

# The most important part of the Yoga is to understand what the Yoga is about.

*Extracts from 7th of July 2021 Dialogue (Day 4 Week 2 Onsite Retreat)*

## **QUESTION: IS OUR EXPERIENCE OF SPACE REAL?**

**Francis:** Space is that which separate two objects - if we believe that we experience objects, that is.

But also, objects are always changing, and since our experience of objects is not like still frames but more like a video. Because of that in our experience of space, there is also time. Another way of saying this is that we don't really experience objects: we experience events. An event is an object that doesn't last in time, in other words it is an object at a certain position in space and at a certain moment in time.

So, we only experience events and in fact these events are all perceptions, and so the space between two objects experientially has to be the space between two perceptions. But since perceptions are events, the space is really the space between two events. But what is there between two events in our experience? Consciousness. In other words, Consciousness is the background of all 'mind' events, or mentations.

Therefore, space and time are concepts devoid of 'body', they are so transparent, these concepts, that they are almost like the concept of consciousness, and as such they can lead to the experience of Awareness like the concept of Awareness does.

That is why I use the word 'space' quite often. In the Yoga for instance I say 'surrender the body to the space' or 'offer the sensations to the space'. The 'space', even when we envision it as physical space, because of its vanishing qualities it is kind of a stepping stone towards the experience of Awareness. These are Tantric tricks. [...]

**QUESTION: I TEND TO IDENTIFY WITH THE IMAGE OF SPACE AS IF IT WERE THE CHANGELESS, AND I WONDER IF THAT MAY HAVE TO DO WITH THE PROBLEM OF OBJECTIFYING CONSCIOUSNESS**

**Francis:** Yoga should be done without the goal in mind to reach Awareness, because Awareness cannot be reached, meaning experienced, as a sensation. In the Yoga we deal with sensations, so we have to understand what the goal of Yoga is.

The goal is to realign the way we perceive the body and the world, to make this perception consistent with the world being our real body, that's all.

So in the Yoga we kind of reprogram, decondition, recondition the body-mind-instrument so that the way of perceiving changes, and then we can have simultaneously available two ways of perceiving. Just like these old children engraving where you have a tree and if you look carefully in the tree you have the witch, so the kids have to see the witch in the tree. First you see only the tree, then you see the witch. But then you can move at will, you can either see the witch or the tree, and it is the same thing that you see. In the same way you can see everything as one single space, or you can come back to the separate view but knowing that the separate view is just a tool that you use not to bump into furnitures: if you don't have the use for this tool the default view should be one in which you are expanded and relaxed. That's the idea.

The most important part of the Yoga is to understand what the experiment is about, then to try it and to master it. To understand why it works and what is the theory of it is only interesting for those of us who are theorists.