


ON ENTERING ACTUALITY — WHAT'S GOING ON MEDITATION (NO02)

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For those who seek clarity and self-awareness — a primer into the "What's Going On Meditation". Get to know your contents — understand your inner constructs. Instincts, emotions, thoughts, identity — none of that is you. Polarized reactions — yes this, no that — condition you to the core.



Rise beyond the phenomena in your being. Enter the planes of metacognition. Witness what is – enter raw actuality. Clear away your projections. Remember. (Uncut Version: P008 ▶)

#IntroSpectrum #MetaCognition #WhatsGoingOnMeditation
#IntoActuality #WitnessPlane #LayersOfBeing

This is for those who want to see from a plane of clarity.
Take a deep breath – and get ready for the "What's Going On Meditation".

A burning question arises – "Am I meditating?" Well no you're not, when you're asking that question. When you stop asking that question – then you are meditating.

Recognizing Your Reactive Layers of Being

You need to know who you are – like basically. An illusion of yourself as a solid identity. You will not gain insight – because you will never be able to get beyond yourself.

You have your **biological drive** – your instincts, hunger, fear, survival. Then you have your **emotions** – joy, sadness, love, hate, etc. You have your perceptions,

evaluations and **mental formations**, the meanings that you make.

And you have your **identity** – the bearded fellow shouting in the wilderness. Roles we take, not you, not your identity. All subject to change at any time.

Underneath all of your layers there is a dual current, **polarised reactions**, pushing and pulling. This yes, that no, that conditions us on a very fundamental level. Where do these reactions arise from?

Beyond Your Inner Phenomena – Plane of Pure Witnessing

Then, when should I do my "*What's Going On Meditation*"? Well is there something going on? If there is, you have your opportunity right in front of you – and right inside of you. Pay attention to that.

Rise beyond the phenomena in your being. Look at them from beyond – witness yourself in action and in engagement. It's not very complicated. But you have to snap clear from your tunnel. We enter *metacognition*. Metacognition is awareness of awareness itself.

The planes combine and again – you reach a superposition. Ultimately there is a plane with no opinions, no reactions, no engagement, no involvement. Simultaneously present with everything that's going on.

The plane of pure witnessing. From there you will get to know what is actually going on.


Remember and Contemplate – In Peaceful Reflection

So, if you're looking for clarity, resolution, discernment, harmony, unity, all of this. *Just figure out what's actually going on.* You have opportunities. *All you need to do is remember.* Put on your witness hat. Contemplate. Not by force of mind.

Simply in peaceful reflection, detachment, recognizing all that is going on. The darkness is brought into being from your projections, from your finite definition of what should be. Absorb instead into awareness of what just like actually is.

So, on that note, we conclude. Stay up there – when you're living down here. I'll be right here, watching myself, enjoying my easily accessible enlightenment.

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 <https://ananda.icu/talks/introspectrum/n002-on-entering-actuality-whats-going-on-meditation>