

# Prostrations

Respectful greetings

Namo Buddhaya

Enlightened persons

Namo Dharmaya

Way, path, method

Namo Sanghaya

Pure hearts

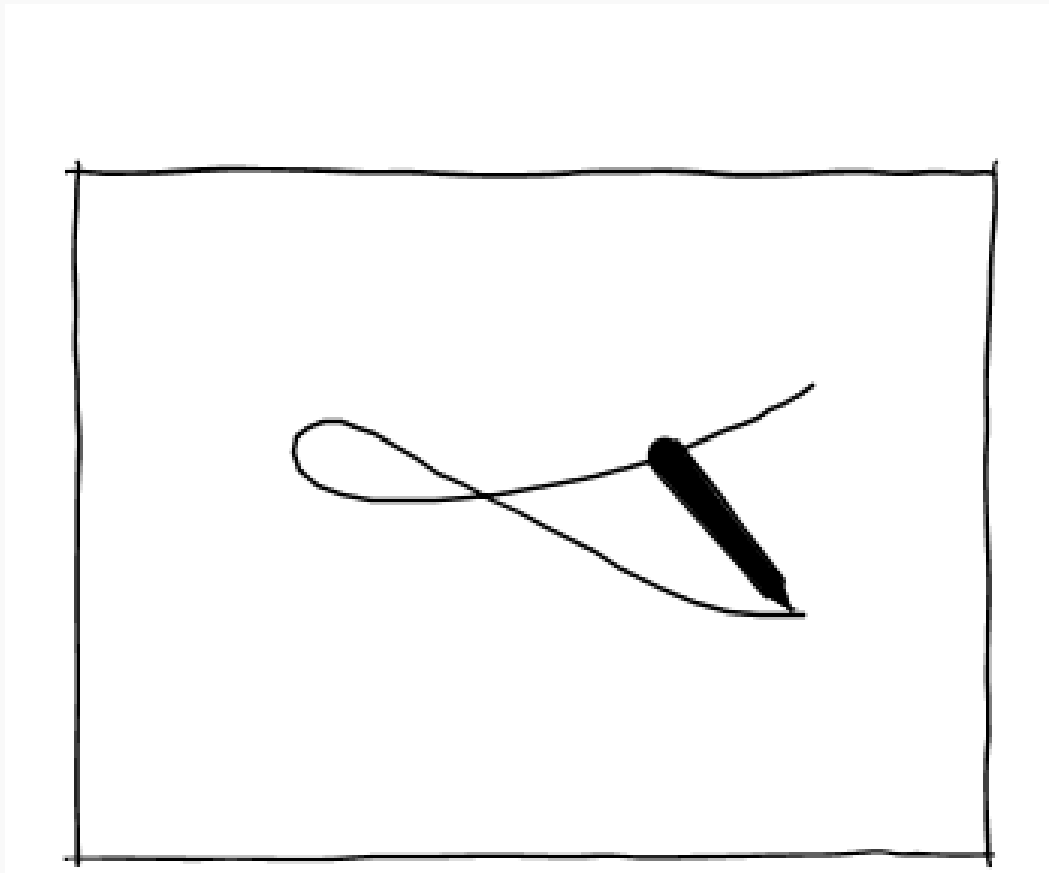


# Dedication of Intent (Gatha)

The unsurpassed, profound and intricate dharma is difficult to encounter, even over hundreds and thousands of kalpas.

Now that I have seen and heard the dharma.  
I behold and uphold what the dharma offers.  
I wish to understand the true meaning of  
Tathagata

# Draw A Tree Exercise



# Awareness

## **Draw a tree exercise:**

- 1. Did you draw roots on your tree?**
- 2. Aren't roots an integral part of a tree?**
- 3. Do you often see roots of a tree?**

You didn't draw roots on your tree because of a preconditioned societal norm that causes us to focus only on what can be seen and measured. This is what the scientific bias of proof and measurement has done to our conception of reality.

# Consciousness levels

## Awareness



# Awareness

- **Science** (from Latin, *scientia*, meaning "knowledge") is a systematic enterprise that builds and organizes **Knowledge** in the form of **testable explanations**.

<https://en.wikipedia.org/wiki/Science>

**Consciousness (abstract concept)**



**Consciousness levels (measurable)**



# Learning Objectives

- to be aware of first year learning objectives
- to define specific terms
- to understand why the **quantification** of consciousness levels is important
- to be aware of how our reactions/ responses are related to perception of reality.
- to understand how reactions are translated to levels of consciousness.



*Learning Objectives*

# Review

What is the main learning objective of each lecture?







# Learning Skills

- 1. Definition of Terms**
- 2. Communication Skill Set**
- 3. Mind Set**



# Learning objectives

Learning skill provides us tools to recognize and remove the ego.

