

# HEROIC IMAGERY AND NONDUAL AWARENESS

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[www.nondualityinstitute.org](http://www.nondualityinstitute.org)

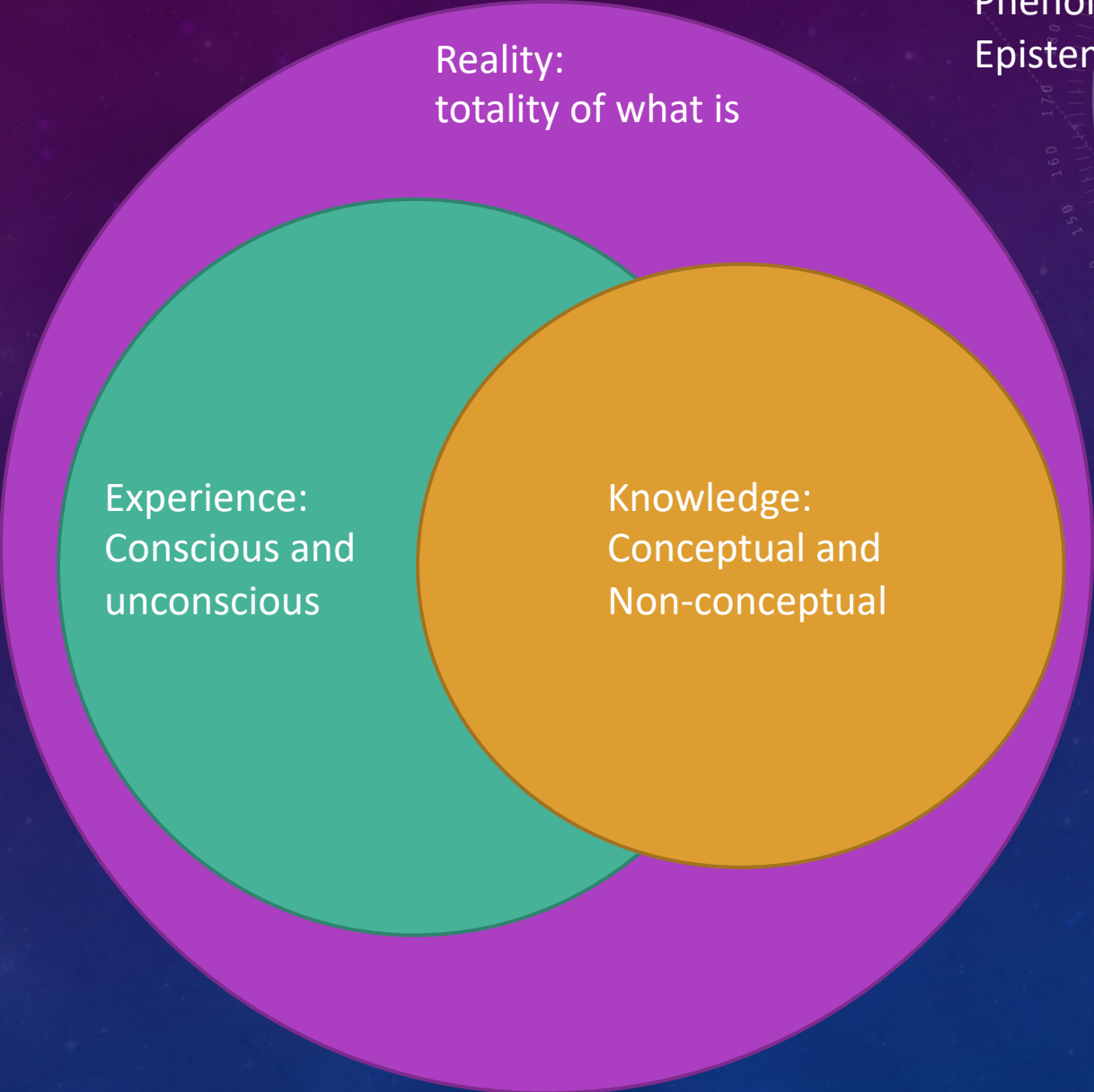


# A COUPLE OF CAVEATS...

- Reality, Experience and Knowledge are different but overlapping.
- Hence, ontology-metaphysics, phenomenology and epistemology also overlap, but should not be confused with each other.

