



# THE KEY TO AWAKENING

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*A warm welcome, it's lovely to meet you here. Enjoy the course!*



Awakening... Enlightenment...finding peace and freedom and the end of all stress...

This might sound like something that is only meant to happen to very few people, for everybody else it seems to be so far out of reach. Do you think it is out of your reach as well?

Fortunately, awakening is still possible. The master key to awakening can be found in the teachings of the historical Buddha, and you too can use it. You already own the key, you only need to understand how to use it. For that, you don't need to be a Buddhist of one sort or another.

Here is the original instruction the Buddha gave.

*"Then, Bāhiya, you should train yourself thus:*

*In reference to the seen, there will be only the seen.*

*In reference to the heard, only the heard.*

*In reference to the sensed, only the sensed.*

*In reference to the cognized, only the cognized.*

*That is how you should train yourself.*

*When for you there will be only the seen in reference to the seen,*

*only the heard in reference to the heard,*

*only the sensed in reference to the sensed,*

*only the cognized in reference to the cognized,*

*then, Bāhiya, there is no you in connection with that.*

*When there is no you in connection with that, there is no you there.*

*When there is no you there, you are neither here nor yonder nor between the two.*

*This, just this, is the end of stress."*

*Udana, 1.10*

The end of stress is one of the ways to express awakening. It means that you will be fully content and all suffering ceases. There will be peace and freedom.

This instruction is the key to awakening and you will now learn how to use this key.

### **What Is in the Way Of Awakening?**

We don't awaken **to** a certain state that is called awakening. We awaken **from** the thought-dreams we weave into experience just like we wake up from dreams in the morning.

We don't take the thought for the thought only, we believe that what we are thinking is really there. And then we get wrapped up into thoughts, discuss and argue with imaginary opponents, are involved into catastrophes which never happen and into marvellous experiences that only exist in our fantasy.

In thoughts, we can be the most terrible and most extraordinary people – and all that exists only in thoughts.

When we start to discern the thought from the sensual experience, we start to awaken. We read less and less into what is experienced, and when for us in the seen there is only the seen and in the heard only the heard, we awoke from the dream.

## **The Key**

The key to awakening is to discern thoughts, interpretations and assumptions from sensual experience. It is the difference between fantasy and reality and I am sure you already know the difference.

How do you know whether something is only a thought or it is really there?

Exactly, everything that's not experienced through the senses lives in our fantasy only.

Knowing this simple distinction is going to lead you to full awakening. In this course, you will practice focusing on the sensual experience and clearly see what is added by thoughts. It sounds very simple (and it is) but it is not always easy to see it. Most likely, you will notice how strongly thoughts are velcroed to experience.

**Warning!** If you continue, the first step to awakening could happen and the illusion of a ME could fall away. You would experience that the 'I' is added to experience and that there is nobody experiencing, thinking, deciding and acting. The place behind the wheel is empty.

The sense of a ME cannot be restored. Should you not want this to happen, don't continue!

## **Important Information**

Please do not continue if you're not mentally or emotionally stable right now. I am not talking about the worries, problems and fears many people have, but of times when you can't manage your life any longer because of them.

Should the illusion of a ME fall away, the world will be experienced from a totally new perspective, and that could pull the rug under your feet. If you are not stable right now, you could feel worse. Also, if you are taking any prescribed or non-prescribed medication or substances to balance your mood or gain spiritual insight, it could unhinge you.

Get help and continue your journey to awakening when you feel better.

This course is not a substitute for medical or psychological help.

## **How to Work With this Course**

In this course, you'll explore several experiments. After you did the experiment, write down what you found. Print out the PDF and answer the questions in the empty spaces, open a new document to write in or grab your favorite journal.

I'd suggest to do one experiment per day and repeat it several times. Be creative and use other opportunities to look into the same questions. You'll find some ideas for that in the course.

Write the answers to my questions down and when you answered all questions, compare your answers with the solution.

It is well possible that you'll find different answers. Repeat the exercise and check whether there were still ideas mixed into your answers which can't be found in the sensual experience, like interpretations, labels, conclusions or memories.

Allow yourself to simply feel, hear, and see. It can be very new and might not be easy in the beginning to fully relax into the sensual experience.

## **Fantasy and Reality**

First explore the difference between what we call fantasy and reality.

Close your eyes and imagine an orange or another fruit. See it lying on a table in front of you. Does it have fine or not so fine pores, maybe it has a soft spot?

Then pick it up. Feel the weight. Smell it, does it smell good?

Take a knife and peel the orange. Feel the slightly sticky juice running over your fingers. Eat a piece. Is the orange sweet or rather sour? Juicy or dry?

OPEN YOUR EYES

Where is the orange? Write down your answer.

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Did you answer, „It's gone“? Was the orange ever truly there? No, it always existed in your fantasy only, in your imagination.

You only need one question to find out whether something is a fact or fiction.

