

Notice Faculty of Hearing

As we advance in meditative practice, we are able to tackle more subtle aspects of the self. In this practice, I'll share an important technique to discover who you are by teaching you how to dis-identify from your senses and the consequences of your senses. This technique builds vairagya, but is quite difficult to do.

References and further reading

- Castillo, R. J. (1990). Depersonalization and meditation. *Psychiatry*, 53(2), 158-168.
- Moran, D. (2002). Introduction to phenomenology. Routledge.
- Stein, D. J., & Simeon, D. (2009). Cognitive-affective neuroscience of depersonalization. *CNS spectrums*, 14(9), 467-471.