

# Prostrations

Respectful greetings

Namo Buddhaya

Enlightened persons

Namo Dharmaya

Way, path, method

Namo Sanghaya

Pure hearts





# Lectures on Ego

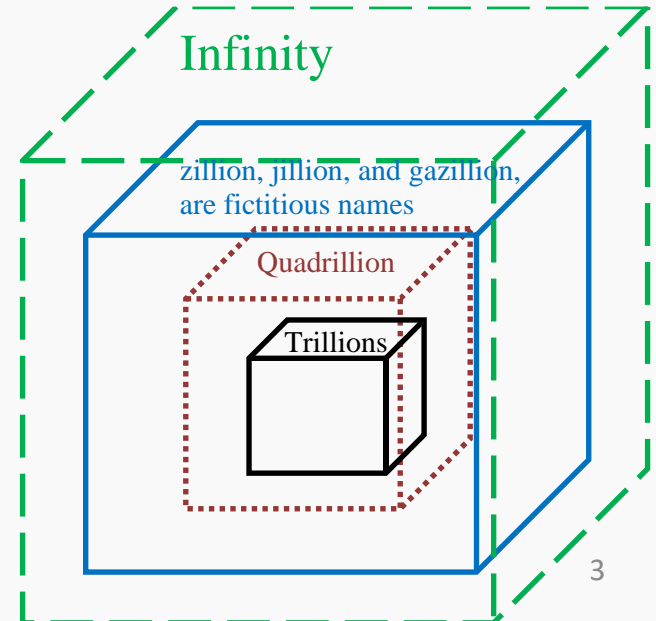
- 1. Definition of Ego**
- 2. Evolution of Self in Human**
- 3. Formation of Self in Individual**
- 4. Characteristics of Ego**
- 5. Inflation and Defense of Ego**



# Definition of Ego

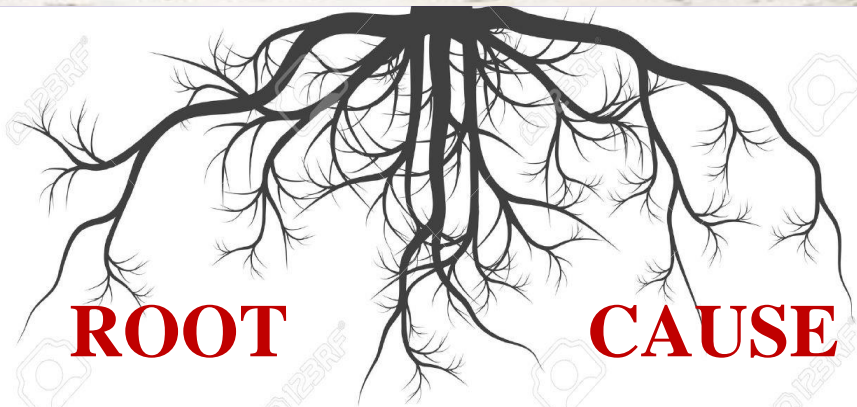
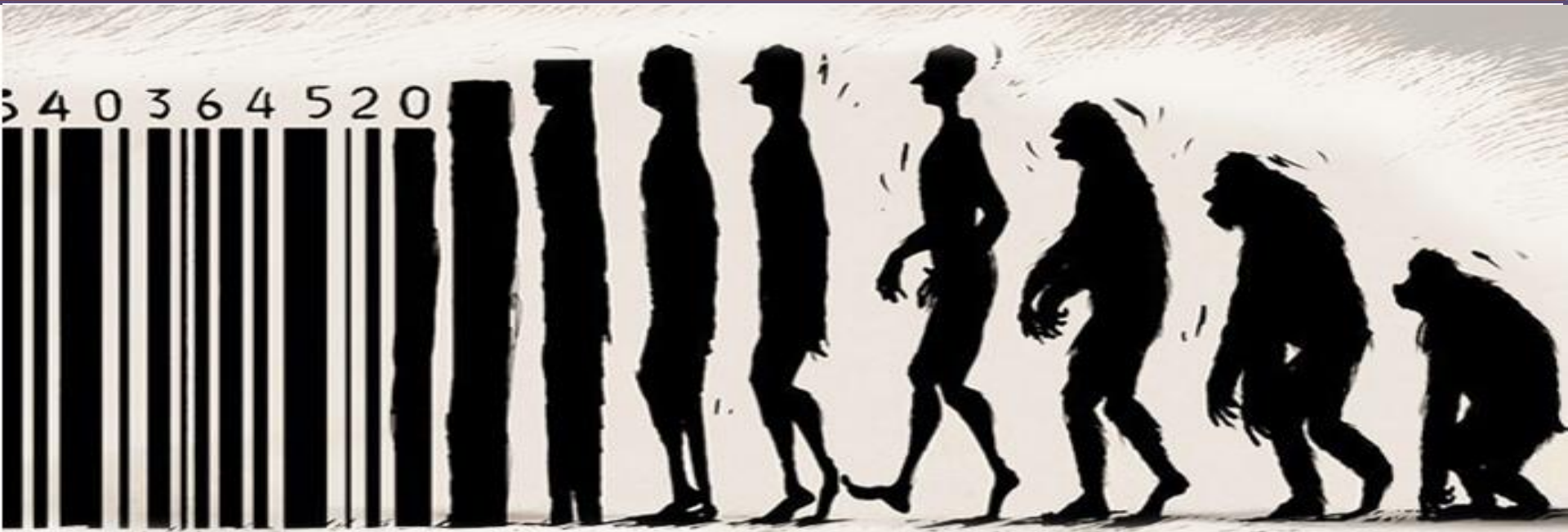
## Ego:

- I/self/me
- 7<sup>th</sup> sense
- Survival
- Small thinking boxes
- Thought process
- Limited
- Aggregates





# Evolution of Self/I/Ego



**SURVIVAL INSTINCTS**



# Formation of Ego



**external stimuli**  
**sound**



**thought process**



**self (physical entity)**

**Duality – (I/self/me) separation of self from others**



# Characteristic of Ego

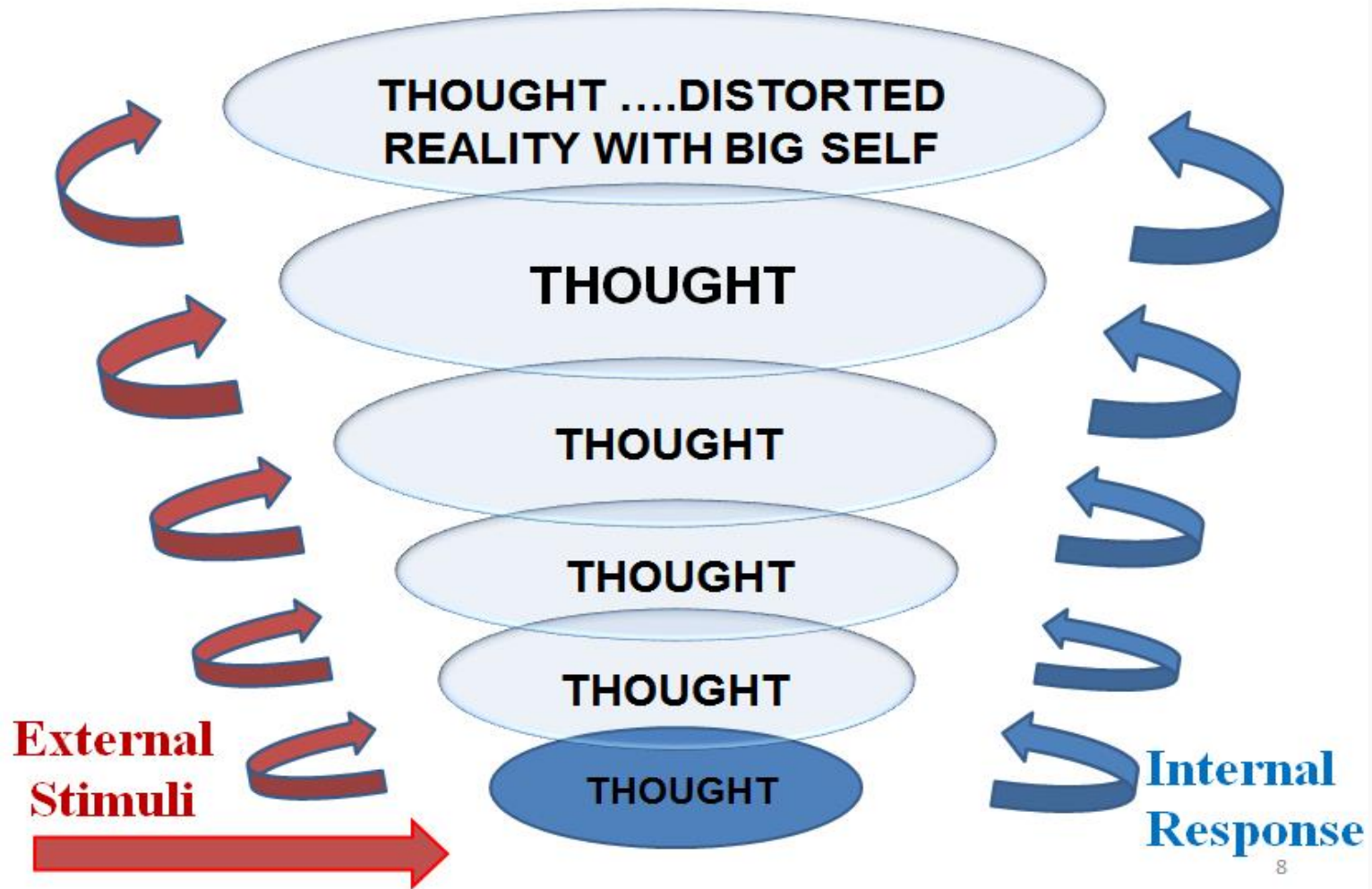
Identification with things, wealth, status and fame



**Having = Being**

**3 poisons (greed, hostility, ignorance)**

# Inflation of Ego



ensuring the survival of ego



# Defence of Self/I/Ego

❖ 1<sup>st</sup> level of defence – primitive resistance

**I will not listen**



❖ 2<sup>nd</sup> level of defence – rationalized resistance

No harm in listening. Anyway,  
**I won't be able to understand**



❖ 3<sup>rd</sup> level of defence – highly intelligent resistance

I understand but  
**I will immediately forget**







# Ego - Enlightenment

- **Starting life:** Non-dual (limitless/boundless)
- **Living life:** Duality ( limit/boundary – ego/suffering/aggregates)
- **Ending life:** No self (ego accumulated from many life times and carried on to next life)

**E**go (duality - self)

↓ **Awareness** ↓

**E**nlightenment (non-dual - selfless)



# Ego - Enlightenment

**The objective and key teaching re:  
the ego lecture:**

- ❖ **Identify the obstacle to Enlightenment – ego is the obstruction to Enlightenment.**
- ❖ **Understand how ego works, survives and its defensive mechanism.**
- ❖ **Understand why it is difficult to become enlightened.**



