

Overview of spiritual Terminology – Tim Reeves

Term	Meaning
To Notice / Awareness	Verb and noun for sensory perception – noticing that something exists or is happening, but before any qualities are assigned to it.
Perception	Noticing is processed to a recognition / mental picture.
Consciousness	This is where we start to think about what we have perceived. All too often we make a value judgement about it.
The all-creating Trinity – see my book for details.	
Absolute or Ultimate	That which underpins all, the foundation of Being. An ineffable, non-experiential state prior to all Being.
Universal Awareness	Primeval Awareness before any individuation – noticing the fact of existence without subject / object. It contains and connects all Noticing – one instance, yet the sum of all Noticing. The Self. The ocean. As demonstrated by quantum mechanics, observation by an Awareness <i>creates</i> manifestation – there are no pre-existing ‘things’ independent of Awareness.
Great Consciousness	All creative mentation, such as comprehension, discernment and intention. The Stories of Consciousness shape manifestation. They imagine that which Universal Awareness makes ‘real’ by noticing it. Stories develop, becoming complexer.
The Divine	A convenience term to denote both Universal Awareness and Great Consciousness. Together they create and shape manifestation. One cannot say that either was before the other, nor that one acts and the other consumes. They are different aspects of one process. The Trinity = The Ineffable Absolute + The Divine.
Beingness	Beingness is the quality or essence of Universal Awareness.
I Amness	The quality of an individual being when it notices or thinks about its own noticing – its sense of existing.
Mind (small / Great)	A set of cognitive faculties. Small mind = thoughts of an individual; Great Mind is the mind of Great Consciousness.
Stories	Great Consciousness is one instance: Consciousness is what it is, and Stories are what it does. I find the term Stories very helpful for us to envisage how existence works.
The Storyteller	Another name for Great Consciousness
Cognition, mentation	Posh words for (rational?) thinking.
DTFE	Analogous RTFM, my exhortation is Do The F***ing Exercises.

The seven spiritual states or facets

State, <i>someone in it</i>	Meaning
Dualities, <i>Asleep</i>	Good/Bad: Judging, Clinging, Resisting, Ignoring => suffering.
Polarities, <i>I love myself</i>	Qualities: Preferences instead of insistent value judgement.
Mutuality, <i>I am love</i>	I am and you are, no 'thingness' and no judgement. But still a subject-object relationship.
Beingness, <i>Enlightened</i>	The noticing of non-separation. The underlying non-separateness of all phenomena, including all beings, is now experiential knowledge.
Absolute, <i>Realised</i>	Certainty that this non-experiential state, <u>prior</u> to awareness and consciousness, is indeed the foundation of <u>everything</u> .
Nothingness, <i>Sage</i>	No-one: All identification as an individual has fully disappeared.
Peace, <i>Liberated</i>	No-mind: Habitual thinking around 80% reduced, mental peace.

- Awareness: I notice a large three-dimensional form (cuboid, box) in front of me. So in individual beings this denotes sensory perception, before any processing of it.
- Perception: It's a cardboard moving box.
- Consciousness: That could be useful – unless it's the one already filled with my books, in which case I must be careful trying to lift it.

*When you discover that Self which has no colour, image, or design,
you will no longer require freedom or be conditioned by freedom.
You will be beyond freedom.*

Sri Nisargadatta Maharaj

In the Noticing of Being One, subject and object simply cease to exist.
Without any individual identity, there is no-one who could be free or
unfree, there remains no reference point for such a question.

Therefore you will be beyond freedom.