



Mind as Embodied Consciousness

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A scenic mountain landscape with a stone cairn, a pot, a cup of tea, and a book. The image shows a rocky mountain peak with a stone cairn in the foreground. A black pot and a red cup are placed on the rocks. A book titled "Love what your Heart" is also visible. The background features a vast mountain range under a sunset sky.

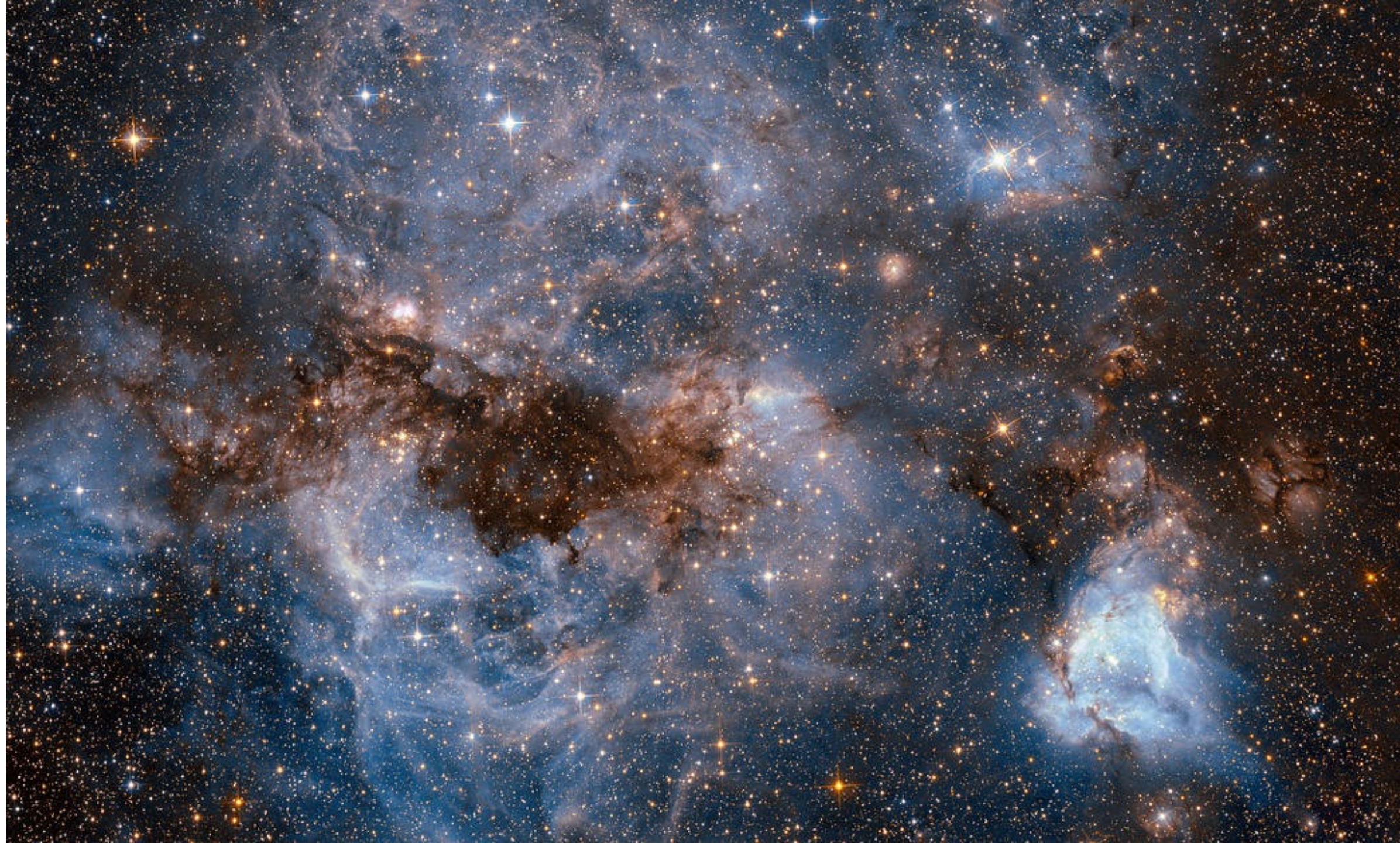
The Recognition of Our Heart

