The Nature of Perception: A Phenomenological Perspective

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Mind of a Child: www.zenmonks.org
What do you perceive?

http://www.quantumperception.net/html/illusions.htm
Dolphins or Couple?

What do you see?

Research has shown that young children cannot identify the intimate couple because they do not have prior memory associated with such a scenario.

Children see nine dolphins!

http://www.quantumperception.net/html/illusions.htm
Phenomenology?

Phenomenology answers:
What do we experience?
How do we essentially experience what we experience?
Essence of Experience

The essence of experience is:

the central underlying meaning of the experience shared within in different lived experiences.

In other words

What is the meaning of my life?
Meaning of My Life

Meaning exists “in the head” and is thus a fantasy.
Who creates what is in my head?
I create the meaning of my fanciful life.
Phenomenology of Perception

What we believe determines what we perceive.

From what we perceive we generate meaning.

::What we believe determines the meaning of our lived experience.

::What we believe determines the meaning of our life.

::What we perceive IS our reality.
What do I perceive?

• The universe I perceive is the image of my own self.
• I can only perceive what I know.
• The image maker strives to maintain the image at all costs:
• By controlling the reproduction by realigning the production to fit the image.
Experiential Overview: What/How

Direct Sensation: Direct Reflex

Pure Sensation

Intuition

Indirect Sensation: Inference/Understanding

Pure Ideality

Recognition

Conception
<table>
<thead>
<tr>
<th>Reality-Actuality-Ideality</th>
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<tbody>
<tr>
<td>Sensation</td>
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<tr>
<td>Particular</td>
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<tr>
<td>Thing <em>in se</em></td>
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<td>Affirmation</td>
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Three Aspects of Experience

of Things

of Ideas

of Mysticism*

*metalogical intuition of the universe as a whole
Object of Perception

**Sensible:**
- People
- Places
- Things
- Events

**Ideational:**
- Thoughts
- Feelings
- Emotions
No Object – Just Subject

The BODY – as OBJECT is in the world “out there”

My body is no longer a docile instrument,

but is now as a cage.

The BODY – as SUBJECT
Essence of Perception: Wave

Eye: electromagnet waves = Light
Ear: wave band = Sound Frequencies
Skin: Stimuli waves = Mechanical Distortions
      (pressure, bending, etc.)
Meissner’s Corpuscle

Low Frequency Waves
Located at the tips of these dermal papillae just under epidermis: Lips, fingers, eye lids, face.
Pressure, vibration, texture

Sensation of touch – light pressure.
Pacinian Corpuscles

High Frequency Waves
Located deeper dermis & along joints and tendons.
Transient vibration and pressure.
Dance, etc.
Perceptual Experience: Thought Impulses

<table>
<thead>
<tr>
<th>OBJECT</th>
<th>1st Impulse</th>
<th>2nd Impulse</th>
<th>3rd Impulse</th>
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<tbody>
<tr>
<td>Sensible</td>
<td>Outward</td>
<td>Reflective</td>
<td>Awareness</td>
</tr>
<tr>
<td>Ideational</td>
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Pre-Conscious | Unconscious | Unconscious | Conscious
A DAY         | Recognition | Meaning     | Awareness
A Day         | Yes, it is Day | “Good Day” | I created
3rd Impulse

Seat of Ego: Egocentric

Recollection and Memory:

• Delusive Thought Patterns: hatred, foolishness
• Delusive Thought Patterns: stupidity, anger
• Delusive Thought Patterns: greed, jealously
• Indoctrination Biases: Family-State-Church
• Resistance: Personal-Social-Cultural
• Depression (past), Worry (present), Anxiety (future)
Perception: Condition Habit Pattern

Learned Invitation (accept/reject/reconfigure):
Example:

Biology: What a Male/Female is.

Family: What a Man/Woman is.

State: How a Man/Woman behaves (masculinity/femininity).

Church: Guilt/Shame/Blame/Moral/Ethics
Primacy of Beliefs

Recollection/Memory are essentially an amalgam of Beliefs. What I believe determines my reality:
I am the center of the universe (at least my universe).
I am special.
I am an individual.
I am important.
I deserve.
I am afraid of death (and, therefore, life).
I am afraid of who, what how, when, where, and why I am.
I am afraid of who, what, how, when, where, & why I am not.
Therefore, I am imprisoned by my beliefs as, in truth,
I am none of the above and then some..
nb Belief

NOTE: In every belief there is a lie.

beLIEf

What is the 2-fold Lie:
1) That there are beliefs
2) That my belief is TRUE
The Goal: “External”

To know the external world as it is.

To let go of conceptual understanding of it.

To eliminate topsy-turvy delusive modes of behaving:

To know this book **IS** a book rather than to understand that this book **is** a **book**.

In other words, **to free the 1\textsuperscript{st} Thought Impulse from the 3\textsuperscript{rd} Thought Impulse, to free the 3\textsuperscript{rd} Thought impulse from the control of egocentric individuality and be able to LET BE!.**
The Goal: “Internal”
To know the internal world as it is.
To let go of conceptual understanding of it.
To eliminate topsy-turvy delusive modes of thinking:
To know I AM rather than to understand that I am.
In other words, to free the 1st Thought Impulse from the 3rd Thought Impulse,
to free the 3rd Thought impulse from the control of egocentric individuality and be able to LET BE!
No Perception

There is no perception as such.

“Perception” is a metaphor for the act of awareness within which body-subject emerges.

I AM the space within which I emerge.
How to change a perception

Change perception, change experience.

1. Be aware that you make-up the perception based upon your beliefs and past experience. Own it.

2. Close eyes, settle down.

3. Re-experience the perception and sense the beliefs and experiences that led to the perception.

4. Let the beliefs go, let the experience go.

5. Realize the beliefs/experiences are nothing but electro chemical brain activity.
Fear

Fear is the belief that I cannot handle this situation.
How to Let Go of Fear

Recognize your fear to let go of the fear.
Feel the fear – let it permeate your being.
Feel your resistance to feeling the fear.
Identify the fear.
Realize that you are creating the fear.
Pay attention to your breath/breathing.
On an exhale, let it go.
Create a new empowering belief.
Be Peace.
Nondual Perception

The Mind of a Child. (www.zenmonks.org)

No Subject (The ego gets out of the way.)

No Object (The universe is and IS in the head.)

Without ego in the way, I AM rather than I am.

Being other than a child, I can take the PERSPECTIVE of a child and let be and let go (of my ego resistance to accepting just what is in the moment, including how I am0.
Conscious Awareness

I live as Conscious Awareness
rather than Ego
by transformation of the 3rd Nen.
NOWHERE
NOW HERE
And This is That
ONLY if you let it be so!

The Mind of a Child

THANK YOU!!!

Peace and Joy!