

EXERCISES **for** **MIND AND COGNITION part1:** **Awarenesses and Knowers**

Extracted from the presentation by Emily Hsu

Mind and Cognition part1: Awarenesses and Knowers
for the Basic Programs at Tse Chen Ling and
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Exercise – three types of objects

What are the appearing object, determined object, and object of engagement for each of the following:

- a) eye consciousness apprehending pen
- b) thought of yesterday's lunch
- c) nose consciousness smelling flowers
- d) thought consciousness remembering a song

Exercise - perception and conception

- 1) Look at this pen that I'm holding up. See if you can detect when your eye consciousness/direct perceiver is apprehending it, and when your conceptual consciousness kicks in.
- 2) Now do the same for a person. When you look at me, what do you see? Some shapes and colors. Then your conceptual consciousness labels me and adds some stories based on your conditioning, habits, predispositions, etc.

Persons – Exercise

- take someone else as basis of imputation – what is perceived by a non-conceptual consciousness, and what is imputed
- oneself – what is the basis of imputation in this moment? in the next moment? notice how the conceptual mind links these two together.

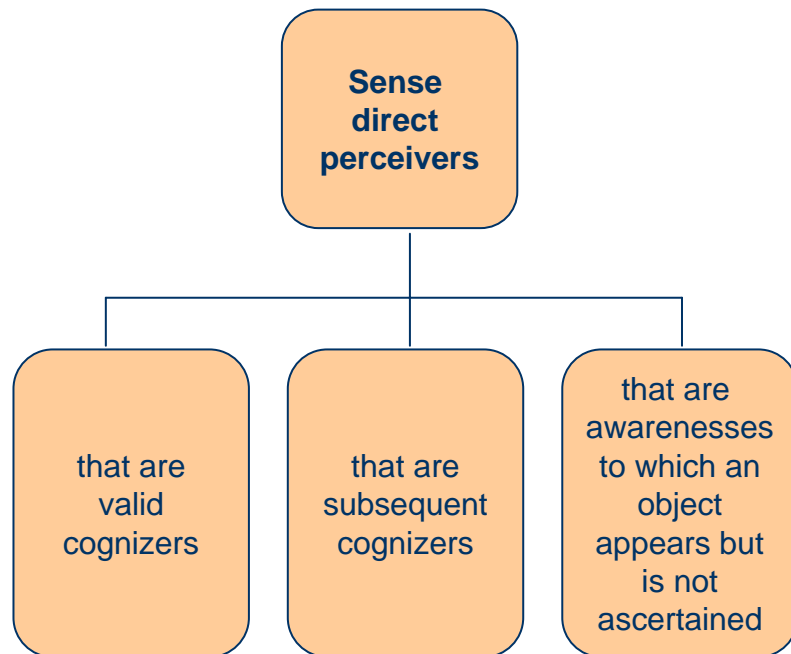
Exercise

- Which of the following are object-possessors?
 - a) table
 - b) eye consciousness apprehending the table
 - c) thought of the table
 - d) mental image of table
 - e) Ven. Drimay

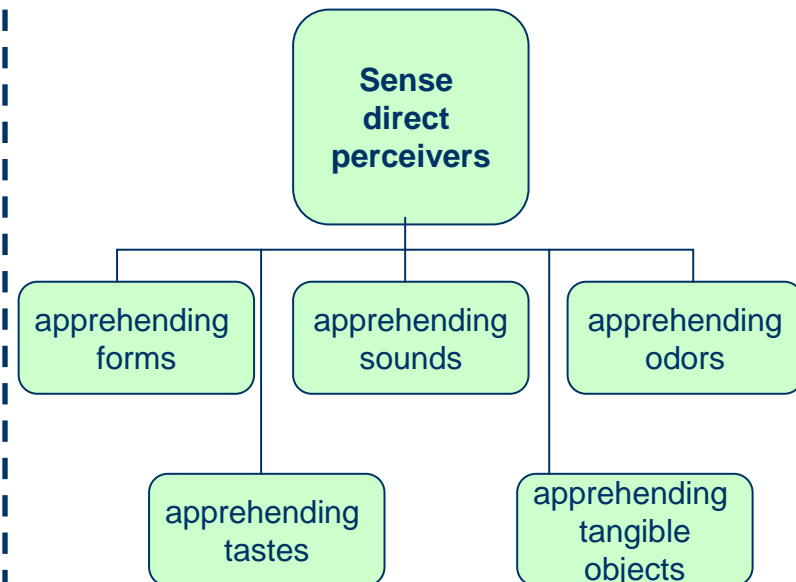
Sense direct perceivers – EXERCISE

Give examples...