# INTRODUCTION

**SECOND NOBLE TRUTH**

**THE CAUSE OF  
SUFFERING**

**PERCEPTION OF REALITY**

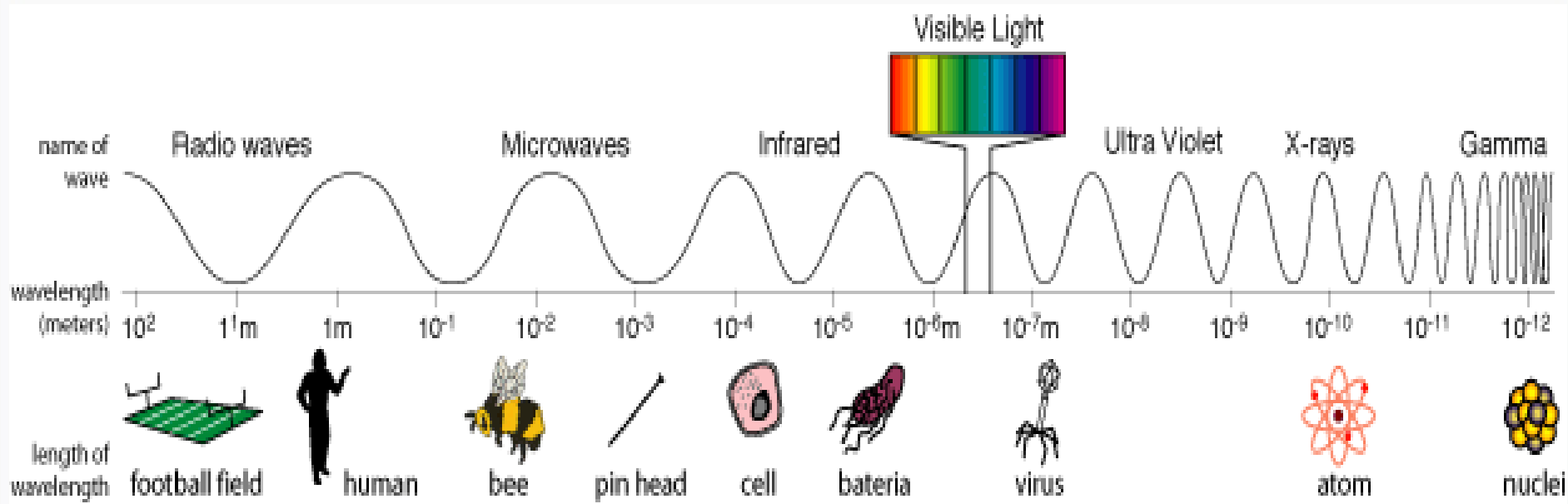
# The essence of AWE's teaching

- **Counting numbers = open the mind/  
break through small thinking boxes**
- **Macroscopic microscopic scale =  
transcends duality**
- **Electromagnetic spectrum =  
transforms metaphysical to physical  
reality- understands reality.**



# PERCEPTION OF REALITY

## Electromagnetic Spectrum



**METAPHYSICS** → **PHYSICS**



# Perception of Reality

## Metaphysics

**Meta** = over and beyond

**Physics** = The physical properties and phenomena of something

<https://universityofsedona.com/meaning-of-metaphysics/>



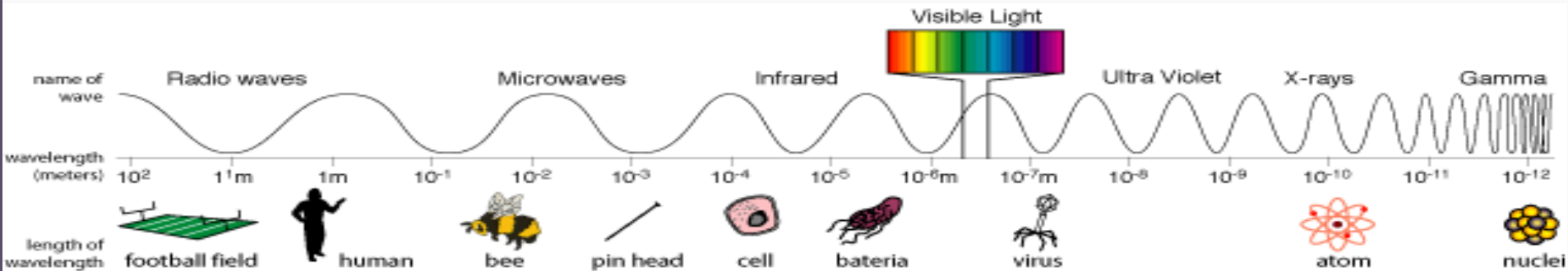
**The branch of philosophy that deals with the first principle of things, including abstract concepts such as being, knowing, identity, time, and space.**

**Oxford dictionary**



# The essence of AWE's teaching

## PERCEPTION OF REALITY - Electromagnetic Spectrum



- **Electromagnetic spectrum is the metaphysical perception of reality.**
- **Reality is the continuous vibration of energy at different wavelengths.**
- Human physical senses (eyes, nose, ears, tongue, skin and brain) will transform some-**the metaphysical information into physical information.**
- **Formlessness of the electromagnetic radiation spectrum gives rise to all forms of energy heat, light, sound , force, electricity, magnetism.**



# PERCEPTION OF REALITY

**Perception of reality will answer some critical questions:**

- ❖ what is reality?**
- ❖ How reality is perceived?**
- ❖ Why the wrong perception of reality is the basis of Dukkha?**



# PERCEPTION OF REALITY

Seeing is NOT necessarily  
believing



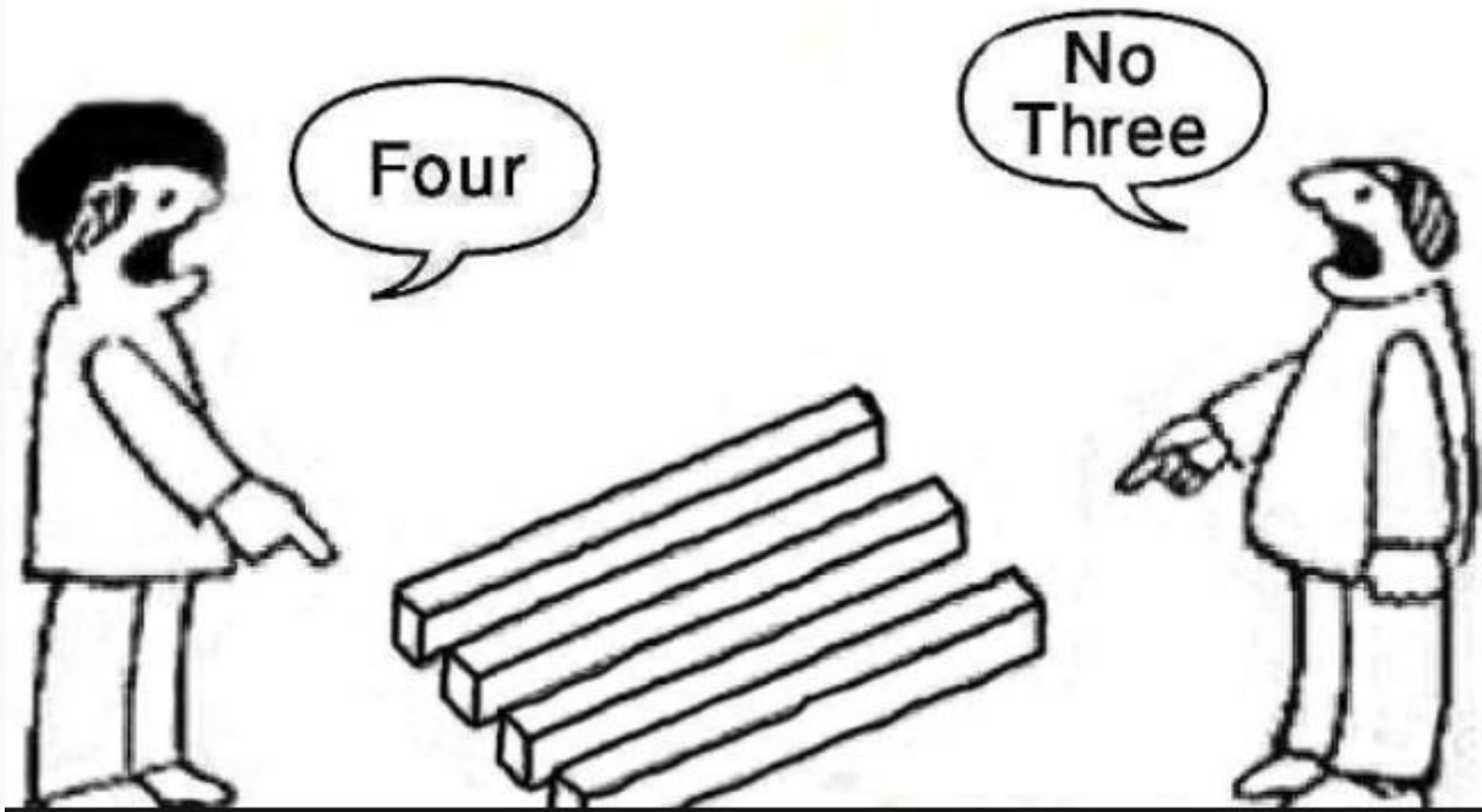
Reality maybe different  
from perception

# PERCEPTION OF REALITY

**Brain twisting exercises  
(illusion/distorted perception)**

# PERCEPTION OF REALITY

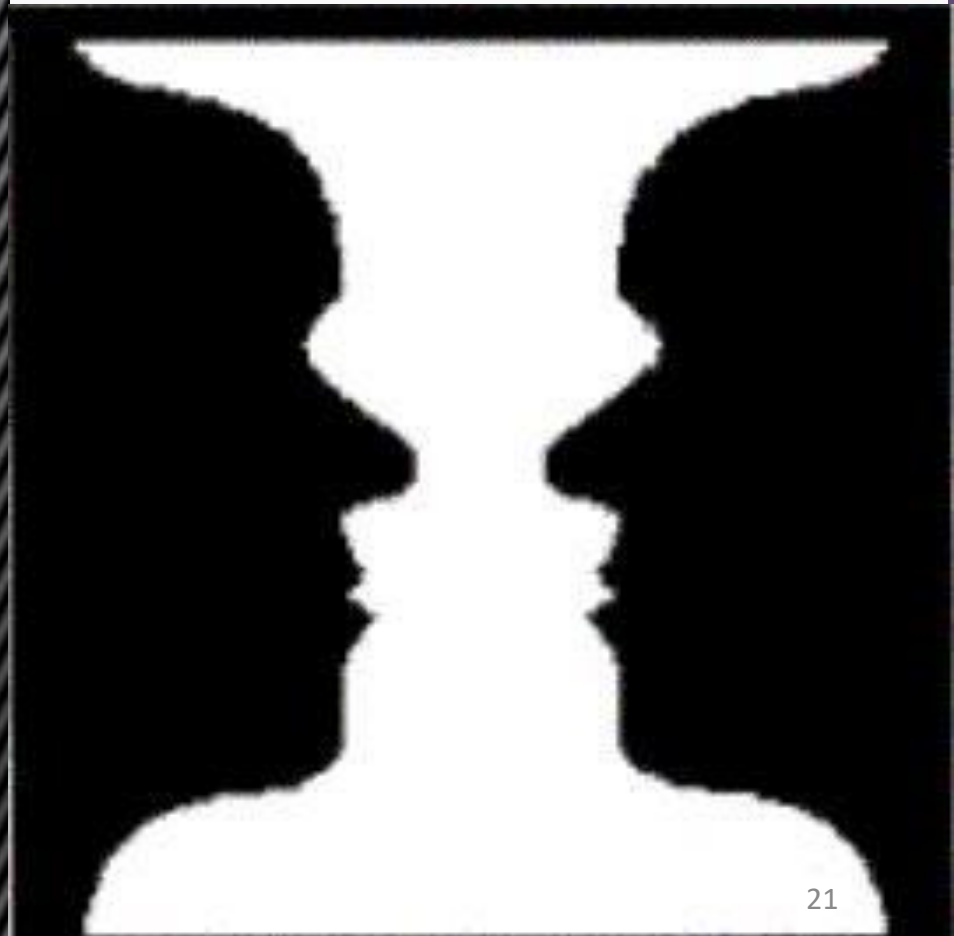
Reality can be so complex that equally valid observations from differing perspectives can appear to be contradictory.



