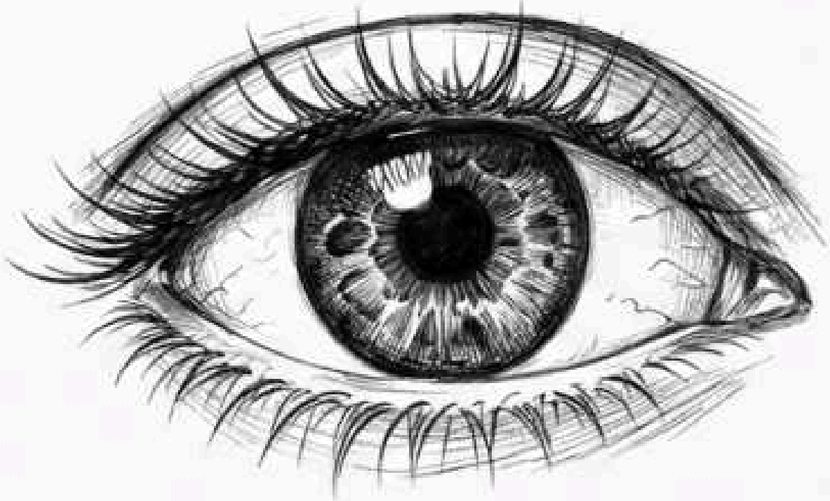
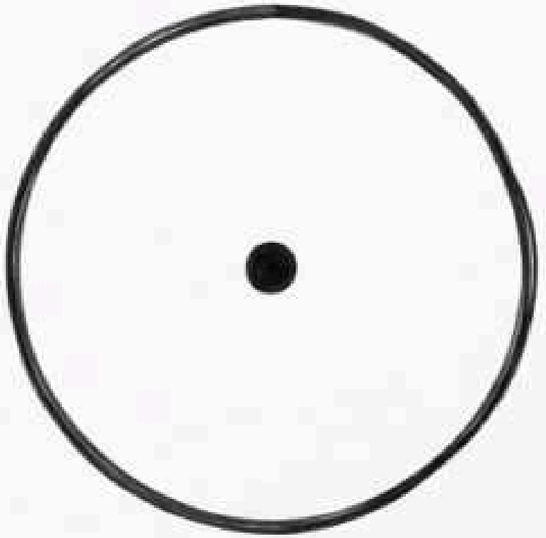
PHIL 480 B

Lecture 1: The Observer Behind the Mind.