Threefold division



Fivefold division



Mental direct perceivers – EXERCISE

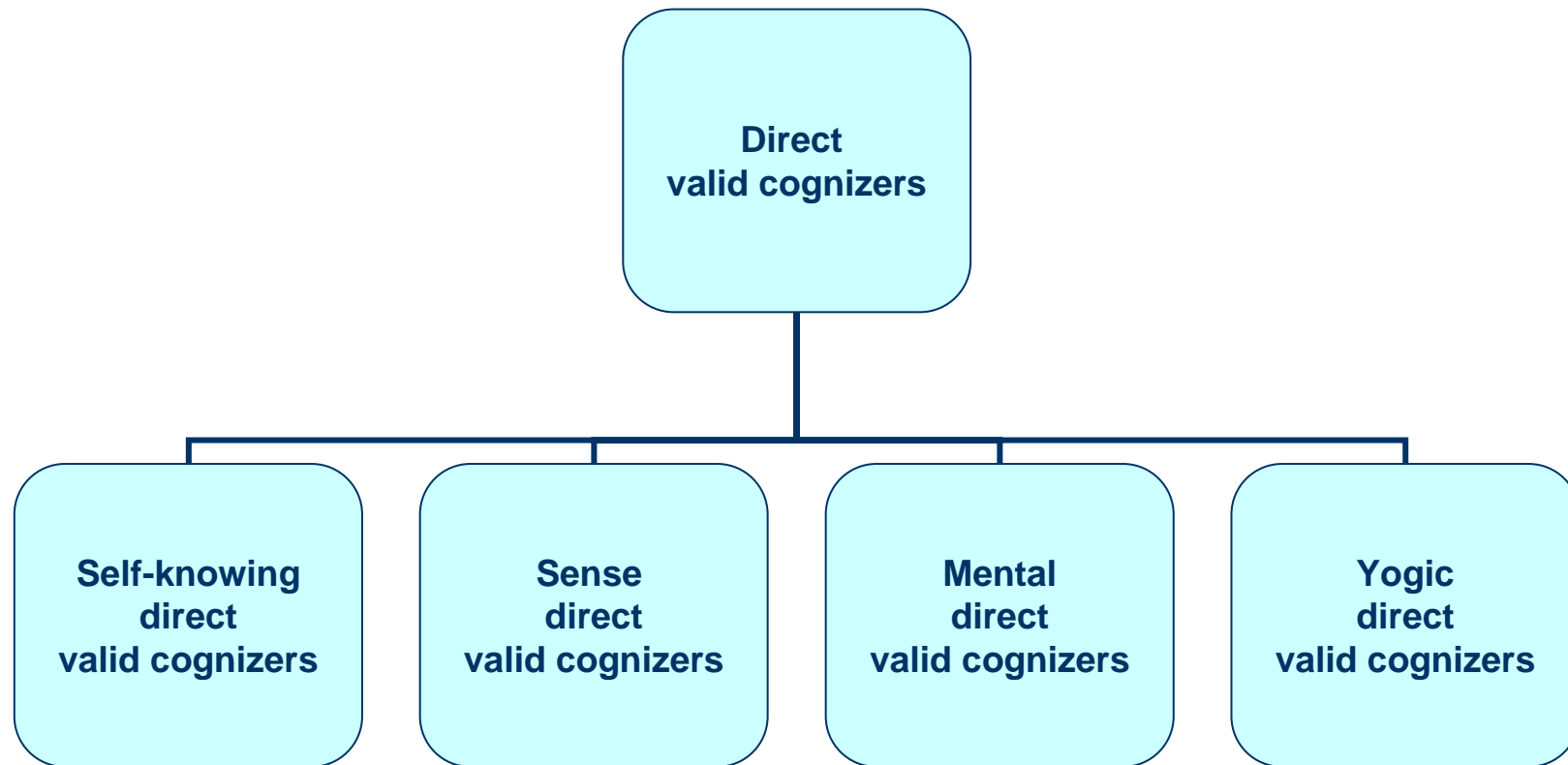
- Which of the following are mental direct perceivers:
 - a) non-conceptual mental consciousness apprehending table at the end of a continuum of eye consciousnesses apprehending table
 - b) conception labeling 'table' at the end of a continuum of eye consciousnesses apprehending table
 - c) thought contemplating what's on tv tonight

Direct perceivers – EXERCISE

- What are the four divisions of direct perceiver?
- What is the pervasion between:
 - direct perceiver and direct valid cognizer
 - sense consciousness and sense direct perceiver
 - direct perceiver and sense direct perceiver
 - direct perceiver and valid cognizer
 - mental direct perceiver and self-knowing direct perceiver

Direct valid cognizers

EXERCISE – do we have these?

