

Types and Stages of Understanding and Unraveling of the Self

How the two types of self/lessness work:

1. First one works on the self of persons as conceptually imputed based upon the concept of a person.
2. Then one works on the self of phenomena as conceptually imputed based upon the direct cognition of the skandhas.

The levels of belief in intrinsically true existence

1. Acquired – through intellectual/conceptual/cultural elaboration
2. Innate - Self sufficient/naturally the basis of labels/subject-object duality

Types of the two Selves

1) Self of persons – atman

a) Types:

- i) Gross acquired version of the self as having three qualities
- ii) Subtle innate version of the self as sufficient self/the basis for labels/the subject in a continual subject object dualistic situation

b) How to Practice:

- i) Use the sevenfold analysis of the chariot to work on this in learning and contemplation
- ii) Use the simpler two fold analysis comparing self and the mind or consciousness aggregate in meditation
- iii) Use the development of bodhicitta and other compassion practices to expand beyond the sense of selfishness

2) Self of phenomena – svabhava

a) Types:

- i) Gross acquired version of the self as having three qualities
- ii) Subtle innate version of the self as sufficient self/the basis for labels/the subject in a continual subject object dualistic situation
- iii) Very subtle innate version of the self as truly and inherently existent

b) How to Practice:

- i) Use the four or five logical reasonings to work on this in learning and contemplation
- ii) Use the four stages of vipashyana/four slogans/four pointing outs/four stages of mipham to work on this in meditation