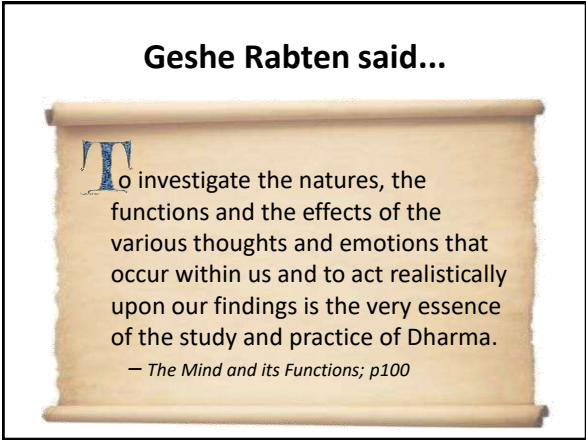




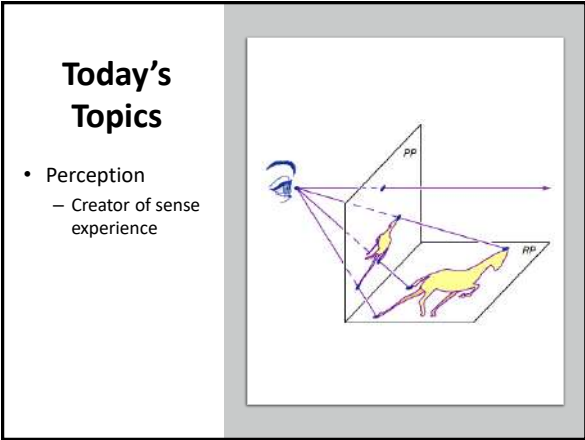
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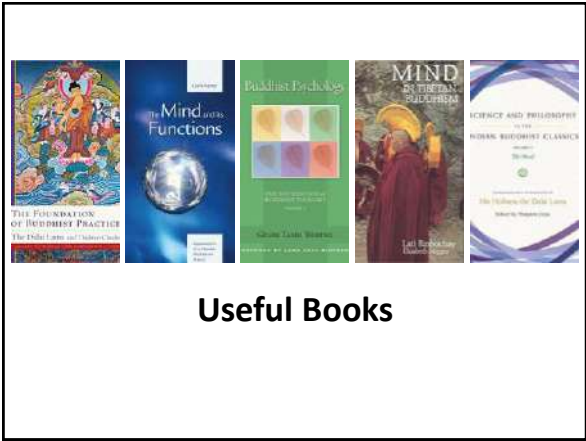
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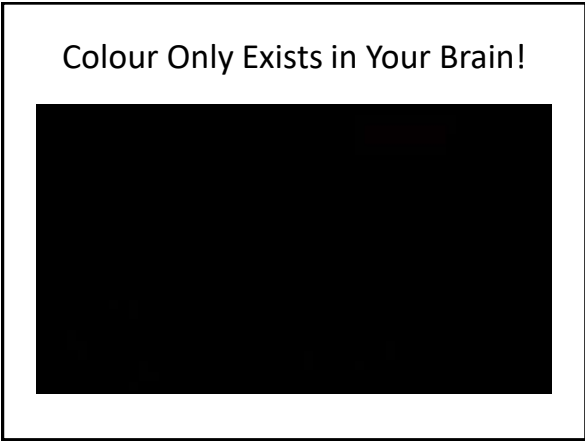
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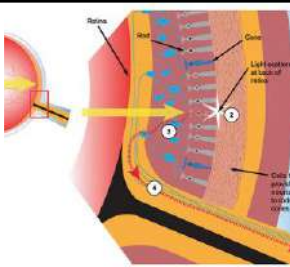

4



5



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About Light

7



About Color

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Understand This

Objects and light itself are not by themselves colored

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Defining Perception

A cognizer to which its object appears clearly without being mixed with a generic image.

An awareness that is developed in dependence upon its uncommon dominant condition, a sense power possessing form — *Khedrubje*

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Perception

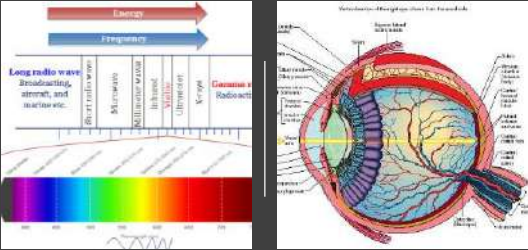
11

Eye Awareness

An awareness that is developed in dependence upon its uncommon dominant condition, an eye sense power.



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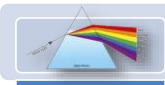
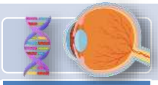






The left image shows the electromagnetic spectrum with arrows for Energy and Frequency, and labels for Long radio waves, Short radio waves, Microwave, Millimeter wave, Infrared, Visible, Ultraviolet, X-ray, and Gamma ray. The right image is a diagram of the human eye with labels for various parts like Cornea, Iris, Lens, Retina, and Optic nerve.

Generating Eye Awareness

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The Process of Visual Perception

WESTERN	 Physics LIGHT & compounds	 Biology DNA Chemistry	 Psychology MIND
BUDDHIST	 Common LIGHT	 Uncommon EYE SENSE POWER	 Immediate MENTAL CONSCIOUSNESS

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Functions of Perception

- To collect raw sense data
- To gain unmistakable impressions of our external world



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What can I take away?

1. Objects and light are not by themselves colored.
2. We see color by the way our eyes and brain are constructed.
3. Color is a mental perception.


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SUMMARY



- Perception
 - What it is and how it functions
 - Understand how the perception of colour exists

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Read/watch:

- The Physics and Psychology of Colour – Andrew Hanson <https://youtu.be/af78RPI6ayE>
- Colour: Andrew Hanson at TEDxYouth <https://youtu.be/JDeZCqHcThc>

Coming up:

- How perceptions produce suffering and discontent
- Bringing perception into the practice of Dharma

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