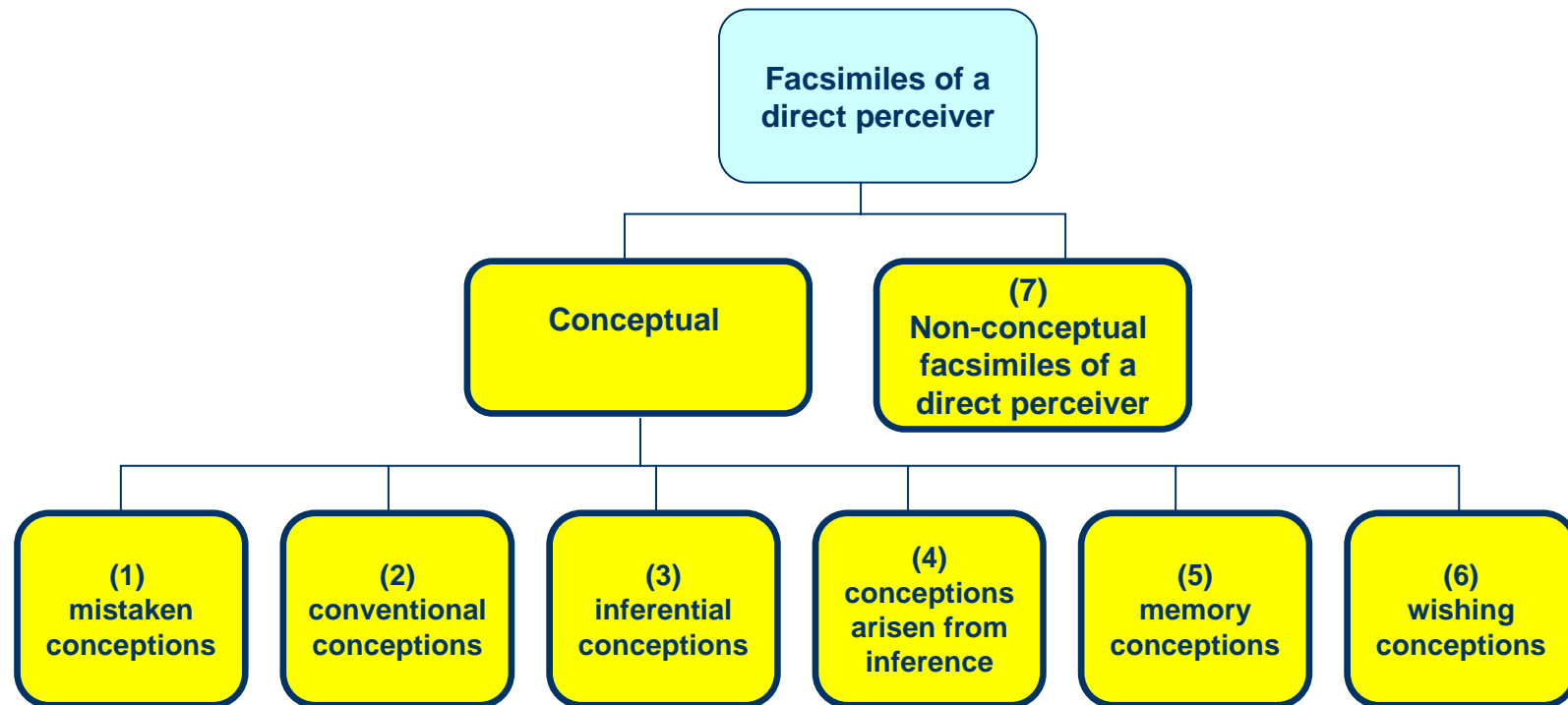


Review of facsimiles of a direct perceiver

- What is the definition of facsimile of a direct perceiver?
- Is a facsimile of a direct perceiver a direct perceiver?
- Is a facsimile of a direct perceiver necessarily conceptual?
- What is the pervasion between
 - facsimile of a direct perceiver and mistaken consciousness

Facsimiles of a direct perceiver

EXERCISE - give examples.....



Exercise – syllogisms

- With regard to the syllogisms:
 - a. Sound is impermanent because of being a product
 - b. Sound is an existent because of being a product
 - c. Sound is a product because of being an existent
 - d. Sentient beings will suffer again and again in samsara because of being under the control of karma and afflictions
 - e. Sentient beings are empty of inherent existence because of being dependent-arising
- Identify the subject, the predicate, and the sign/reason. What is the property of the subject? What is the forward pervasion? What is the counter-pervasion?