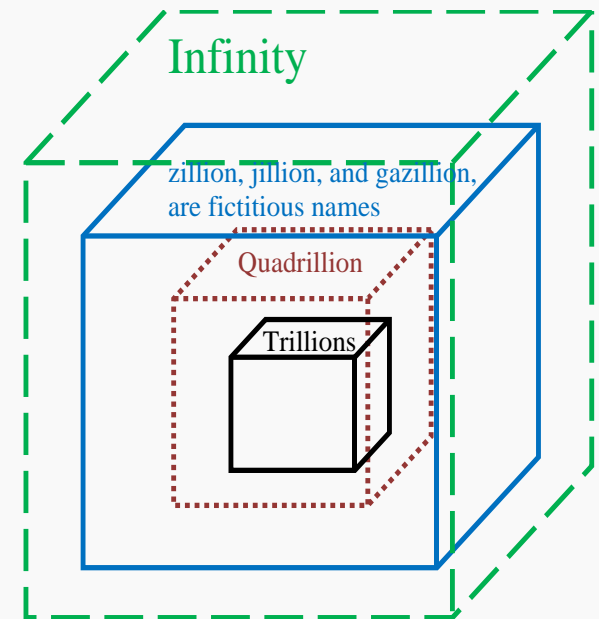
Therefore, the mind is opened in order to allow new information/ teaching to come in. Thus, learning is possible.



*Learning Objectives*

# Counting Numbers

	Avatamsaka Sūtra	Number of Digits
12	immeasurable <sup>4</sup>	x 93045959704944111103
2	immeasurable <sup>4</sup>	= 26649421962412033
	unspeakable	
12	unspeakable	x 1860919194098882222
3	unspeakable	= 0653298843924824065
	unspeakable <sup>2</sup>	
12	unspeakable <sup>2</sup>	x 3721838388197764444
4	unspeakable <sup>2</sup>	= 1306597687849648129
	unspeakable <sup>4</sup>	
12	unspeakable <sup>4</sup>	x 7443676776395528888
5	unspeakable <sup>4</sup>	= 2613195375699296257
	unspeakably	
	unspeakable	
12	unspeakably	x ?
6	unspeakably	
	unspeakable = untold	



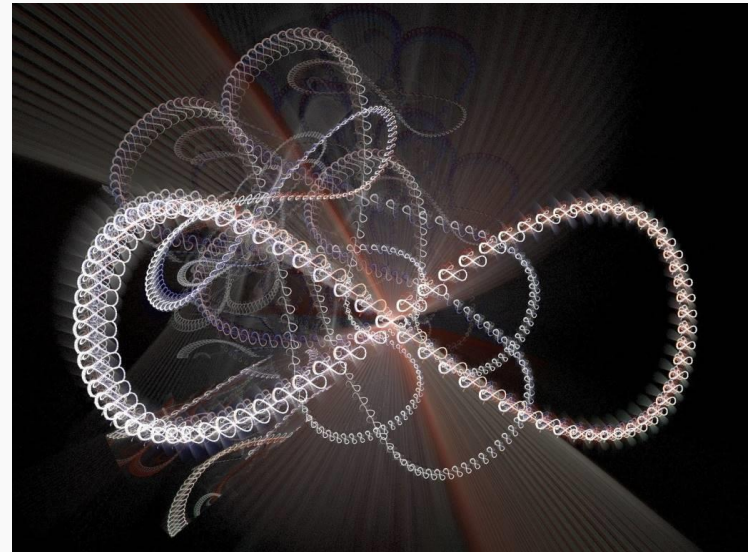
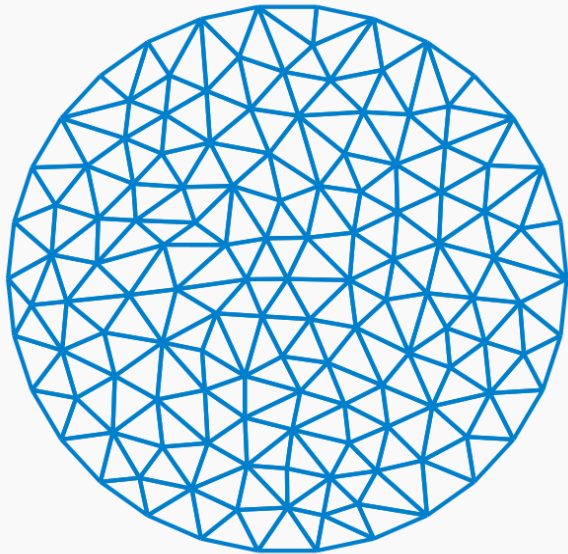