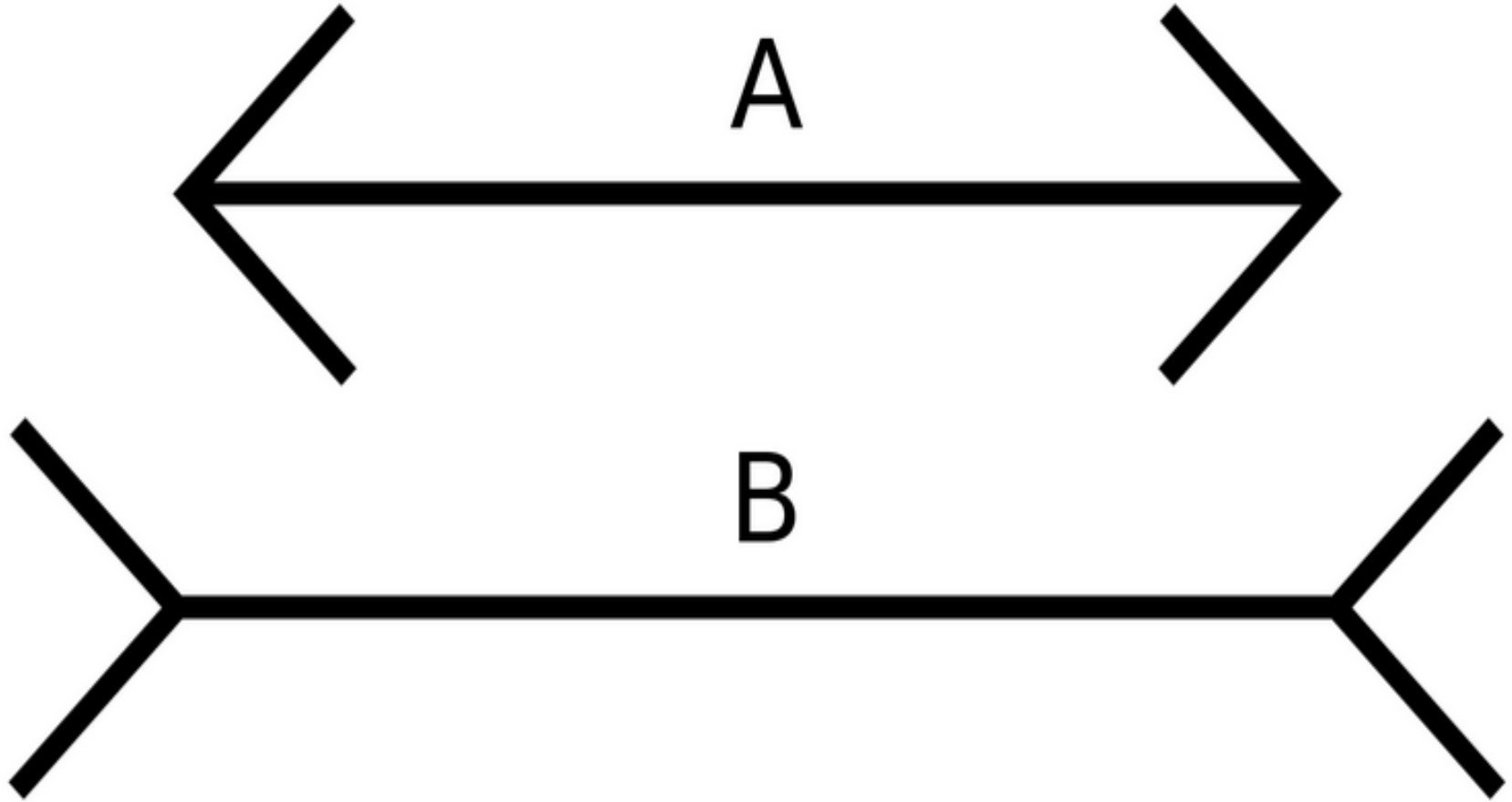
# PERCEPTION OF REALITY



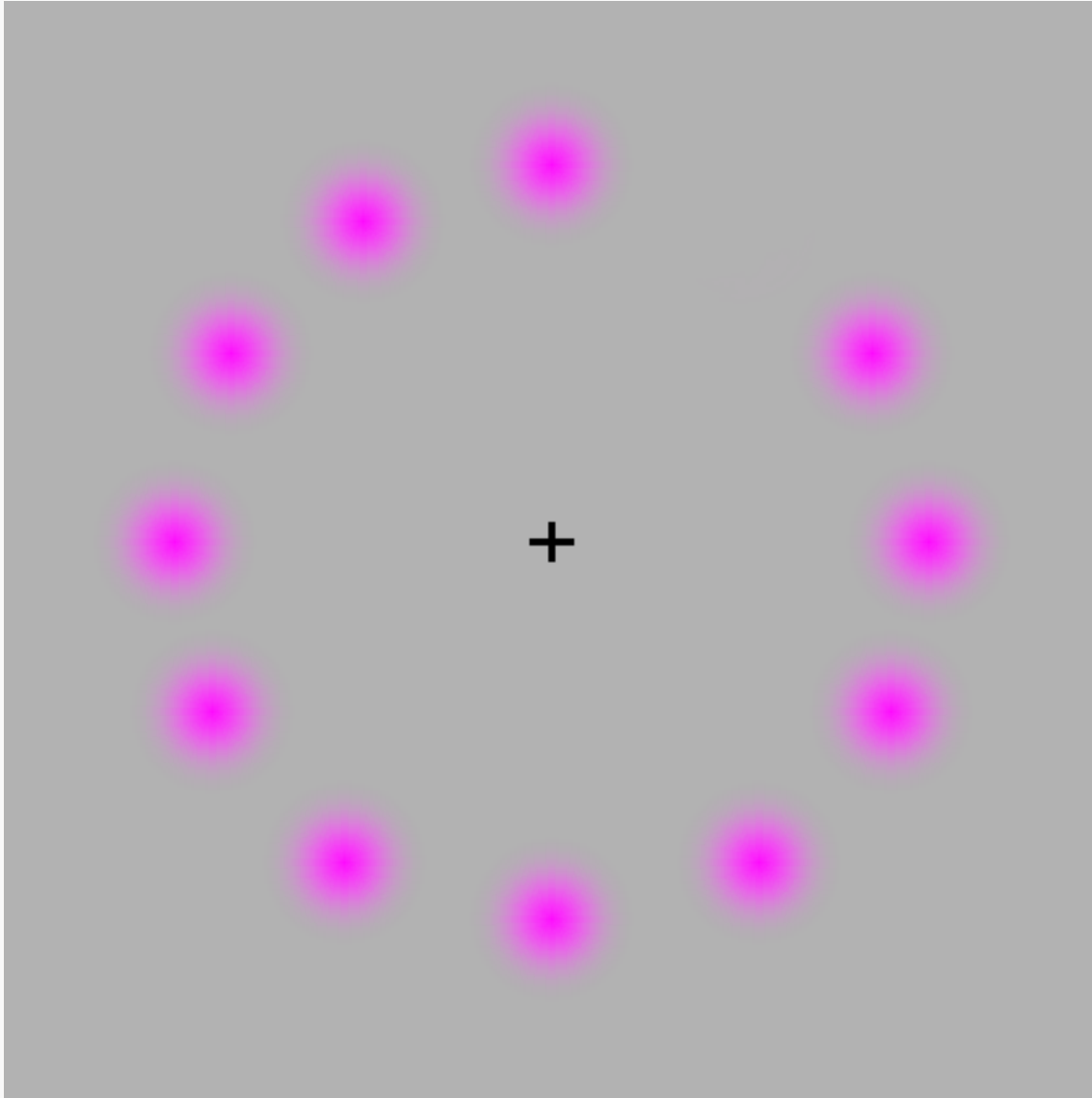
# Vase or Face



# Is $A = B$ ?



**Concentrate on the cross in the middle, after a while you will notice that this moving purple dot will turn green!**



**Look at the cross a bit longer and you'll notice that all dots except the green one will disappear.**



## Instructions:

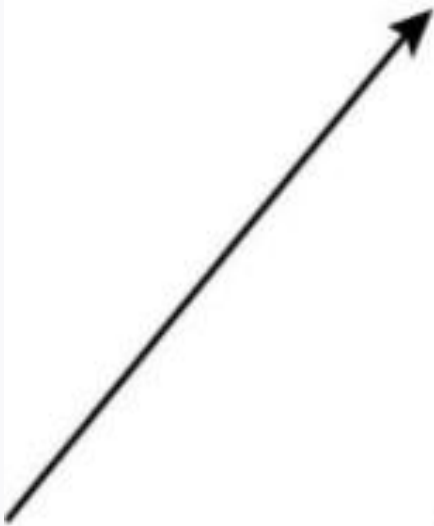
1. Stare at the red dot on the girl's nose for 30 seconds.
2. Turn your eyes to a plain surface (your ceiling or blank wall).
3. Blink repeatedly and quickly. .tell me if that isn't the coolest thing?