***„Can it be seen or heard, touched, smelled or tasted?“***

***If not, it only exists in thoughts, it is only thought of.***

Whatever we can think of – it exists only in our imagination. Nobody else can see it, hear or touch, smell or taste it – and we don't either. We are only noticing mental images and impressions.

## **Thoughts are fine**

Maybe you are now thinking, „if I only could stop thinking“?

Thoughts are not bad. They are always going to be there, though they are getting less and less during this journey. 75% of our thoughts are self-referential and they are going to disappear. It may even feel like there are no thoughts but thoughts will be always available for the tasks where they are needed: solving concrete problems and communicating.

Most importantly: Thoughts are no problem on the path to awakening. You only need to be clear about whether something is actually experienced or only thought of.

With experiencing I mean our sensual experiences, seeing, hearing, touching/sensing, smelling and tasting. Often, I'll call it also "immediate experience", "direct experience" or "first-hand experience".

Now learn to use this key to awakening.

## Touching

It is easiest to start with touch. Put your fingers on the keyboard, and should you not use a keyboard, put them on the table. Please do not lay your fingers on your thighs or any other part of your body, that makes it too difficult, because then you would be dealing with two touch experiences in different parts of your body.

Close your eyes

What can be felt? Write it down.

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Are the fingers and the keyboard felt? Is a boarder experienced between the fingers and the keyboard/table?

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Do the sensations have a name? Where does the name come from and when is it added?

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Is there somebody feeling and the felt or is there only feeling?

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Did you feel the fingers and the keyboard and the border between them? Try again and pay close attention to what is actually felt. Put all interpretations and mental body images aside.



## SOLUTION:

Sensations are felt, for example a certain firmness and warmth. That's all. Fingers, keyboard, the boarder between them are already labels which cannot be felt.

The sensations don't have a name, the name is added later by thoughts. It is possible to experience the pure sensations without a name.

In experience, nobody can be found who is feeling the felt, only feeling can be experienced.

You'll notice that we need to use mental concepts to describe our experience. The word "sensations" is already a mental concept. The word itself is not the experience, it is the attempt to describe the experience.

Try to stay as closely as possible to the direct experience when describing it.

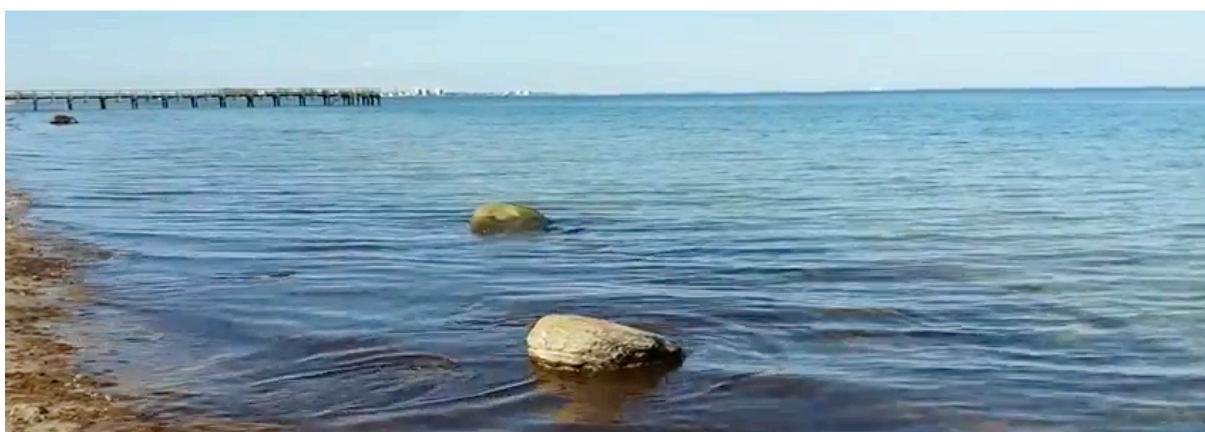
Repeat this exercise with the sensations that can be felt when sitting, when water runs over your hands and when the feet are touching the floor while walking.

Get curious, how does life feel?

## Hearing

Let's look into hearing now. What is actually heard and which thought interpretations are added?

I made a little video about hearing, join me for a beach walk by clicking on the picture.



What can be heard?

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Are „Waves” heard? Or a sound that gets the name ‚waves’? How would you describe the sound?

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Where is the sound, inside or outside? Where is the border between inside and outside?

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Is there a hearer and the heard or only hearing?

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SOLUTION:

A sound can be heard, Ssshhh ... Ssshhh.....

After the sound is heard, the name 'wave' is added by thoughts.

A border between inside and outside can't be experienced, it is not possible to say whether the sound is inside or outside. It simply is.

A hearer and the heard can't be found in experience either, there is only hearing.

Repeat this exercise with the noises that can be heard right now or listen to your favourite music.

It can also be done really well with sounds we don't like like snoring, the sound of a drilling machine, and a noisy road.

## Seeing

Get a coffee mug and put it in front of you on the table, it's equally good if it is empty.



You are going to explore the mug by only looking at it. It works best when you relax and let the seeing happen without doing anything special. When your eyes are open, you don't need to do anything to see. We explore everything from a relaxed place.

