



## **February 2022 Graduate Program Lesson**

### **Separating Fact From Fiction – Exploring Lesson Four**

#### **Introduction**

We have gotten so used to thinking about things and observing them at the same time that we think this has to go together. We can begin to separate what we can prove exists (the shape of the manifestation) from the fiction of the mind (the names, labels, judgements and other commentary of mind about what we are seeing/experiencing).

We can also begin to notice that the whole mind stream is simply “talking about what is, was and will be” and it is all based on fiction that is not true. Mind is talking about its collected thoughts of the object/person and not about the object itself.

We can begin to notice just the shape of the object in front of us and to see that all we are really perceiving is a shape of something.

What is it like to experience the shape of that object without thinking about it?  
What can you know to be true about the object “out there”?

What is fact and what is assumption about the object?

What is it really when you do not use thoughts, memory or previous experience to define it? What is your experience of it then?

### **Exercises for this lesson**

1- Take several people and objects that are involved in karmic patterns of yours (such as money, a close friend, relative, romantic partner, etc) and begin to notice what you think you know about them is all in your own head. What you know about the object/person is all from inside your own consciousness and has not come from the object/person itself.

2- Recognise that all you think you know about the object/person is simply a collection of thoughts, emotions and memories and does not actually describe the object/person itself.

3- Begin to experience the object or person without the fiction of thoughts, emotions and memory/desire etc. What is your experience without these? How does it feel when you don't reference thoughts to try to know this object or person?

4- Begin to break down the idea that you know what this person or object is. We can all begin to admit that ALL we can know in truth is that our eyes see a particular shape or our ears hear a particular frequency, etc. Nothing else other than that can be relied upon because it is based upon what we think is happening.