

Awakening awareness

Refers to the third stage of wordless awareness practice. It consists of clear, silent awareness of the stimulus received by the six senses without any inner thought or any emotion arising. This involves a silent, detailed and analytical knowledge of the object without any emotion arising, without any attachment to the object.

This corresponds to the third samādhi stage of the Buddha on his path to enlightenment. It is also called “full and clear awareness” (P: sati ca sampajañña, V: chánh niệm tỉnh giác) or “letting go of elation and dwelling in equanimity” (V: ly hỷ trú xả).

V: tỉnh thức biết