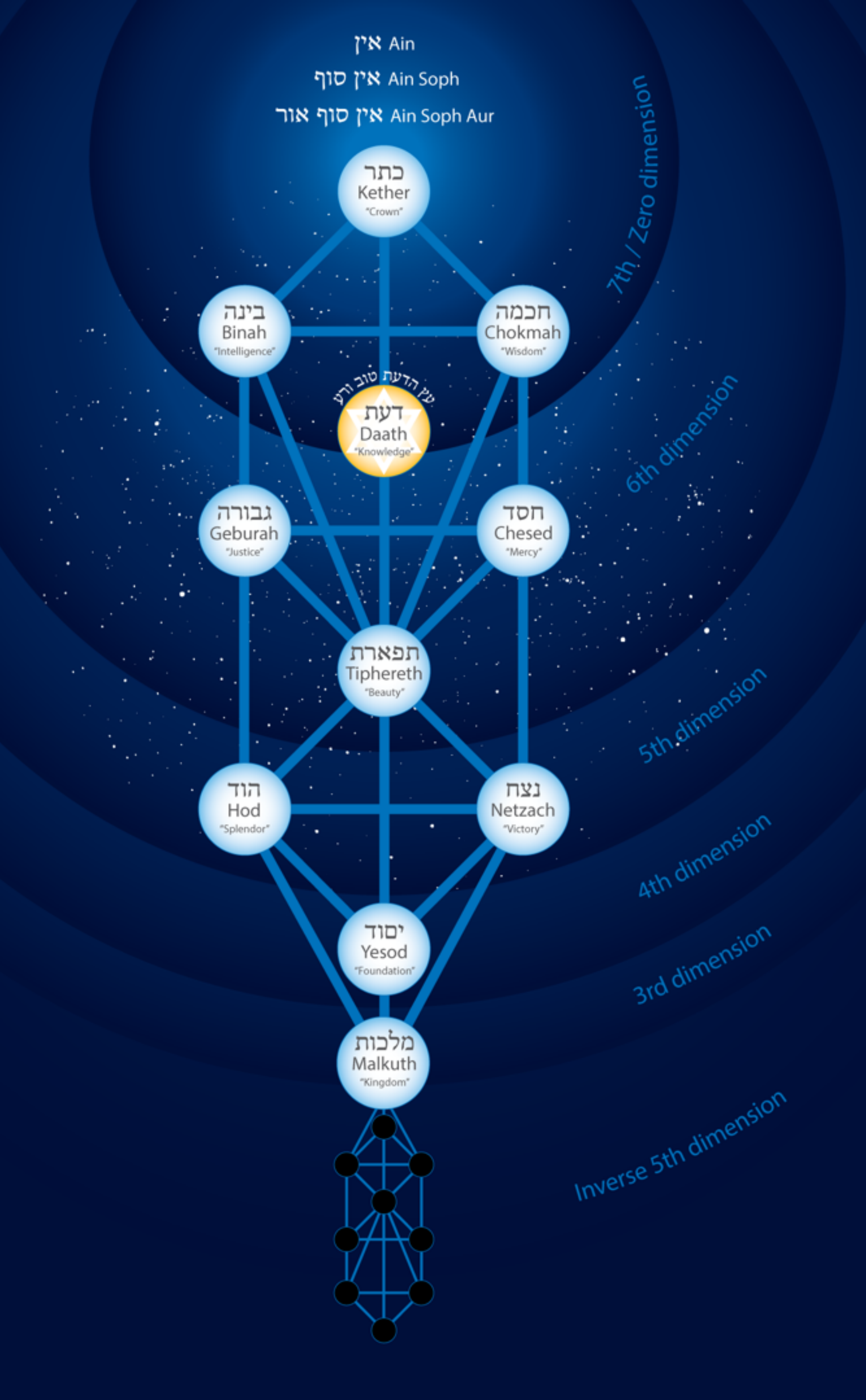
Basic Powers of Consciousness

- ❖ *Awareness*: Broad spatial perception
- ❖ *Attention*: Focused specific perception
- ❖ *Mindfulness*: Recognized continuity
- ❖ *Visualization*: Non-physical imagery