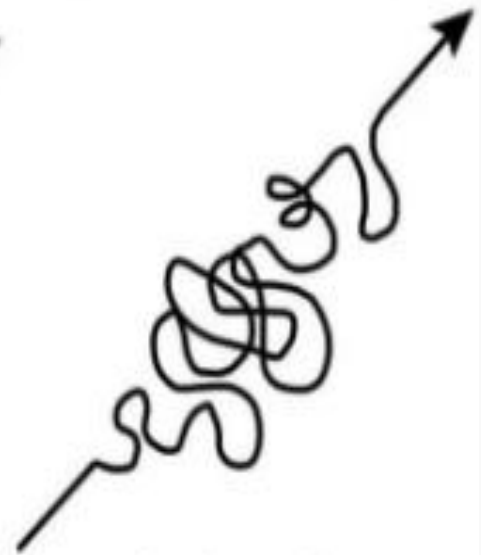
# Perception versus Reality

SUCCESS

SUCCESS



what people think  
it looks like



what it really  
looks like

PERCEPTION



REALITY

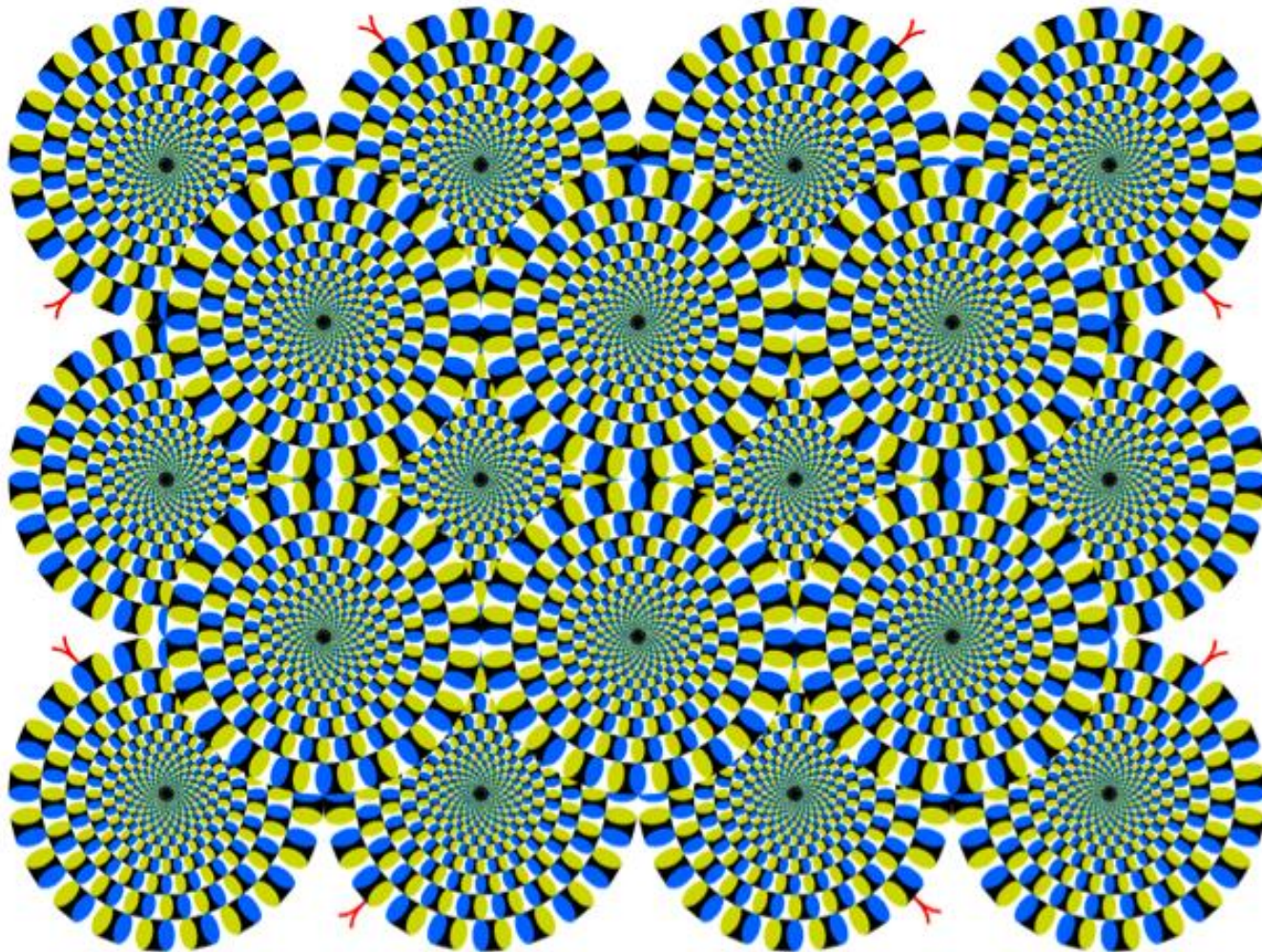


**Stare at this  
picture, this man  
will turn his face**

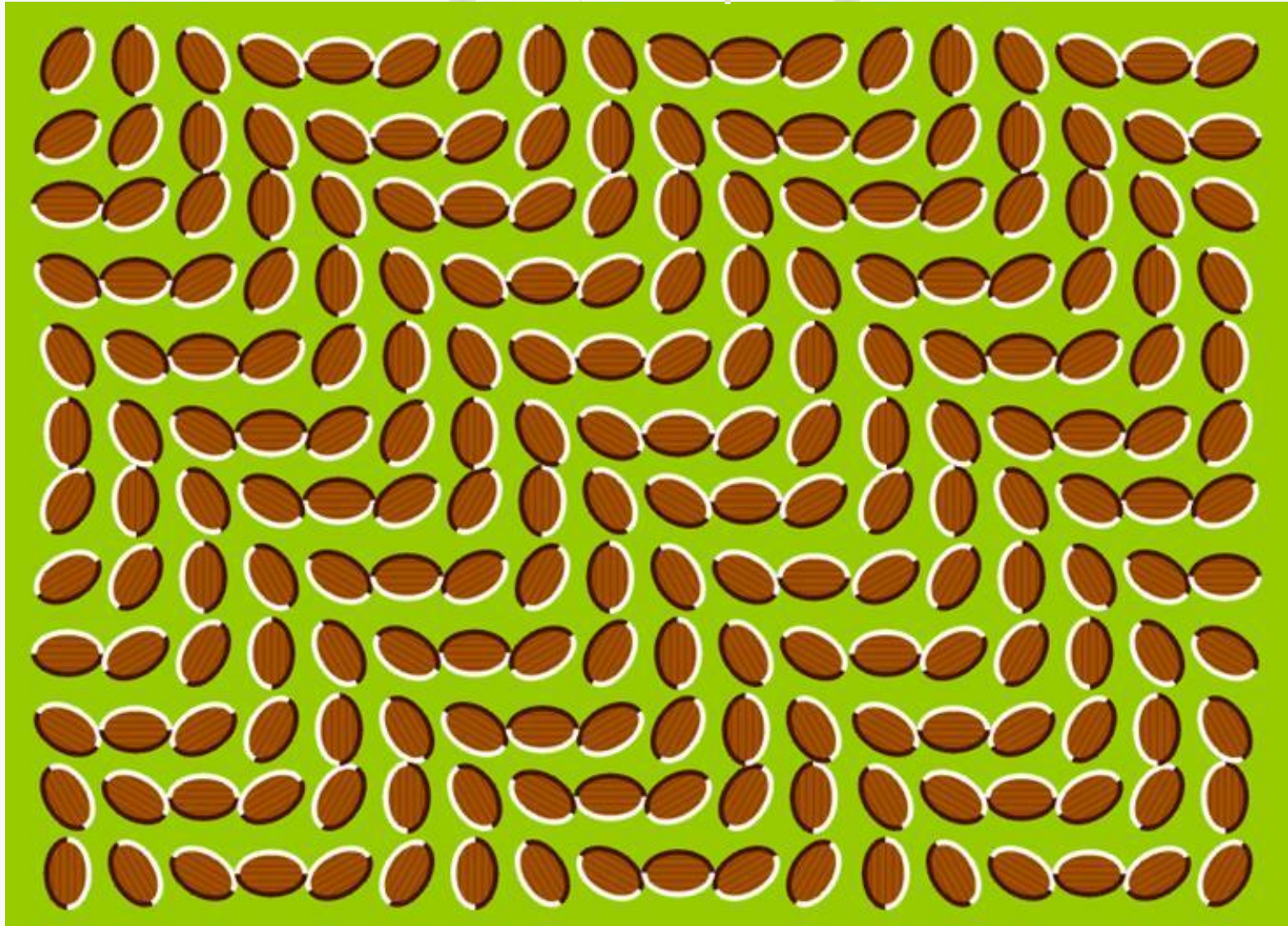
The human mind  
cannot imagine half a  
face; so your mind will  
correct this image such  
that the man's face will  
appear ... sideways.



# Rotating?



# ... doesn't move!



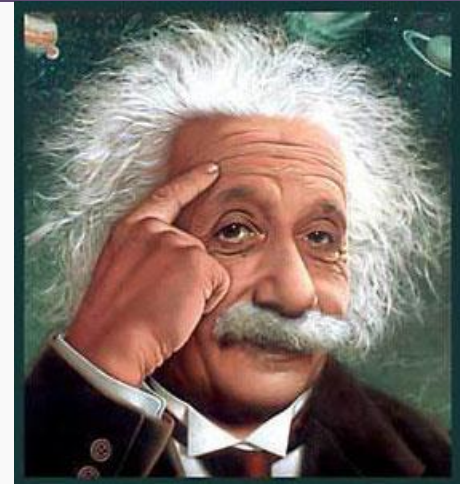
# Buddhism = Philosophy = Science



=



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Dukkha

- (1) Birth
- (2) Aging
- (3) Sickness
- (4) Death
- (5) Separation from beloved persons/situations/items
- (6) Encounter disgusting persons/situations/items
- (7) Unsatisfied cravings
- (8) Distorted perception

**(Inferno of 5-aggregates)**

“If a tree falls in a forest and no one is around to hear it, does it make a sound?”

Can we understand how does our Sensory Faculties work? What are the anatomy, physiology, biochemistry and physics of perception?

# Buddhism



Dukkha

- (1) Birth
  - (2) Aging
  - (3) Sickness
  - (4) Death
  - (5) Separation from beloved persons/situations/items
  - (6) Encounter disgusting persons/situations/items
  - (7) Unsatisfied cravings
  - (8) Distorted perception
- (**Inferno of 5-aggregates**)

- 2500 years ago, language was limited and lacked modern terminologies. The profound **teaching** became **esoteric** and **hidden**. Teaching was misinterpreted and misunderstood.
- Today, with the advancement of technologies and appropriate medical health systems, the first **7 dukkha can be reduced, controlled or diminished**.
- The first 7 dukkha is **no longer considered as initial drive to seek for liberation**.
- Only when there is **suffering**, there is motivation to **search for liberation**.

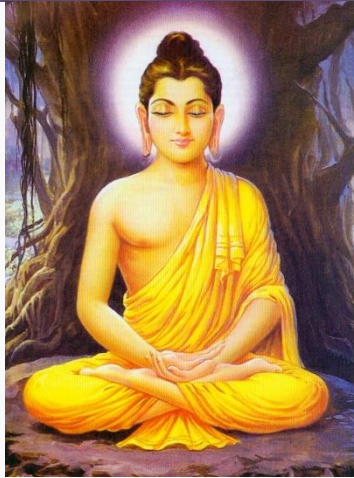
# Philosophy

**“If a tree falls in a forest and no one is around to hear it, does it make a sound?”**

1. Observation and knowledge of reality
2. Is life “real”?
3. What is the **Meaning of Life?**



# Buddhism = Philosophy = Science



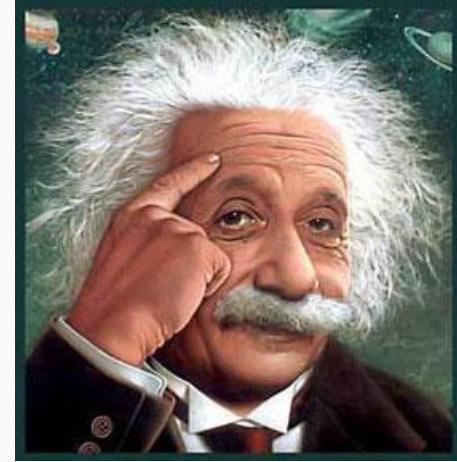
**AWE**

+



**AWE**

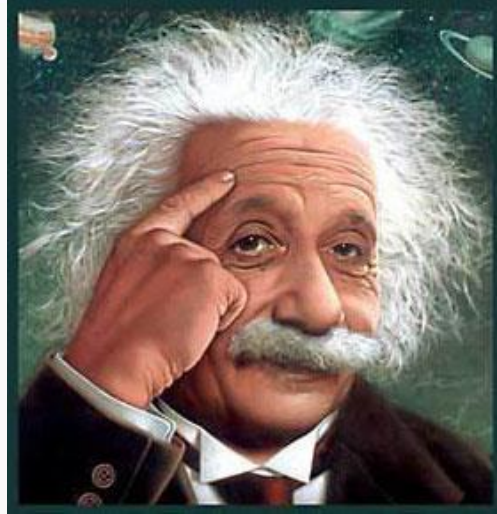
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- ❖ **AWE's curriculum transforms the esoteric teaching to exoteric teaching.**
- ❖ **AWE unifies, combines and connects the three major schools forming a holistic, wholesome teaching (non-fragmented).**



