

**THREE LEVELS OF AWARENESS** (Wright)

Level	Characteristics	Practices
<b>1. Immediate experience.</b>  Enhance quality of immediacy (pre-reflective immediate experience).	<ul style="list-style-type: none"> <li>- Direct (unmediated) awareness of sight, sound, taste, touch, phenomena, both internal and external.</li> <li>- Suspend thinking.</li> <li>- Become aware of awareness.</li> <li>- Integration of body and mind.</li> </ul>	<ul style="list-style-type: none"> <li>- Breathing practice: following, counting. (settled and stable, centered)</li> <li>- Maintain focus on present (undistracted).</li> </ul>
<b>2. Reflective thinking.</b>  Integrate a more comprehensive view of life.	<ul style="list-style-type: none"> <li>- Step back from direct awareness.</li> <li>- Employ critical thinking and engage inquiry into the big picture.</li> <li>- Open oneself to transformation.</li> <li>- Cultivate emotional intelligence.</li> <li>- Teachings become habitual.</li> <li>- Willing to question and test teachings on your own. (Buddha: "Ehipassiko")</li> <li>- Asking questions aimed at transformation of ourselves &amp; our vision.</li> </ul>	<ul style="list-style-type: none"> <li>- Step back from immediacy and inquire into what appears (is it really so?)</li> <li>- Uses open inquiry or questions, e.g. Is this true? "Who is experiencing what?"</li> <li>- Inquire into the complex relationships of mind/emotions to phenomena.</li> <li>- Practice contemplative reading with intention to internalize the teachings into our character.</li> <li>- Inquiring into Oneness of life: complexity and diversity &amp; one's functioning in the web of life.</li> </ul>
<b>3. Reflexive or Self Awareness.</b>	<ul style="list-style-type: none"> <li>- Inquiry into no-self: self is not a fixed entity independent of the world around it.</li> <li>- Seeing "self" as that which arises in every moment contingent on co-existing phenomena.</li> <li>- Contemplate the five skandhas.</li> </ul>	<ul style="list-style-type: none"> <li>- "Who am I?" "What is this 'I'?"</li> <li>- Emptying out Subject and Object               <ul style="list-style-type: none"> <li>- Universal "emptiness" of all selves</li> <li>- "Emptiness" of "who is thinking right now?"</li> </ul> </li> <li>- Not-Knowing, Bearing Witness, Creative/Compassionate Action</li> </ul>