



## **July 2022 Graduate Program Lesson**

### **Exploring Lesson One - Contrast not conflict**

#### **Introduction**

In this month's lesson we are going to learn to tune in deeper to the Noumenon by embracing the seeming contrast of phenomena and the Noumenon. Our mind can easily get caught in trying to get rid of phenomena such as thoughts, emotions and sensations. The mind can see them as conflicting with, or disturbing our ability to tune into the Noumenon.

In this lesson we will go deeper into peace as we embrace the fact that contrast is NOT the same as conflict. Phenomena contrast with the Noumenon beautifully because they help us to recognise it. Imagine an empty space with no phenomena in it at all. How would we see the empty space without anything different or contrasting to it? How often do you notice the space in the room and would you even notice it if it were not for the objects/phenomena in the room?

Would you have even started along this pathway to find the Silence of your being if it were not for the noise of thoughts? Can we recognise Stillness without any movement or change?

What if this is the reason and purpose of all phenomena? To help us see the Truth? If so, can we embrace them more as not just a mistake, illusion or a distraction to our practice?

**Constant and effortless peace is the result of not trying to get rid of or change anything in this moment.**

### **Exercises for this month**

1-Whichever method(s) you use to tune in to the Noumenon from the list of ways below, lets begin to recognise that the phenomena are helping us to find the Noumenon. Begin to USE the phenomena to point you back to the Noumenon and in this way you will not be in resistance to What Is and will feel more peace.

- In amongst the movement of thoughts the Stillness is more noticeable.
- Because of the sounds we hear internally and externally the Silence is more available.
- As we notice the objects in any room the Contextual Field is more obvious to us.
- Whatever I am aware of shows me that there is Awareness right here.

List of methods for tuning into the Noumenon.

- Being Aware of Awareness
- Listening to Silence
- Resting in the Stillness
- Noticing the Sense of Being
- Noticing the Sense of Presence
- Staying in the I Am
- Tuning in to the Awakeness
- Being Conscious of your Consciousness
- Noticing the Existence
- Being the Contextual Field
- The Ever-Present state of Here
- The Stateless State of now
- Recognising the Knower
- Recognising your own Subjectivity

2-Look at any disturbing phenomena that you tend to reject or resist such as a negative emotion or a person you have some challenges with. Make a list of your top few triggers that seem to cause suffering in your experience. Try to find the contrasting way the Noumenon is appearing by using the phenomenon to contrast.

Examples:

- I struggle with fear and don't like to feel it. I can see notice the fear then notice I am aware of it.
- The neighbour's dog barks all through my meditation and it disturbs me. I can see I can hear the dog bark and then the Silence in between.
- My mind is so busy I cannot meditate. I can recognise thoughts are coming and going inside a Still space of my Being.
- I feel pain in my body and cannot focus during meditation. I see the pain and my body are objects appearing in the Contextual Field.