

Advanced vCourse: Alphabet Soup Weekly Assignments

You should receive a new lesson once a week. The following are assignments or homework for you to do during the week to contemplate, investigate, and ground the work of the video in your own experience. Best not to leap ahead, but take each assignment one week at a time and due it justice. Happy watching and happy contemplations.

A. Enlightenment:

Homework: This week, daily, contemplate who you are (or what you are if you've gotten Who), avoid fantasy or making anything up or believing anything, go for direct consciousness rather than searching for a state or experience to have, instead search for you!

B. Space:

Homework: This week, daily, contemplate the real nature of Space. Notice your experience of distance and don't confuse that with space itself. Don't assume space is objective or even three dimensional.

C. Reality:

Homework: This week, daily, observe your experience of reality, where is it, what is it. Notice your experience is dominated by self-survival assumptions that generate your interpretations, try to grasp the presence of reality without these interpretations. Contemplate daily: what is reality?

D. Experience Degrades to Concept:

Homework: Observe how every experience you have becomes a concept the moment you no longer experience it. Notice this occurs in every moment. Observe each day that in your memory you have both an original memory and a contemporary memory that seems not as strong or present, study why this is so, and how does that actually work? When you have some experience you find empowering, notice the memory is not the experience and then create the truth and presence of that experience experientially again. See if you can grasp the nature of pain.

E. Experience Without Interpretation:

Homework: Daily observe and contemplate your experience as you work to remove all concept from it. If you manage to remove all concept, what do you have left? Don't assume or guess, be open that it may be of a different nature than you are used to.

F. Perception and Experience Distinctions:

Advanced vCourse: Alphabet Soup Weekly Assignments

Homework: Contemplate daily for a period of time (the length of which you choose) how perception is meaningless and absent of concept and interpretation.

G. Communication versus Manipulation; Self-Agenda 30:37

Homework: Notice the difference between real communication and manipulation in your speaking or the speaking of others. Contemplate any existential assumptions you may have and recognize how they influence your life and character; get that these also have a lot to do with your manipulations.

H. Bottom Lines I:

Homework: Concentrate on characteristic feelings and behavior, especially strong drives or reactivity. Choose one to work on and watch yourself in relation to this activity, concentrate on the feeling that drives you and see if you can find what you assume about yourself deep down that fuels this characteristic.

Observe through the week all the things that you are driven to pursue and include whatever in your past that matches these patterns. Then contemplate what it is you are trying to resolve with this drive, what do you think it will get you, what do you think it is going to fix or complete for you? Call this attempt at resolution your self-agenda, contemplate what existential self-assumption you have that you feel you need such resolution, what needs to be resolved to make you feel whole and complete?

Dwell on why you have to be the way that you are.

I. Bottom Line II:

Homework: Again, concentrate on characteristic feelings and behavior, especially strong drives or reactivity. Choose one to work on and watch yourself in relation to this activity, concentrate on the feeling that drives you and see if you can find what you assume about yourself deep down that fuels this characteristic.

Observe through the week all the things that you are driven to pursue and include whatever in your past that matches these patterns. Then contemplate what it is you are trying to resolve with this drive, what do you think it will get you, what do you think it is going to fix or complete for you? Call this attempt at resolution your self-agenda, contemplate what existential self-assumption you have that you feel you need such resolution, what needs to be resolved to make you feel whole and complete?

Dwell on why you have to be the way that you are.

J. On Being Happy :

Advanced vCourse: Alphabet Soup

Weekly Assignments

Homework: If it is not clear already watch the difference in your experience when you throw yourself into whatever you are doing (work, project, hobby) versus when you try to get out of it or resist it.

Independent from that exercise, see if you can be happy regardless of circumstance, positive or negative. Disconnect your reactions to whatever you experience from the idea of happiness, and try to create a state of being happy, or at least have the thought and attitude that you are and see what arises as a result.

Whenever you try to repeat some breakthrough accomplishment notice what was occurring in our experience just before you accomplished it the first time, get that this wasn't an experience of the accomplishment, because you hadn't done it before, you were doing what lead to the result—and the two are quite different.

K. Desire and Suffering:

Homework: Study the components of desire, see if you can identify them in the desires you have—is relating to the future, is missing now, separate from you, imagined pleasure masks overlooked pain.

Contemplate the nature of pain, see if you can discover what that is and how it is created. See if you can eliminate pain from an experience that previously you would have held as painful.

L. Freedom and Integrity:

Homework: Look into your experience and notice anything that isn't completely free, any drive or fear or need or tension or behavior, etc. that you are bound to. Recognize when you are searching for something but not finding it, are you just searching or do you intend to find it.

