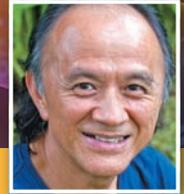


The Metaphysics of Understanding



WORDS DR PEE TEK CHAN

There are many levels of understanding. As our insight develops through experience, we may notice our past understandings turn out to be misunderstandings or misinterpretations. So how do we develop real understanding and make significant change to our sense of 'reality'?

Understanding is influenced by many views and filtering from past referencing and prejudices, including culture, religion, superstition and scientific information. Intellectually, we may assume that if we think enough about a particular notion, for example "I am patient and loving" we become that. The statement "I think, therefore I am", has created a misunderstanding about how we function.

We can expand our understanding beyond intellectual/rational thinking, by merging our cognition with the energetic field of sense perception. These senses are well utilised by animals and insects and even at micro-cellular levels within our bodies. Expanding our field of sensitive intelligence that

goes beyond the five senses into a finer field of conscious awareness is literally sensational.

Awareness is like a field of transparent, empty, brightness. Awareness is a state of beingness or non-doing. Awareness cannot know itself, except through conscious movement. Consciousness arises through movement. Conscious movement gives rise to new conscious awareness, awakening us to our larger self.

The good news is we inhabit an amazing human body of sense perception and many levels of finer consciousness. Movement gives rise to inner seeing and knowing through reflective consciousness. This is a living, evolving knowingness. Knowledge is mind-based, while knowingness is a living, moving field of brightness or intelligence that goes beyond fixated understanding of reality.

Understanding is literally and metaphysically UNDER-STANDING, that is, under our ground of standing or our stance in life. To understand higher

transcendental knowledge, one has to fully embody knowingness through our conscious body and drop beyond our feet. Potentially, if we follow the pull of gravity, we can continue to deepen and drop through to the centre of earth, sun, the centre of the galaxy, the Black Hole and beyond towards 'Source'...

Consider this potential, that the instant your physical centre of gravity is consciously aligned following the pull of gravity all the way to 'Source', you may be 'Touching the Fingertip of GOD!'.

Through conscious movement meditation, we can practise deepening, dropping in and letting go of the past, allowing us to powerfully shift our consciousness to new depths of insight, inspiration and profound self-realisation. Understanding is now experienced as 'it is making sense'.

This is being true to what we know.

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