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1.1

Compensation Model:
Pay it Forward

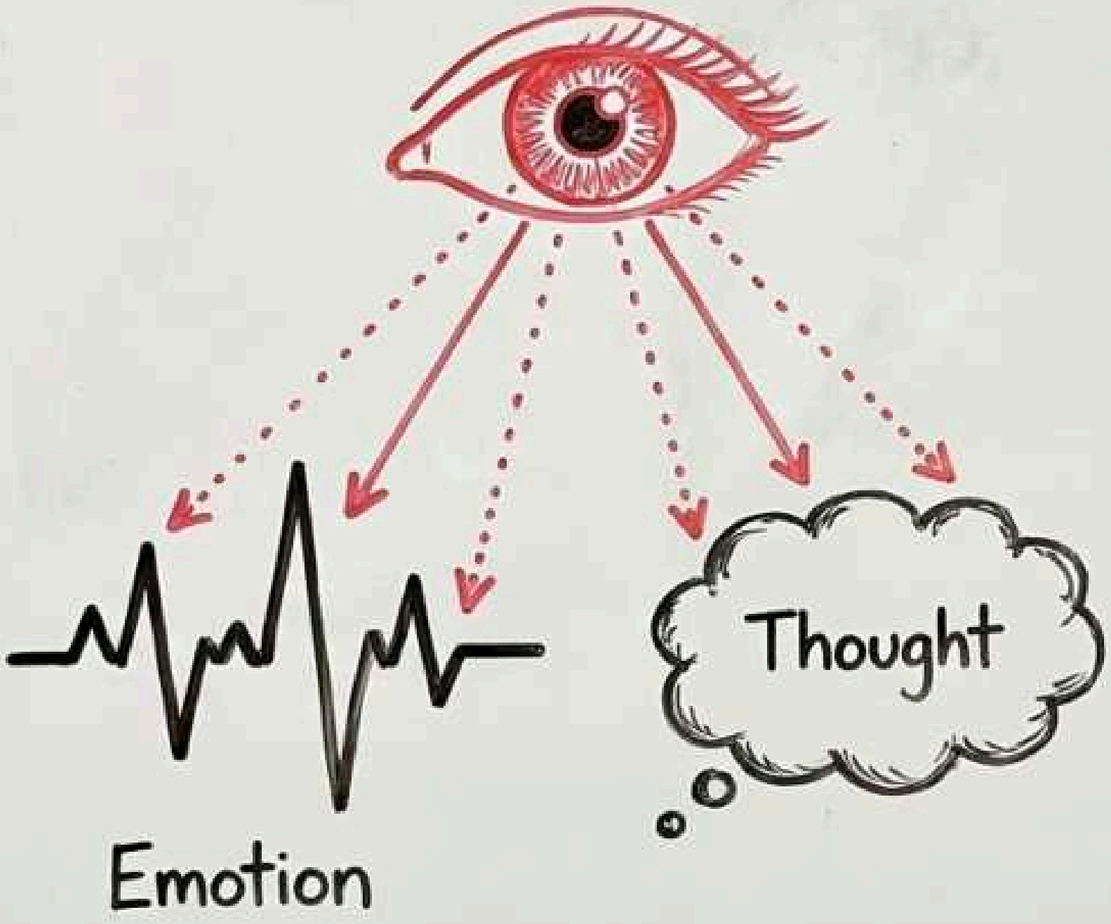


garyanderson@mail.grokbot.com
@garyanderson

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1.2

Awareness / Witness
Consciousness



Observer > Observed

Before a thought or emotion can exist, something must be aware of it.

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1.3



The Mind:
Thoughts, moods, aging
(Constant Change).

