



## **June 2022 Graduate Program Lesson**

### **What Do We Actually Know About Objects- Exploring Lesson Four**

In this lesson we are going to look at what objects really are. We will come to experience in a deeper way that the phenomenal world we perceive is not what we think it is. This will help us to come to the experiential knowing that there is in fact only formlessness.

When we use our mind and senses to understand and perceive this phenomenal world of objects and other beings it keeps illusion alive for us. This month we are going to break down this illusion so we can begin to perceive the ESSENCE of the object or person. In this way we can come to truly KNOW the essence of all things is the same essence that we are too.

#### **Beyond “form” and “formless” is Reality**

What do our senses actually tell us?

Can we know anything about the object without our senses? Do we actually know anything independently of the senses? When we see, touch, smell or taste something we think we are encountering the object itself but in truth we are only perceiving what we encounter of our sensory perception of it.

## WE ONLY EVER KNOW OUR SENSES AND NOT THE OBJECT ITSELF

When we see something we aren't really seeing it with our eyes. We are seeing the light waves that are bouncing off it. Colours that we see don't indicate the object itself but what light frequencies bounce back off it.

When we hear a sound we are actually hearing the vibration as it touches our ear drum and not the thing that made the noise.

When we smell something we only experience what our sense of smell is telling us and not the object itself. The same is true for touch and taste.

What do you know about something if you do not use your senses to perceive it? Allow yourself to experience not knowing anything about the object and see what happens.

### What does our mind actually tell us?

What do you know about something if you do not use your mind to think about it?

Are our thoughts about something going to give us realistic evidence of what this thing is? Well let's look at what thoughts are. Thoughts are the memories and anticipations or our sensory perception of events and things. Let's take a look at what happens when we think about something.

If we think about or remember a flower we experienced a few months ago- are we actually encountering the flower?

If we anticipate going to a particular place for a vacation have we experienced the actual place? When we actually arrive at the place on vacation and begin to experience it with our senses and mind, are we actually experiencing it even then?

A thought is a symbolic representation, a metaphor for, a figurative expression or a word picture of the item itself. A thought has nothing to do with the object, place or person it represents.

## **Exercises for this month**

1-Find some common objects and practice what we have learnt in this month's lesson. Try to see what you know about that object and what it really is without using your mind (memory or imagination is also mind) or senses. These objects could be everyday items such as kitchen items or clothing.

2-Repeat the same investigations with object that hold some emotional or sentimental value to you such as gifts given to you, photos of people you love etc.

3-Repeat the same investigations with people you have challenging or good relationships with. You don't have to be with that person physically to do this exercise. You can bring a picture of them to your mind and do it this way.

4-You can also do this with money, time, negative emotions, resistance or anything else that seems to be an issue for you.

- What do you really know about anything or anyone without using your mind or senses?
- How do you feel when you know nothing about anything?
- Is the object really what you thought it was?
- What actually is it then?