# Mind Set

**Microscopic and  
macroscopic scale**



**Expansion of Mind Set**



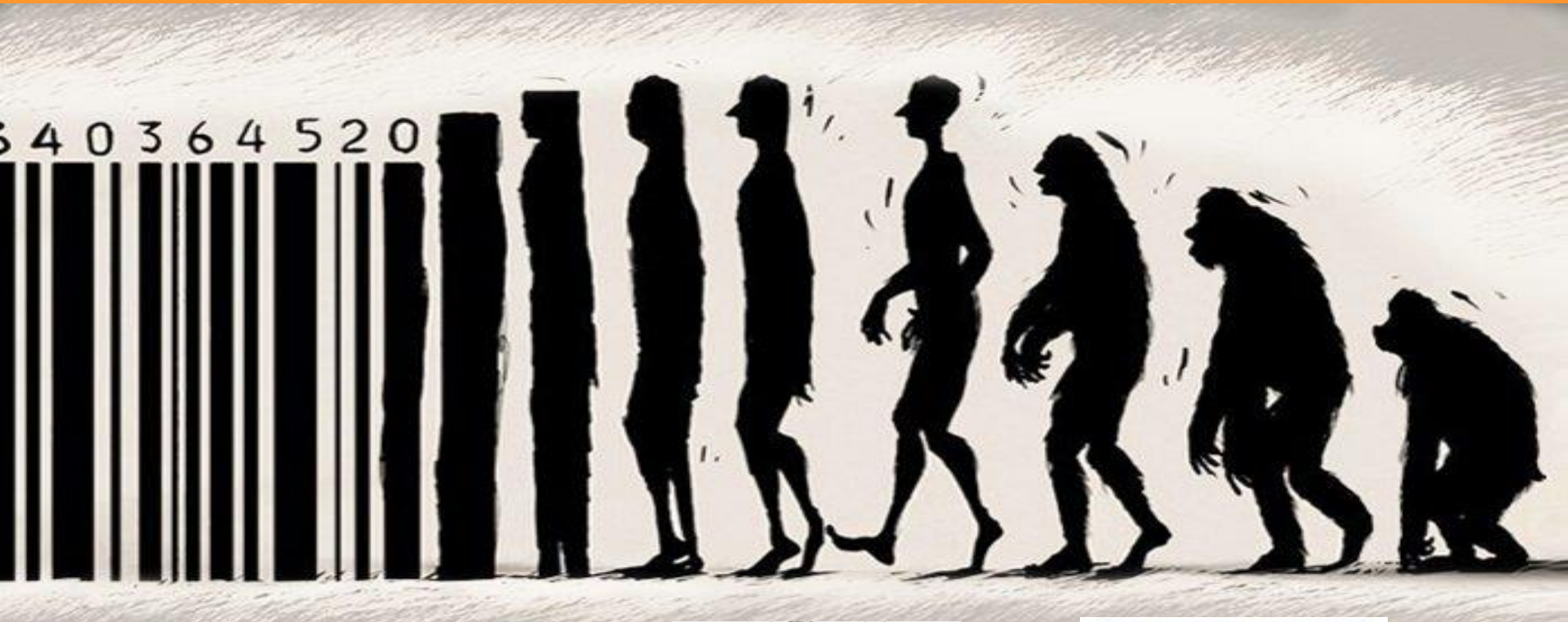
# Learning objectives

1. Counting number is to force our minds to be aware of the very large numbers and to expand our thinking boxes.
2. Purpose of the exercise is to measure one's life force.
3. To become aware that abstract concepts can be quantified into measurable units by means of relative degree or scale.
4. Expansion of mind set leads to transcending duality.
5. To become aware of the continuum of reality.



