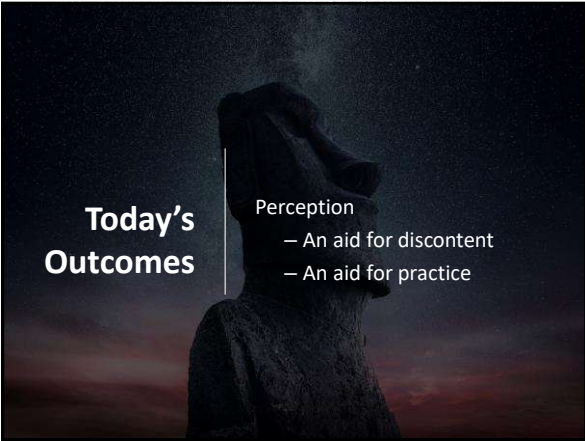
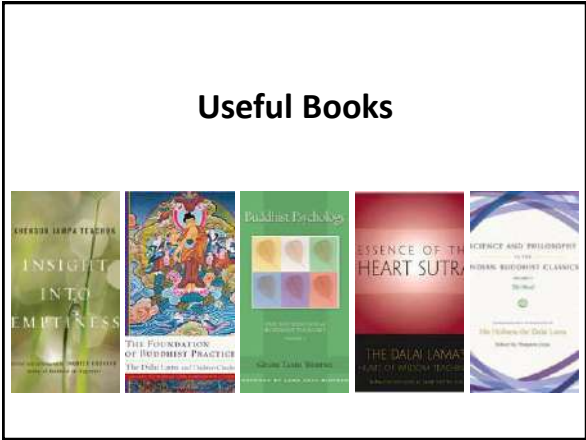




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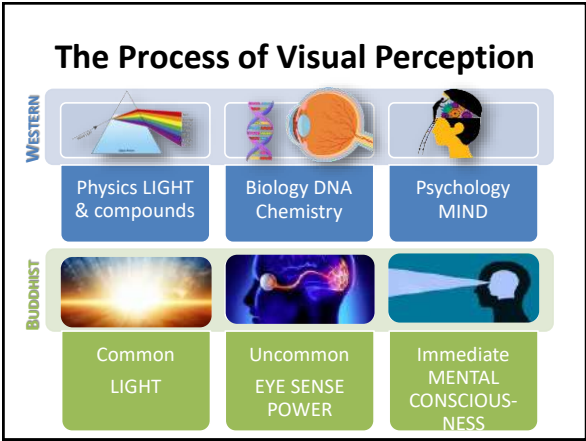
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6






Mental Awareness

They can be either conceptual or non-conceptual

7

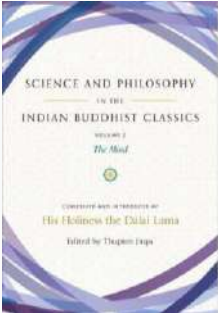
Types of Mental Perception

		
Direct	Yogic	Neither
clairvoyance	emptiness	dream

8

Yogic Direct Perception

Without them we cannot realize emptiness directly and thereby attain liberation



9

Convention – By Agreement



Let's do this.
I agree.

We will call this baby Wally.

10

Conventional Nature



He exists by being dependent and merely labeled.

Hey Wally!

11

Conventional Truth



True from the perspective of the true-grasping mind.

Where's Wally?
There he is.

12

Creating Discontent



By **clinging** to the objects of the senses as if they exist:


- From their own side
- Truly
- By way of its own character
- Inherently

13

Applying Methods To Prevent Discontent

Remember	Remember what you know
↓	
Recognize	Recognize the object of negation
↓	
Recognize	Recognize your lack of control in the process
↓	
Withdraw	Withdraw the sense faculty
↓	
Replace	Replace the sense object with another
↓	
Offer	Offer the appearance

14




The King of Reasons:
DEPENDENT
ARISING

1. Colour does **not truly exist** **because** the way colour exists and the way colour appears to exist are **different**.
2. Colour does **not exist from the side of the bases of designation** **because** it is not there when searched for **amongst the bases for designation**.
3. Colour does **not exist by way of its own character** **because** colour depends on imputation by **name and concept**.
4. Colour does **not inherently exist** **because** it exists **dependently**

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Applying Wisdom



1. Color is empty

2. Emptiness is color

3. Emptiness is not other than color

4. Color is also not other than emptiness

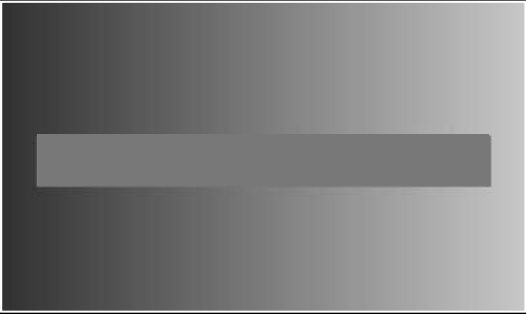
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Applying Method & Wisdom



Relax	Outwardly, relax clinging to objects!
↓	
Give up	Inwardly, stop clinging to the body!
↓	
Loosen	Secretly, loosen clinging to mind!
↓	
Tighten	Tighten with intensity, and then gently relax!

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Just like An Illusion

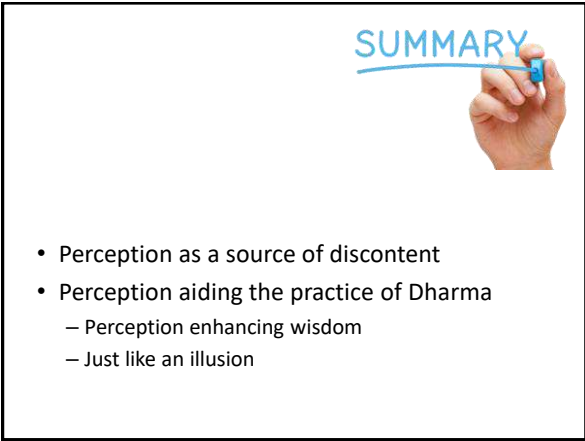
18



What can I
take away?

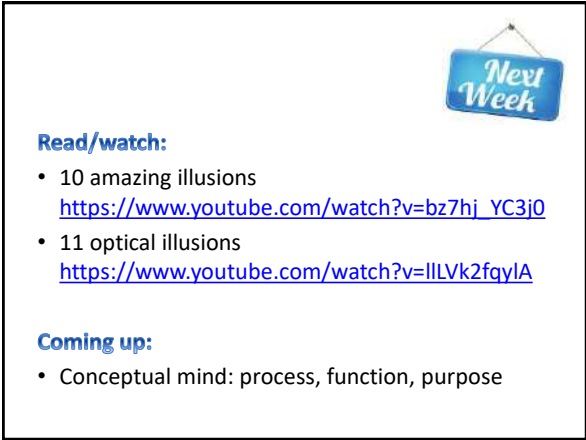
- 1. Use color to remind yourself of the object to be negated and wisdom
- 2. Colors can be sources of joy and generosity

19



- Perception as a source of discontent
- Perception aiding the practice of Dharma
 - Perception enhancing wisdom
 - Just like an illusion

20



Read/watch:

- 10 amazing illusions
https://www.youtube.com/watch?v=bz7hj_YC3j0
- 11 optical illusions
<https://www.youtube.com/watch?v=llLVk2fqyIA>

Coming up:

- Conceptual mind: process, function, purpose

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