

# **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?

**Science and Nonduality Conference**

San Jose, CA; October, 2015

**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](http://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,

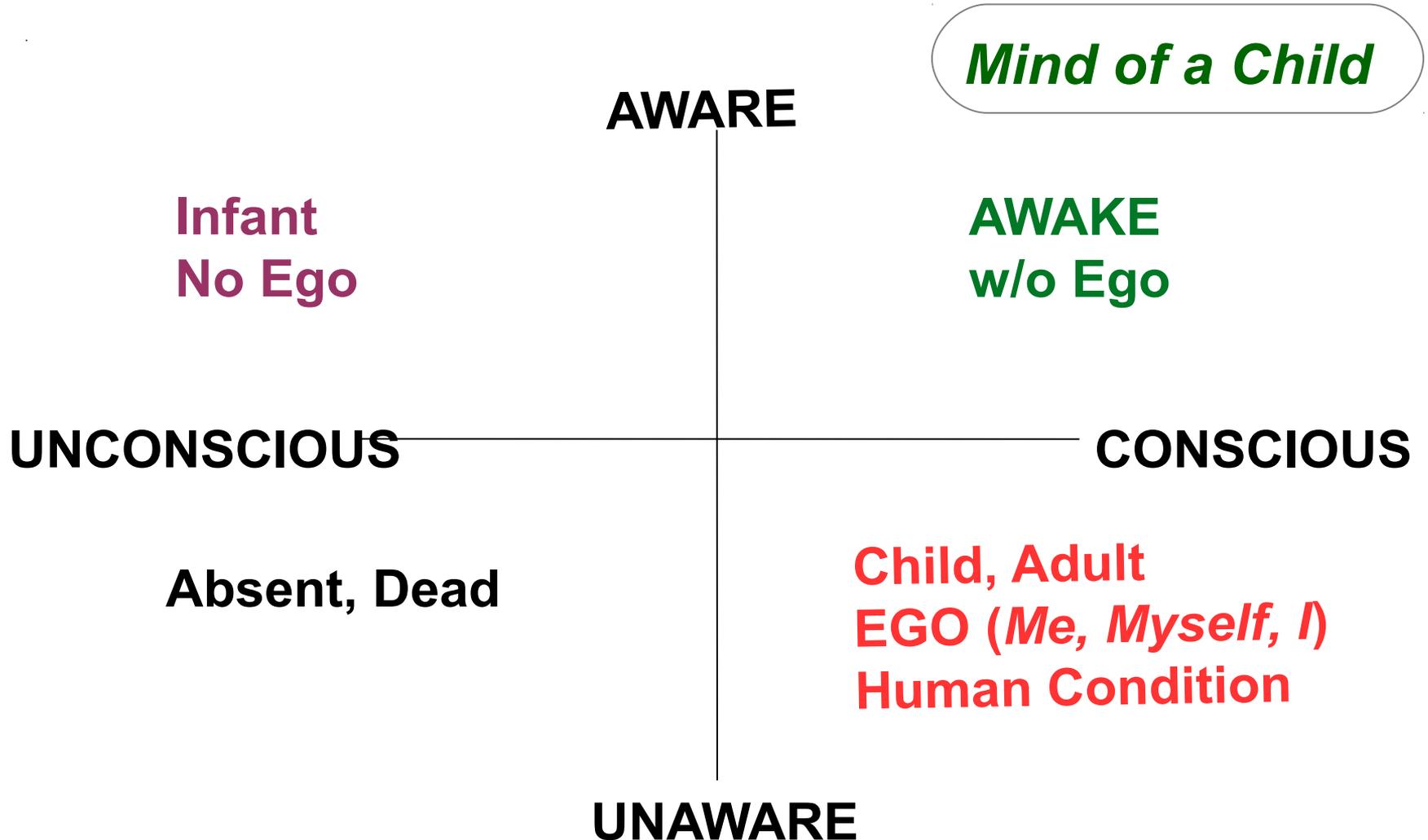
Peace-Joy/Disturbance-Sorrow,

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

Thank you!

Peace and Joy!

OM SHANTI.

Shanti OM.

Gassho.

**([www.zenmonks.org](http://www.zenmonks.org))**