# Science



## How reality is perceive?

### Microscopic dimensions:

- **Biology**
- **physiology**
- **Biochemistry**
- **Physics**

# Definitions

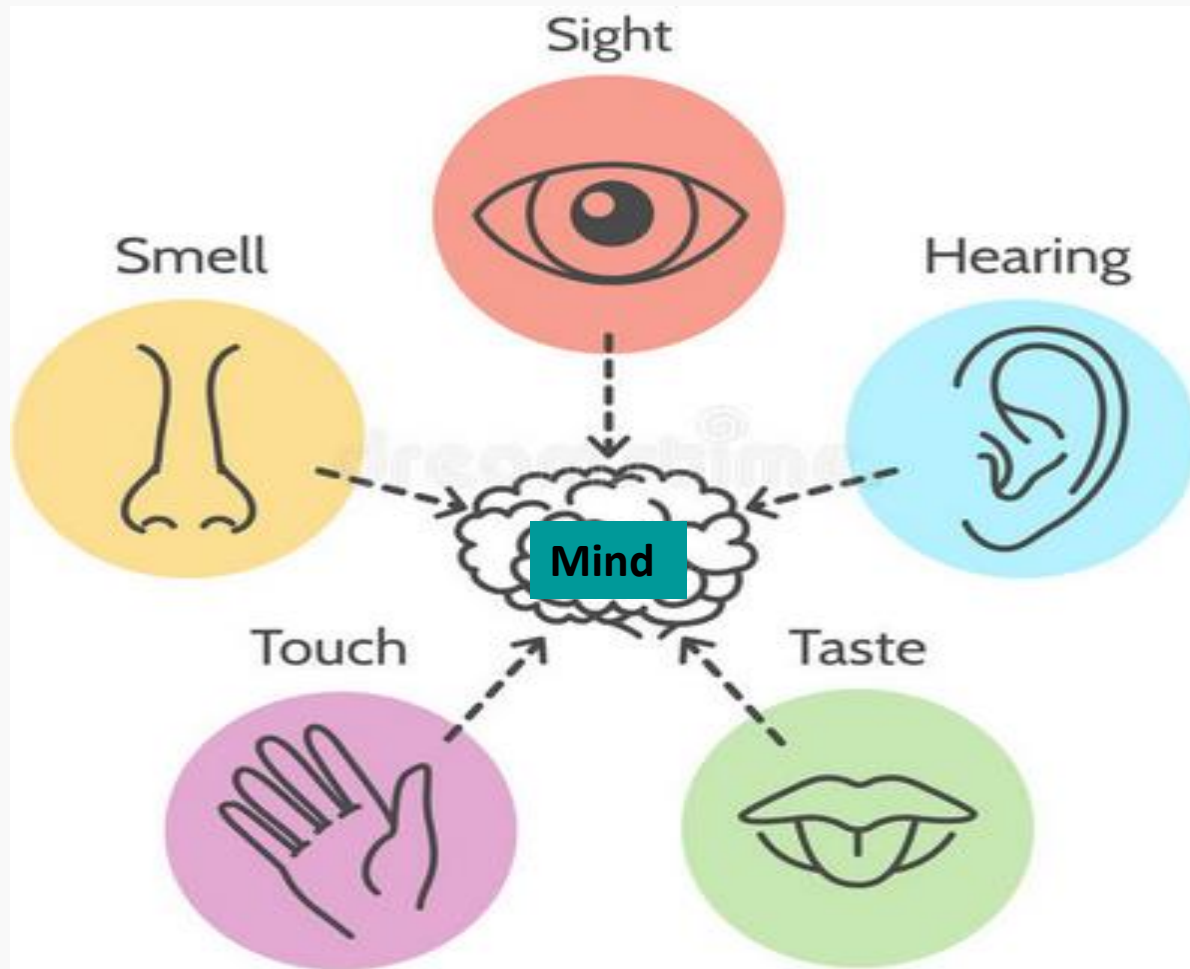
Perception does not record reality like a camera.

“Perception is a process by which we organize and interpret our sensory impressions in order to give meaning to our environment.”






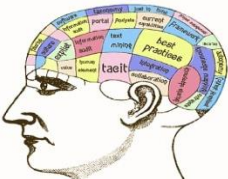
S. Robbins (2005)

# Sensory Faculties

## What is doing the perceiving?



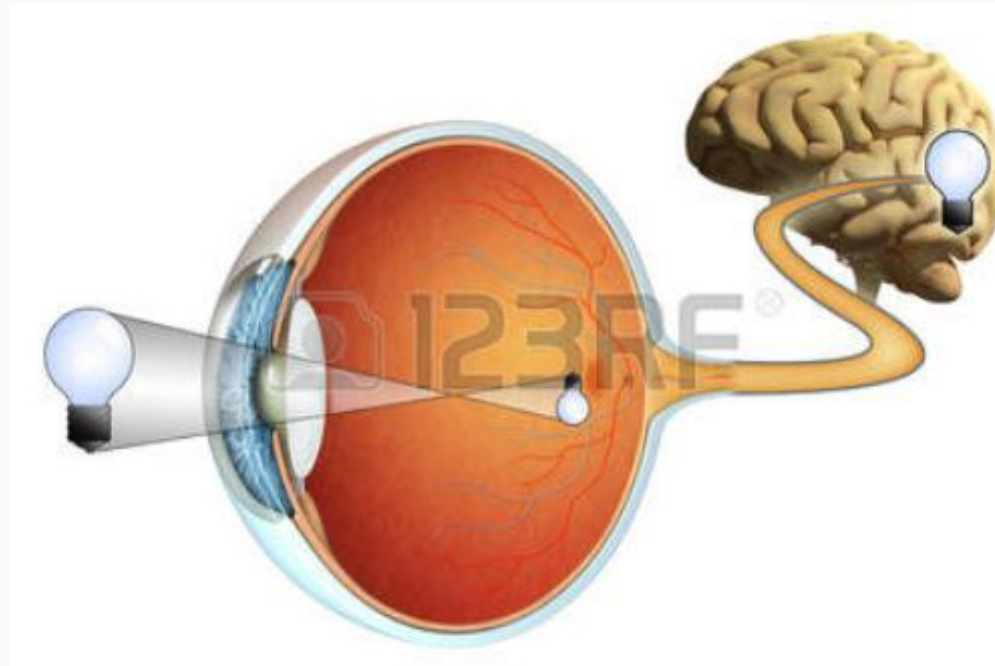
# Reality is perceived by our 5+1 senses

Sensory faculty	Stimulus	Sense
	<p>Light waves</p>	<p>sight</p>
	<p>Sound waves</p>	<p>hearing</p>
	<p>Chemical particles</p>	<p>smell</p>
	<p>Chemical particles</p>	<p>taste</p>
	<p>Matters, liquid, temp, air, moisture</p>	<p>touch</p>
	<p>Internal brain arousal</p>	<p>Thoughts</p>

The first 5 works with the 6th sense, cannot perceive when dead, unconscious or asleep  
 The first 5 are inborn (cannot change), but the 6<sup>th</sup> sense can be changed/taught/learnt




# Structure and Function of the 6 Senses

## 1<sup>st</sup> sense – the Eye

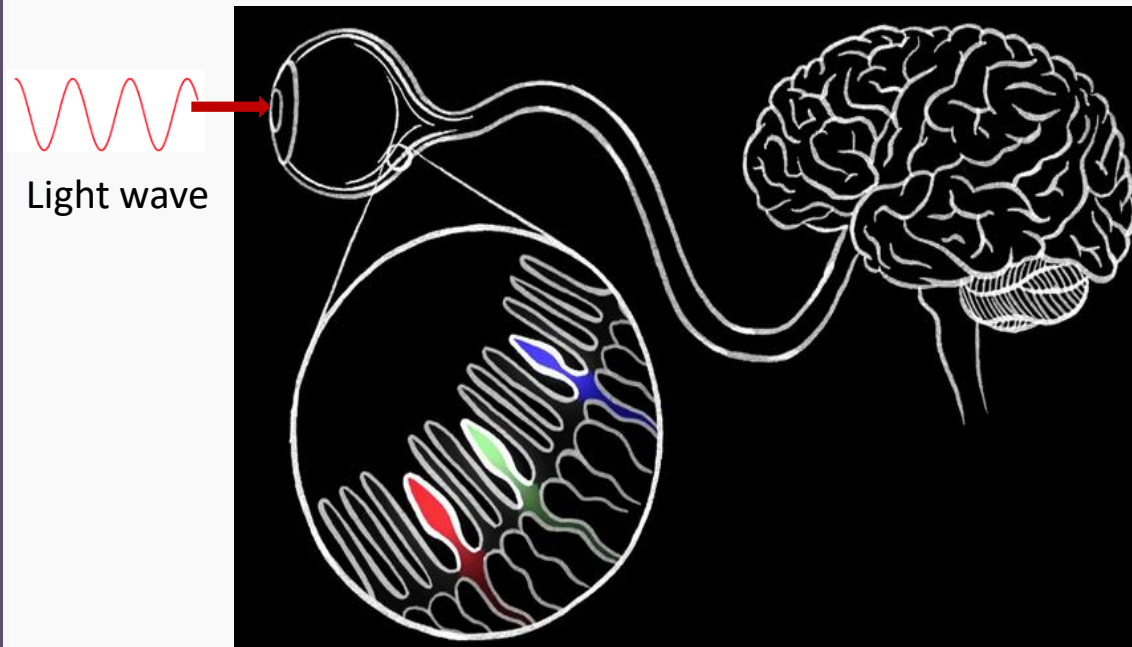




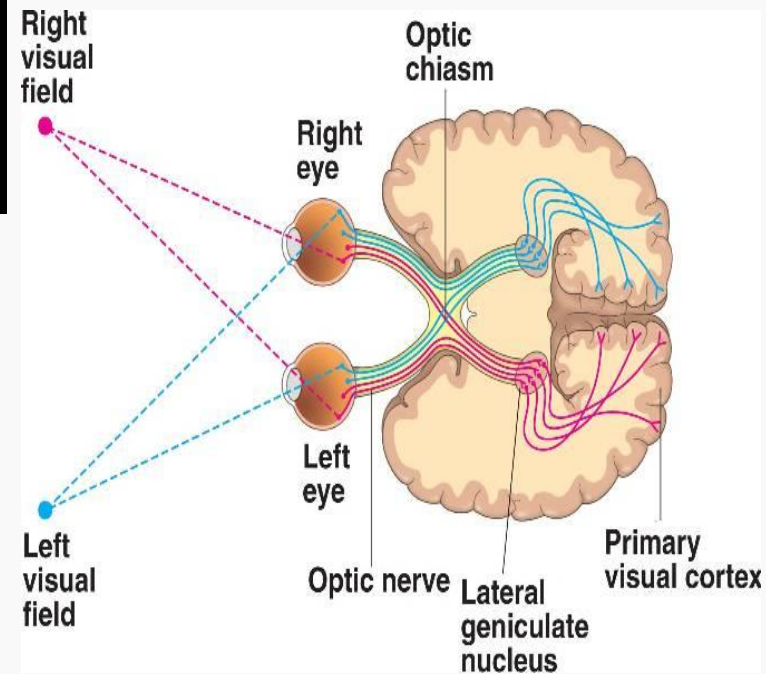
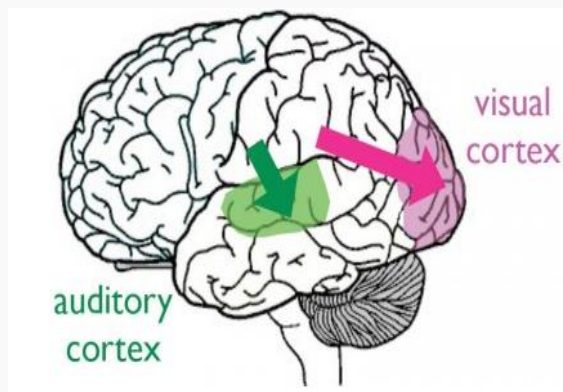
# The Sense of Sight

-  see = I perceive, I understand, I discern, I comprehend and I know.
-  = the most important sensory organ.
- 70% of the human body's sensors are in the eyes with hundred million of photo receptors (rods and cones).
- we perceive about 80% of external information (reality) through the sense of sight.
-  are best to protect us from dangers.

