

What does God, Love, and Sex have to do with Consciousness? A Phenomenological Perspective

Are you (*itself its own question*)...

Aware Consciously?

or

Consciously Aware?

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Robert M. Dittler Ph.D., O.S.B.

More Questions ...

What is it like to be aware sexually;
to be aware in love;
to be divinely, universally or eternally
aware?

What is it like to be conscious sexually;
to be consciously in love;
to be divinely, universally or eternally
conscious?

And yet another ...

After these “whats” are addressed,
how is it possible
to be aware and/or conscious
sexually, lovingly, eternally?

Nonduality

“Physics is the study
of the structure of consciousness.

The stuff of the world
is mind stuff.”

Sir Arthur Eddington

Conscious

Are you conscious?

An analogy, if you please

Dust off some neurons ...

If asked: when ice melts, *i.e.*, is heated,
is the ice the same temperature
as when it was solid?

An Analogy con't

The Answer ...

YES.

An Analogy (3)

Heat is the the measurement
of the total amount of energy
a substance possesses.

Temperature is the average kinetic energy of
an individual particle.

An Analogy (4)

Heat is measured in calories or joules.

1 calorie = 4.184 joules

BTW: 1 nutritional Calorie = 1 kcal
(1 kilocalorie = 1 Cal)

:: a 300 C. candy bar = 300,000 kcal.

An Analogy (5)

Temperature is measured in degrees:
Kelvin,
Celsius,
Fahrenheit

An Analogy (6)

And the Analogy, please?

Whereas *Temperature* and *Heat*

may be confused, so too may

Conscientiousness and *Awareness*

Temperature and Heat are measurements.

Conscientiousness and Awareness are aspects.

What is consciousness?

A Phenomenological Definition

Consciousness is:

the intentional construction of objects and
these objects are pointed at and
rendered present-at-hand.

Consciousness (2)

Consciousness identifies
with thoughts, beliefs, emotions and
then takes them into
a subconscious basement for repetition.

Acts of Consciousness

Judgmental Thought

Carnal Desires

Perceptual Experiences (Illusions)

Beliefs (Delusions)

Personal Life Story (Allusions)

Personal Identity

Joys and Sorrows

Consciousness (3)

Therefore, consciousness may be said to be

The mind itself:

thought, emotion, mental activity and
all known psychological dysfunction.

Consciousness (4)

Consciousness, hence, may be said to be
a global information broadcasting
within the cortex
as it arises from a neuronal network
whose purpose is
sharing pertinent information
throughout the brain.

Consciousness (5)

Therefore, consciousness may be said to

select,

simplify,

propagate

relevant thought:

i.e., All that one knows.

Consciousness (6)

Accordingly, consciousness is dualistic:

Subject-object

Relative to content

Partial and “Changeful”

Affirms or Denies

Thinking or Not Thinking

Consciousness (7)

Consciousness,
therefore,
renders:

I am that I am.

So what?

Well ... Nisapagatta Maharaj wrote:

Pain is physical, suffering is mental.

*Suffering is due entirely
to clinging and resisting.*

*It is a sign of our unwillingness
to move, to flow with life.*

*Although all life has pain,
a wise life is free of suffering.*

So what? (2)

*The wise are friendly
with the inevitable and do not suffer.*

*Pain they know,
but it does not bother them.*

*If they can,
they do what is possible to restore balance.*

*If not,
they let things take their course.*

What is awareness?

Phenomenological Awareness:

The intuitive sense, present in all of us, that our internal experiences possess exclusive qualities and unique *qualia*

such as

the *exquisite* sharpness of tooth pain or the *inimitable* greenness of a fresh leaf.

Awareness (2)

Awareness

Simply *is*,

does not identify;

is not aware of something,

but of nothing;

The common matrix of all experience.

Awareness (3)

Awareness is
the ground in which
the mind's contents manifest themselves
which appear in it and
then disappear once again.

Awareness (4)

Awareness is:

Beginningless and endless

(Eternal, not infinite),

Primordial,

Not aware of itself,

Allows consciousness to be conscious

Awareness (5)

Assumes NO Intentional Attitude

Neither Affirms or Denies

Neither Accepts or Rejects

Neither Believes or Disbelieves

From the Upanishads

We cannot see That
which is the Seer of seeing.

We cannot hear That
which is the Hearer of hearing.

We cannot think of That
which is the Thinker of thought.

We cannot know That
which is the Knower of knowledge.

This is our Self, that is within all;
Everything else but This is perishable.

Awareness (6)

Awareness,
therefore,
renders:

I am not that I am.

Conscious or Aware?

Situation: A person is afraid, fearful.

Person is asked:

ARE YOU AWARE OF YOUR FEAR?