Exercise – syllogisms

- With regard to the syllogisms:
 - a. Today is Friday because tomorrow is Saturday.
 - b. Today is Friday because it is a weekday.
 - c. Today is a weekday because it is Friday.
 - d. Sentient beings will suffer again and again in samsara because of being under the control of karma and afflictions
 - e. Sentient beings are empty of inherent existence because of being dependent-arising
- Identify the subject, the predicate, and the sign/reason. What is the property of the subject? What is the forward pervasion? What is the counter-pervasion?

Three types of signs/reasons – Exercise

Of the three types of signs/reasons – by the power of the fact, through renown, and through belief – what type of sign/reason is each of the following?

- Inferring that it is cold outside because people are wearing heavy jackets.
- Inferring that the car is running out of gas because the gas gauge is on “E”.
- Inferring that there is an accident ahead because the traffic is jammed up.
- Inferring that the earth circumambulates the sun because the scientists said so.
- Inferring that my housemate took the hammer because it is missing.
- Inferring that the defendant is guilty because the evidence proved it beyond a reasonable doubt.
- Inferring that the baby is hungry because she is crying.
- Inferring that people are starving in Ethiopia because they showed images on tv.
- Inferring that global warming is a problem because the experts said so.
- Inferring that I have high cholesterol because the doctor told me so.

Which of these are correct signs?

Inferential cognizers vs. Correctly assuming consciousnesses

- What is the difference between
 - an inferential cognizer realizing that sound is impermanent and
 - a correct assumption that sound is impermanent?

Inferential cognizers vs. Correct assuming consciousnesses

- *Inferential cognizers are incontrovertible*
- *Correct assuming consciousnesses are controvertible*

Seven types of awareness

1. Direct perceivers
2. Inferential cognizer
3. Subsequent cognizer
4. Correctly assuming consciousness
5. Awareness to which an object appears but is not ascertained
6. Doubting consciousness
7. Wrong consciousness

Questions:

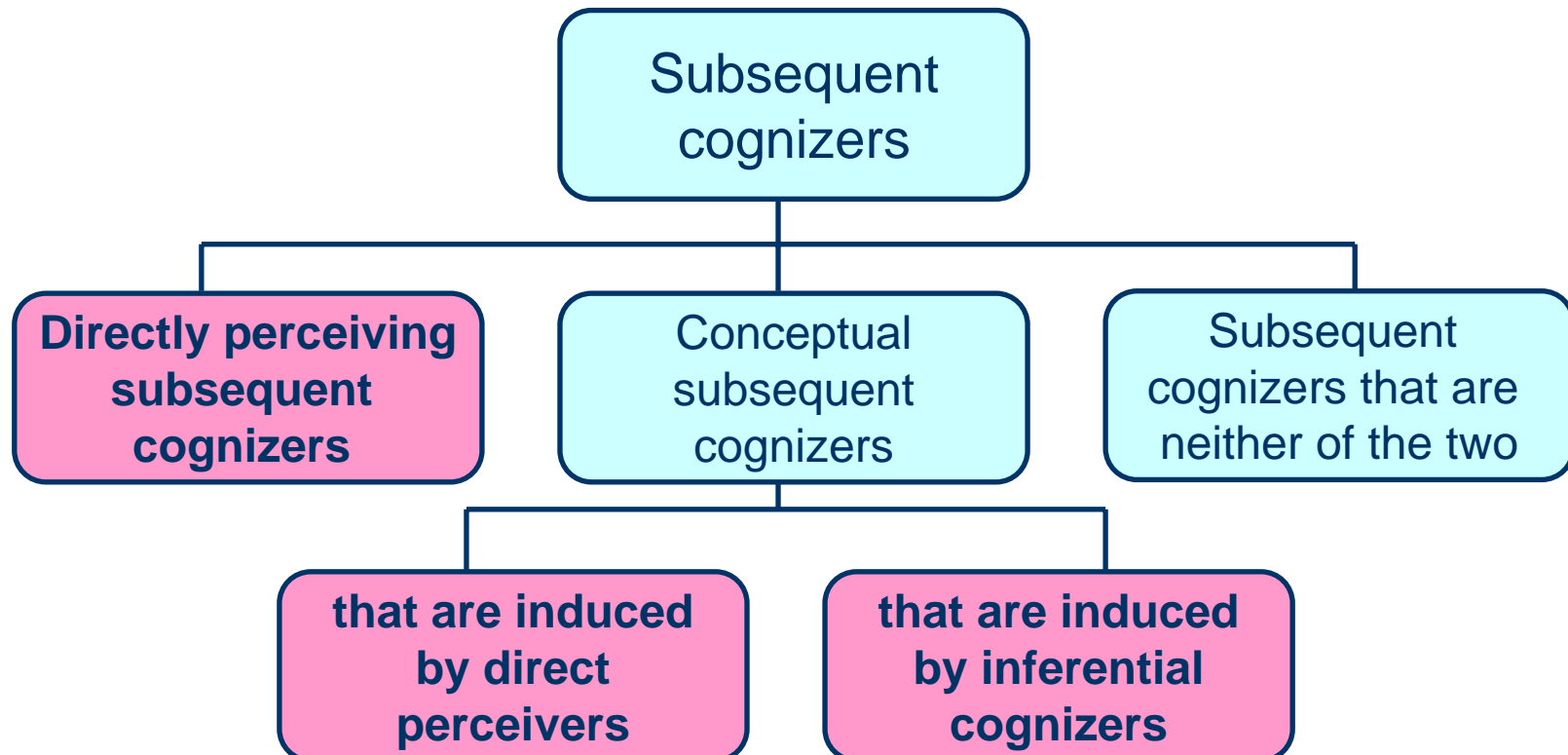
- 1) Which are “new”?
- 2) Which are incontrovertible?
- 3) Which are valid cognizers?