Keep attention on every time you give your word or make a promise, no matter how casually, and whether or not you keep your word. Study what happens when you don't keep your word to others or yourself, what changes in your experience and what consequences occur?

M. Distinction:

Homework: Study the nature of distinction. Notice everything you experience or are aware of is a distinction. Try to get that distinction is not just interpretation but applies to all of life and everything that exists. And it is also generated by you to create experience.

N. Distinctions and Reality:

Homework: Put attention on what you experience and see if you can make or clarify distinctions you have failed to make related to some matter. Inspect every experience

Advanced vCourse: Alphabet Soup Weekly Assignments

where you have mashed more than one distinction together into a meld or blur, and clarify each.

Try to grasp the distinction you make that is the essence of reality that is not-you. See if you can become directly conscious of the nature of this reality.

O. Confusing Self with False Conditions I:

Homework: Study and contemplate all of your characteristics and identity, for each, discover its purpose for existing, what it is there for. Get that it is a form of manipulation to accomplish some end, what is that end? Focus on one or two outstanding characteristics that drive you in life, and see if you can drop them as not necessary. This doesn't mean you can't use that activity at all but that it isn't characteristic of you and you aren't compelled to use it. You are free of it as a binding part of your identity.

P. Confusing Self with False Conditions II:

Homework: Contemplate how much of your person is founded on aspects that are false, which is to say are not actually Who you are. Get that if they exist to serve a purpose they are not inherently you. Contemplate any core assumptions you may have about your self and your very nature.

Q. Perspectives:

Homework: Study how you perceive (interpret) life in general, what are your perspectives about life? How does this perspective influence your encounter with individual objects and circumstances?

Contemplate your deepest sense of capacity or incapacity. Do you hold that you are really capable just because? If you did, what might that change in your outlook of life and yourself?

R. Creating a Cosmology 1:

Homework: Study and contemplate what you hold as the "universe" and how reality works. What beliefs do you have about spirituality, mind, the cosmos, life, and so on? What do you assume to be the case?

What can and can't you do to affect reality? Do you think you are responsible for your experience, actions, and perspective? Are you the source of views and your abilities?

S. Creating a Cosmology 2:

Homework: Play with how you view reality and your place in it. See what new perspectives you can create and what happens in your experience or even your abilities, when you do.

Advanced vCourse: Alphabet Soup Weekly Assignments

T. Creating a Cosmology 3:

Homework: Whatever you have invented as a cosmology, transcend it. Let it all go and start from scratch, allowing yourself to not-know. From here see what arises again as a perspective of reality. Since you will create some form of organizing how reality works, ask yourself if it is an empowering perspective?

Also, consider being conscious that no cosmology can actually be true, since the truth is unformed. Contemplate this possibility and see if it is true.

U. Commitment:

Homework: I invite you to take some rather small and easy skill to learn that you don't have now, and practice observing someone skillful doing it and concentrating on making all the distinctions you need to do this activity skillfully, learning faster than normal.

Watch your relationship to commitment. When you make any kind of promise, say you will do or accomplish something, no matter how small, do you keep your word? If you find you do not, try keeping your word all week and see if it makes a difference. Try to catch every time you use any excuse for failing to keep your word or accomplish something or any time you justify your behavior or actions. Try to eliminate using excuses and justifications at see what happens to your experience when you do.

V. What is the Meaning of Life?:

Homework: Study all of the positive and negative to everything you experience. Ask what are they doing, why are they there? Notice that the positive and negative can change about the same subject, why?

If you eliminate all the positive and negative aspects to life, what do you have left? Contemplate your own make up and ask why is it that way? See if you can uncover any ideals you have you assume about yourself.

W. Creation:

Homework: Observe an image of the future when intended can turn into a present experience occurring.

Contemplate why it takes longer to create something than to destroy it.

Question whether or not you hold yourself as responsible for your own growth and depth of consciousness. If you don't think you are completely in the driver's seat then concentrate on putting yourself there, and see what changes.

X. Body:

Homework: Contemplate: what is a body? Keep your attention on feeling your whole body all week, and notice everything that is going on in your body, how you move, how

Advanced vCourse: Alphabet Soup Weekly Assignments

you structure yourself, and how aware you are and of what. Increase your level of sensitivity and feeling-awareness.

Y. True Nature of Existence Meditation

Homework: Contemplate on the true nature of existence.

Z. Facilitation and Decision

Homework: Now take all that you've experienced and learned in this course and attempt to communicate each major aspect to other people, in this way, you will learn much more by doing so. Also, discern how everything you do, think, and feel is a decision you are making, play with changing some of it that is disempowering or unnecessary, but mostly just notice and put yourself in the driver's seat.

When you have completely the course, I'd like to hear how it went for you.