*Learning Objectives*

# Ego



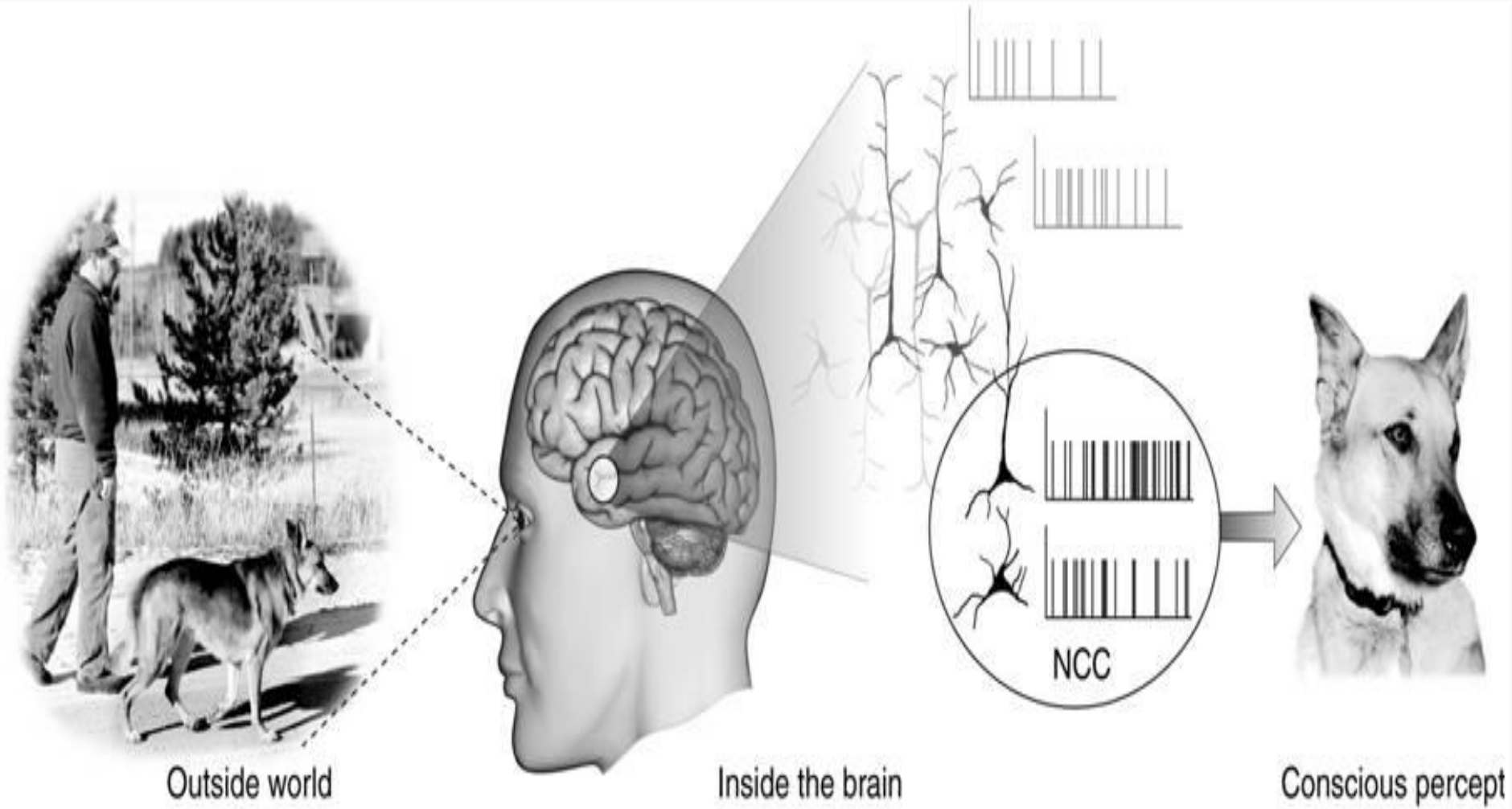
# Learning objectives

1. Understanding how ego works, survives and its defensive mechanism.
2. Ego is the obstruction to Enlightenment.
3. Understanding why it is difficult to become enlightened.



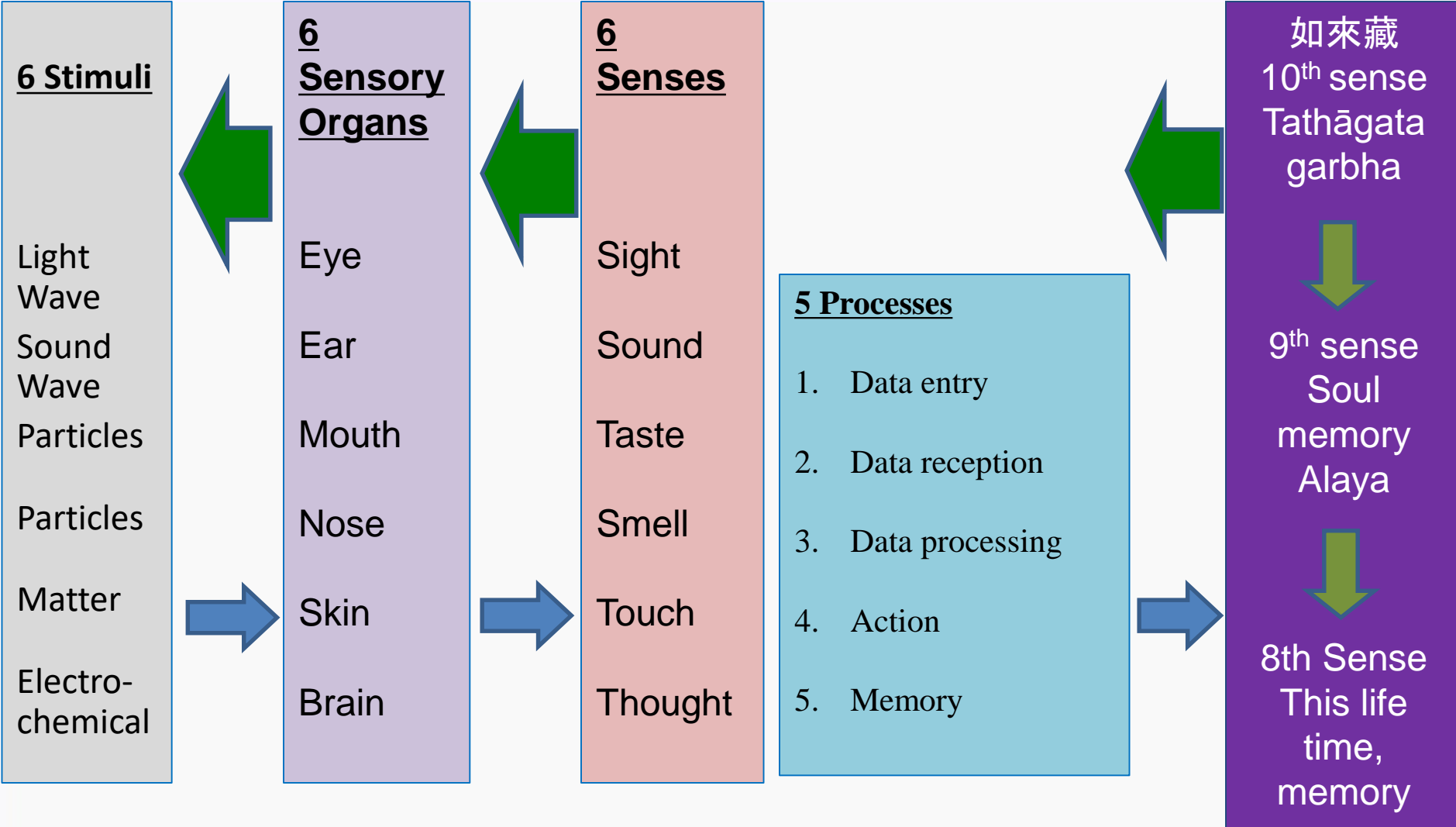
*Learning Objectives*

# Perception of reality





# Awareness = Application of proper perception



**Awareness**  
**Enlightened view** ←

→ **Unawareness**  
**Unenlightened view**

# Learning objectives

1. Understanding how reality is perceived.
2. Reality is the continuous vibration of energy at different wavelengths.
3. Awareness of the 5 aggregates' process, which influence perceptions, the root cause of sufferings.



