



The Nature of Perception

How do we perceive things? Is the way we perceive things accurate? Does the way we perceive things influence our experiences of happiness and suffering? What is the relationship between perception and wisdom? Could an accurate, wise, way of perceiving things be a source of well-being and freedom from suffering?

Description

The course “The nature of perception” focuses on wisdom. It reflects on its meaning, relevance, and how it counteracts the causes of suffering. It goes deeper into the most profound aspect of wisdom: understanding the nature of reality. It concludes with the nature of mind which makes full awakening possible and it is complemented by references to current scientific understanding on wisdom and well-being and the process of perception.

The Journey

“The nature of perception” gradually unfolds as a journey along different topics:

1. **Creating realities** introduces perception and wisdom, by exploring what is meant by wisdom, its aspects and relevance, and the scientific view on how perception works.
2. **Perception and conditioning** explores how our perception is conditioned by our actions and how in turn how such actions are also conditioned by the way we perceive things.
3. **The nature of reality** moves into the most profound aspect of wisdom, the wisdom that understands the nature of reality. The concepts of emptiness and dependent arising are presented, together with the different levels of dependent arising.
4. **What about my “self”?** then applies this understanding to the I, the sense of personal identity. It does so first from a more psychological point of view, and then moving into some meditations to explore the sense of self.
5. **Wisdom liberates us from suffering** deepens on how wisdom counteracts delusion and all the true causes of suffering, by going further to see how “conditioned” existences becomes “cyclic” existence, how wisdom liberates us, and how another way of existing and experiencing is possible, that of liberation and full awakening.
6. **Living wisdom and compassion** concludes the module by bringing this knowledge to our daily life, by means of exploring how to cultivate wisdom and compassion in life.

