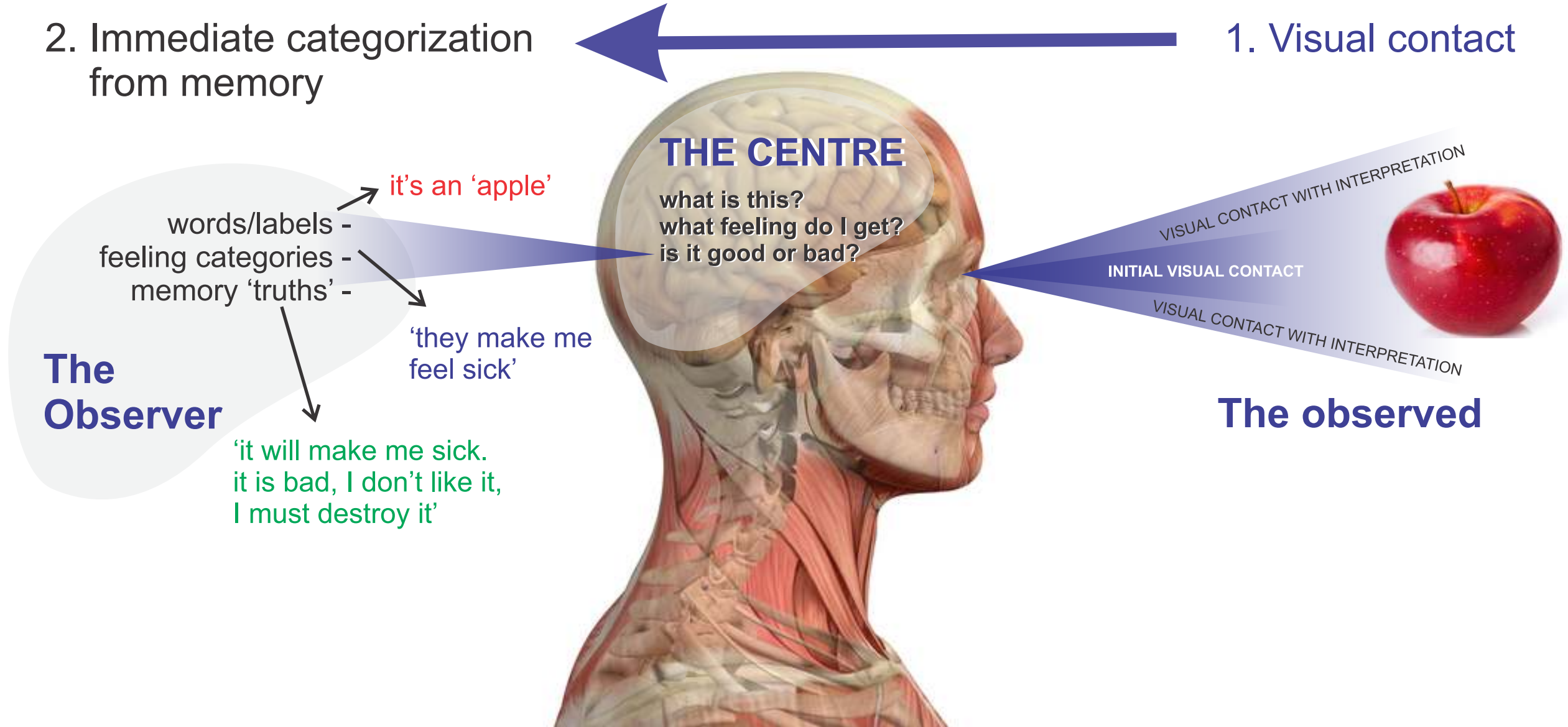


## 2. Immediate categorization from memory

## 1. Visual contact



When contact with the observed is made our centre immediately categorizes it, matching it with word labels, feeling categories, and memories 'truths' from the past. This prevents the direct observation of the object in the present.

## 2. Awareness of how we are interpreting through the past

words/labels - **My memory tells me 'apple'**  
feeling categories - **I remember being sick**  
memory 'truths' - **My experience warns me this is bad and I should avoid it**

**I now see that I observe this with the filters of the past.**



## 1. Visual contact

DIRECT VISUAL CONTACT



**The observed**

Observation could be considered in two directions, outward and inward. When we observe outward we must also observe the actions, thoughts, feelings, and prejudices that occur within us. Observing how our mind operates, completely without judging it as good or bad, allows us to 'see' clear of the impediments of the past.

**If the observer is not  
mired in past  
interpretations,  
then is the observer  
'the observed'?**

**Does this prevent the  
accumulation of memory  
that is 'incomplete'?**