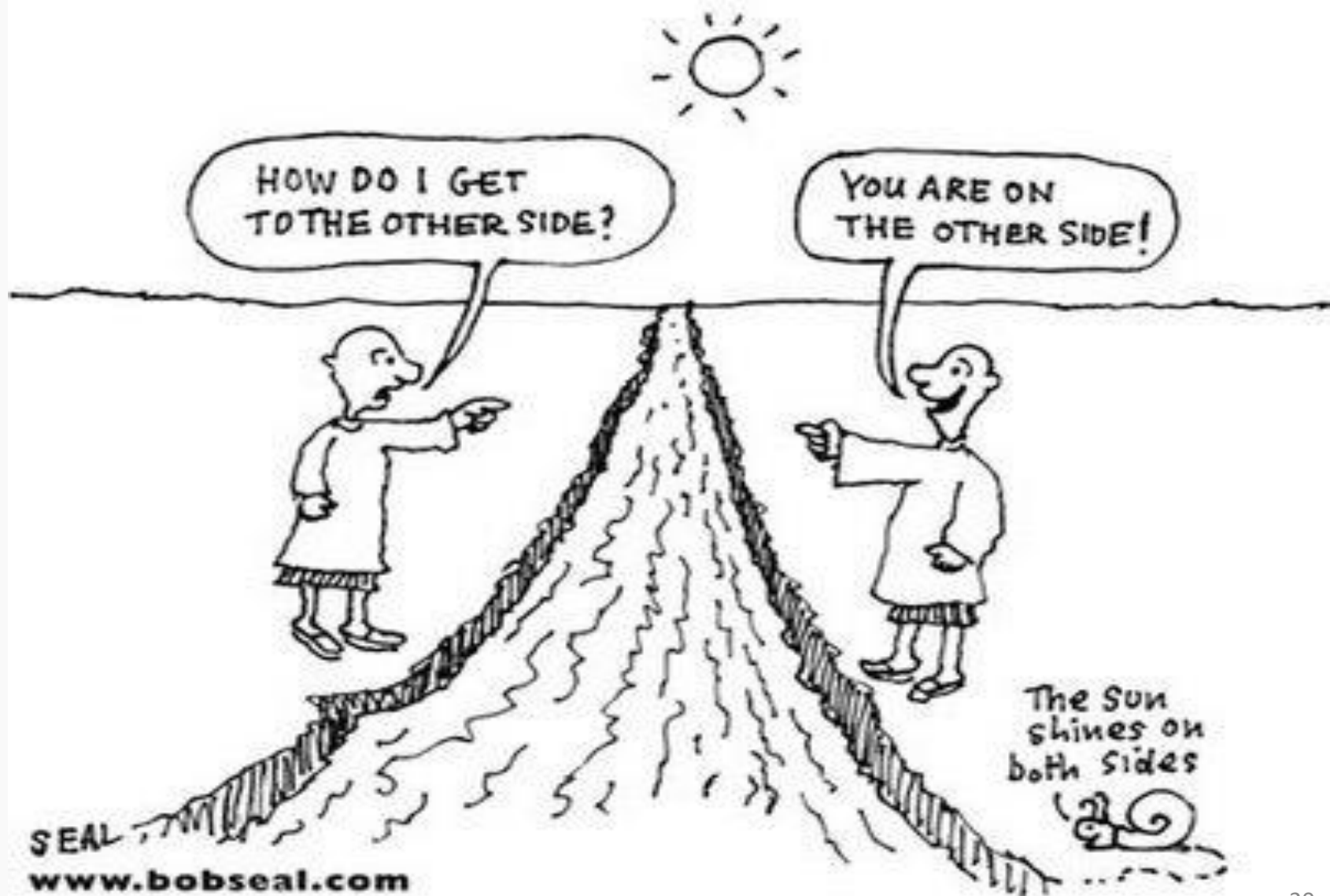
# Your Roadmap to Enlightenment

**Wisdom**

**Awareness**

**Knowledge**





HOW DO I GET TO THE OTHER SIDE?

YOU ARE ON THE OTHER SIDE!

The sun shines on both sides

SEAL  
www.bobseal.com

# Definitions

- **Knowledge:** What we have learned and accumulated from experiences or encounters using our eight senses.  
(AWE first year curriculum, correct knowledge)
- **Wisdom:** Correct thinking/decisions that produce correct actions – leading to enlightenment.

# Definitions



## Awareness:

- It is the bridge enabling us to transform knowledge into wisdom.
- 智 the top of the word is “**know/knowledge**” the bottom of the word is “**sun**”; knowledge is like sunlight dispel darkness (ignorance - learning obstacles (ego), small thinking boxes, duality views, illusion of perception of reality, and the inferno of the 5 aggregates). Examples:
  - ❖ I don't know = I am not aware
  - ❖ We become aware of our innate Buddha nature. We are aware of the true meaning of Tathagata – coming and going - the transformation of metaphysical to physical realm.

