

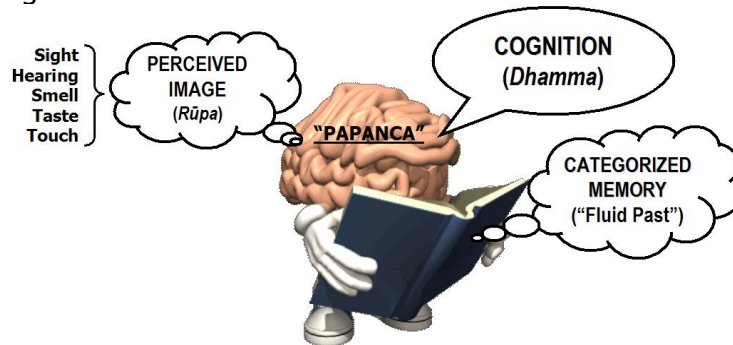
## Part 2: Analyzing The Process Of Experience

### THE PROCESS OF EXPERIENCE

1. Process of Perception (*Viññāna*);
2. Cognitive Process (*Mano*);
3. Affective Process (*Citta*):
  - The organism reacts unconsciously (irrationally) to stimulation from the environment;
  - Emotional Arousal (*Tanhā*) is the unconscious bio-chemical reaction in the organism which gives rise to "tension in the body" that is unpleasant and uncomfortable (*Dukkha*);
  - The organism releases tension in action (*Kamma*) to overcome this discomfort;
4. The rational organism delays the reaction, allowing sufficient time to decide ("intention" – *Cetanā*) whether to release the tension in action (negative *Kamma*), or to respond rationally (positive *Kamma*) to the situation;
5. There are internal as well as external consequences to every action (*Vipāka*).

### THE COGNITIVE PROCESS ("Mano")

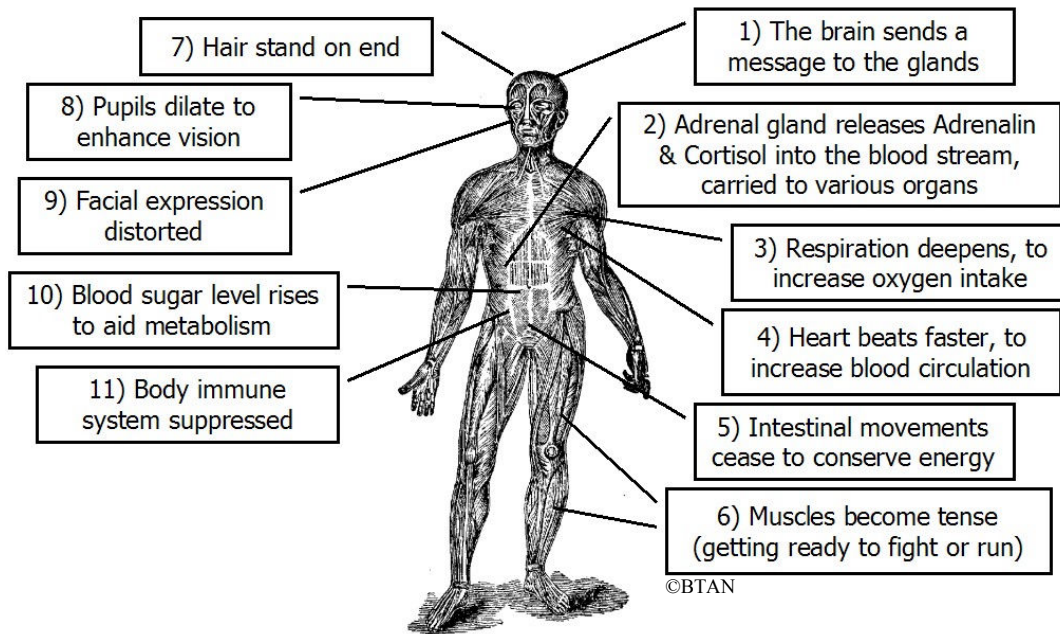
- The Fluid Past is organized in the memory in a categorized manner;
- The Cognitive Process (*Mano*) refers to the Categorized Fluid Past (*Papanca*) to interpret what was perceived (*Rūpa*);
- Giving meaning to & re-cognizing what was perceived ("interpretation");
- The meaning cognized is "*Dhammā*".



### THE AFFECTIVE PROCESS ("Citta")

- According to what has been cognized, an unconscious emotional reaction (*tanhā*) is aroused in the form of a bio-chemical reaction in the organism;
- For example: **ANGER** arousal (same reaction as **FEAR**)
- The **Amygdala** is activated during Fear or Anger reaction causing the brain to send a message through the sympathetic pathway to various glands and organs, in particular the adrenal gland;
- Adrenal gland releases **Adrenalin (epinephrine)** and **Cortisol (hydrocortisone)** into the blood stream, which is carried to various organs in the body;
- Organs in the body behave in specific ways according to the hormones;
- This unconscious reaction is commonly called "**fight or flight reaction**".

### **FIGHT OR FLIGHT REACTION**



### **RELEASE OF TENSION IN ACTION ( *Kamma* )**

- Unconscious emotional reaction (*tanhā*) triggers bio-chemical reaction in the organism causing discomfort, displeasure and tension in the body (*dukkha*);
- Giving rise to unconscious intention (*cetanā*) to release the tension in action;
- We release tension in action (*kamma*) to get rid of the discomfort;
- Failure to release tension increases the pressure of the tension;
- Sometimes, we release tension in action to innocent parties;
- There are consequences to every action (*vipāka*).

### **CONSEQUENCES OF THE REACTION ( *Vipāka* )**

- Consequences of the reaction are Internal and External;

- The Internal consequences arise at different levels:  
(**General Adaptation Syndrome – “stress”** )

1. Grief/Sorrow ( <i>sōka</i> )	}	<b>1. Alarm Reaction</b>
2. Lamentation/Mourning ( <i>paridēva</i> )		
3. Physical Pain ( <i>dukkha</i> )	}	<b>2. Stage of Resistance</b>
4. Distress/Depression ( <i>domanāsa</i> )		
5. Exhaustion/Expiration ( <i>upāyāsa</i> )	}	<b>3. Stage of Exhaustion</b>

- The External consequences arise in different forms:

1. In relation to Opposite Party
2. In relation to Society
3. In relation to Law of the Land
4. In relation to Environment
5. In relation to Matters arising after Death