Person responds:

*Yes, I am aware of my fear and
it does not go away.*

Conscious or Aware? (2)

With person responding:

*Yes, I am aware of my fear and
it does not go away.*

Is the person aware or conscious?

Conscious or Aware? (3)

The person is conscious, not aware.

**If one is aware of a thought or emotion,
then it dissipates
as there is no identification
(*i.e.*, no “I”).**

Conscious or Aware? (4)

Consciousness is
the what of who that is aware.

Conscious or *Aware*? (5)

Are you in your consciousness?

Is consciousness in you?

Conscious or Aware? (6)

If you are in your consciousness,
then suffering is NOT an option,
therefore, **suffer.**

Conscious or *Aware*? (7)

If consciousness is within you,
then **suffering is a option.**

Conscious or Aware? (8)

One is aware
that one's awareness
empowers consciousness
of just what
one is aware.

Consciousness v/v Awareness

Thinking

Not Thinking

Without Thought

Affirm/Deny

Pure Presence

Perceiving

w/o Intention

Judging

w/o Affirm/Deny

Desiring

w/o Accept/Reject

Allusions

w/o Belief/Disbelief

Delusions

Illusions

Resistance

Knowledge

Emotion

Will

How to be Aware?

Fitz Perls:

Fear is excitement without breath.

Fear of God

Religions of “The Book”
are based upon the Fear of God:
Face your sin and repent!

OR ELSE!!!!

(bad things will happen to you)

People who fear God are conscious of God.
They are not aware of what, who, how, why
God is and is not.

Fear of Love

I am only doing this because I love you.

SLAP!!

Prove you love me, do what I say.

Love me for all that I have done for you.

F.O.G. (Fear, Obligation, Guilt)

One is conscious when afraid to love.

One is not aware of what, who, how, why

Love is or is not.

Fear of Sex

Ol' Freud may come to the rescue here:

The metaphor of the

Oedipal or Electra complex:

Guy is afraid he is bedding his mother.

Gal is afraid she is bedding her father.

or whatever variations on the theme may be.

One is conscious of one's sexuality.

One is not aware of what, who, how, why

Sexuality is or is not.

Awareness

In terms of God:

No thought, no emotion.

Pure Presence.

.

(There is no *Me*, *Myself*, or *I*: a conscious reality.)

Awareness

In terms of love:

Accepting that there are

NO DIFFERENCES

between us.

(There is no *Me*, *Myself*, or *I*: a conscious reality.)

Awareness

In terms of Sex:

Just being one flesh.

(There is no *Me*, *Myself*, or *I*: a conscious reality.)

The HOW!

Be aware. Just be aware -

Be aware

How, when, where and why
the Great Trinity: **Me, Myself, and I**
is functioning.

How: Only Just Be Aware

In awareness

Inhale,

Exhale slowly -

Being aware:

consciously breathing

Be aware of the want to think, to feel.

Be aware of **Me, Myself, and I**

running the life program.

Mind of a Child

Reflect on the Mind of a Child:

No Entification

No Unnecessary Conditioning

No Unnecessary Thinking

-hence No Suffering

No Time and its Perception

No Selfish Anger

No Unnecessary Memory

(www.zenmonks.org)

Awareness: 80/20 Rule

Be aware even when not aware.

We are **always** aware.

Given the 80/20 Rule:

Only 20% of the time is 20% of a population aware that awareness is,

even though awareness is 100% operable.

80% of the time a population operates under the Great Trinity: Me, Myself, and I.

Be Aware

When experiencing:

Passivity-Aggression/Mania-Depression,

Peace-Joy/Disturbance-Sorrow,

Or the myriad of the Ten Thousand Things

BE AWARE

that such is only
Conscious Activity

Matrix



Life is an Option

In awareness

Breathe:

Inhale, Exhale

Let “it” go!

(unless you are truly aware that
this is what you want in this moment).

Awareness to Awareness

In the beginning there was AWARENESS..

Then unconscious unawareness entered

Then conscious unawareness entered

Then conscious awareness entered

Then unconscious awareness

Dongshan's 5th Rank

Let us recall a Zen experience:

Emptiness and form, mutually penetrate to such a degree as to become virtually indistinguishable.

Our polarized conceptual notions of the difference between the Absolute and the relative, the Real and the apparent – dissolve.

***This final collapse of dualistic thinking catalyzes the experience of inner freedom and spontaneous action known as the play of the the child-like sage
- within the illusory world.***

edited and adapted from

http://taoism.about.com/od/buddhism/a/Dongshan_Five_Ranks.htm

Thank you!

Peace and Joy!

OM SHANTI.

Shanti OM.

Gassho.

(www.zenmonks.org)