Ohm namo Managalamurtaye
Atha pratyabhijna-hrdayam

Namah shivaya satatam
Panca-kṛtya-vidhayine

Cid-Ananda-ghana-svatmaha
Paramarthavabhasine

Ohm shanti, shanti, shanti



















Mind as Embodied Consciousness



Citir eva

Cetana - padad

Avarudha

Cetya - samkocini

Cittam

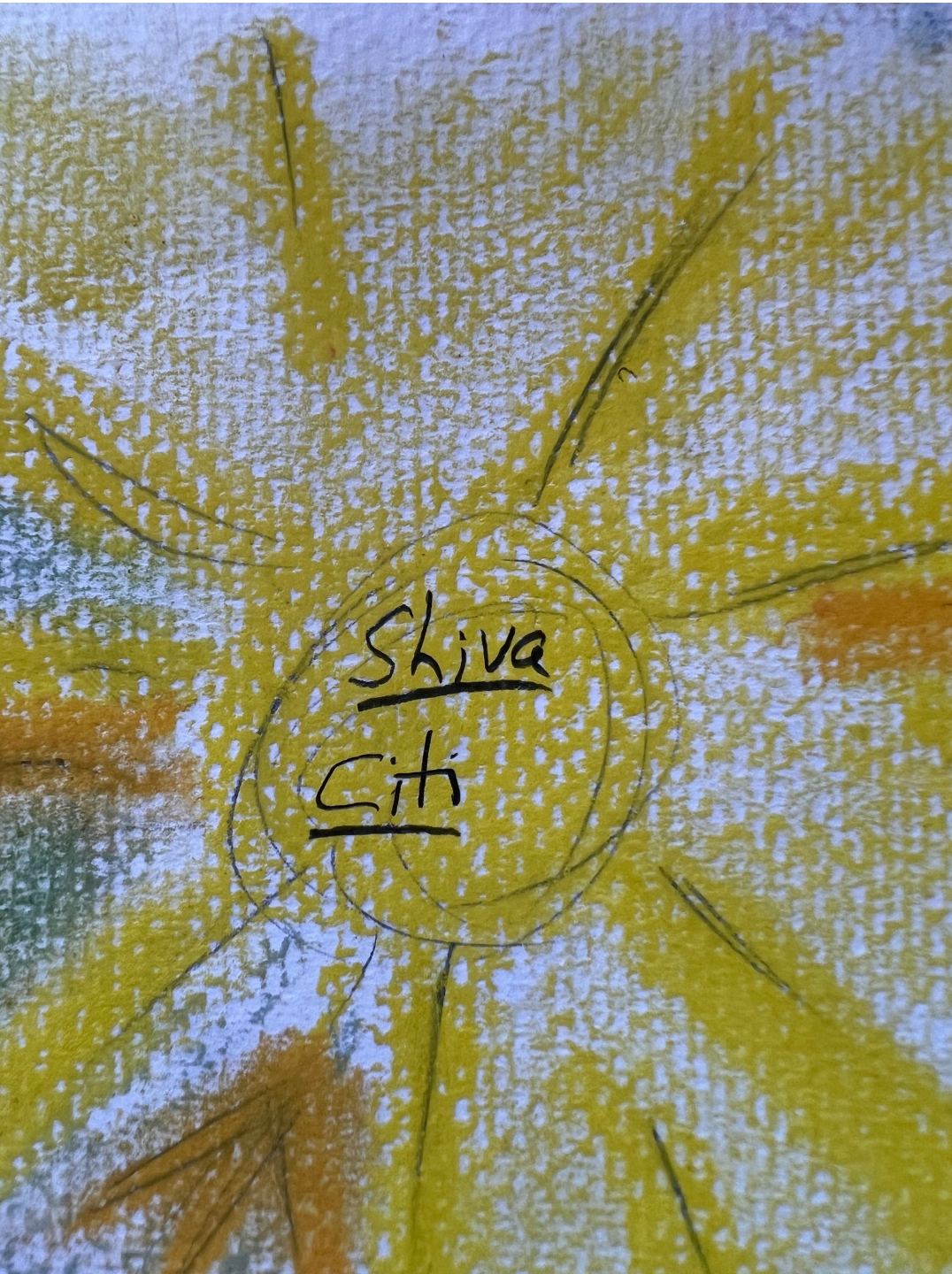


Tan
Mayo
Maya
Pramata





- Cit: Shiva and Shakti
- Citananda
- Cetana - knowing
- Cetya – object
- Citta – mind
- Buddhi – clean mirror
- Citi – pure Consciousness



