

# THE ROOT WITNESS OF DUALITY IN ELEMENTS AND STATIONS (BTWO11)

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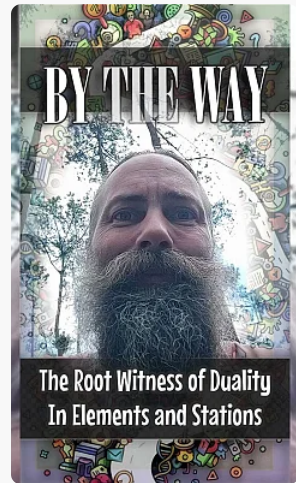
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Seer and Seen. The root duality. Static and dynamic. Yin and yang. Energy and matter. But why does any of that matter? Fact is, for your day-to-day purposes, these are high-level abstractions. We need more concrete gateways to insight.

In today's yarn: A brief gloss on the basic bits of our polarized existence. A core summary of the four underlying elements and the eight stations of our awareness. Attending to them, we rise to higher planes of metacognition.



#ByTheWay #WitnessPlane #InsightOverview #RootDuality  
#SeerAndSeen #FourElements #EightRealms

By the way. I was all set for glossing **the Seer and the Seen**. The *dynamic* and *static* principles. The *yin* and *yang*. *Energy* and *matter*. The **root duality** of our existence. Along with insights into the liminal *threshold membrane*, the **mirror plane**, where the root dualities combine, couple, and lead to the generations of polarized manifestation.

But you know, it was all a bit much for today's yarn. And why is it a bit much? It's because these are high level abstractions. And when you put them on the table, people typically turn them into an intellectual exercise, rather than seeking the experiential realities.

Yes, the raw, *undifferentiated consciousness*, the root *witness*, the *seer* – and *substance*, the *seen*, the *formative potential* itself. You may directly witness them on abstract planes of meditation, contemplation. But in your day to day, you are unlikely to touch upon them. Rather, we put on the table stuff that is more

concretely applicable. Something you can directly witness in your lives.

Say we look at the **four elements**, the four underlying fundamental influences that frame all of your situations in life. Much more tangible, but at the same time, those are zones of abstraction that rewind your awareness back to a more subtle plane. To planes of metacognition, from which you can then go upward into subtler and subtler planes, into the roots of your conditioning – the prime duality.


Again, as you pay attention to the **octagon of your life-cycle**, the stations of your awareness, they too function as nodes, islands, in your sea of awareness, bringing you to higher platforms, creating foundations for your cognitive process. Then let's attend to the good basics first. Train the mind, train your awareness to recognize them, and to abide in them, to churn out their essence.

In the **four elements**, you have your <sup>1</sup> *structures*, you have your <sup>2</sup> *adaptivity*, you have your <sup>3</sup> *reactivity*, you have your <sup>4</sup> *relationality*. These are all vantage points, perspectives, into the underlying fabric of all situations.

Then you have the specific situations in your **process life-cycle**. You have <sup>1</sup> *presence* in a *baseline*, <sup>2</sup> *vision-orientation*, <sup>3</sup> *feelings-impressions*, <sup>4</sup> *wishing-aspirations*, <sup>5</sup> *will-directives*, <sup>6</sup> *works-engagement*, <sup>7</sup> *yields-integration*, and finally <sup>8</sup> *alignment* and *fulfillment*. The eight basic stations to pay attention to. What station am I at? What is its essence? What are its potentials, challenges?

So we'll be looking at all of this – four elements, the eight realms of awareness, in their dedicated slots in a separate series. All of this today, just for a heads up. Dropping some crumbs to the trail. See what it leads – explore, reflect, realize.

Into the sea of awareness we dive, my friend, churned by the Seer and the Seen, in quest for the prisms of awareness, the gateway perspectives that lead to encounters and resolutions of the root duality binding us to this existence. That's all for today.

 <https://ananda.icu/talks/by-the-way/btw011-the-root-witness-of-duality-in-elements-and-stations>