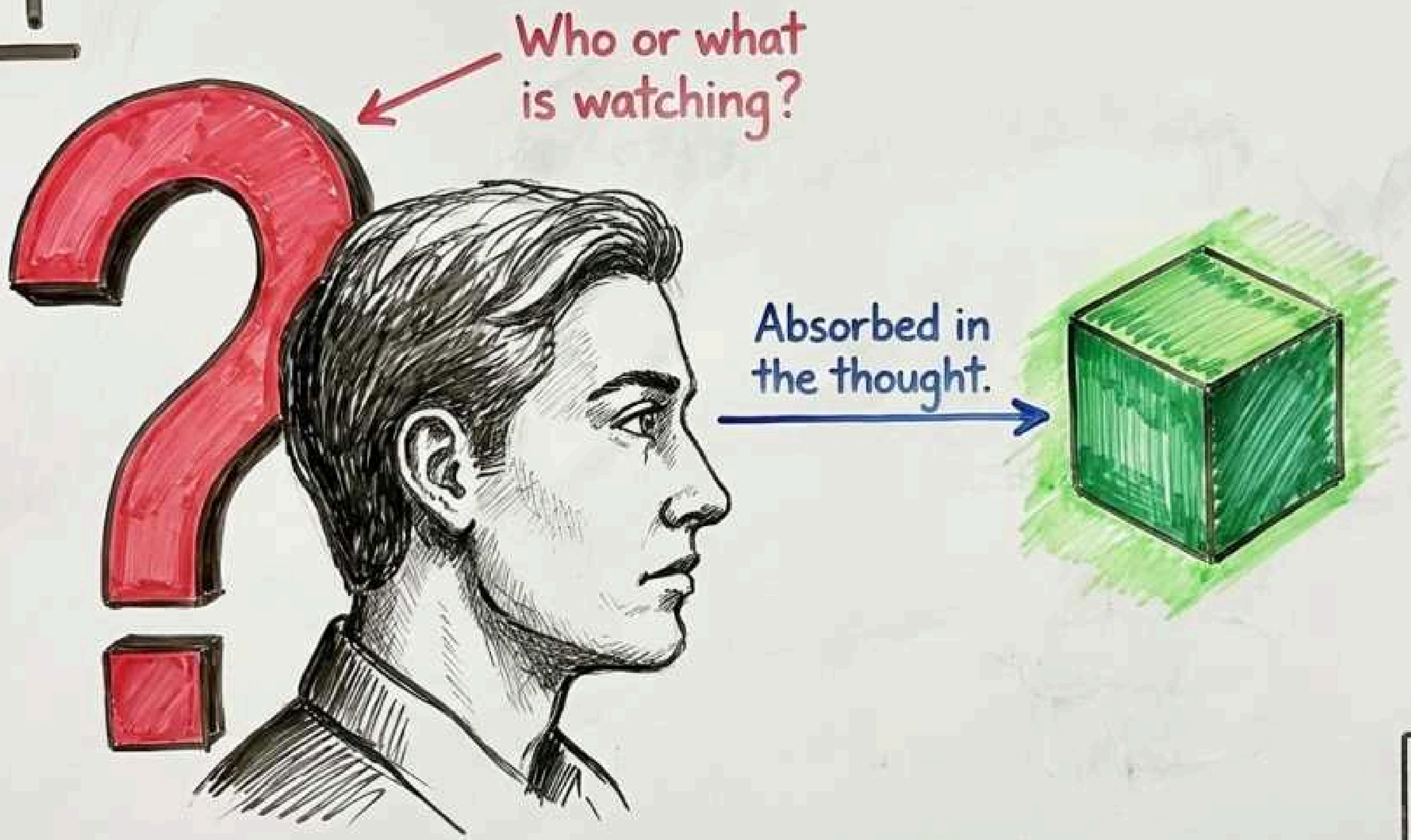
Watches the field
without changing shape.
The eye looking into the dream.



Awareness: The silent,
unchanging witness.

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1.4



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1.5

The word ≠ the thing.



Warning: Anything you find in your head (an image, a darkness, a thought) is something you are aware of. It cannot be awareness itself.

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1.6



Who is listening? → Brain? → Consciousness? → I am?

