



# TO SEE, TO FEEL, TO BE



# Levels of perception

To see what is. To feel what is alive. To  
be what you are.

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**This book was written in the spirit of RBEnow.**

More thoughts on a more conscious, compassionate world:  
[RBEnow.eu](http://RBEnow.eu)

# Introduction

What we experience in the world — and how we experience it — both shape who we are. Our lives are woven from perception, attention, and inner response — again and again, moment by moment. But perception, too, has its own layers.

Sometimes, things just happen to us without us even noticing.  
Other times, we become aware.

Sometimes we simply react — other times, we pause and reflect.  
There are days when everything feels like noise... and moments when even a faint sound touches the soul.

This book does not aim to teach or explain. It simply offers a mirror — an invitation to look within. It invites you to recognize your own patterns of perception — and perhaps discover that there is more. Not better or worse. Just wider. Quieter. Deeper.

“To See, To Feel, To Be” is a kind of inner map.  
It doesn’t seek to impose answers, but to open space for recognition. If you read it like a personal journal or a gentle journey through layers of presence, you may find your own story echoed here.

You don’t need to understand everything.  
It’s enough if something resonates — even quietly.

Are you ready to begin?  
The gates are open.



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Seven levels. One path. To yourself.

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To See, To Feel, To Be · [info@rbenow.eu](mailto:info@rbenow.eu)

# 1. Physical Perception

## Awareness of Physical Senses

### **Key:**

Presence

### **Elements:**

Sight, hearing, touch, smell, taste

### **Development mode:**

- Developing attention (e.g. mindfulness)
- Sensory exercises: conscious perception of tastes, sounds, colours
- Reducing sensory overload (e.g. quiet spaces, digital detox)

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"First we see, hear, taste - and then we get a sense of what's behind them."

# 1. Physical Perception

✨ This is the level of **Basic Perception** — the one we use most often, and yet, when approached with conscious attention, it can reveal surprising depth. It's not about gaining new abilities, but about becoming more aware of the ones we already have.

The key: presence and awareness

We experience the world through our senses. Developing this level means sharpening perception, quieting distraction, and learning to truly notice.

## **The Senses and Their Awakening:**

### **1. Sight - The Language of Light**

- *Exercise:* Observe the play of light and shadow in a room. Notice colors, textures, and tiny details — like the grain of wood or the edges of a curtain.
- *Develop:* Go on a color walk: pick a color (e.g. red) and try to spot it in as many places as possible.

### **2. Hearing - The noise behind the silence**

- *Exercise:* Close your eyes and map the surrounding sounds — far and near, left and right.
- *Develop:* Listen to music, focusing on each instrument separately.

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"The world begins where you start to listen."

# 1. Physical Perception

## 3. Smell - Scent of the past

- *Exercise.* When you smell something, pause — what memory arises?
- *Develop:* Keep a scent diary. Write down one new smell you notice each day.

## 4. Touch – The Texture of the World

- *Exercise:* Touch various surfaces — stone, wood, fabric, water. Describe the sensations: warm or cold, rough or smooth?
- *Develop:* Create a blindfolded touch game with a friend and guess the objects.

## 5. Taste – The Flavor of the Present

- *Practice:* Eat slowly. Notice the layers of flavor. Can you separate sweet, salty, sour, bitter, umami?
- *Develop:* Try unfamiliar foods or spices — as if tasting them for the very first time.

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"Seeing is not only a matter of the eye, but also of the mind."

# 1. Physical Perception

## Practices for Sensory Presence

### **One Minute of Awareness**

Pause anytime during your day. For one full minute, simply observe what you see, hear, or feel — nothing more.

### **5 Senses Meditation**

Focus on each sense in turn. What do you perceive?  
No judgment. Just presence.

### **Digital Pause**

Turn off all screens for at least one hour a day.  
Observe how your perception shifts when the noise quiets.

## What This Level Gives You

- It grounds you and brings you out of the "mind spin" and into the present moment.
- It awakens your senses like a re-tuned instrument.
- It grounds a stable perception of higher levels (emotional, intuitive, transpersonal).

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"Listen to the silence - that's where perception begins."



