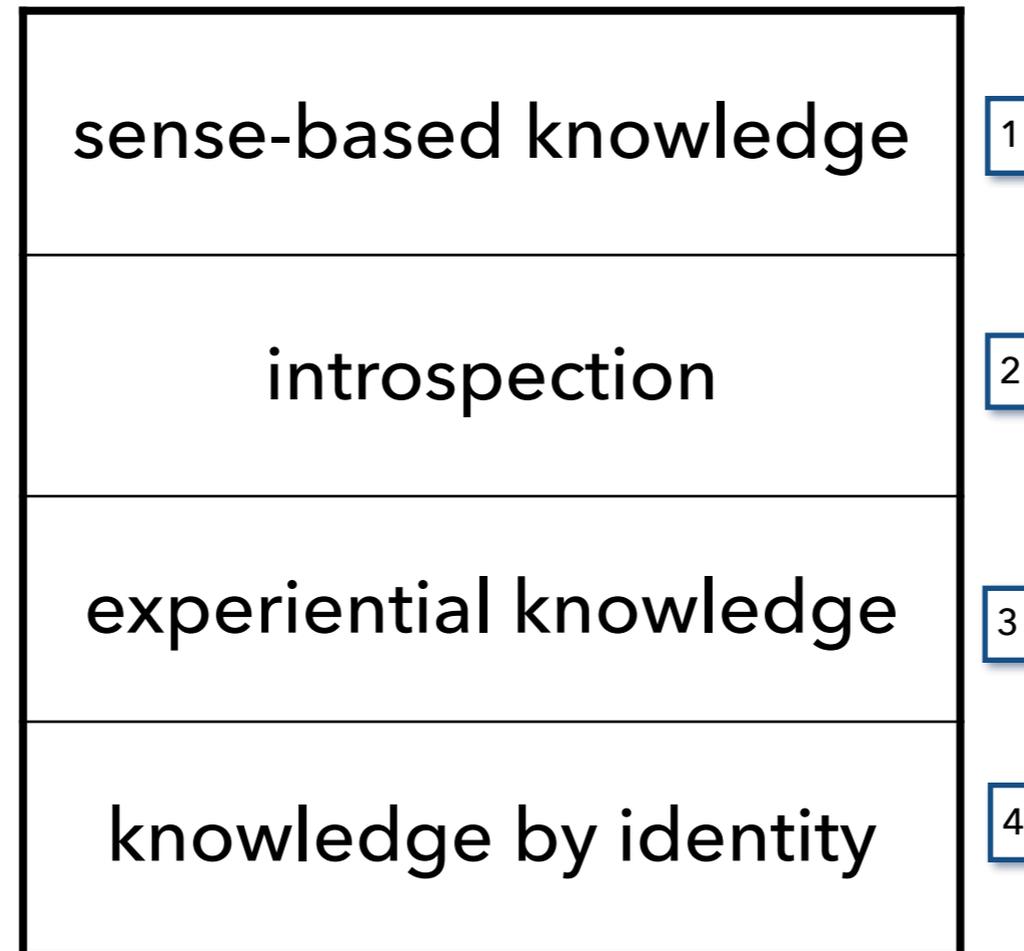


types of knowledge,  
and  
how they can be perfected



Four types of knowledge

	Psychological terminology	Sri Aurobindo's terminology	
1	sense-based, objective knowledge	separative indirect knowledge	4
2	introspection	separative direct knowledge	3
3	experiential knowledge	knowledge by intimate direct contact	2
4	superficial awareness of our own existence	knowledge by identity	1

These four types of knowledge are based on a distinction made by Sri Aurobindo

naïve mode	rigorous, expert mode
ordinary sense-based knowledge	science
introspection	witness consciousness ( <i>sakshi</i> ); <i>purusha</i> -based self-observation
superficial experiential knowledge	pure consciousness directly touching other consciousness
awareness of own existence	true Self-knowledge; true intuition

Each of these four types of knowledge has a naive and an expert form

knowledge realm	known reality	knowledge type (acc. to usage)	
objective knowledge	physical world	A. objective science	O W C  Y O G A
		B. ordinary, sense-based knowing	
subjective knowledge	surface nature	C. introspection	
		D. superficial experience	
	surface self	E. superficial awareness of own existence	
inner knowledge	inner nature	F. <i>purusha</i> -based witness consciousness ( <i>sakshibhava</i> )	
		G. consciousness directly touching other consciousness	
Self-knowledge	Self, Truth, Real-Ideas	H. <i>gnosis</i> , truth-consciousness	

These eight naive and expert "types of knowledge" are used to study four "knowledge realms"

naïve mode	rigorous, expert mode
ordinary sense-based knowledge	science
introspection	witness consciousness (sakshi); purusha-based self-observation
superficial experiential knowledge	pure consciousness directly touching
awareness of own existence	true Self-knowledge; true intuition

**For psychology, the type of knowledge that needs to be perfected first is introspection**

# introspection vs. witness consciousness

## introspection

- mind looks at mind  
[balcony & street]
- running commentary
- reactions; value judgments
- preferences; likes & dislikes
- limited to ordinary waking consciousness

## witness (*sākṣī*)

- pure consciousness is aware of the working of the mind from the position of a pure, perfectly detached witness [two birds]
- silently watching
- perfect equanimity
- equal to all that happens
- able to penetrate deeper layers of consciousness and being