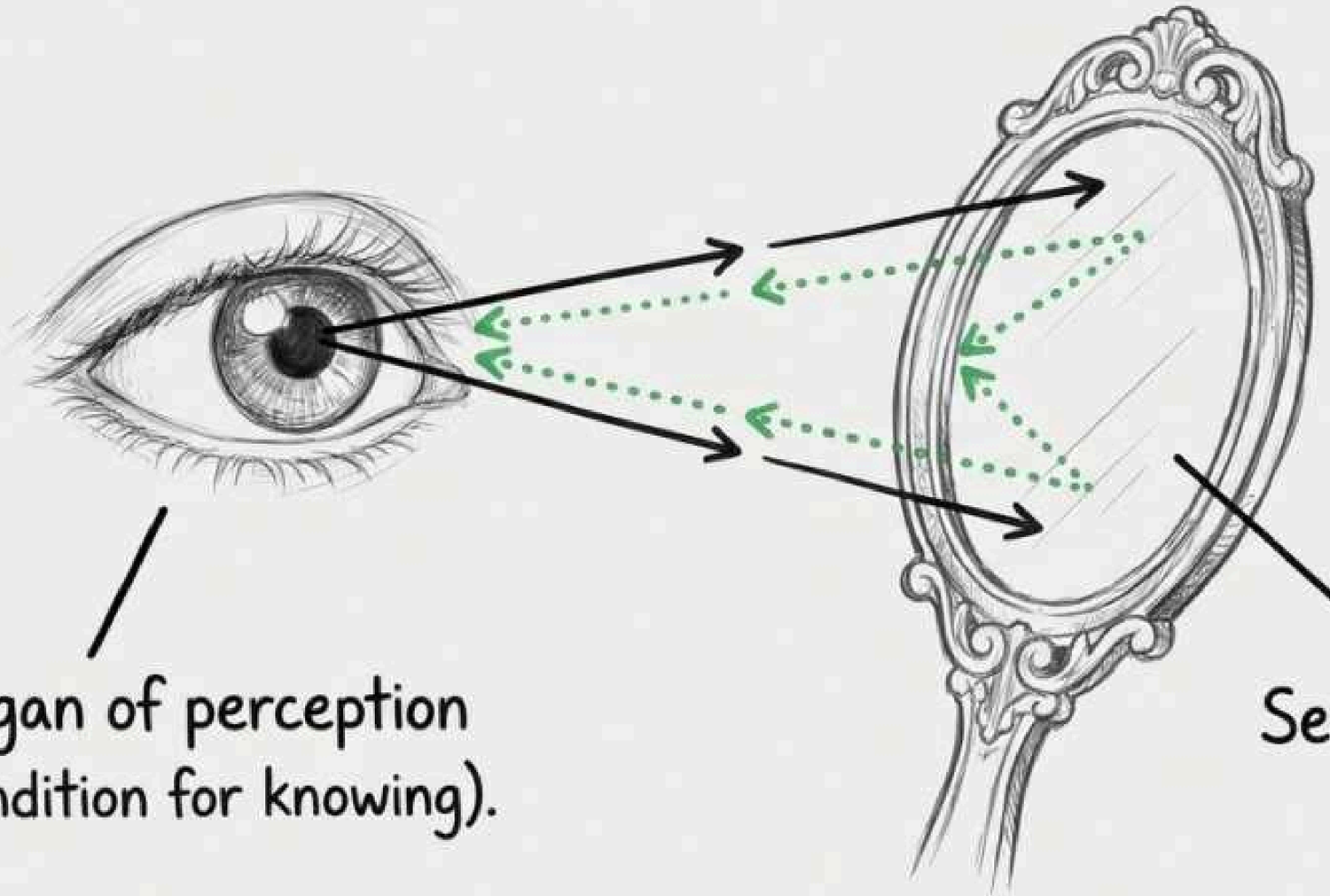
Brain?
Consciousness?
I am?

Infinite Regress.

The mind goes in circles trying to turn the subject into an object.

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1.7



The organ of perception
(The condition for knowing).

Sees an image,
not itself.

Awareness can BE itself, but cannot step outside to LOOK at itself.

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1.8

MIND = (Light vs Dark) + (Self vs Other) → DIVIDES
(Contrast Mechanism)

AWARENESS = [Light + Dark + Self + Other] → CONTAINS
(Non-Dual)