Reality,  
Experience,  
Knowledge

Ontology – Metaphysics,  
Phenomenology,  
Epistemology.



## CAVEATS CONT...

- Neither naïve essentialism / realism, nor flatland constructivism are true.
- Yet, all experiences are constructed.
- And, there is an innermost essence that is unconstructed.

## *Relative:*

- Contents (qualia)
- Functions (perceptual, affective and cognitive)
- States of arousal (wakefulness, dreaming, deep sleep, altered states, meditative absorption states)



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- **Indeterminate Substrate: neither conscious or non-conscious**
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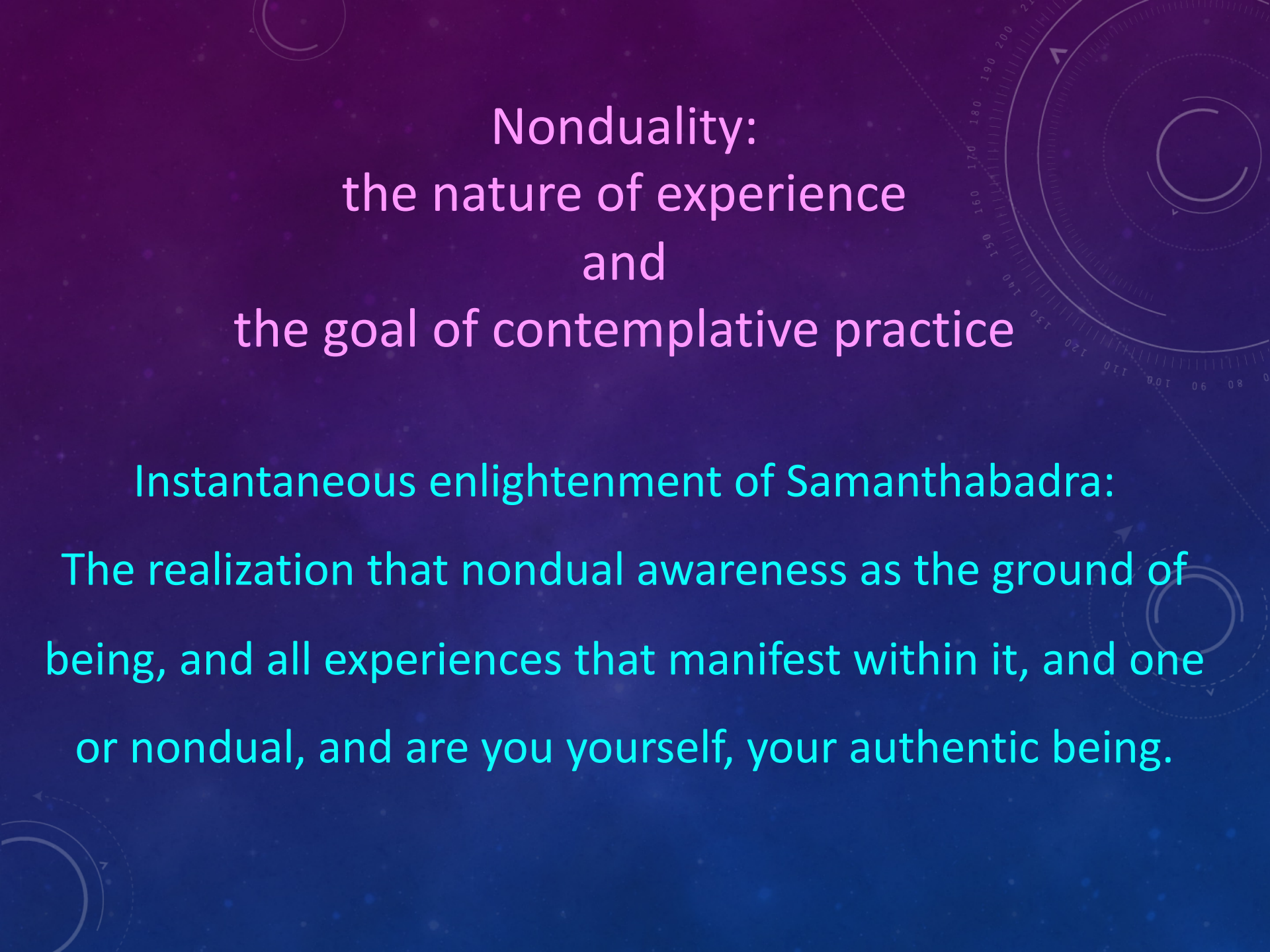
## *Absolute:*

