


EIGHT BASIC HUMAN WINDOWS — OUR LIVING FRAMES (K003)

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 **Eight Basic Human**

Windows  —  Clear

awareness: Not

complicated.  Have you

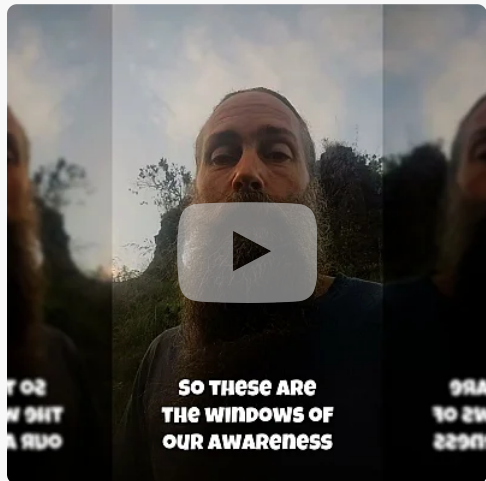
found your windows? 

Are your windows clear

yet? Eight basic frames

you operate in — as a

human:



 My Body  "I See"  "I Feel"  "I Dream"  "I Will"

 "I Work"  "I Integrate"  "I Align" Have a look at them

– as they are, as you are. You are all of it. You are none of it.
Not so complicated.

These are perspectives. Vantage points of reflection and self-awareness. 🧑 Snap beyond. Boot up your windows. 🖥️
Otherwise – tunnels for every one of us. ✔️ If yes? Then: 🟥
Less confusion – less conflict. 🟦 Reconciliation –
harmonization. 🟩 Inside – and for all of us together.

*#KernelTalks #IntoClarity #SelfAwareness #MetaCognition
#Perspectives #MetaWindows #WitnessPlane #AsItIs*

❖ TABLE OF CONTENTS

¶ Eight Basic Human Windows ↴

¶ Boot Up Your Perspective Windows ↴

¶ In Case You're Interested ↴

How's it going dawg? So, I don't often post on social media talking about this and that – but when I do, I typically talk about *metacognitive windows*, operating systems for consciousness, *primary patterns and principles* of what is.

I find that all of this leads to *clarity and cohesion* – which is so much more preferable to *confusion and muddled landscapes*. So there's really nothing extremely complicated here.

Eight Basic Human Windows

Suppose we look at the **eight human windows** – the octagon.

1. I am here, this physical creature. **What is this body?** How is its presence? I look at that, window number one.

2. Number two, I see, I see you, I see into the horizon. **What do I see?** Do I have filters on, distortions? Do I see clearly? What do I observe? What do I recognize? Simple awareness of that, window two.

3. Now window three, impressions land within me from the environment. **I feel.** What do I feel and are my feelings rooted in actuality or do I feel based on my ideas and my memories? It's window three.

4. Window four, from my feelings and observations, **dreams and aspirations** come into being. Where do they

arise from? Where do they lead? What lies ahead of me? I look at that.

5. Then, I will. But what is my intention? What is my objective as I plant my pole and roots in the ground? And what is its impact? That's window number five.

6. Window six, I work. I engage in diverse operations. I transform the world to my preference, really. That's what we do in our lives. We transform the world. We enter the workshop and we move things around into more functioning arrangements. How does the work happen? How will I master the skills? And then that's number six.

7. Into window seven, we are integrating, we are distilling, harvest time. Our essence, the fruits from our process and life cycle so far into our inner pool, into our inner cauldron. We are boiling, we are refining, we are self-organizing. Window number seven.

8. Window eight, alignment. All of this harmonizes, all of this synchronizes and the potentials you have processed in different fields of your life, they unify. It's a good thing. You get yourself together, you actuate your potentials. What are these potentials? How is your

alignment? Is it absolutely clear – or is it drifty and ripply? Are you identifying with it – or are you simply letting it happen? Observe Window number eight.

Not so complicated. These are perspectives, these are vantage points of reflection and self-awareness.

Boot Up Your Perspective Windows

So maybe boot up your windows for more perspective. If not, no worries. There is a tunnel for every one of us and may we not bounce off the edges too hard in the process.


But there's also an opening beyond the tunnel, right? Just snap out of it into a higher vantage point and things may be different in our lives.

Less confusion, less conflict, more reconciliation, more harmonization, a better flow, a more coherent stream. Within as without interconnected.

So these are the windows of our awareness and that's doggy dog. All right.

In Case You're Interested

So there's part number two to this transmission. Look it up. I try to keep this short. Also – Ananda.ICU, there's a website with supplementary materials. Go look it up if you're interested. Okay.

 <https://ananda.icu/talks/kernel-talks/k003-eight-basic-human-windows-our-living-frames>