

These circle diagrams are a map of practice.

The circle represents what we identify with as “me”. When we come to practice, we assume we are the conditioned flow of content in our lives: our thoughts and mental outflow, feelings, bodily experiences and perceptions of the world.

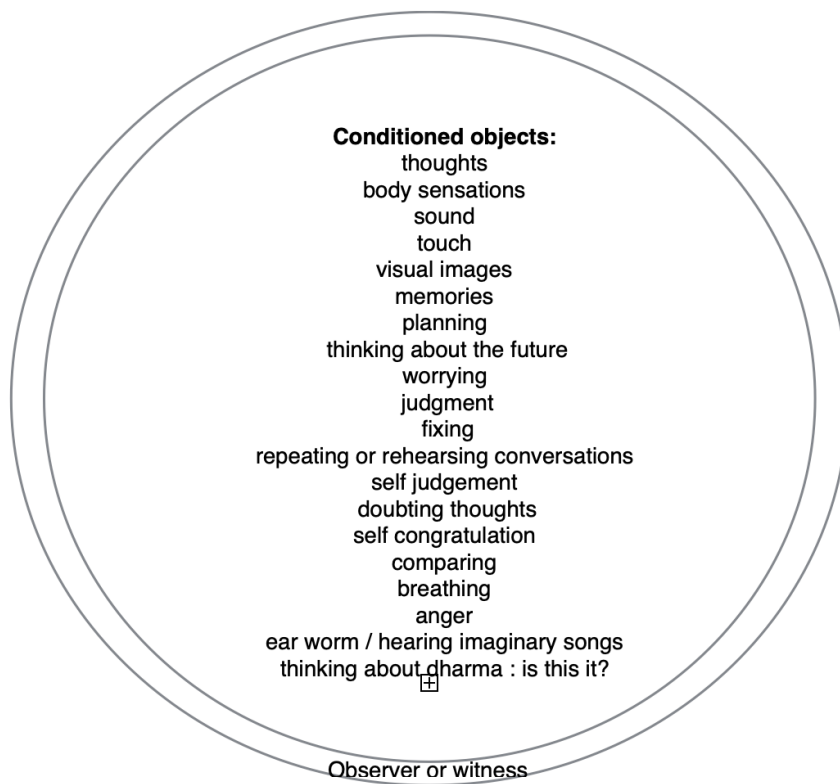
The first circle is a representation of this.



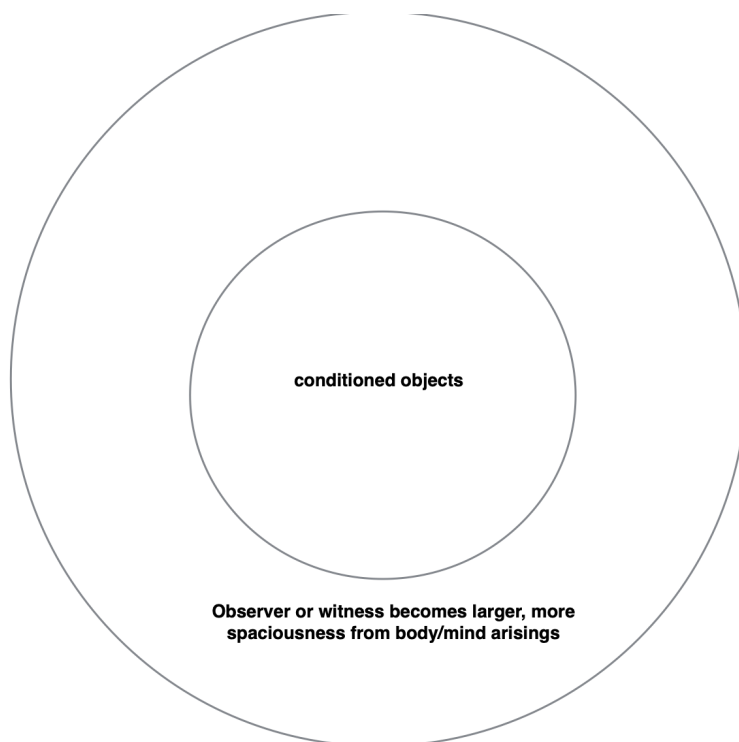
The second circle represents insight developing in practice, where we begin to establish an Observer, or witnessing consciousness.

We notice that which observes the objects does not itself share the characteristics of the objects (I.E., that which is aware of anger is not itself angry)

As this new awareness begins to open up, it might be unstable, just tiny, but we begin to notice the difference between the content level of experience and the observer.



As we continue practice, the Observer becomes more stable, more available to us. This spaciousness begins to become bigger and more stable. We see this inner spaciousness begin to seep in to our day to day life.



At some point, it flips. The observer, developed with practice, becomes the center. We now experience the observer inside the 'me' circle, and understand conditioned objects are not who we are, they are what we experience..

This is the first change of lineage in practice, from the content level to the witness or observer consciousness becomes the center of your experience.