Comparison of phenomena – pervasions

- What is the pervasion between
 - direct perceiver and non-valid consciousness
 - inferential cognizer and non-valid consciousness

Subsequent cognizers – Exercise

Give an example of each:



Exercise

- Which of the following are subsequent cognizers?
 - 1st moment of eye consciousness apprehending red
 - 2nd moment of eye consciousness apprehending red
 - 1st moment of conceptual consciousness labeling red
 - 1st moment of remembering that sound is impermanent after having realized it inferentially
 - 1st moment of remembering that sound is impermanent after having a correct assumption about it.

Exercise

- Which of the five types of correctly assuming consciousness, if any, is each of the following:
 - Awareness that understands and believes a teaching on Awarenesses and Knowers after hearing the words but without a reason
 - Awareness that believes that past and future lives exist because the mind is beginningless
 - Awareness that believes the self is impermanent because it exists.
 - Awareness that believes that the self is impermanent because it is produced from causes and conditions but has not yet realized it incontrovertibly.
 - Awareness that wonders if the self is impermanent but thinks that is probably is.
 - Awareness that believes the self is impermanent because it is not produced by causes and conditions.
 - Awareness that believes that the self is permanent because it is produced by causes and conditions.

Awarenesses to which an object appears but is not ascertained – Exercise

- Are these awarenesses conceptual or non-conceptual?
- In the example of a thought (conceptual) consciousness absorbed in a thought and the sounds of the teachings are not paid attention to, which is the awareness to which an object appears but is not ascertained?
 - the thought consciousness OR
 - the ear consciousness

Doubt vs. Correct assumption

- What are the differences between a doubting consciousness and a correctly assuming consciousness?

Doubting consciousnesses

- In what areas do we have doubt with respect to the Dharma?
 - doubt whether samsara is in the nature of suffering?
 - doubt that happiness comes from cherishing others, and suffering comes from cherishing oneself?
 - doubt that we may be reborn in lower realms?
 - doubt that we may die today?
 - doubt that we need a guru?
 - doubt that the guru is buddha?
 - doubt that enlightenment is possible?
- In what cases is our doubt beneficial and when does our doubt hold us back from practicing?

Question

- What is the difference between a *wrong consciousness* and a *mistaken consciousness*?

Wrong consciousnesses

- Which are more harmful – conceptual or non-conceptual wrong consciousnesses?
- Why?

Review of the seven types of awarenesses

1. Direct perceiver
 2. Inferential cognizer
 3. Subsequent cognizer
 4. Correctly assuming consciousness
 5. Awareness to which an object appears but is not ascertained
 6. Doubting consciousness
 7. Wrong consciousness
- *Which are valid cognizers?*
 - *Which are conceptual?*
 - *Which are non-conceptual?*
 - *Which are realizing consciousnesses?*
 - *How does one progress from a wrong consciousness to a direct perception?*
 - *Is there any overlap between the seven types of awareness?*
 - *Are there any awarenesses that are not included in the seven?*

Conceptual consciousnesses – Exercise

- Give examples of:
 - a conceptual consciousness that apprehends only a sound generality
 - a conceptual consciousness that apprehends only a meaning generality
 - a conceptual consciousness that apprehends both a sound and a meaning generality