



*I. The Relation between Awareness and Experience within the Individual.*

Awareness operates within the overall Experience of an individual, and that overall Experience (capitalized because of its being the predominant reality) operates and finds its place within that far greater reality which, in sum, is All The Rest There Is in existence. Sometimes it is useful and clarifying to simply remember what is contained within what.

The outer circle represents the actual physical boundary of the Self, which is the skin, the largest organ found in the human body, and the “outer edge” or external perimeter within which all of a person’s experiencing happens.

Though from our first breath to our very last we naturally experience life “from the inside out,” so to speak, we nevertheless persist in trying to understand it mostly the other way around, “from the outside in” – perhaps in our ceaseless attempt to comprehend it completely from start to finish. Both perspectives are necessary to achieve a full understanding, of course, but the two are seldom, if ever, combined harmoniously.

What one should heed most and be ever mindful of is the language used to describe this or that. This applies to the very conceptualizations within us that we live by. The more important the endeavor or undertaking, the more it matters to be clear about what the words refer to. In life there is no way to avoid being involved in, “What do you call the watchamacallit?”