## 2. Observing consciousness

Perception and reflection,  
Conscious presence

**Key:**

Self-awareness

**Elements:**

Perceiving thoughts, reactions, emotions

**Development mode:**

- Meditation and journaling
- Practising conscious presence in life situations
- Recognizing and understanding cognitive distortions

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"You are not what you think you are. You are the one who notices that you are thinking."

## 2. Observing consciousness

✨ This second level — **Observing Consciousness** — is a turning point in inner development. It's when we begin to recognize ourselves not just as a reacting body, but as a perceiving presence. It's the birth of the *inner witness*.

### 📋 Essence of this level

This level begins with self-reflection. You start observing your outer and inner experiences consciously — without automatically reacting to them.

### 🔍 Key elements

- **Self-observation** – Watching thoughts, emotions, and behaviors without interfering.
- **Mindfulness** – Accepting and noticing the present moment as it is.
- **Detachment from the ego** – Realizing: *I am not what I feel or think, but the one who perceives them.*
- **Taking responsibility** – Our experience is not shaped by the world, but by how we respond to it within.

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"The thought is not you - it is just a guest in your mind."

## 2. Observing consciousness

### **Ways to Deepen This Level**

- Meditation, breath observation, mindfulness exercises
- Journaling: consciously writing down thoughts and feelings
- Self-inquiry: *What's behind my reaction? Why did I respond this way?*
- Silent presence in social settings — practicing non-reaction and conscious space-holding

### **Signs of a Breakthrough**

- Longer pause before reacting — choosing response over impulse
- Fewer impulsive decisions
- Inner calm even in chaotic environments
- Deeper empathy toward the emotions of others

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"Freedom begins when you notice your reactions."

### 3. Emotional perception

## Emotional perception

**Key:**

Empathy

**Elements:**

Awareness of your own and others' emotions

**Development mode:**

- Develop empathy (e.g. through stories)
- Emotional journaling
- Active listening, conflict management exercises

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"Empathy is nothing more than the blurring of boundaries for a moment."



### 3. Emotional perception

✨ At this level, the focus shifts to emotions — both our own and those of others. It's the foundation of connection and compassion. Where awareness meets feeling, empathy is born.

#### 💛 Essence of this level

We begin to notice, name, and understand emotions.  
Not to suppress them. Not to drown in them.  
But to simply be with them — fully, gently.

This awareness becomes a bridge — to ourselves, and to others.

#### 🔍 Key Elements

- **Emotional awareness** – Recognizing and naming what we feel: anger, joy, fear, sadness, longing...
- **Acceptance** – Not suppressing or over-identifying, but allowing emotions to be present.
- **Empathy** – Feeling with another — not just understanding, but truly resonating.
- **Emotional communication** – Expressing and interpreting feelings without aggression or blame.

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"Empathy is not weakness, it is clarity."

### 3. Emotional perception

#### Ways to Deepen This Level

- **Emotional journaling** – Regularly write about how you feel and what triggered it.
- **Emotional weather check** – Ask yourself each day: What's the weather like inside today?
- **Active listening** – Listen to others with full presence and reflective empathy.
- **Conflict practice** – Express feelings without judgment (e.g. "When this happened, I felt...").
- **Empathy through story** – Notice what characters feel in books or films — and how you feel with them.

#### Signs of a Breakthrough

- You no longer see emotions as enemies — but as messengers.
- You can name and share what you feel, instead of blaming or hiding.
- You meet others' struggles with openness rather than defense.
- You realize emotions are visitors — you are not the emotion, but the one who experiences it.

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"To feel others: to enter their reality, without judgement."

## 4. Intuitive perception

### Inner voice, insight

**Key:**

Silence and openness

**Elements:**

Premonitions, intuitions, inner knowing

**Development mode:**

- Monitoring intuitive decision-making
- Dream analysis
- Developing symbolic thinking

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"Real power does not leave a trace, it opens a path."

## 4. Intuitive perception

✨ This level leads us into the world of inner knowing — the realm of intuition. It's not about logic or sensory input, but about what arises from silence, presence, and subtle connection. Often, intuition knows what the intellect only understands later.

### Essence of this level

Here, we begin to trust the quiet signals within.

Not loud, not rational — just... clear.

It's a feeling, a knowing, a nudge from within that has no proof — only resonance.

