

# WHAT ABOUT AWARENESS: STACK OF LIVING EXPERIENCE • ITS RECOGNITION & RESOLUTION (WAO07)

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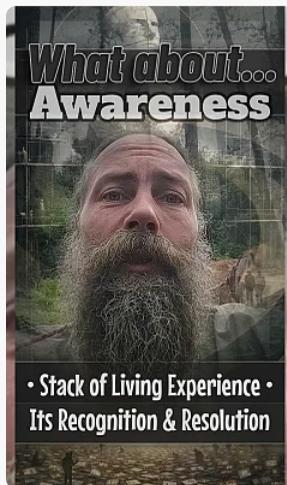
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What about awareness – and consciousness and cognition? All aspects of the stack of our sentient experience. Wrestling with our words and ideas, we are lost to the actuality of their nature, distant from touching the inner phenomena.

Consciousness: the underlying potential field. Awareness: our inner realms and atmospheres. Cognition: processes handling the specifics of



existence. Then our mind and identity, the finite subject, our conditions. How do we resolve it all?

#WhatAboutSeries

#Consciousness

#Awareness

#Cognition

#Psychology

#Sentience

#Experience

#InnerResolution

**What about awareness, or consciousness, or cognition** for that matter? Terms with a hundred definitions, whether in spirituality or psychology, and then we discuss, then we debate, what these words are. Yet, if we engage with words that carry no substance, we use pointers without a point in reality, terms without a terminal, then it's all rather very pointless, isn't it?

Then, instead of mincing words to determine what is, let's return to the "what is" and choose the most appropriate words. Then, for consciousness, for awareness, for cognition – these are my preferred definitions in describing the stack of our sentient experience.

From the roots downward: **Consciousness**. A unified field, an energetic potential that is nothing until it becomes in a context.

Then, **awareness**. Our inner atmospheres, tunings of space that hosts the particular forms of our experience. Awareness, containers for our conscious fields, their framings in a particular tuning. Horizontal, vertical, expanding, contracting, adaptive, reactive, and so on. There's no real content there yet – simply a particular dynamism.

Then, onward, into **cognition**, the actual concrete processes that handle our comprehension of this reality. Perception and recognition, memory and recall, and so on.

Then, in a nutshell. **Consciousness**, the underlying potential, nothing yet. **Awareness**, our inner atmospheres, fields hosting experience. And **cognition**, the actual mechanisms spelling out the details of our existence. All of these, neutral processes – there is no "you" there yet.

Then, we land into the shell, the capsule of our **mind and identity**. We begin to self-recognize as a particular sentient being. We latch on to a finite sampling of what is, in order to ensure our cohesion.

Our attention is far removed from the underlying conscious potential. We are hardly aware of the textures and dynamics of the space in which our experience unfolds. Nor do we typically attend to the cognitive mechanics, ongoing, underlying our interpretation of reality.

We have entered the prison of **subject assertion**, entering tunnels where we chase for our hopes and flee from our fears. All of this results in a significant field of cognitive distortions, misinterpretations, as we project into being what is not. Let us then reclaim the full stack of our experience, rise beyond the hypnosis of our becoming.

**Meta-cognition:** Reflecting on your ongoing conscious processes. **Meta-awareness:** Presence in the diverse inner atmospheres, without trying to modulate them in any way. And finally, **meta-consciousness** itself. Return to the field of being with no urge for becoming.

With this, we reframe and reform our mind and identity, recognizing the fullness of what is, letting go of the emptiness of what is not. The emptiness, the illusion, the hallucination, your projection, the overlay of actuality. An infinity of potentials, beyond the little

shell you've claimed, a shell that shrinks smaller and smaller the more you try to curate it. Curation of identity, subjective reactivity, all of that results in needless suffering.

Witnessing our **subject conditioning**, witnessing our **cognitive processes**, witnessing our **inner atmospheres**, and witnessing the **witness itself**. So we resolve. Where the witness simply witnesses itself and all that is. No need for you to assert yourself there. Unbinding from the conditions in your stack of living experience, it does improve your quality of life.

 <https://ananda.icu/talks/what-about/wa007-awareness-stack-of-living-experience-its-recognition-resolution>