Pure Consciousness

Aham

Light

Prakasha



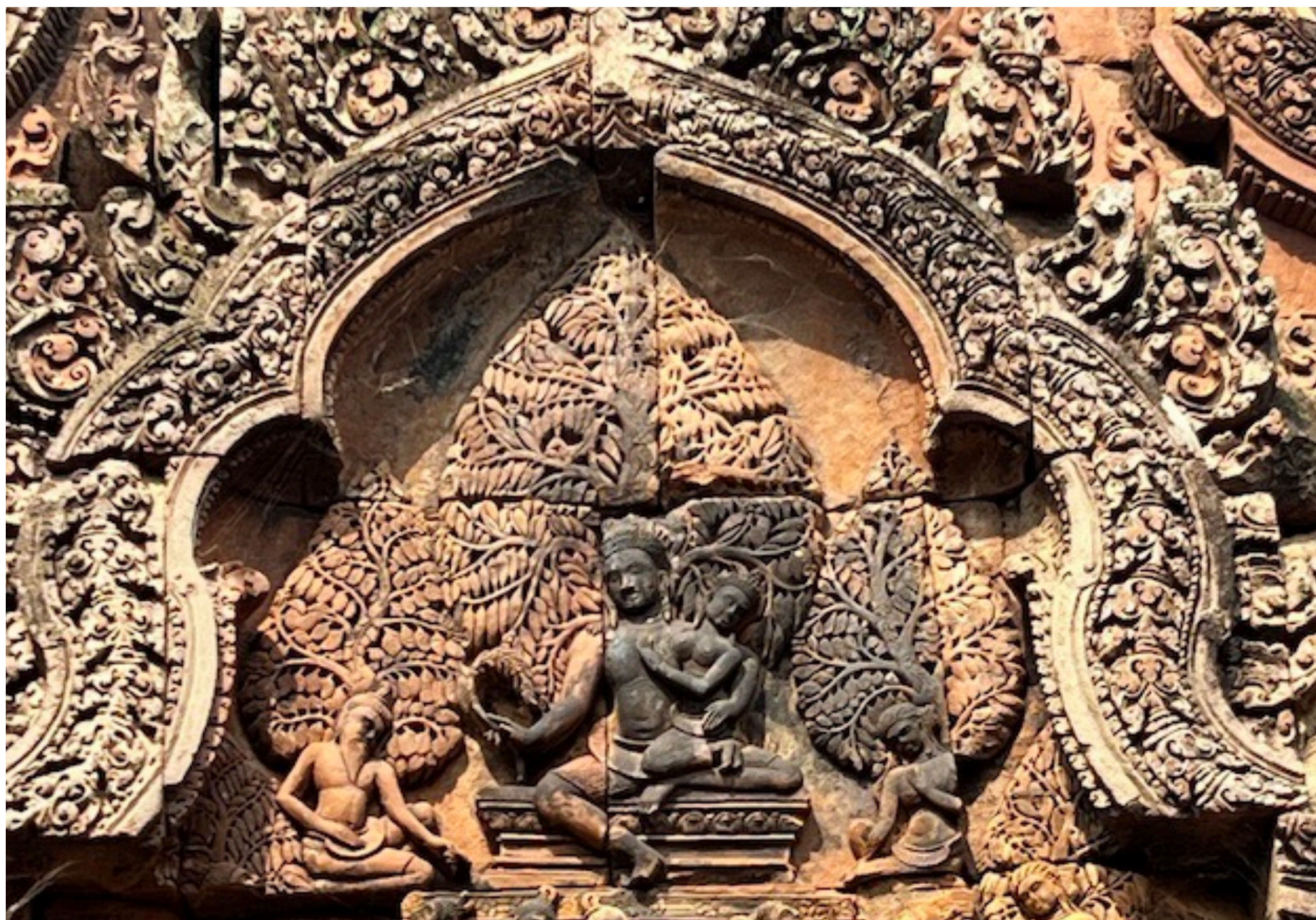


