



May 2022 Graduate Program Lesson
Exploring Lesson Three
The Two Modes of Perceiving

Introduction

In lesson 3 we learn to confirm that we are already looking FROM the place our ego thinks we are trying to get to. As we learn to confirm this experientially, it has the effect of slowing down the body/mind vehicle and allowing it to relax and begin to live this realisation. It stops the seeker and the seeking and allows us to simply be the Self at all times. Abiding as the Self is only possible permanently and effortlessly once we see we have always been That.

In this month's lesson we are going to study exactly how we can perceive and become much more aware of what modes of perceiving we already have and may not have valued. In seeing these modes clearer, we will begin to recognise our "primary" mode of perceiving is as the Self and that the body, mind and senses are "secondary" to that. We will come to see the mind, body and senses are only an optional extra and nothing will be lost once they have gone.

We will follow a few main points in our study this month:

- To notice we **already** have the ability to perceive form and formlessness and we always have had.
- To confirm we can effortlessly perceive formlessness right now and that we are NOT using our senses to perceive it.

- To confirm that we are also NOT using our mind to perceive the formlessness. To do this we will look at what mind is. It is a sequence of thoughts passing by that gives a sense of continuity during the waking state. We can use our mind to think about something. We perceive something and after that perceiving we can think about that thing. Thinking about that thing seems to make us feel separate to it.
- When we notice formlessness, we can begin to understand that it is not a thought process that is seeing it. Mind can only talk about the formlessness and cannot actually directly perceive it.
- To confirm that when we perceive formlessness it is a non-local event. This means that there isn't a "me" separate to the formlessness that is noticing it. We can begin to see this by looking at where we are noticing the formlessness from. We can do this by asking several questions

1-Are you "inside" the formlessness or "outside" of it when you notice it? Or do these terms not apply? Are you "next to it" or "merging into it"?

2-Are you separate to the formlessness when you notice it?

3-Can you find a place or location that you are looking at it from? Are you "over here" looking at emptiness "over there"?

4-Is there a "me" noticing formlessness or does it seem to disappear when you look?

5-Can you be a phenomenon (someone, somewhere in time and space) and notice the Noumenon? (That which is everywhere at all times).

Exercises for this lesson

Look at the main study points and see if you can prove each one experientially for yourself. Check whether you know you are not using your mind or senses to notice the Formlessness. Please do ask me for help if you need it.

Once you can confirm you are not using your mind or senses to notice the Noumenon, see if you can confirm where you are noticing it from. Use the questions listed above to stimulate deeper seeing.

All you have to do is to want to see. You do not need to try hard here. Just let the answers come whenever they come. It is enough to be really curious as to how you are noticing the Noumenon and from where.

It would help to do this study with your buddy and also in smaller groups of 3 or 4 students if possible.

**The Formlessness can recognise Itself OR it can look at an object.
Objects/phenomena cannot notice the Formlessness.**