# Definitions

- **Awakening:**
  - ❖ It is a transformation from “**I am not aware**” to “**I am aware**”.
  - ❖ It is the rising above the primitive instincts.
  - ❖ It is a continuing process; it is an evolution of human consciousness in all aspects including religion, metaphysics, science and philosophy.
  - ❖ It is to recognize the meaning of life.
- **Enlightenment:**
  - ❖ It is to live life wisely to its highest value i.e. cash out the value of life.

# Consciousness levels

**David Hawkins**

**Power vs Force**

**logarithm**

**kinesiology**

**Consciousness  
exercise**

**Spiritual awakening**

**Quality versus quantity**

**Interpretation of  
consciousness level**



# Consciousness exercise

Clear your mind please... are you ready?



**How do you feel about this homeless bum living near your home? What is your gut feeling?**



# Levels of Awareness

Level	Log	Emotion	Reaction to an old Bum in an upscale neighborhood
Enlightenment	700-1,000	Ineffable	<i>He is a perfect and beautiful (bum)</i>
Peace	600	Bliss	revealed as our own self in a temporary expression
Joy	540	Serenity	transcended social limits and gone free, a joyful old guy with the wisdom of age
Love	500	Reverence	in his face and the serenity that comes from indifference to material things
Reason	400	Understanding	a symptom of the current economic and social malaise, or perhaps a good subject for in-depth psychological study
Acceptance	350	Forgiveness	Intriguing; probably has an interesting story; he's where he is for reasons we may never understand
Willingness	310	Optimism	decide to go down and see what we can do to cheer him up, volunteer some time at the local shelter
Neutrality	<b>250</b>	Trust	looks okay, "Live and let live," after all, he's not hurting anyone
Courage	<b>200</b>	Affirmation	wonder if there is a local homeless shelter
Pride	175	Scorn	an embarrassment or lacking the self-respect to better himself
Anger	150	Hate	could be violent, or furious that such horrible conditions exist in our country today
Desire	125	Craving	why doesn't somebody do something?
Fear	100	Anxiety	threatening, a social menace, call the police
Grief	75	Regret	tragic, friendless, forlorn
Apathy	50	Despair	society can't do anything about homelessness
Guilt	30	Blame	he is to be blamed for his condition
Shame	20	Humiliation	dirty, disgusting, disgraceful



# The Bum's reaction

- When approached, the bum's responses to different levels of consciousness would vary accordingly.
- With some, he'd feel secure; with others, he'd feel frightened or dejected.
- Some would make him angry, others would delight him.
- Some he'd avoid, others he'd greet with pleasure.
- **We meet what we mirror.** We'll react to things in a fashion predicated by the level from which we perceive them. We see what we want to visualize.
- Our external world is the mirror reflection of our inner world.
- The observer and the observed are one; all is relative to the energy level of the observer, which influences the observed...a reality of the quantum world.

# 2010 Spring New fashion icon, Beggar Prince, Handsome Vagabond, Brother Sharp



**POWER VS. FORCE**

**The Hidden Determinants  
of Human Behavior**

**David R. Hawkins, M.D., Ph.D.**

# David Hawkins MD, PhD

- American psychiatrist since 1952.
- Renowned researcher, lecturer, expert on mental processes, TV host, spiritual teacher.
- A lifetime member of the American Psychiatric Association.
- Author of numerous scientific papers.
- In 1973 he co-authored Ortho-molecular Psychiatry with Nobel Laureate Linus Pauling.
- Director of The Institute for Advanced Theoretical Research.

# David Hawkins – spiritual awakening

- At age 3, a sudden, full consciousness of **existence** occurred, ..., complete understanding of the meaning of *I am* ..... This was an instant **awakening** from oblivion into a conscious **awareness** of **being** itself.
- Near death experience in 1939 (age 38).... I became an agnostic. ... I had lost religion... but discovered spirituality.
- Survivor of a fatal illness....many chronic maladies ... disappeared...my eyesight spontaneously normalized.
- At certain levels of spiritual awareness, ailments of the body heal, or spontaneously disappear.

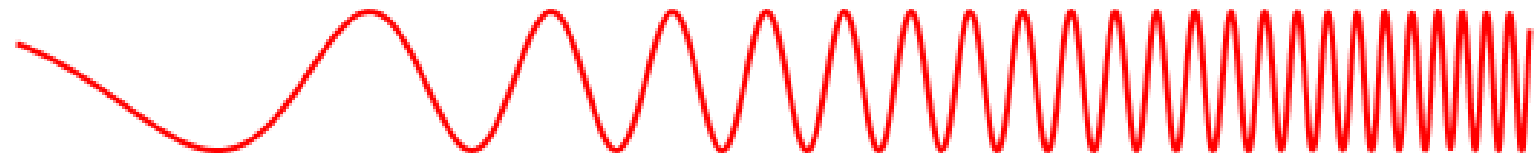


# David Hawkins – spiritual awakening

- It was necessary to stop the habitual practice of meditating ...because it would intensify the bliss to such an extent that functioning was not possible.
- The person I had been no longer existed. There was **no personal self or ego left** – just an **Infinite Presence** of such unlimited power that it was all that was...**Oneness**.
- ... all pain and suffering arises solely from the ego.
- Extremely successful psychiatrist. 1000 new patients a year, 50 therapists and other employees, 2000 outpatients.
- Became a spiritual healer.

