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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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 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. *Consciousness* 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:
Beginingless 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
- Affirm/Deny
- Perceiving
- Judging
- Desiring
- Allusions
- Delusions
- Illusions
- Resistance
- Knowledge
- Emotion
- Will

Not Thinking

Without Thought
- Pure Presence
  - w/o Intention
  - w/o Affirm/Deny
  - w/o Accept/Reject
  - w/o Belief/Disbelief
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

Infant No Ego

UNCONSCIOUS

Absent, Dead

UNAWARE

AWAKE w/o Ego

CONSCIOUS

Child, Adult EGO (Me, Myself, I)
Human Condition

Mind of a Child
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)