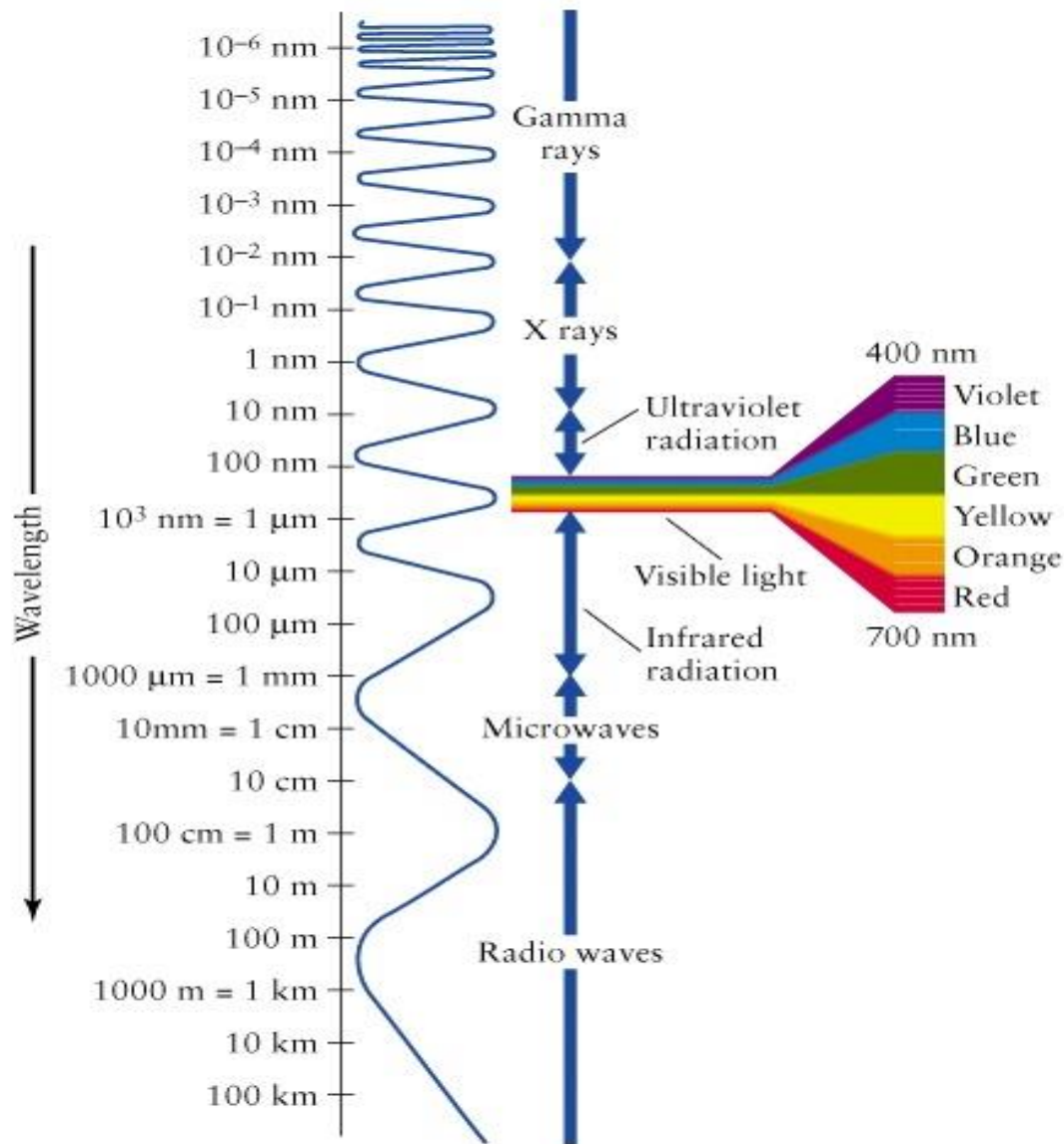
# Data Entry/Processing Hardware



↓  
**Photoreceptors (rods and cones)**



# The Sense of Sight





# Structure and Function of the 6 Senses

## 2<sup>nd</sup> sense – the Ear

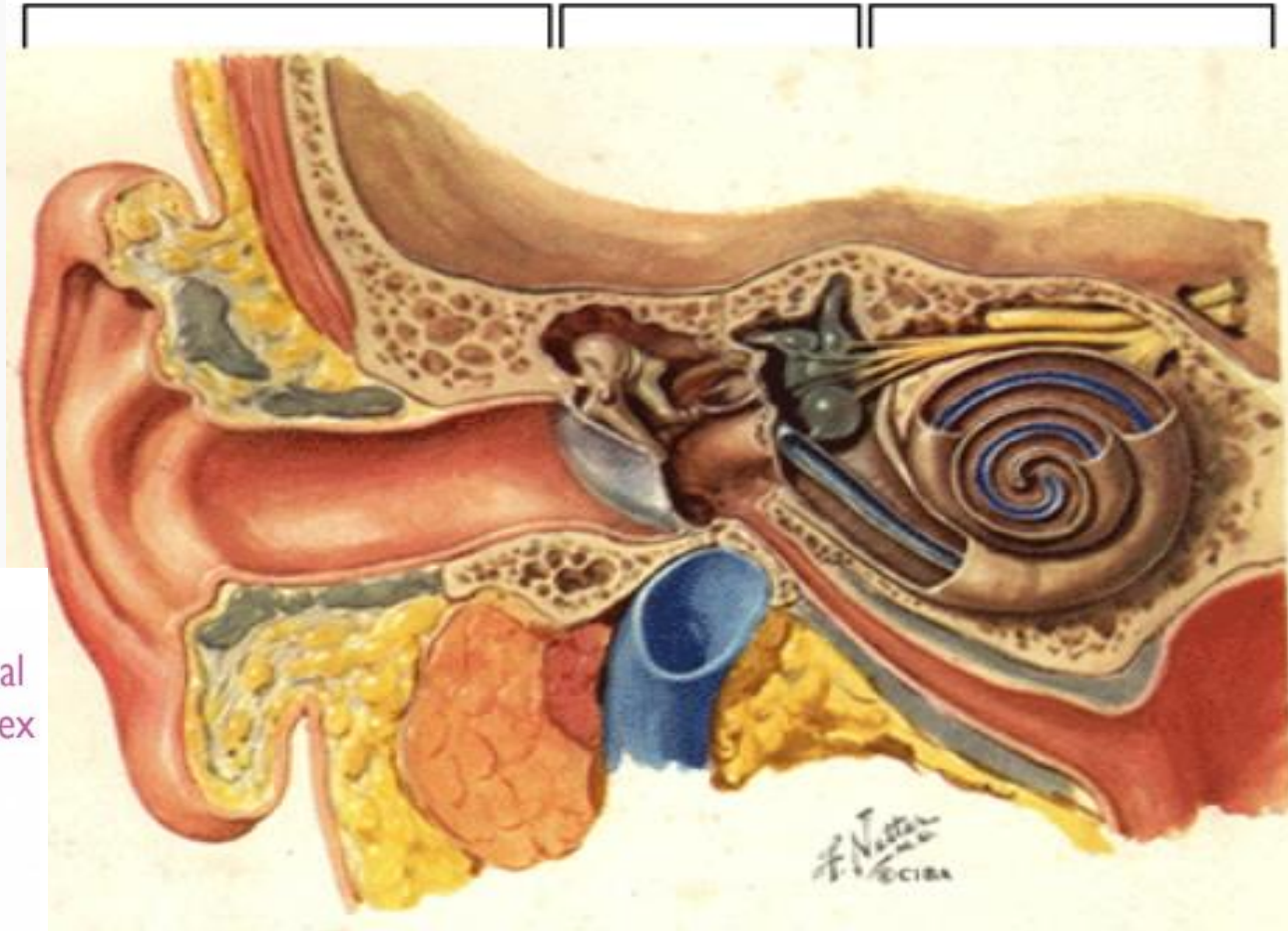
# Data Entry/Processing Hardware



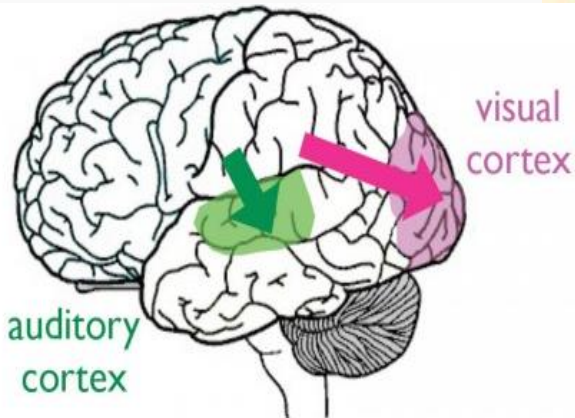
**The Outer Ear**  
*Sound waves enter the ear and hit the eardrum.*