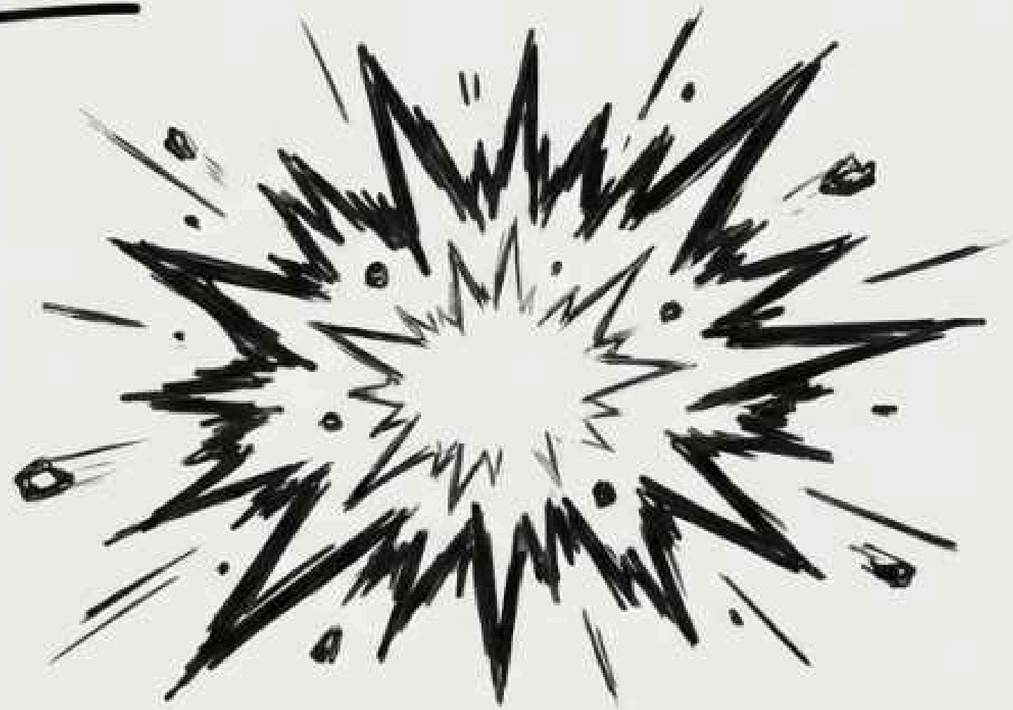


Immeasurable: Every act of measuring requires something already there to be aware of of the result.

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1.9

HOW (The Mind's View)



- Universe development
- Cause & Effect

WHY (Ground of Being)



To name is to limit. God/Source/Absolute are only pointers, not the thing itself.

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1.10



Awareness cannot be learned. It requires quiet senses and direct, internal recognition.

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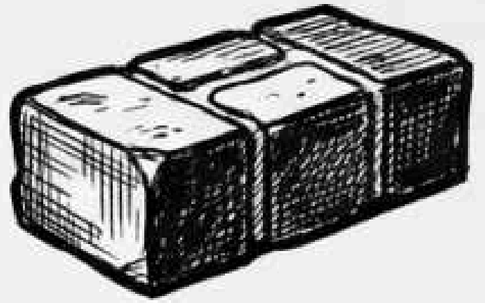
1.11

