

WHAT IS THIS POINTING TO?



FIND OUT BY ATTENDING A 'SEEING' WORKSHOP OF EXPERIMENT AND DISCOVERY

Based on the work of Douglas Harding

Introductory Workshops & Follow-up Meetings

Workshops are held whenever we get an interested group of 4 to 8 people together. These workshops cover the background to 'Seeing' and focus on the experiments. There is also time for discussion and some video content.

There are also regular meetings covering a wider range of related subjects dealing with scientific, philosophical and spiritual matters. These are seen by some of us as helping to 'keep the door open'.

For details of dates, time and venue and programme contact me by this website email:

felicite@gmail.com

This website includes a section on Harding and other pages covering related matters including our periodic newsletter, the NOWletter, with an index of articles which have appeared since 1992. The main source of information on Douglas Harding and his work — Books, Videos, Video-conferencing, etc at:

www.headless.org

Background

An extract from "A Brief History of Everything, by Ken Wilber. (from pages 232 - 240) in reply to the question: Are there any orthodox or mainstream Western philosophers who recognise nonduality?

Wilber: I always found it fascinating that both William James and Bertrand Russell agreed on this crucial issue, the nonduality of subject and object in the primacy of immediate awareness. I think this is funny, because if you can find something that these two agreed on it might as well be coming straight from God, so I suppose we can embrace nonduality with a certain confidence. Russell talks about this in the last chapters of his great book A History of Western Philosophy where he discusses William James's notion of -radical empiricism.

More recently, we have evidence of increasing interest in the Harding approach by contemporary philosophers and scientists. For example, inclusion in Sam Harris's book *Waking Up—A Guide to Spirituality Without Religion* and in recent lectures by Thomas Metzinger and Brentyn Ramm. Thus, what was formerly regarded as a matter strictly confined to the spiritual traditions is now finding its way into mainstream science, thus confirming Harding's claim that he was offering a strictly scientific approach—what amounts to a first person science.

Seeing Workshops

The workshops are based, in general, on the work and writings of Douglas Harding and specifically on the workshop format developed by Richard Lang. The following notes under this heading are taken from the illustrated guide which Richard supplies with his workshop material. Here is a note from Douglas Harding, who says about the programme as described in his books:

You, the reader are being offered a priceless treasure. It is offered on two conditions: First, that you don't just read about the experiments the book describes, you actually do them with sincerity and an open mind. If you think that you don't need to do them, because you know what would happen if you did, then you couldn't be more wrong. You cannot know or see your True Nature by studying the words and pictures in this (or any) book any more than you can smell a rose by sniffing the letters R-O-S-E. Alas, long experience has taught me that a large proportion of the people who read books on this treasure will, on one pretext or another, avoid fulfilling the conditions that ensure delivery of that treasure ...

...The second condition is that you make a genuine effort to go on seeing what the tests revealed, and SO build your discoveries into your life. This isn't easy or quick. Being Who you really, really are, remaining awake and centred instead of lost in off-centre dreams—this is the great challenge of your life. But go for it and the pearl of great price is yours. Douglas Harding

Background to 'Seeing'

Religious traditions point to the failure of humanity to live completely or to understand what we really are. The quotations below seem to be pointing at some state of being which, according to the authors, is both fundamental and at hand.

It is also widely held that awakening to what we really are is difficult. It can only come about through extensive meditation, severe religious discipline, personal crisis or divine grace.

The workshops are designed to provide a more immediate alternative. They involve a series of experiments designed to demonstrate the accessibility and obviousness of this apparently obscure area. The experiments are followed by an open discussion of the results.

The people who run the sessions are people who have found the experiments worked for them and who are present as participants in the workshop not as 'teachers'.

We call them 'seeing' workshops because the visual sense is the most direct route. However, they are more accurately described as Apprehension workshops in the sense intended by Traherne who described the necessary action as 'Right Apprehension'

Sayings about 'Seeing'

The purpose of life is to see. *Hui Neng*

What I call perfection of seeing is not seeing others but oneself. *Chuang-Tzu*

So, it is very important to understand that the act of seeing is the only truth: there is nothing else. *J. Krishnamurti.*

And what rule do you think I walked by? Truly a strange one but the best in the world. I was guided by an implicit faith in God's goodness: and was therefore led to the study of the most obvious and common things. *Thomas Traherne*

The aspects of things that are most important for us are hidden because of their simplicity and familiarity. *Ludwig Wittgenstein*

He who doubts from what he sees Will ne'er believe, do what you please. *William Blake*

The foolish reject what they see, not what they think; the wise reject what they think, not what they see....Observe things as they are and don't pay attention to other people....*Huang-Po*

It is the realization at gut level that one's deepest desire is that all shall be as it is - seeing that it all flows from one's true Nature, the Aware Space here. *Douglas Harding*

For details of current meetings and workshops contact:

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