**The Middle Ear**  
*Three tiny bones are set into motion.*

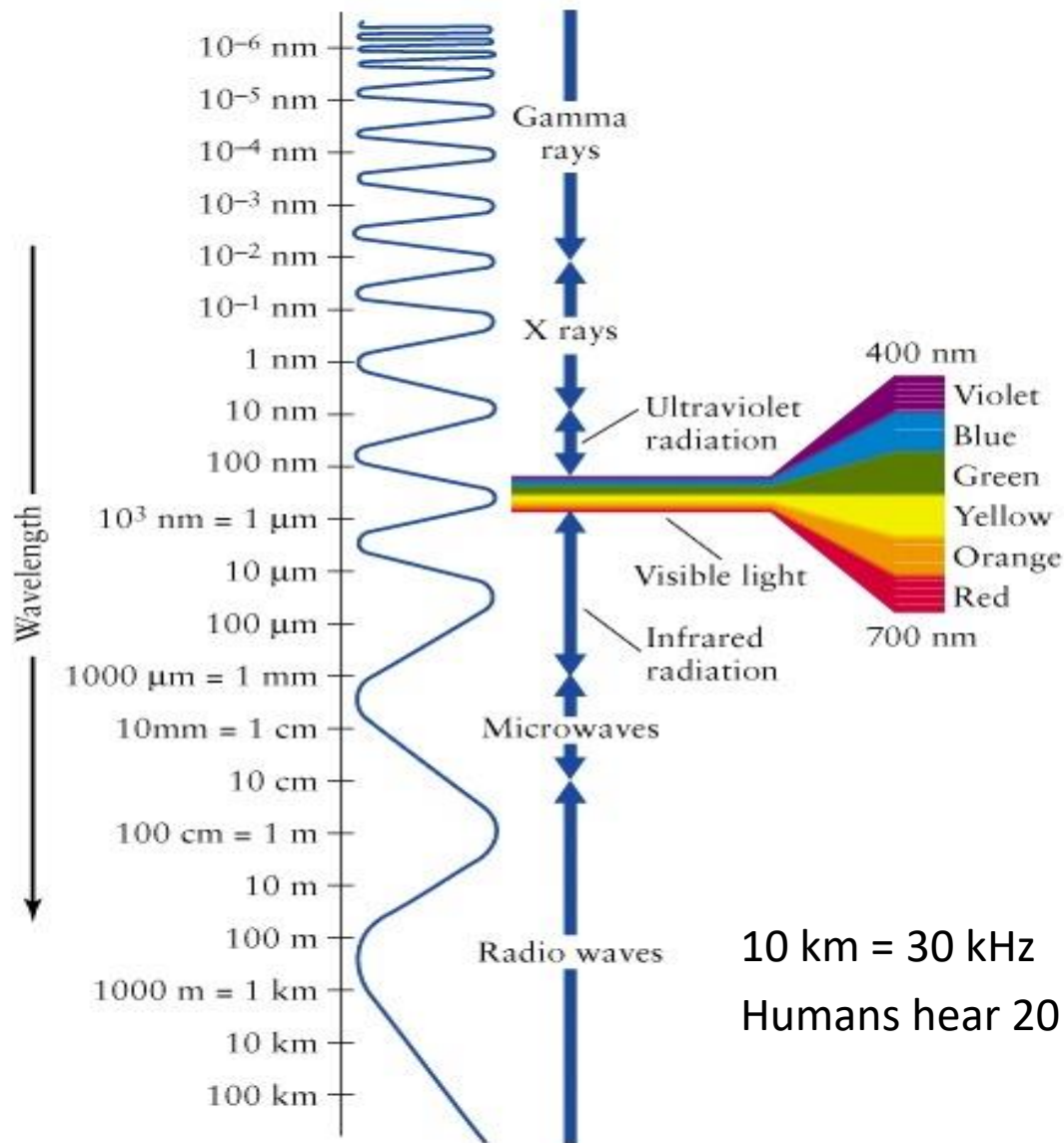
**The Inner Ear**  
*Hair cells send nerve impulses to the brain.*



Sound waves



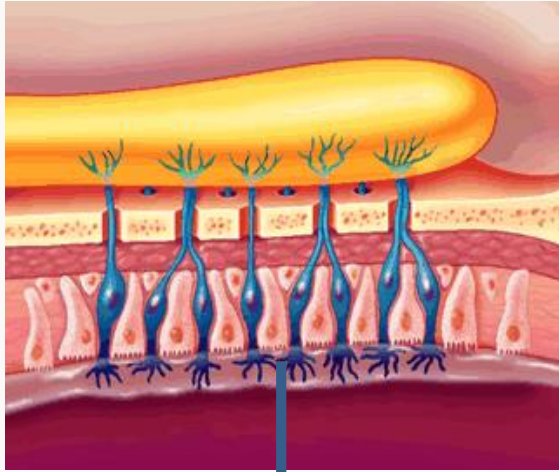
# The Sense of Sound



# Structure and Function of the 6 Senses

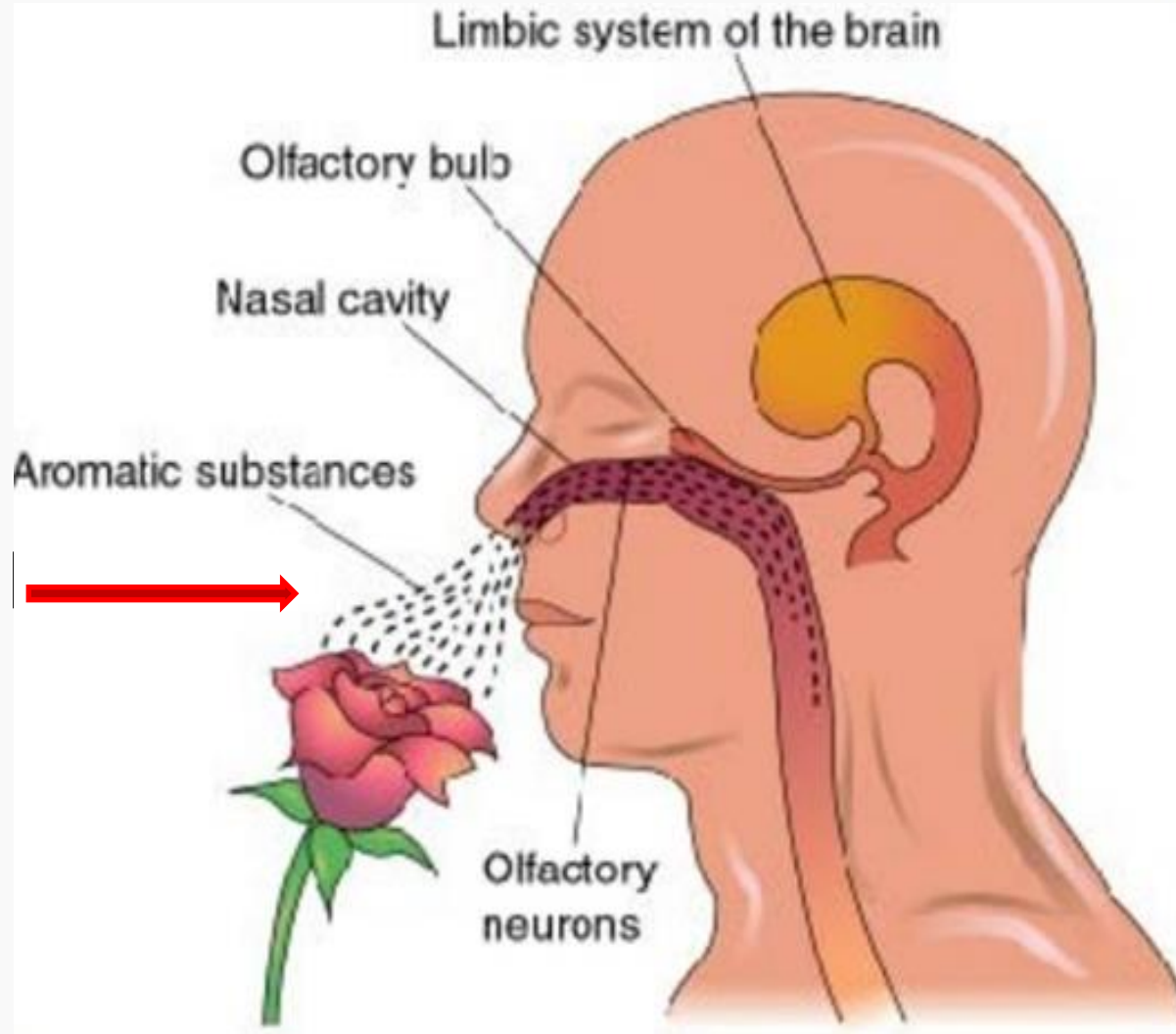
## 3<sup>rd</sup> sense— the Nose

# Sense of Smell



Olfactory receptor

Small  
chemical  
molecules

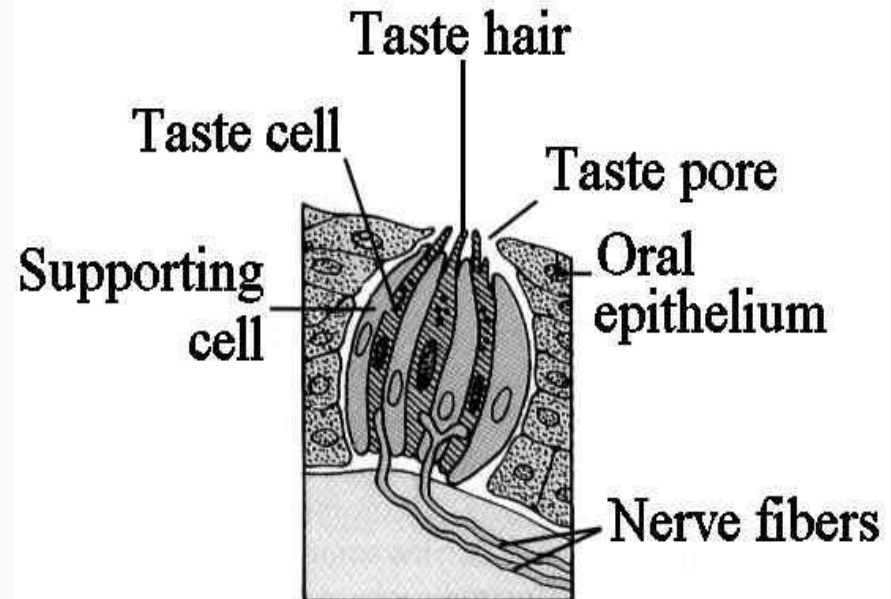
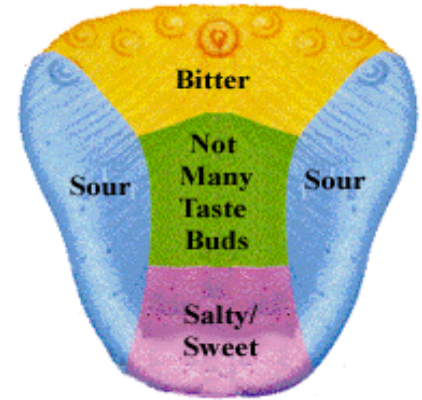


# Structure and Function of the 6 Senses

## 4<sup>th</sup> sense—the Tongue

# Human Taste Buds

- Total number (tongue, palate, cheeks) = 10,000 taste buds.
- Tongue = 9,000 taste buds.
- each taste bud = 50-150 receptor cells.
- Taste buds are replaced every 2 weeks.
- As we get older, taste buds don't get replaced.
- That is why certain foods may taste stronger to you than they do to adults.



Seeley, Rod R.; T.D. Stephens, and P. Tate. (1996).  
Essentials of Anatomy & Physiology, 2nd ed. Mosby, NY; pg. 240.

# Sense of Taste

All our senses work together, but the sense of **smell** and **taste** are special partners. When we eat, our nose smells the food and our tongue gives us the taste of the food. Together, they help us to sense most, if not all, of the flavors contained in the food we eat.

Will the food taste as good as it normally does when our nose is blocked?