# Quantitative scales – Wavelength/frequency/temperature scales

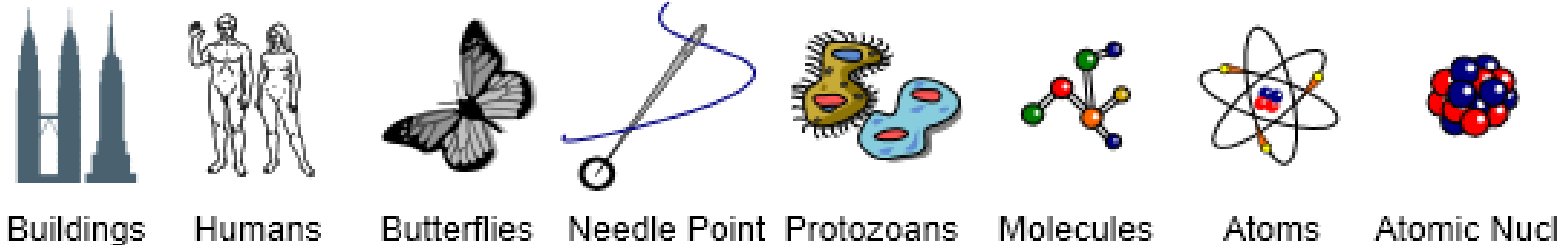
Penetrates Earth's Atmosphere?



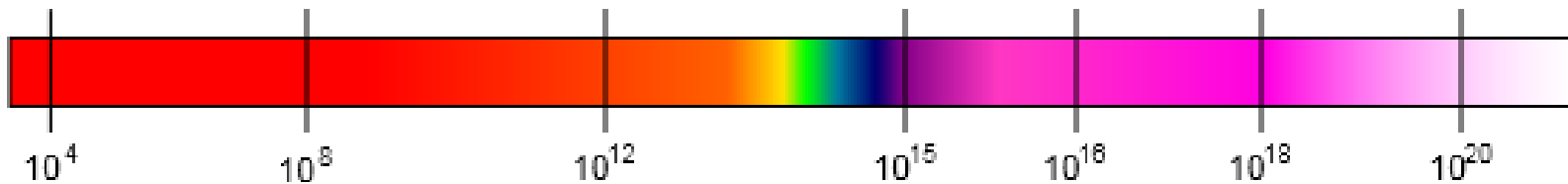
Radiation Type  
Wavelength (m)



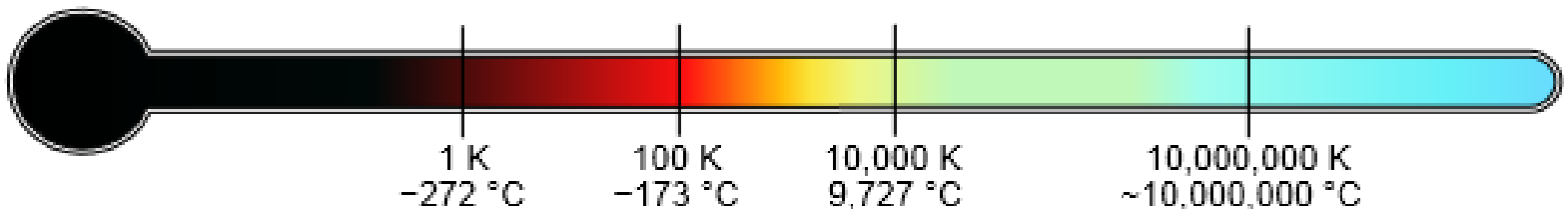
Approximate Scale of Wavelength



Frequency (Hz)



Temperature of objects at which this radiation is the most intense wavelength emitted



# Levels of Consciousness

## logarithm scale

Level	Log	Emotion	Life View
Enlightenment	700 – 1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

↑

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# Logarithm

- Logarithms (Log) put numbers on a human-friendly scale.
- Large numbers break our brains – small thinking boxes.
- Logarithms can be used to talk about things that can be both tiny and gigantic, such as in earthquake's magnitudes.

<https://betterexplained.com/articles/using-logs-in-the-real-world/>



# Kinesiology

- The science of human movement - the Greek words kinesis (movement) and kinein (to move)
- Muscle responses to a stimulus
- Positive stimulus → muscle becomes stronger
- Negative stimulus → muscle becomes weaker
- Stimulus can be an image, a name, a chemical, a drug, a truth or a lie.
- The person being tested has no prior knowledge of the stimulus.
- Human levels of consciousness are calibrated by kinesiologic testing technique.