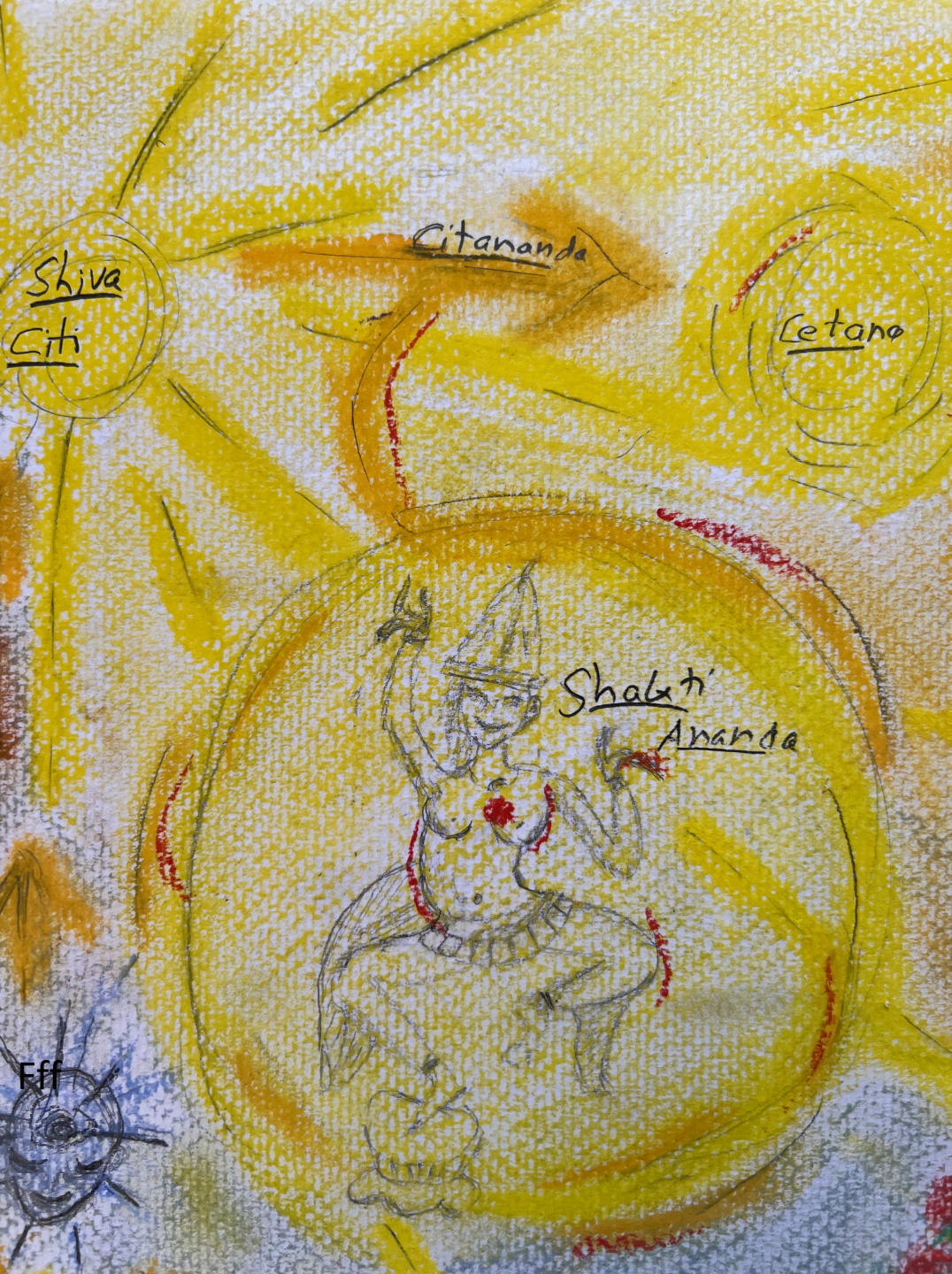
- **Pure Consciousness
Aware of Herself**