IN-DIVIDUAL

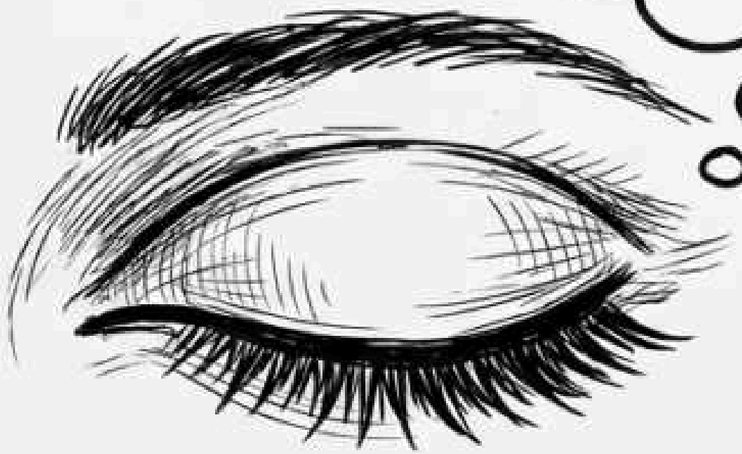


Spiritual / Unseen





Material / Dual / Divided

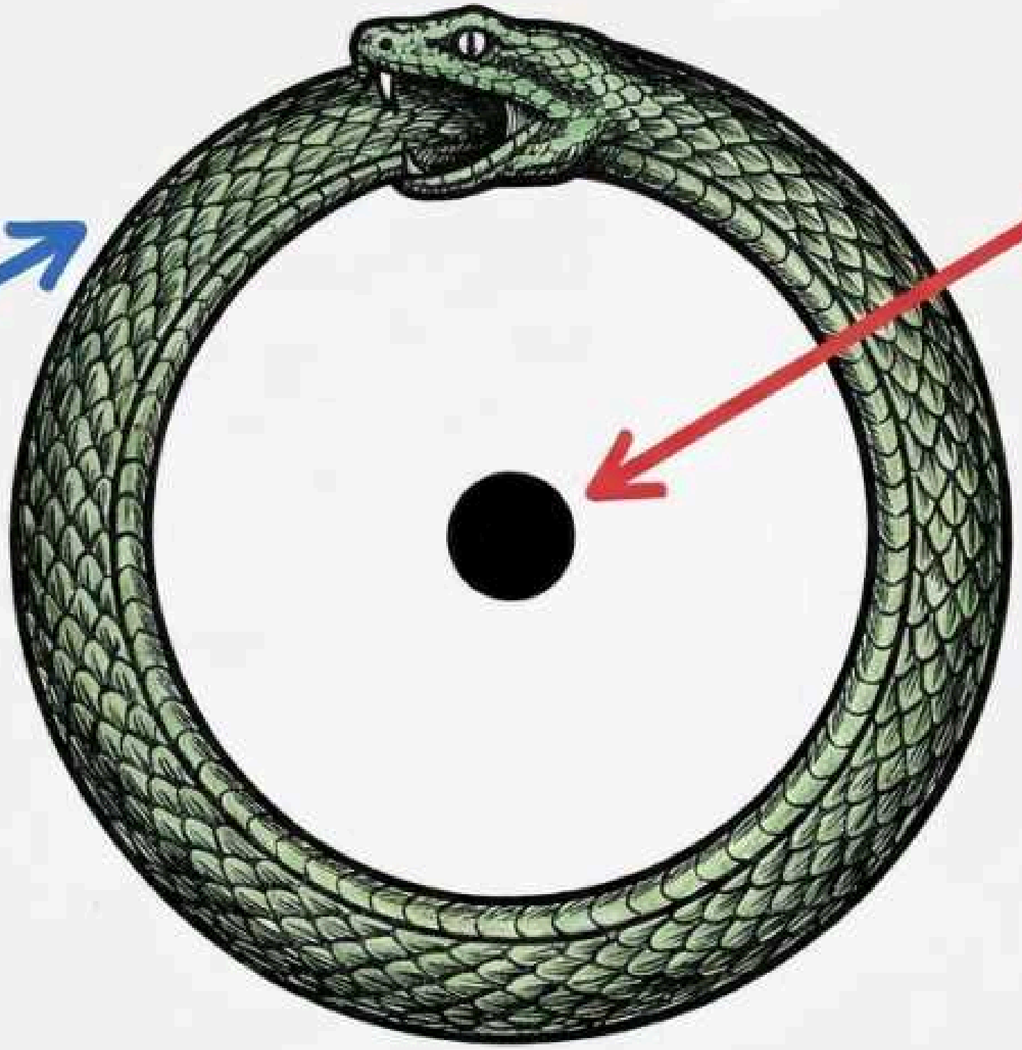


The Invisible Eye Exercise: Close your eyes. You see images and places. Since physical eyes see nothing, what is doing the seeing?

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1.12

The Circle of Life:
Movement, birth,
death, gain, loss.