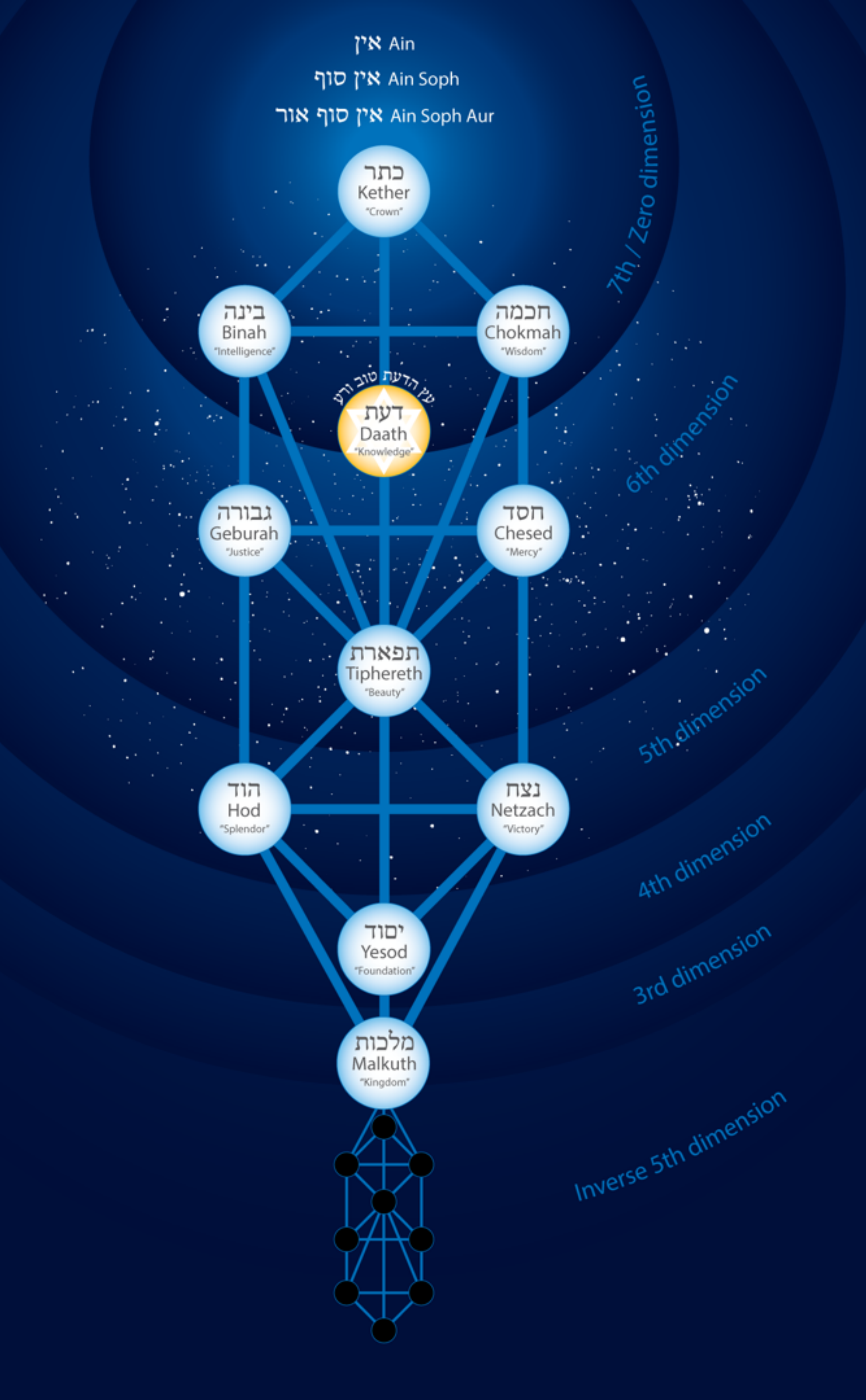
“...consciousness has the potential to increase to an **infinite** degree.”

