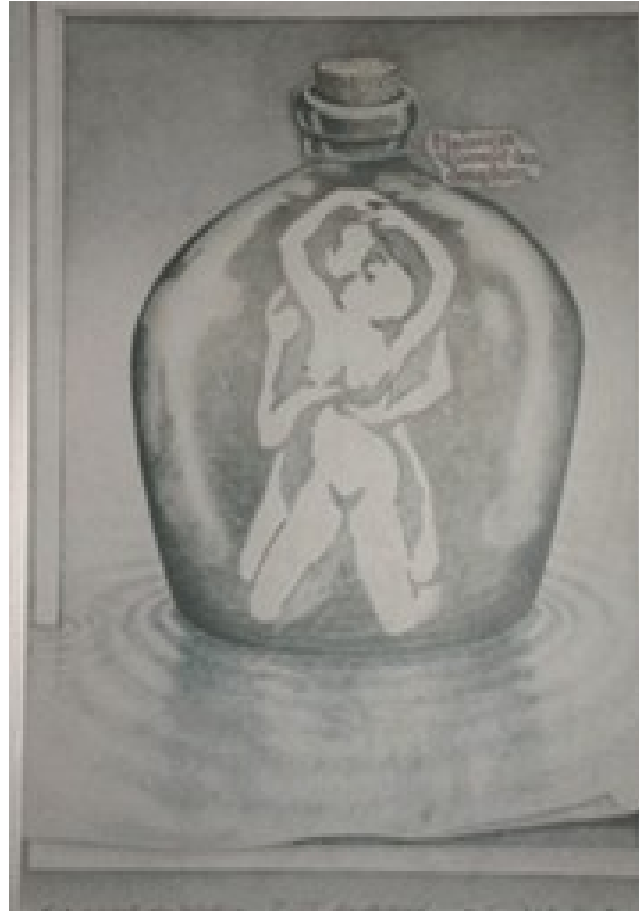


The Nature of Perception: A Phenomenological Perspective

Presenter: Robert M Dittler, Ph.D.

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 our of lived experience.

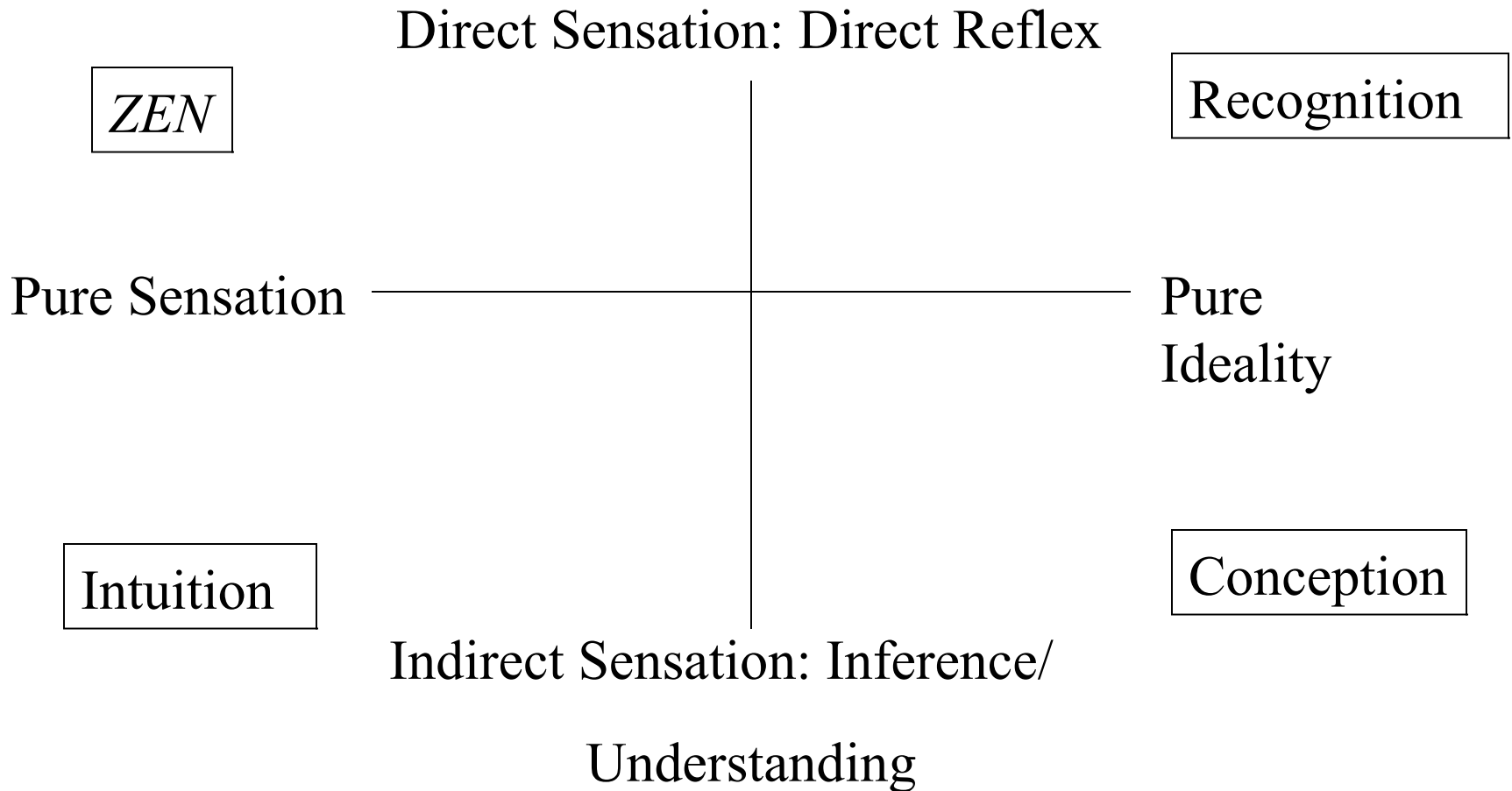
::What we believe determines the meaning our LIFE.

::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



Reality-Actuality-Ideality

Sensation	Just IS	Conception
Particular	Just IS	Universal
Thing <i>in se</i>	Just IS	Thing in other
Affirmation	Just IS	Negation

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

OBJECT
Sensible
Ideational

1st Impulse
Outward

2nd Impulse
Reflective

3rd Impulse
Awareness

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, jealousy
- 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 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!**.

The Goal: “Internal”

To know the internal world as it is.

To let go of conceptual understanding of it.

To eliminate topsy-turny 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

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 am).

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!

www.ZenMonks.Org

The Mind of a Child

THANK YOU!!!

Peace and Joy!