- **Spanda**

- **Vimarsha**







Conscious Knower

Witnessing Presence

Idam



Abhasa
Idam and
Aham
Spanda
Surges



Maya

Senses



Maya

Senses



Cetya

Perceivable Objects

Prakriti



Citta

Cettya

Vikalpas

Vikalpa

Citta



Vikalpa

Citta



Citta

Parusha

**Psychic
Instrument**



Psychic Instrument

Buddhi



Divine Joy

Great Witness









Dyad Questions – 5 min each

- What **helps** you and
- What is your **biggest obstacle**
- To being a clear mirror

10 min Debrief



Citta





Psychic Instrument

Buddhi – witness, judge

Manas - thinker

Ahamkara – I-maker

Karma - creations



Buddhi

Witness
Judge



Manas The Thinker

Samskaras
Binding impressions

Vasanas
deeply rooted tendencies

Karma



Samskars
Vasanas

Manas





Ahmakara

I-Maker

Director



Ahamkara

Director



Pramata

Knower

Fire

Pramaya

Known object

Moon

Pramana

Knowing through perceiving

Sun



Pramata
Knower
Fire



Pramata Knower Fire



Pramaya
Known object
Moon



Pramaya
Known object
Moon



Pramana
Knowing through
perceiving
Sun



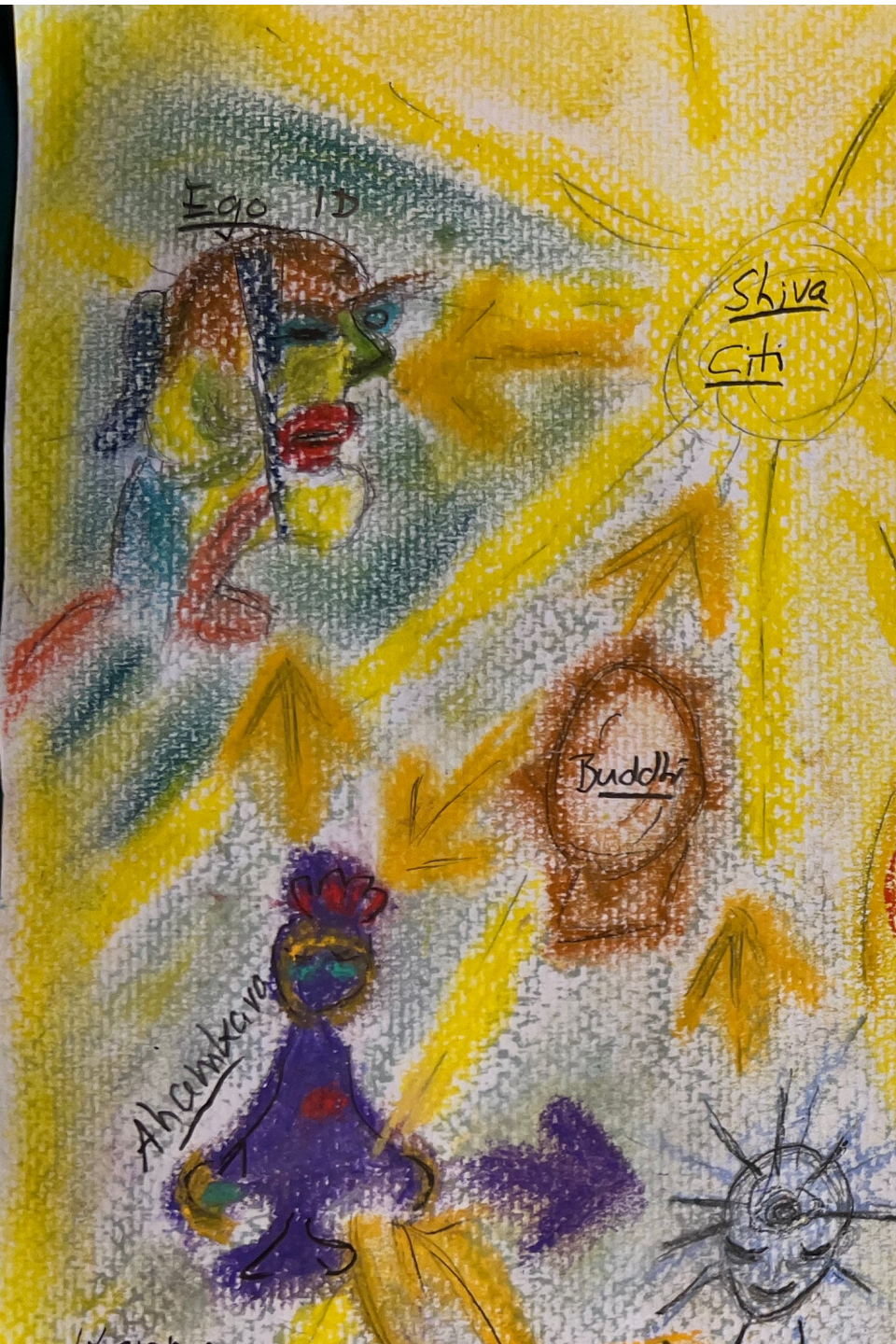
Pramana

Relational
Power





Psychic Instrument



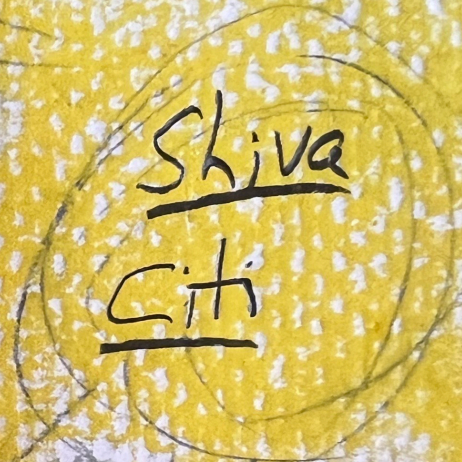
Ego – I

Appropriates Info
As Own

Ego ID



Shiva
Citi





Personal Healing Conversation 3.13.23

- Greet your messenger – let it know you are here
- Feel, feel, feel the impact in the body
 - Keep returning to feeling sensation
 - Use any breathing practice if necessary to stay present in sensation
 - Invite your Happy Place if needed
- Ask the messengers questions
 - Does it or you have anything to say?
 - Does it need or want anything from you?
 - Is there any action it needs you to take?
 - Engage in tea and conversation
 - Feel the impact of this in your body
- Journal about or express artistically what feel and what you learned



