

# Beginning Self-Transformation

Lecture Four: Self-Observation



# Definitions of Consciousness

1. The state of being conscious; knowledge of one's own existence, condition, sensations, mental operations, acts, etc.
2. Immediate knowledge or perception of the presence of any object, state, or sensation.
3. An alert cognitive state in which you are aware of yourself and your situation.

# Powers of Consciousness

- Awareness: Broad spatial perception
- Attention: Focused specific perception
- Mindfulness: Recognized continuity
- Visualization: Non-physical imagery



# Definition of Observation

- the action or process of observing something or someone carefully or in order to gain information.
- Synonyms: monitoring, watching, scrutiny, examination, inspection, survey, surveillance, consideration, study, or review.



# Observer and the Observed

- Unconditioned Consciousness: essence, consciousness, soul, the Observer
- Conditioned Consciousness: egos, selves, desires, defects, the Observed

The Two  
Worlds



# The Flavor of Life

- Identification
- Fascination
- Sleep



# The Flavor of the Work

A scenic landscape featuring a range of mountains with snow-capped peaks under a clear blue sky. In the foreground, a dense forest of green trees stands on a grassy slope. A calm lake in the lower portion of the image reflects the mountains and trees. The overall atmosphere is peaceful and majestic.

- Intensified awareness
- Clarified attention
- Heightened perception of oneself
- Self-observation and cognizance of facts
- Comprehension, insight, or understanding of the causes of suffering