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Nota di contenuto	pt. 1. Seeking and noticing awareness -- pt. 2. Observing and understanding the flow of phenomena -- pt. 3. Distinguishing intentional acts -- pt. 4. Work in progress.
Sommario/riassunto	What is awareness? How is dreaming different from ordinary awareness? What does mathematics have to do with awareness? Are different kinds of awareness related? "Awareness" is commonly spoken of as "mind, soul, spirit, consciousness, the unconscious, psyche, imagination, self, and other." The Phenomena of Awareness is a study of awareness as it is directly experienced. From the start, Cecile T. Tougas engages the reader in reflective notice of awareness as it appears from moment to moment in a variety of ways. The book draws us in and asks us to focus on the f