- awareness, empty, nondual, non-conceptual, self-knowing

# *Dimensions of nondual awareness*

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- Presence - Being
- Emptiness – non-reified
- Nondual – without subject-object structure
- Non-conceptual reflexive knowing
- Luminosity
- Bliss
- Unity - Self

The background is a dark blue gradient with faint, glowing geometric patterns. On the right side, there is a large, semi-transparent circular scale with numerical markings from 0 to 210 in increments of 10. The scale has concentric circles and arrows indicating a clockwise direction. The text is centered and rendered in a light purple color.

Nonduality:  
the nature of experience  
and  
the goal of contemplative practice

Instantaneous enlightenment of Samanthabhadra:

The realization that nondual awareness as the ground of being, and all experiences that manifest within it, and one or nondual, and are you yourself, your authentic being.

## One Taste:

Phenomena that arise within nondual awareness, appear as having the same dimensions as nondual awareness, in addition to their own characteristics.



# SIMULTANEOUS TRANSCENDENCE AND IMMANENCE

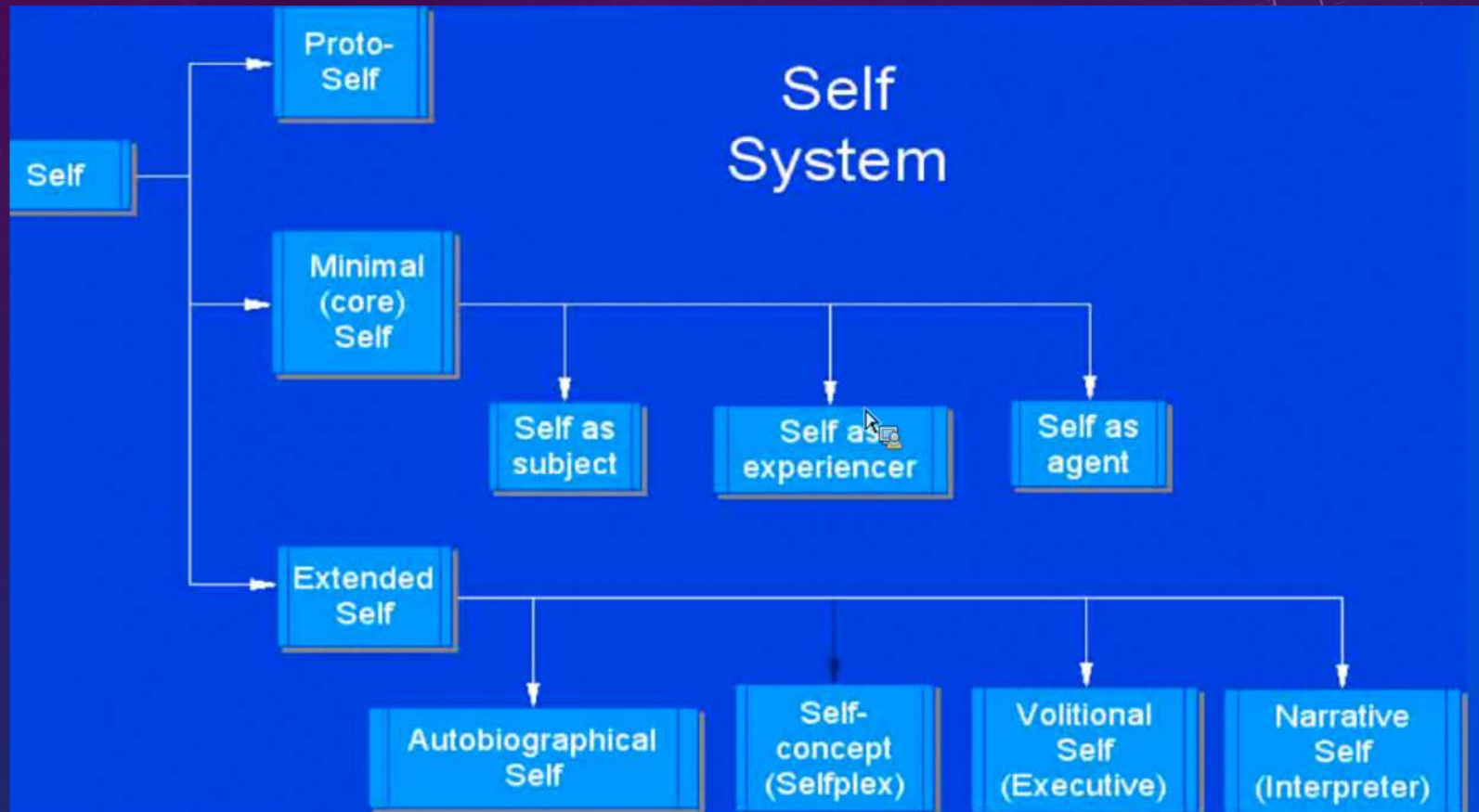


# What is the significance of realizing nonduality in this way?

- It reveals that the nature of phenomena and oneself is fundamentally positive and unified, and that fragmentation into dualities is adventitious.