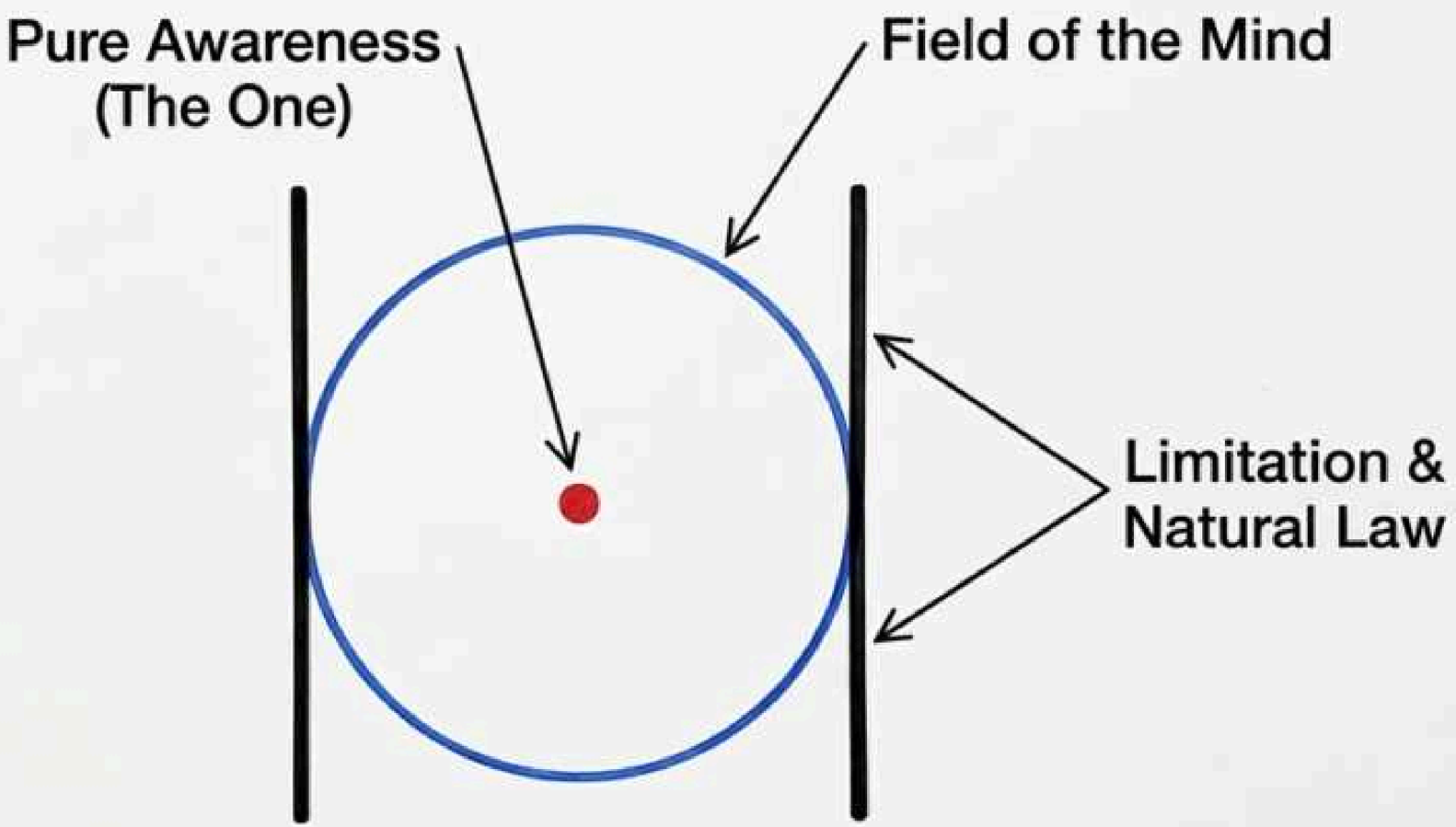
The Still Point:
The observer that
does not move.

Suffering = Identifying with the circle.

Peace = Identifying with the dot (without leaving the world).

