

# Download In This Moment Teachings On The Nature Of Consciousness

Consciousness is the state or quality of awareness or of being aware of an external object or something within oneself. It has been defined variously in terms of sentience, awareness, qualia, subjectivity, the ability to experience or to feel, wakefulness, having a sense of selfhood or soul, the fact that there is something "that it is like" to ...View advice from Lama Zopa Rinpoche only Apply View advice from Lama Zopa Rinpoche only filterAn overview of the comprehensive framework for personal and spiritual self-knowledge and development, widely known as the Michael Teachings. The Theravada, the Tradition of the Elders, is the venerable ancient school of Buddhism, dating to the time of Sakyamuni Buddha. It is sometimes mislabeled the Hinayana, a term which is both incorrect and pejorative.