# DECONSTRUCTING AND RECONSTRUCTING SELF

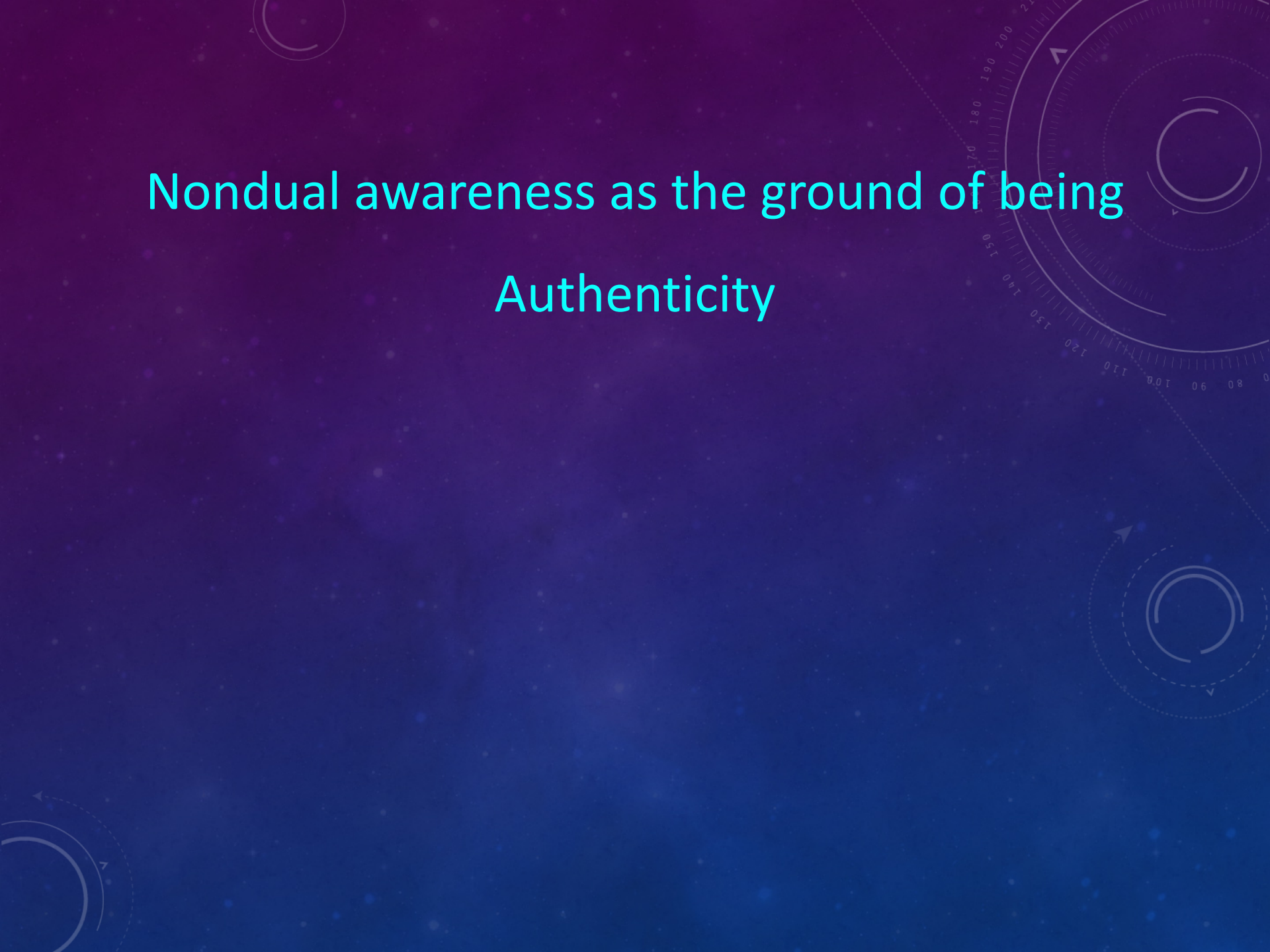
## WITHOUT OR WITH INNERMOST ESSENCE



self as implicit unconscious ground/context of experience

# Nondual awareness as the ground of being

## Authenticity



## Significance cont.

- It reveals that the qualities of being, which we aspire to cultivate in practice, such as, wisdom, compassion, happiness, strength, pleasure, etc. are spontaneously present once nondual awareness is stabilized and embodied, once we abide in authentic being.

Just as gold, even if it has gone through the forge, never loses its essential nature, so too, the enlightened authentic beings wherever they may go, manifest everywhere their natures of inconceivable qualities.

