

Consciousness as Intentional

In nondual approaches to consciousness the focus tends to be on release from the dualistic tensions of the psyche and a subsequent grounding in and realization of non-dualistic experience. There is less focus, in recent times, on consciousness as an entity, consciousness as knowledge, and/or consciousness as intentional. There is even less focus on consciousness as healer, developer, and/or performance enhancer. In contemporary society the human intellect sits atop the pyramid, doling out its perceptions as truths. Therefore consciousness as 'higher power' conflicts with the postmodern view of individual life as free from the constraints of higher powers and preset structures. In the name of personal freedom the individual intellect makes judgements, often absolute in scope, about self and society. This conflict, or better put, conflation between the conscious mind and the ego mind is at the heart of mind-body, mental-emotional, psycho-spiritual conflicts in today's individual psyche.

Consciousness is not the process of thinking, nor is it limited to awareness of thinking. Consciousness has an illuminative function that is not restricted to spatialization or temporalization. It is not a mere counterpart to objects and appearances; rather, it is an observant onlooker and an active agent with regulatory functions. When orienting attention from consciousness one can see, navigate, and guide the relationship between the body, mind, and soul.