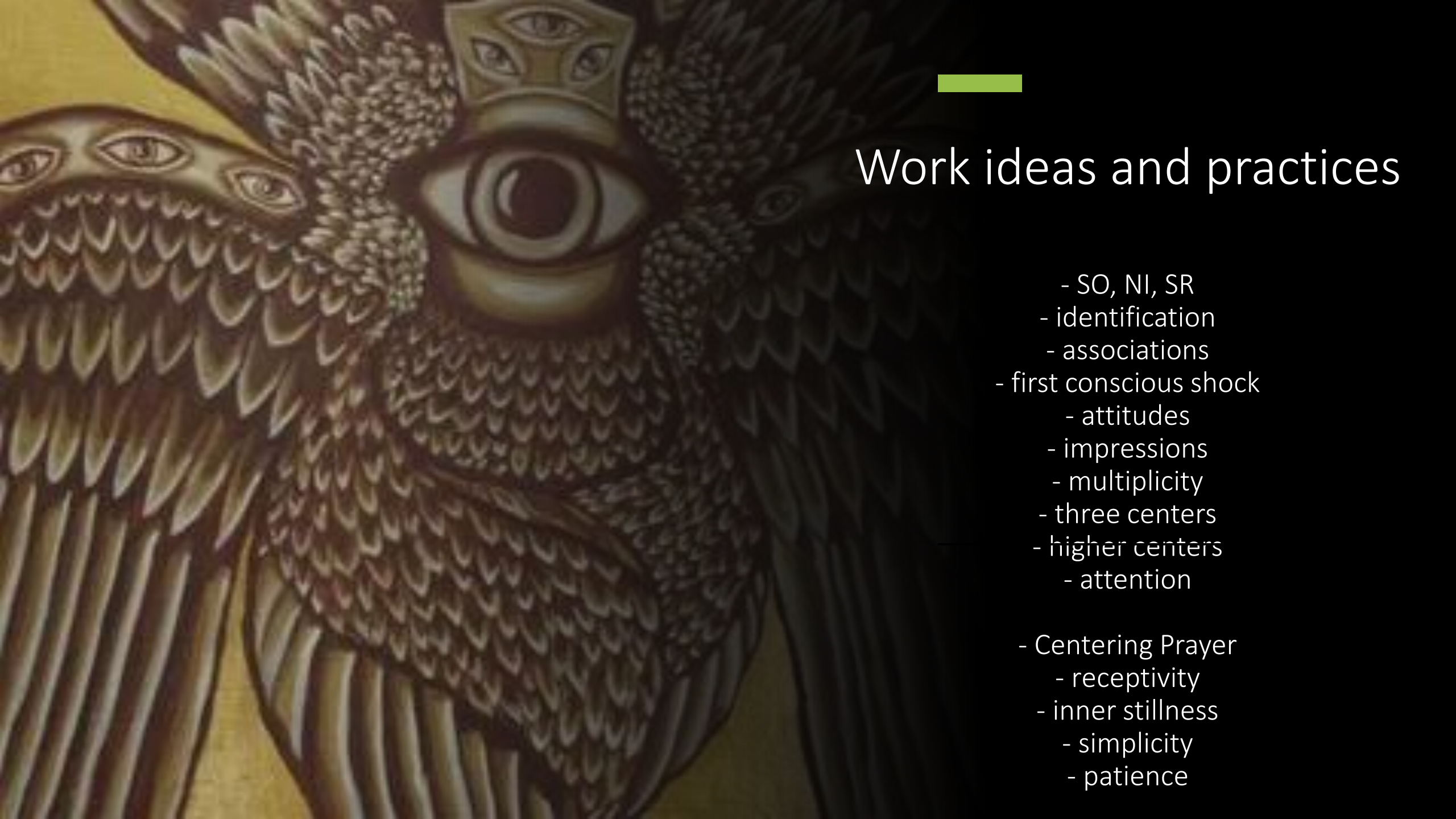


Seeing the  
World ...

Whom or what  
sees?

---





## Work ideas and practices

- SO, NI, SR
- identification
- associations
- first conscious shock
  - attitudes
  - impressions
  - multiplicity
  - three centers
- higher centers
  - attention
- Centering Prayer
  - receptivity
  - inner stillness
    - simplicity
    - patience



# Ordinary Seeing

point of view = positionality = identification



subjectivity



inherent distortion or partial story

“It must be remembered that all negative 'I's can only lie, just as all negative emotions can only distort everything, as, for instance, the emotion of suspicion.”

- *Commentaries*, Vol. 1, p. 23

“We live in a limited world defined by our associations.”

- The Journey School Glossary, "Associations"

“The feeling that we call ‘I’ seems to define our point of view in every moment ... And yet this feeling, however imperturbable it may appear at present, can be altered, interrupted, or entirely abolished. ... There is no stable self that is carried along from one moment to the next.”