Surangama Sutra

# Embodied Realization: Nondual Awareness as the Ground of Being (Why it is not just your head that needs enlightenment.)

Intrinsic (*nondual*) awareness realizes the space of phenomena.

Padmasambhava (cc 8<sup>th</sup> century, CE)

“like the space within a vase, and the space outside of it, are one  
and the same space...”

(Josipovic, 2014, 2016)

## Two approaches:

- *The Path of Form:*
  - Goal is Perfection.
  - Method is gradual improvement of one's capacities.
- *The Path of Essence:*
  - Goal is Freedom.
  - Method is discovering and abiding in the authentic being which is spontaneously complete.



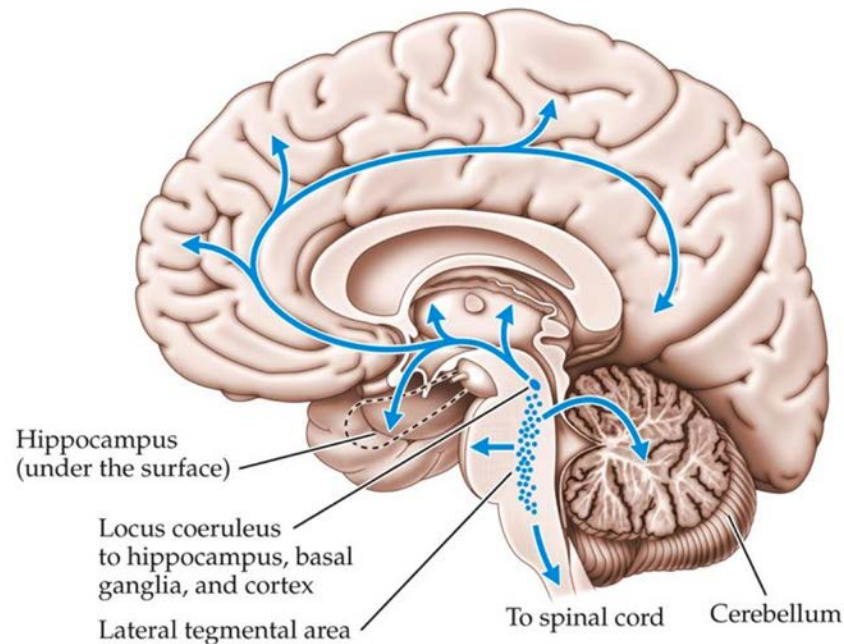
## Approaches to dealing with experience:

