

Tacit awareness

Refers to the second stage of wordless awareness practice. It consists of “bare attention” or “bare observation” of what is happening (e.g. the breath), a detailed and clear awareness without any words arising. Tacit awareness has also been called Silent Awareness.

This stage corresponds to the second samādhi of the Buddha on his path to enlightenment, the “samādhi without inner talk or inner dialogue”.

V: thâm nhận biết