### Key Elements

- **Recognizing the inner voice** – A quiet yet certain awareness that doesn't reason — it simply knows.
- **Sensations and premonitions** – An inner sense of something without outer evidence.
- **Symbolic thinking** – Reading signs, dreams, and symbols as inner guidance.
- **Intuitive decision-making** – Balancing reason with inner guidance, not relying on logic alone.

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"The inner voice doesn't shout - it only whispers when you are quiet."



## 4. Intuitive perception

### Ways to Deepen This Level

- **Silence & attention** – Soften the mental noise through meditation, nature walks, or deep listening to music.
- **Dreamwork** – Keep a dream journal, reflect on the intuitive layers in your dreams.
- **Symbolic journaling** – Explore symbols and archetypes that appear in your thoughts (e.g. Tarot, myth, motifs).
- **Creative flow** – Try automatic writing, intuitive drawing, or free expression without planning.
- **Intuition review** – Look back at times when you followed your intuition — what happened?

### Signs of a Breakthrough

- You know what to do before your mind catches up.
- You begin to tell the difference between intuition and fear or desire.
- Guidance starts to arrive in dreams, symbols, or synchronicities.
- You develop a quiet confidence — an inner compass you trust more and more.

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"Intuition: knowledge before knowledge."

## 5. Transpersonal awareness

### Collective and energetic consciousness

**Key:**

Alignment

**Elements:**

Shared consciousness, resonances, collective intuition

**Development mode:**

- Meditation and visualisation techniques
- Connecting with nature
- Working together in deeply connected communities

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"The world does not expand outside - it expands inside."

## 5. Transpersonal awareness

✨ At this level, perception begins to reach beyond the personal body and mind. You feel connected — to people, to nature, to a collective field of awareness. Compassion deepens. Sensitivity grows. You begin to resonate with the world around you.

### **Essence of this level**

This is the realm of interconnection.

You feel the emotions of others, sense the mood of a place, and start to notice meaningful coincidences that link the inner and outer world.

### **Key Elements**

- **Collective consciousness** – Picking up shared thoughts, moods, or emotions from the group field.
- **Energetic sensing** – Feeling presence, spatial energy, or the subtle “vibe” of a person or place.
- **Resonance** – Vibrating in harmony with others or with nature — beyond words.
- **Synchronicities** – Noticing events that feel too meaningful to be chance.
- **Dissolving the ego boundary** – Feeling not separate, but part of something larger.

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"The soul remembers what the mind doubts."

## 5. Transpersonal awareness

### **Ways to Deepen This Level**

- Group presence – Meditate with others, engage in shared movement or sound practices.
- Nature connection – Tune into the rhythm of seasons, feel the aliveness of the land.
- Energy awareness – Explore breathwork, chakra meditation, Qi Gong, Tai Chi.
- Heart-centered relating – Be fully present with others; listen with empathy and depth.
- Space sensing – Enter a space and feel its mood, atmosphere, and subtle signals.

### **Signs of a Breakthrough**

- You sense a greater order behind everyday events.
- You feel vibrations and subtle shifts in people and places — and name them.
- Synchronicities become more frequent and meaningful.
- Empathy deepens — not just intellectually, but energetically.

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"True connection is not words, but vibrations."



## 6. Multidimensional perception

Levels of consciousness and  
perception of reality expanding

**Key:**

Trust and surrender

**Elements:**

Perception of multiple layers of reality, quantum  
consciousness, synchronicity

**Development mode:**

- Integrating deep spiritual experiences
- Deep contemplation
- Practice of allowing and "not-knowing"

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"Wisdom is not loud. It smiles."

## 6. Multidimensional perception

✨ This level opens when we begin to trust what lies beyond ordinary perception, and accept that reality may operate on multiple levels. Logic becomes less dominant — and in its place: allowing, surrender, and direct experience. We stop trying to interpret the world — and start becoming one with it.

### Essence of this level

Here, we move through and between layers of reality.  
What once seemed linear now unfolds in spirals.  
What once seemed random begins to align.

### Key Elements

- **Multilayered perception** – Experiencing parallel “realities” or alternate interpretive fields.
- **Quantum consciousness** – Realizing that awareness itself shapes the fabric of what we call real.
- **Synchronicity as guidance** – Not coincidence, but vibrational alignment with meaning.
- **Consciousness journeys** – Lucid dreams, trance, contemplation, glimpses into “other worlds.”
- **Altered sense of time** – Time is no longer linear, but cyclical, spiral, or suspended.

