

$$\lambda_{\varepsilon}\varphi_{\alpha\beta}$$

Sunday, 22 November 2020

## *Awareness*

Self awareness transcends the immediate experience of consciousness and language to accommodate reflection as affords intent. It is inhibited by the experience of the *error of self awareness*. By the experience of the failure to be aware of one self. By the experience of the tyranny of ignorance and fear. By the experience of physical and metaphysical violence.

In this ignorance we might wish for instantaneous reflection. The aspiration of metaphysical supremacy. The impossible superiority over oneself that reflection might be careless and free like vision and recognition. The time necessary to reflection is intrinsic to reflection as definitive. The patience necessary to reflection is intrinsic as tangential. The commitment necessary to reflection is intrinsic as intentional and foundational.

To be aware of oneself is to have awareness of body and mind as a psycho-physiological whole. The development of awareness is presented most explicitly by Xen Buddhism. It is neither comfort nor

education as we employ these terms in the United States. It may be education as the term is employed in France. Self awareness is a discipline of conduct. Its practice yields metaphysical wealth as we may recognize with the term comfort. Peace. And dignity. To be self aware is to have developed the skills of performance and measure such that expression gains value of merit, and sense gains value of appreciation.

The tranquility of peace intended by the exercise of awareness has been described many ways throughout the millennia. Perhaps first in the [I Ching](#). And far more recently in the [steps to recovery from addiction](#). The exercise of peace is often work. To choose reflection or confrontation. To express violence or peace. Each effort expends energy. The conservation of energy is sustainable. The conservation of life is sustenance.

The tranquility of humanity derives from a pacific existence. Awareness. Peace. Dignity. As available from freedom and justice. Liberalism and conservatism. Plurality. Coexistence.

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Logical existentialism,  $\varphi_{\alpha\beta}$ : Awareness  
John Pritchard, [@syntelos](#) [@logexist](#)

[https://docs.google.com/document/d/1KFvnPi\\_TtK\\_DNA\\_Xb5PW89aIKQVKmMF0UzzkksGAp0Y/edit?usp=sharing](https://docs.google.com/document/d/1KFvnPi_TtK_DNA_Xb5PW89aIKQVKmMF0UzzkksGAp0Y/edit?usp=sharing)

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