— *the 14th Dalai Lama*



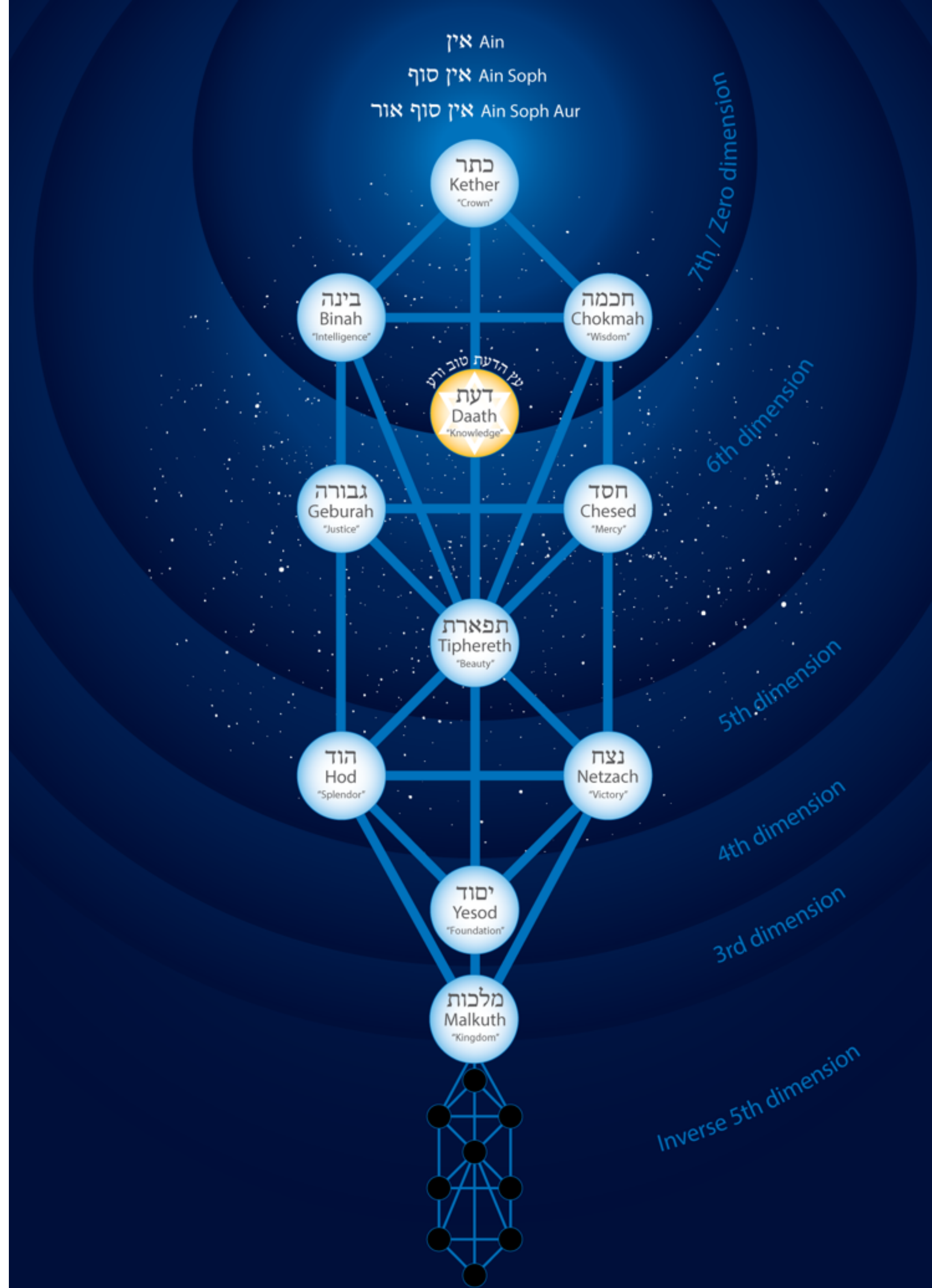
Degrees of Consciousness

- ❖ Awake vs. Asleep
- ❖ Conditioned vs. Unconditioned



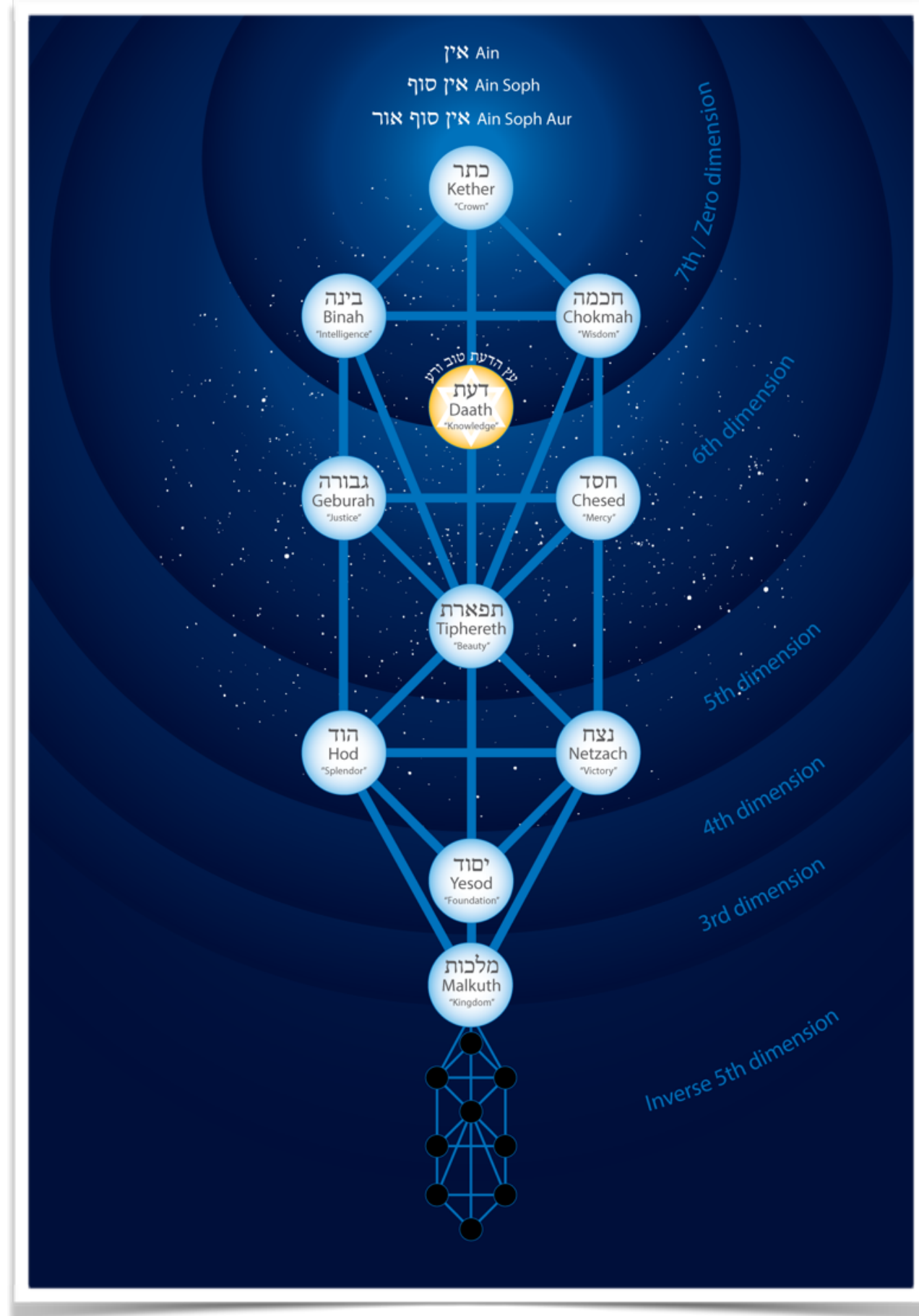
States of Consciousness

4. **Nous**: Perfect
3. **Dianoia**: Regenerating
2. **Pistis**: Common
1. **Eikasia**: Degenerated



Suffering (Dukha)

1. **Suffering of suffering:** pain, birth, illness, growing old, and dying
2. **Suffering of change:** the anxiety or stress of trying to hold on to things that are constantly changing
3. **Suffering of conditioned existence:** unsatisfactoriness, caused by mistaken perception of "self"



“You are liberated when your delusions and contaminated karmic actions are exhausted.”

—Nagarjuna

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Exercises

1. Every day, develop your Self-observation from moment to moment. At the end of each day, reflect on how you did.
2. Every day, do this preliminary meditation exercise. Adopt a relaxed, upright posture. Carefully relax all three brains (body, heart, intellect). Then visualize a brilliant sun in the center of your brain. No matter what distracts you, return to concentrating on the visualization of the brilliant sun. Do this for 30-60 minutes every day.