

## Spring 2011 The Feel of Sensing Orientation for Week 3

We are laying the groundwork for our investigation of sensing and feeling by focusing on the field of the senses. The practice we're doing involves switching from a recognition-based kind of sensing (one that mostly depends on assigning the right label to what it is that we see, hear, etc.) to a sensing that is more purely 'aesthetic' (not 'apple' but red sphere).

As we discussed in the phone call, making the experiential shift described in the previous paragraph can lead to a different kind of experience. People spoke of it in terms of openness, aliveness, immediate involvement, calm, loss of distance, but also in terms of confusion. Another way to look at the shift, which came up in the discussion, is as a shift that focuses more on the future dynamic of experience than on its past recording and 'playback'.

For our purposes, the nature of the new experience is not so important. What matters more is that when experience shifts, it gives us the opportunity to become aware of the sense field itself in operation. Each of the qualities mentioned above—aliveness, calm, etc.—pervades the field of that sense experience. We might say, "I felt more calm, more alive;" but for our purposes it's more helpful to think in terms of a field of experience: the quality of the field is more calm, or more confused, and so on.

By taking this approach, we are of course de-emphasizing the self as the one who 'has' an experience. And that in itself is a big step toward opening new ways of sensing. The reading for this week spells out clearly that the consequences can be understood along all three dimensions of the TSK vision: time, space, and knowledge. In each case, the 'feel of the field' manifests differently.

The reading brings up a variety of alternatives that a field-based way of experiencing opens up. If you read in an open, appreciative way, you may find yourself conducting various 'experiments' in field dynamics and mechanics as you go.

By the way, the reading for this week ends goes from 375 to almost the end of 377 (not the last 3 lines). It's a little awkward to end in the middle of the chapter, but I want to make sure we take our time, because we are setting up a very different mode of sensing.