

JUE CHA - SELF-AWARENESS & SELF-OBSERVATION

JUE means waking, seeing, understanding, knowing, insight, initiative. It is like waking up from sleeping and regaining clarity. Jue is an aspect of the manifestation of the realization and wisdom that exists in every person's Shen (True Self).

CHA is to clearly see, recognize and understand, as though bright light is shining on everything so that all the details can be seen clearly.

Jue Cha is using Jue (the awareness of Shen) to Cha (observe). It is as though the light of awareness illuminates everything going on within us. It is pure, simple observation in the present moment to see the truth of how things are. Jue Cha is like a live mirror that reflects whatever is there - when something is in front of the mirror, it is reflected. When the object is moved away, it is no longer there, and we shouldn't follow it.

Maintaining self-awareness in the present is a pivot point that connects the past and the future. It is able to deepen and enhance the relaxed, calm, natural, integrated and unified state. It also plays a vital role in moving forward on the path of higher realization and wisdom, as activating Jue Cha sets the stage for Jue Zhi (true understanding), Jue Xing (awakening) and Jue Wu (realization) to follow.

HOW TO JUE CHA

When in a relaxed, calm, natural, integrated, unified and harmonious state, Jue can be activated and then observe (Cha) all the activities of your own life very clearly. Be aware of everything that is going on in your life, including the activities and changes in:

- Your Jing – be aware of your body and behavior
- Your Qi - feel its change and movement

J U E C H A

- Your Xin (heart), consciousness and Shen - see how they change and what kind of feelings and experiences these changes bring

When using Jue Cha, do your best to bring in the five essential qualities of the heart - trust, openness, love, gratitude and Gongjing, and to always Jue Cha in a peaceful and gentle way. There shouldn't be any intention to oversee, censor or judge. There is no agreement or disagreement; approval or disapproval. You are playing the role of a special observer who is simply constantly observing yourself inside. The task is to keep the mirror there all the time, so every image and movement can be reflected. All things show in the mirror when they appear, and nothing is left in the mirror after they disappear. This is all Jue Cha needs to do.

While the aim is to have Jue Cha in every present moment, because of our patterns, maintaining it can be challenging. The consciousness is so used to going outwards and becoming scattered and unstable. Jue Cha is an effective tool to break unhelpful habits and return to a good state, so although activating Jue Cha is easier when in a good state, it is when we are not that we really need to use it.

Wherever you are, whatever you are doing, keep the light of your self-awareness shining with Jue Cha - the bridge to realization and wisdom.