Often, in looking it is most difficult to discern between what is actually seen and what are added interpretations. Imagine you are coming from a culture where this object doesn't exist, you have never seen anything like this in your whole life.

What can be seen, what is the seeing information only?

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Also pay attention to these aspects:

Is the seen three-dimensional or two-dimensional in the actual experience? Does the mug look round? How does the opening look like without any added interpretation?

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Can it be known by looking at it whether what is seen is a thing and what it is made of?  
Can it be seen whether the mug will always be there or not?

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Where is the border between the seen and the seeing, where does the seen stop and the seeing begin?

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Is there anybody seeing and the seen or is there simply seeing?

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SOLUTION:



Seeing 'my mug', there is a bright colored form that turns increasingly darker to the left hand side.

At the top there is an oval shape with a with-brown pattern.

It cannot be seen that the mug is round, this is an added interpretation. The seeing only provides a two-dimensional image.

The opening has a horizontal-oval shape. You don't believe it? From your perspective, measure the horizontal length and the longitudinal length with a pen. Are both the same? Isn't it amazing how quickly the interpretation "round" is added?

An image is seen, it can't be seen whether it is a thing or not nor what it is made of. Only color can be seen. Also seeing doesn't convey the information whether it is permanent or not.

There is no border between the seen and the seeing. And nobody can be found who sees, there is simply seeing.

If you found different results, continue to play with the exercise. As you experienced it, interpretations are added in a fraction of a second.

Also do this exercise with different objects.

Do you want to have a fresh look at your hometown? Clean the dust off your eyes by walking through your town as if you were a tourist. How does experience change?

## Directly Experiencing The World

Going through the day, dive into direct experience as often as possible. Label the experiences with the most basic names.

The alarm goes off – sound.

Toothpaste in your mouth – taste.

A cup of coffee – smell

The coffee cup – image/color.

Pressure in the back from the backrest – body sensation.

Share your experience.

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Maybe you noticed that even these very basic descriptions of experience are superfluous. Play with simply experiencing what is, without giving it any name. How does it feel?

Being able to experience what is actually there and unvelcro thoughts from experience is the key to awakening. How did it go?

Did it go well? Wonderful!

Did you have a rather hard time doing these exercises? Don't worry, for most people, thoughts are velcroed tightly to experience. It takes some practice.

## The First Step to Awakening

I invite you to use this key and experiment with this path to awakening.

This first step is the crucial step on the path to awakening. You are going to explore whether the sense of a ME means that there IS a ME thinking, experiencing, deciding and acting or whether it is an assumption that is added to experience.

When you answered this question from your own first-hand experience, you embarked on the path to awakening and it will unfold on its own or you can continue to inquire actively. When you inquire actively, peace and freedom will be there more quickly, and all stress will come to an end.

What is this ME or I which is called „personality view“ in Buddhism? Does the word “I” describe a sensual experience? Is there really an “I” or is it an assumption, an idea only? Is the ME a fantasy figure like Santa or does it really exist?

If I’d ask you to point to what you call „chair“, you’ll know where to point to.

What do you point when I ask you to show me the “I”?

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Explore the place more closely. Where can the I be felt?  
Which body sensations are present and where are they exactly?

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Do the pure sensations have a name?

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Are these sensations able to see and hear, think, decide and act?

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Which sensation carries the information that this is „ME“? How do you know this is you?

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Does the “ME” really exist?

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This exploration of the sense of ME is a first taste of how we would work if you yearn to awaken.

### **How did it go?**

Does this way of exploring what is spark your fire or maybe even the scales fell from your eyes and you saw the truth?

Let me know how it went, I’d love to hear from you! Send your email to [contact@findingawakening.com](mailto:contact@findingawakening.com)

### **What’s next?**

Don’t be discouraged if you didn’t find this easy to do. For most people, it takes a bit longer to see clearly. Do you want to explore what is more deeply and awaken? Let’s travel the journey together and I’ll give you a hand.

You can choose between individual or group video sessions once a week or a daily written dialogue. I will give you exercises, you’ll look into them. When we meet or I reply to your written answer, we’ll talk about what you found. This way, you’ll come to see what is actually experienced and wake up from all the ideas that are mixed into experience.

[Read more about the 7 steps to awakening here.](#)

When these steps are all looked into and “in the seen there is only the seen”, imperturbable peace and freedom will be there and the end off all stress.

Right now, I am fully booked. Do you want to go on this journey? Then drop me an email at [contact@findingawakening.com](mailto:contact@findingawakening.com) and tell me, which steps you would like to inquire into and I’ll write to you when a space opens.

Also, be sure to subscribe to my newsletter. You'll get an email once a month with the latest blog post, and I am announcing courses and free spaces for guiding to awakening there as well. Also, I'll send an email in between once in a while and share more private experiences that I only talk about in my community. You can unsubscribe any time.

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*I am sending you all my love and look forward to talking to you  
again,  
Christiane*