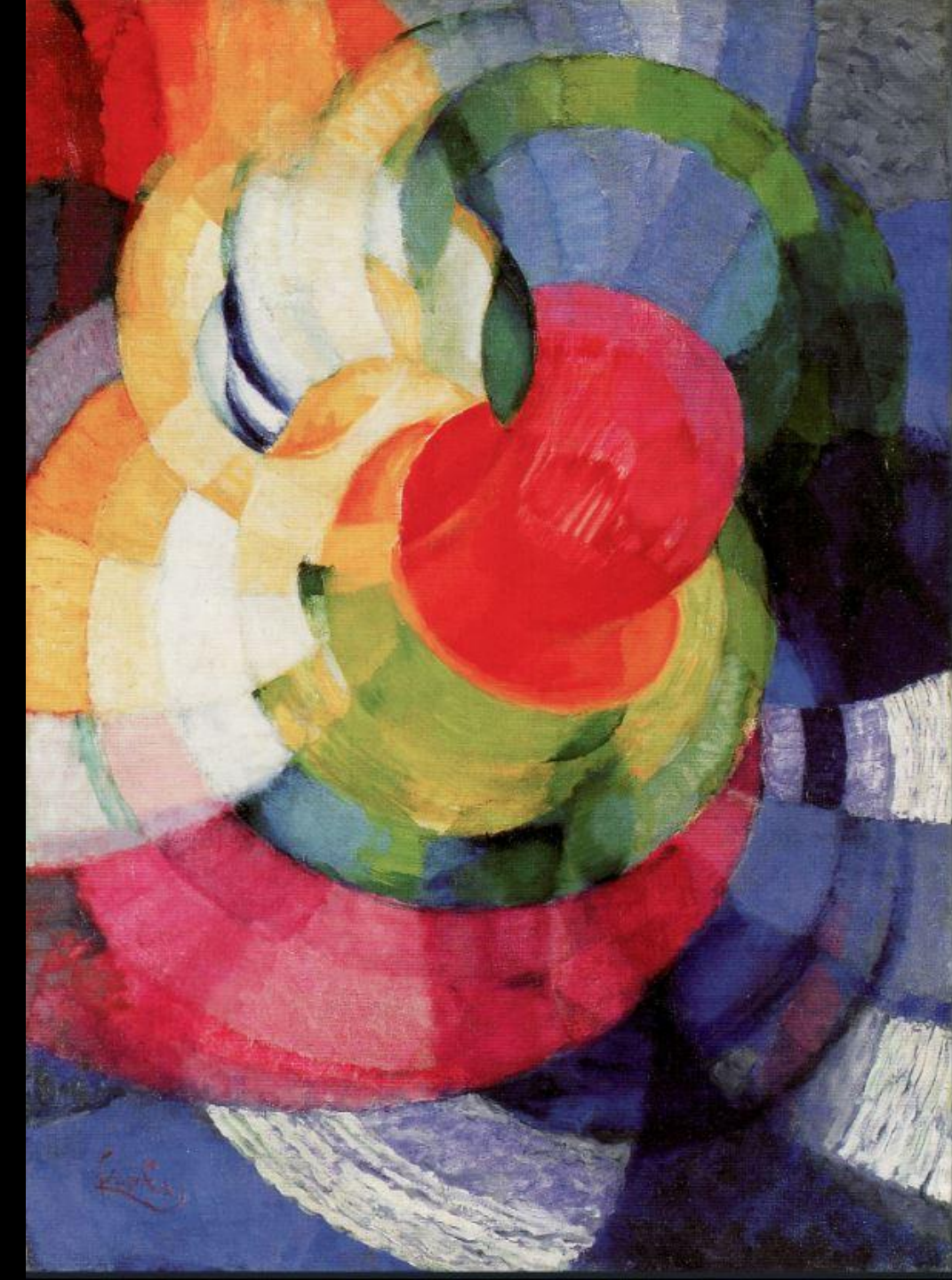
- Sam Harris, *Waking Up*, pp 83, 87



“Emotion is not an indicator of truth, as it both reflective and determinative of positionalities and conditioning.”

- Dr. David Hawkins, *Daily Reader* for February 27





"The question in the Work is:  
'On what do impressions fall in  
you?'"

- Commentaries, Vol. 2, p. 654

"When impressions begin to fall on  
us to a deeper level, we begin to live  
in an entirely new world."

- p. 655



# Self-observation and Witnessing Presence

- Awareness is neutral
- Receives/sees without commentary or judgment
- Awake and present with what is in state of acceptance
- With practice, self-observation deepens to witnessing presence, to self-remembering




---

“True seeing happens when eye,  
mind and heart are unified in the  
present moment.”

- Michael Wood, co-founder, The Miksang Institute  
for Contemplative Photography

Three-Centered Awareness ... Self-Remembering





“Putting the mind in  
the heart [in the body]  
>> luminous seeing ...”

- Cynthia Bourgeault

+

Receptivity >>

Facilitates downloads from  
higher centers and awakens intuition

“The Source of all that exists is Divinity. ... Existence is the manifestation of Divinity as form.”

- Dr. David Hawkins, *I: Reality & Subjectivity*



Andrew Fusek Peters



"It's the eye of faith that is the seeing eye ... that penetrates the senses and events and sees God in everything. In other words, it sees not just the particular particle, but it sees the Source of the particle which resides there at the same time. God is both distinct and indistinct at the same moment, with everything, and that includes ourselves"

- Thomas Keating, *The Gift of Life: Death & Dying, Life & Living*

Self-remembering in Presence in the present.