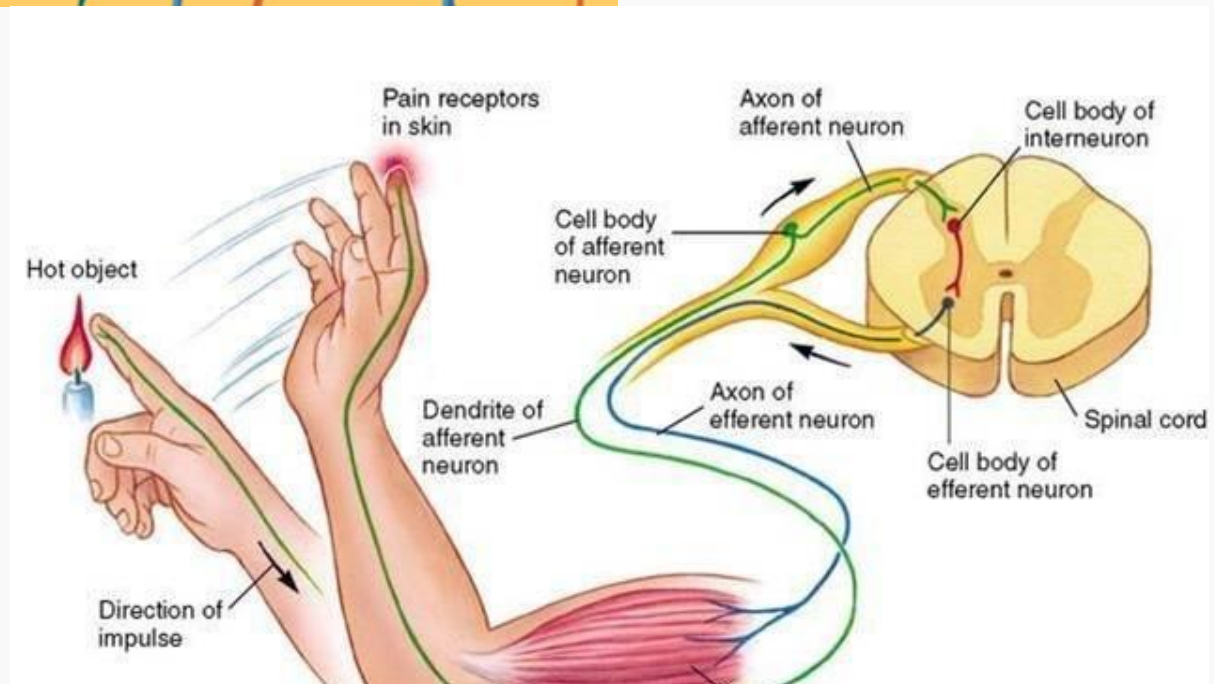
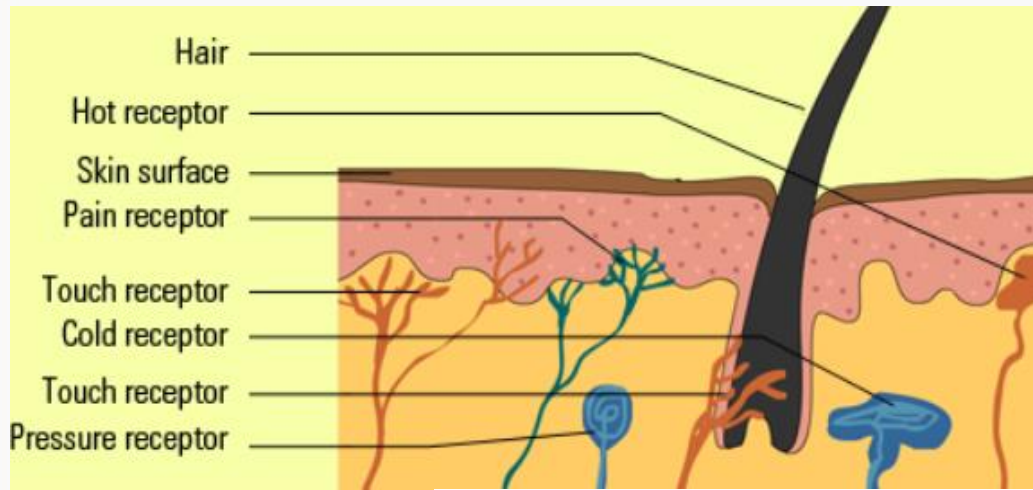


# Structure and Function of the 6 Senses

## 5<sup>th</sup> sense - the Touch



# Sense of Touch

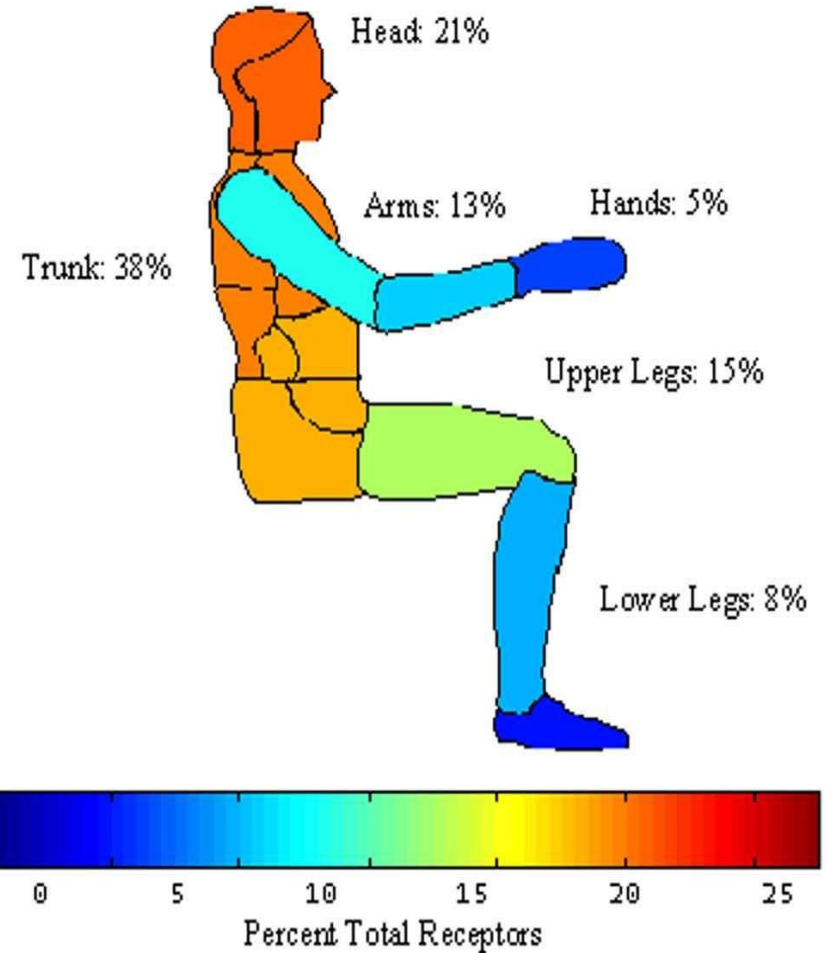


# Number of Skin Temperature Receptors

- The Single Sense of Touch Has 5 Sensations
- At least five different senses: pain, heat, cold, touch, and pressure.
- Skin is the largest sense organ.



Number of Skin Temperature Receptors



# Structure and Function of the 6 Senses

## 6<sup>th</sup> sense-the Brain

### Left brain expression (Academic)

detail oriented  
(Looks at parts)  
Logical  
Sequential  
Rational  
math and science  
can comprehend  
Analytical  
Objective  
uses logic  
facts rule  
words and language  
present and past  
knowing  
acknowledges  
knows object name  
reality based  
forms strategies  
order/pattern perception  
practical/planned  
safe  
cautious

### Right brain expression (Creative)

'big picture' oriented  
(Looks at wholes)  
Random  
Intuitive  
Holistic  
philosophy & spiritualism  
can 'get it' (the meaning)  
Synthesizing  
Subjective  
uses feeling  
imagination rules  
symbols and images  
present and future  
believes  
appreciates  
knows object function  
fantasy based  
presents possibilities  
spatial perception  
impetuous/spontaneous  
adventurous  
carefree/risk taking

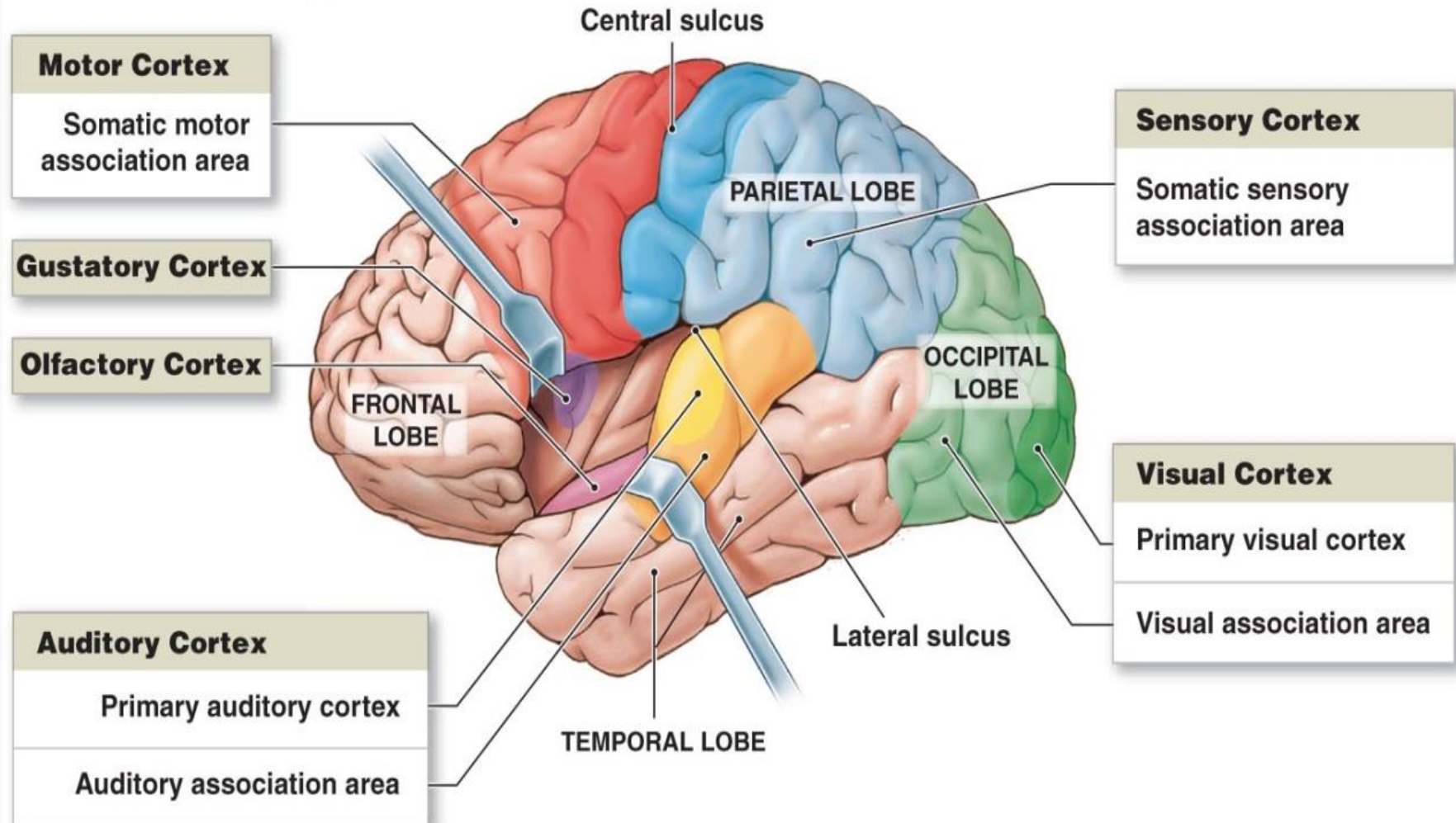


Illustration by: VaXzine

Written and slide design by Dr C Daniels 2008

# Functional Map of Brain

The motor and sensory cortexes and the association areas for each



# PERCEPTION OF REALITY

- ❖ **Senses (sight, hearing, smell, taste, touch and mind) = natural power**
- ❖ **Through these senses, we perceive information (reality) about the world around us.**



# PERCEPTION OF REALITY

**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.*

