

## **TWO BASIC AND RADICALLY DIFFERENT WAYS OF UNDERSTANDING EXPERIENCE**

There are two basic ways of understanding our experience. One is primarily based on a lifetime of constructing a conceptual story or **Narrative** about ourselves, others and the world. This approach inevitably leads to struggle and suffering.

The other is based primarily on the direct experience of the **Foundational** nature of experience that lies below the Narrative. This approach progressively leads to satisfaction and liberating Insight.

### **The Narrative**

The way we normally understand our experience is through a conceptual story or **Narrative** which is partial, selective and highly interpretive. It is based on beliefs, assumptions, speculations and recollections that are frequently unseen. They may be so factually inaccurate as to be fabrication or fiction.

As a result, the Narrative understanding of experience is always distorted, misleading and unrepresentative of the whole to some tangible degree. We struggle and suffer when we become attached to and identify with this Narrative.

### **The Foundational**

Another way of understanding our experience is through the direct experience of the **Foundational** nature or process that lies beneath the Narrative.

It is based on the bare experience presented to us when we come in contact with external and internal events. The value, meaning and implications of what is experienced arise in the form of intuitive Insight through sustained Mindful Investigation, not through the conceptual analysis of a pre-existing Narrative. Satisfaction and liberating Insight progressively enter our lives when we directly experience and stay connected with the Foundational.

### **The Aim of Meditation and Mindfulness Practice**

The aim of the meditation and mindfulness practice described by the Historical Buddha is to deeply see and experience the profound and radical differences between the Narrative and Foundational ways of understanding experience.

The direct experience of the Foundational, and resulting Insights, irrevocably transform, progressively expands, and finally liberates us from our relationship with our Narrative, ourselves, others and the world.