1. renunciation
2. purification
3. transformation
4. self-liberation

TONIC ALERTNESS (ONGOING, PARASYMPATHETIC);  
PHASIC ALERTNESS (STIMULUS-RELATED, SYMPATHETIC)  
THE ROLE OF NOREPINEPHRINE

## Noradrenergic Pathways in the Brain

Noradrenergic fibers from the locus coeruleus project broadly



AROUSAL VS. RELAXATION: A COMPARISON OF THE  
NEUROPHYSIOLOGICAL AND COGNITIVE CORRELATES OF  
VAJRAYANA AND THERAVADA MEDITATIVE PRACTICES  
(AMIHAI & KOZHEVNIKOV, 2014)



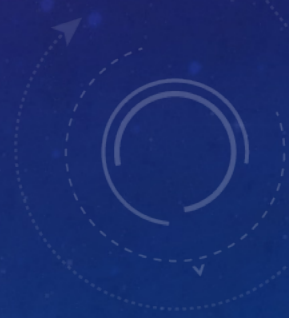
## DEITY YOGA - PHASIC ALERTNESS

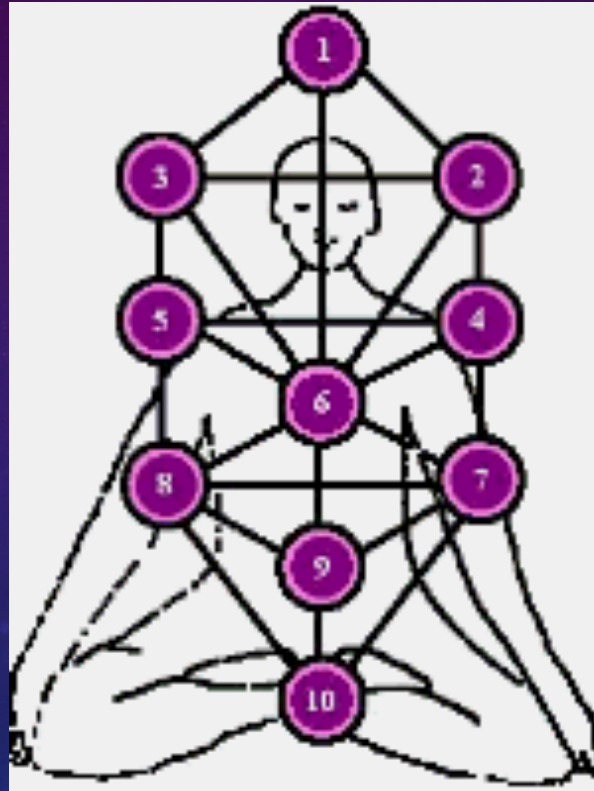


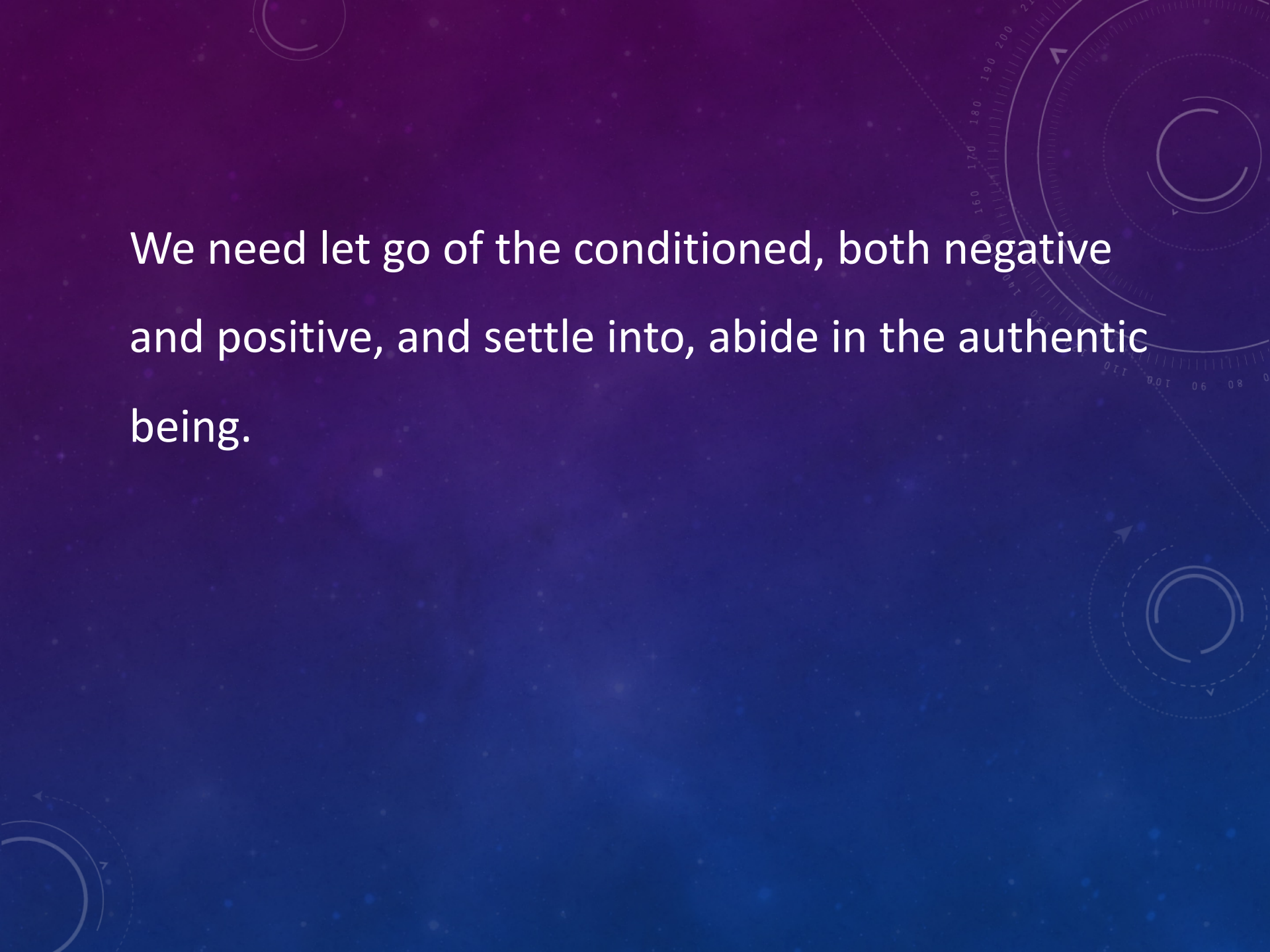
The Enhancement of Visuospatial Processing Efficiency Through Buddhist Deity Meditation (Kozhevnikov et al., 2009)

# CREATING WITHIN THE GROUND OF BEING

- Deity yoga in the context/space of nondual awareness





The background is a dark blue gradient with a field of small white stars. Overlaid on this are several faint, light-colored technical diagrams. In the top right, there is a large circular gauge with a scale from 0 to 210 and a needle pointing towards 180. Below it is another circular diagram with concentric circles and arrows. In the bottom right, there is a diagram with a dashed circle and an arrow. In the bottom left, there is a diagram with a solid circle and an arrow. The text is centered in the upper half of the image.

We need let go of the conditioned, both negative  
and positive, and settle into, abide in the authentic  
being.



# Realization Process:

[www.realizationprocess.org](http://www.realizationprocess.org)

a sequence of precise spatial  
attunement exercises that  
facilitate:

1. discovering and stabilizing  
the nondual ground of being.
2. letting go of conditions and  
issues specific to each individual  
that obscure one's realization of  
nonduality.



THANK YOU

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