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1.13



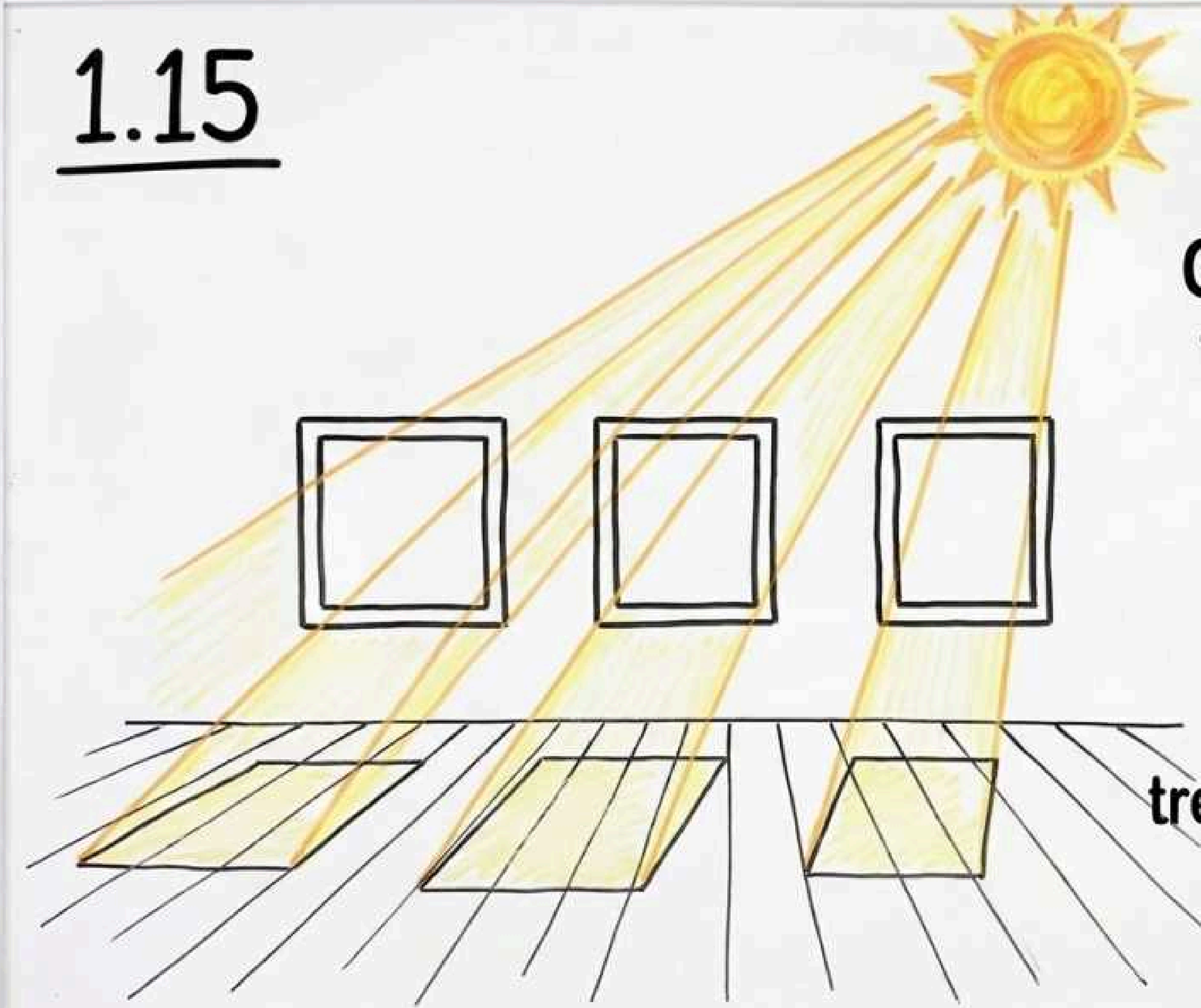
LIMITATION CREATES SPECIFICITY.
The infinite One must accept edges to experience the many.

1.14



Virgin Birth / "Before Abraham was, I am" = Spirit entering form completely untouched and unborn.

1.15



One awareness shines through many minds. Therefore, others share your source.

Ethical Takeaway: Treat others as you wish to be treated; pride and dishonesty contradict this unity.

1.16



Empirically Supported (Psychology)

- Noticing thoughts as events
- Mindfulness practice
- Metacognitive Therapy



Philosophical Positions (Metaphysics)

- Consciousness is primary
- One single awareness underlies all minds
- Echoes of Advaita Vedanta

The experience of watching thoughts is verifiable; the ultimate metaphysical source remains a philosophical choice.

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