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"Synchronicity is not an accident - it is feedback."

## 6. Multidimensional perception

### **Ways to Deepen This Level**

- **Contemplative practice** – Deep inner listening, without seeking answers — just openness.
- **Integrate altered states** – Through meditation, breathwork, dreamwork, visionary experience.
- **Symbolic awareness** – Interpret symbols, archetypes, and chance encounters with receptive curiosity.
- **Practice not-knowing** – Let go of the urge to define or control everything.
- **Sense the bridge** – Notice how your inner world echoes in outer reality — and vice versa.

### **Signs of a Breakthrough**

- Deep, wordless experiences that transcend logic or language.
- Sense of self dissolves — sometimes feeling timeless or spaceless.
- The world becomes meaningful on its own — no analysis needed.
- Creativity, inspiration, and visionary insight increase.
- Boundaries between inner and outer, self and other, here and there begin to blur.

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"You don't have to understand everything - just let it flow through you."

## 7. State of Oneness

Pure consciousness,  
presence without form

**Key:**

Being-as-One

**Elements:**

Awareness without identity, experience of unity,  
perception without boundaries

**Development mode:**

- Understanding and integrating deep meditative or mystical experiences
- Study of non-duality philosophy (e.g. advaita, jogchen)
- Full presence, the passing of the "I" as observer

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"A drop understands the sea when it realises that it is the sea."



## 7. State of Oneness

✨ This level cannot be achieved — only allowed.  
It is not about reaching, but dissolving.  
The perceiver and the perceived fall away.  
What remains is pure being. Aware. Timeless. Formless.

It is the presence behind the “I.”  
Not enriched perception — but the revealing of essential reality.

### Essence of this level

There is no more separation.  
No more “me” observing “that.”  
There is only this — without story, without goal, without grasping.

### Key Elements

**Non-duality** – No self and world, no inner and outer — just one unfolding.

**Formlessness** – No identity, no concept, no goal — only the infinite now.

**Pure consciousness** – Awareness not directed outward, but simply present — luminous and spacious.

**Ego dissolution** – Identity quiets, the silence behind thought becomes primary.

**Being as love** – Not loving something — but being love itself.

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"You are not what you experience - you are the one who experiences it."

## 7. State of Oneness

### **Development Methods**

(Though “method” may not be the right word — only gentle pointers...)

- **Radical Presence** – Deep meditations where everything simply happens — no doing, just being.
- **Total letting go** – Releasing the need to seek, to grow, to understand — which paradoxically reveals the deepest clarity.
- **Embracing inner emptiness** – With trust, not fear. This “emptiness” is fullness without form.
- **Touching masterful silence** – In nature, alone, or with others — moments when there’s nothing to say, yet everything is here.

### **Signs of a Breakthrough**

- Moments of complete “I dissolve” — no thought, no direction, and everything is okay.
- A peace not tied to any condition.
- A sense of clarity and simplicity beyond time — as if it has always been so.
- Life flows — effortlessly and consciously.
- The “seeker” disappears. There are no more questions — only presence.

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"At the end of the road, there are no answers - there is presence."

## Concluding thoughts

### **"Behind the silence..."**

Each level of perception is another gateway to yourself.  
The world you see - begins within you.

As you listen more deeply,  
it's not just the outer world that transforms...  
but also the one who sees.

This journey is not about perfection, but about remembering.  
Remembering who you've always been.

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Thank you for walking with me on this journey.

## A future that starts now

This book is not just a guide inwards - it is a guide forwards.

Developing perception is important not only for ourselves, but for a new world based on compassion, cooperation and awareness.

Discover the

### **RBE (Resource Based Economy)**

A system where human well-being depends not on money but on the wise and shared use of resources.

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freely available to everyone.

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I'd be grateful if you'd invite me for coffee:

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## **Created by**

Franky O'Svath, in 2025  
with the contribution of ChatGPT

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Journeys, stories and thoughts, that  
invite you to explore the inner and outer world.  
More than a journey. Less than a system.  
The beginning of something new.

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"We are not writing for the future. It is for the present, where it  
has already started."