# Power vs force

## Power

- **Meaning of life/value of life**
- **Noble (compassion/polite)**
- **Positive**
- **Wholeness/oneness**
- **Effortless (no external energy required)**
- **Stillness/stable**
- **Being (No external influences)**
  
- **Recognition through awareness**
- **No control of universal truth**
- **Non-duality**
- **Enlightenment**

## Force

- **Meaningless life (purpose)**
- **Crass (insensitivity/ignorance)**
- **Negative**
- **Partiality/fragmentation**
- **Effort (required external energy)**
- **Chaos/movement**
- **Self-centered (Influences from external source)**
- **Driven by Ego through 5 aggregates**
- **Control and manipulate the force**
- **Duality (contradiction)**
- **Destruction - unenlightenment**

# Power patterns in human attitudes

**Positive pattern  
(above 200 level)**

**Negative pattern  
(below 200 level)**

Aware

Preoccupied

Being

Having

Giving

Taking

Powerful

Forceful

Energetic

Agitated

# Clinically Proven "Map of Consciousness"

	View on God	View on Life	Level Name	Level #	Emotions	Process		
	Self	Is	Enlightenment	<u>700-1000</u>	Ineffable	Pure Consciousness		
	All-Being	Perfect	Peace	<u>600</u>	Bliss	Illumination		
	One	Complete	Joy	<u>540</u>	Serenity	Transfiguration		
	Loving	Benign	Love	<u>500</u>	Reverence	Revelation		
	Wise	Meaningful	Reason	<u>400</u>	Understanding	Abstraction		
	Merciful	Harmonious	Acceptance	<u>350</u>	Forgiveness	Transcendence		
	Inspiring	Hopeful	Willingness	<u>310</u>	Optimism	Intention		
	Enabling	Satisfactory	Neutrality	<u>250</u>	Trust	Release		
	Permitting	Feasible	Courage	<u>200</u>	Affirmation	Empowerment		
	<i>Levels at or above 200 have Truth, Integrity and support life.</i>					<i>CREATIVE</i>		
	<i>Levels below 200 are False, lack Integrity, do not support life.</i>					<i>DESTRUCTIVE</i>		
	Indifferent	Demanding	Pride	<u>175</u>	Scorn	Inflation		
	Vengeful	Antagonistic	Anger	<u>150</u>	Hate	Aggression		
	Denying	Disappointing	Desire	<u>125</u>	Craving	Enslavement		
	Punitive	Frightening	Fear	<u>100</u>	Anxiety	Withdrawal		
	Disdainful	Tragic	Grief	<u>75</u>	Regret	Despondence		
	Condemning	Hopeless	Apathy	<u>50</u>	Despair	Abdication		
	Vindictive	Evil	Guilt	<u>30</u>	Blame	Destruction		
	Despising	Miserable	Shame	<u>20</u>	Humiliation	Elimination		

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**POWER** is self-sustaining, permanent, stationary, and invincible.  
**FORCE** is temporary, consumes energy, and moves from location to location.

Logarithmic Energy Field Increases: **1** = 1; **2** = 10; **3** = 100; **4** = 1,000; **5** = 10,000; **6** = 100,000 ...etc. 40

All levels below 500 are "objective" and all levels from 500 to 1000 are "subjective."



# Levels of Consciousness

God-view	Life-view	Level	Log	Emotion	Process	Reaction to an old Bum in an upscale neighborhood
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All-Being	Perfect	Peace	600	Bliss	Illumination	revealed as our own self in a temporary expression
One	Complete	Joy	540	Serenity	Transfiguration	transcended social limits and gone free, a joyful old guy with the wisdom of age in his face and the serenity that comes from
Loving	Benign	Love	500	Reverence	Revelation	indifference to material things
Wise	Meaningful	Reason	400	Understanding	Abstraction	a symptom of the current economic and social malaise, or perhaps a good subject for in-depth psychological study
Merciful	Harmonious	Acceptance	350	Forgiveness	Transcendence	Intriguing; probably has an interesting story; he's where he is for reasons we may never understand
Inspiring	Hopeful	Willingness	310	Optimism	Intention	decide to go down and see what we can do to cheer him up, volunteer some time at the local shelter
Enabling	Satisfactory	Neutrality	<b>250</b>	Trust	Release	looks okay, "Live and let live," after all, he's not hurting anyone
Permitting	Feasible	Courage	<b>200</b>	Affirmation	Empowerment	wonder if there is a local homeless shelter
Indifferent	Demanding	Pride	175	Scorn	Inflation	an embarrassment or lacking the self-respect to better himself
Vengeful	Antagonistic	Anger	150	Hate	Aggression	could be violent, or furious that such horrible conditions exist in our country today
Denying	Disappointing	Desire	125	Craving	Enslavement	why doesn't somebody do something?
Punitive	Frightening	Fear	100	Anxiety	Withdrawal	threatening, a social menace, call the police
Disdainful	Tragic	Grief	75	Regret	Despondency	tragic, friendless, forlorn
Condemning	Hopeless	Apathy	50	Despair	Abdication	society can't do anything about homelessness
Vindictive	Evil	Guilt	30	Blame	Destruction	he is to be blamed for his condition
Despising	Miserable	Shame	20	Humiliation	Elimination	dirty, disgusting, disgraceful

# Awareness



To be continue

Thank You





# Transfer of merit

*By this effort, may all sentient beings be free of suffering.*

*May their minds be filled with the nectar of virtue.*

*In this way may all causes resulting in suffering be extinguished, And only the light of compassion shine throughout all realms.*

