

9 directions of attention

Preamble

Attention is our main tool: we act, we react, we live consciously thanks to it. We direct it, yet sometimes it orients itself toward a fascinating object.

Attention means tension-at, opening to the world, resulting from the tension-to-be that is founding our existence. Attention is emission and consciousness registers the perception that has been received, picked up. Thus emission and reception are completing each other, we assume it here and so is operating our consciousness.

This jet or stream of attention, going from the subject to the object, is pouring out in 3 modes and on 3 levels. These 9 directions of attention are issued from 9 potentials that are activated, available or latent. It is easy to note in ourselves or in others the potentials that are often used, which are in process of being activated and which are seldom or never used; these ones will be used later.

Let us observe more closely this subdivision in 3 times 3.

3 modes

These 3 modes are distinguished in the inscription in the world, from subject to object, in the course from the Self to the Not-self.

The first mode is the rising up of being, that is assertion and simultaneously negation: this means to be this and not to be that. Subjectively this mode appears as will, and simultaneously as abnegation. The jet is restricted in order to intensify, to strengthen and to assert. This mode corresponds to the pole of renewal, symbolised by the red dot.

The second mode is infusion, widening, opening. If the first mode was transversal, inscribing itself in the world, this second mode extends in space, welcoming with sensitivity that which presents itself. This mode corresponds to the shaping, integration or recovery to oneself, symbolised by the blue dot.

The third mode is expression, externalisation, manifest action. That which aroused, has internalized, leads to an expression, goes outward and ends to appear. This mode is thus the external edge of attention in the world. It corresponds to the pole of discernment symbolized by the green dot.

3 levels

The 3 modes arouse 3 levels of consciousness, that we discover or acknowledge from the coarser to the finer: 1) sensation of matter, 2) feeling affecting globally the unit, 3) thought grasping the general behind the appearance.

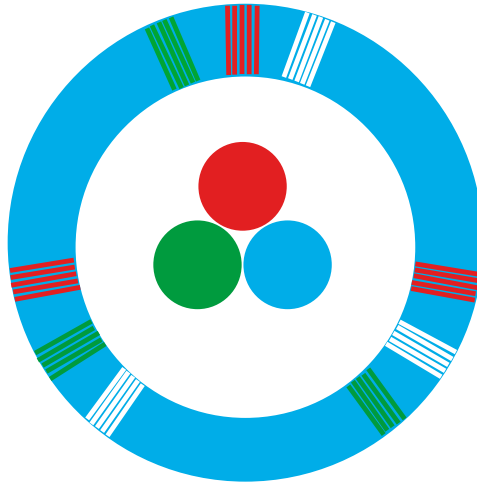
Sensation is localized, it takes place in the receptive side of action: what to do? Action is noted, if not measured, according to objective criteria. To do is thus the external edge of attention. And in this external edge will play the 3 modes of which the potentials reveal themselves successively. Thus 'to use one's competencies' unveils later to 'to take care of one's close ones' and comes later on 'the usefulness for the whole'. It is the famous question asked to stone carvers; the first one answers: "You see, I'm carving stones", the second one: "I'm feeding my family", the third one: "I building a cathedral".

Feeling is global in the body and affects the unit its totality. Attention turns to what is felt, the relation to others. This levels concerns relations with people, with situations or organisations, it is the relational field; it is also the field of desire or attraction to an object, whether there is acting out or not. Here too, the 3 modes will play: first of all 1) to know how to coordinate, to understand the other, then 2) to discern the need behind the talk, the true being behind the person (the mask), the inner light behind the appearance, and finally 3) the

assertion of that which encompasses the relation, it implies the giving up of the desire to please, the renunciation to a desire, an activity, a project.

Thought is the third level; it leaves the figurative for the abstract, the circumstances for the general, the apparent effect for the underlying logic. Here plays the inscription in the world: "What do I do here?" Thus one has to take a step back for asking this question to oneself; it is far from being usual, it means to consider one's role while noticing that *con-sidera* means at the light of the stars. Here too, the 3 modes apply: 1) to consider oneself as an instrument, 2) to bring one's light to the world, 3) to be a fire for illuminating and warming up.

9 jets of attention starting from the source



The blue ring symbolizes the relation to one Self, pivot of any relation, with the body, with others, with the world; the white background represents the illumined field of consciousness, the 3 dots represent the 3 poles correspond to the 3 modes: **discernment, intelligence, creativeness for the green pole**, **welcoming, love, opening for the blue pole**, **renewal, abnegation, will for the red pole**. The rays on the ring symbolize these 9 jets of attention, they are located depending on the poles and the white rays (meaning blue) are making a contrast on the background of the blue ring. Each jet is represented by 5 lines, 5 being the number of the Thinker, the pure consciousness.

Reminder

It is quite easy to note the effects, acts, states or manifest attitudes; what matters is the ability, the capacity, the energetic potential, the inner power that structures the enfoldment of attention. So what follows describes some applications of these potentials, and all can't – for the time being – enfold these potentials and implement these jets of attention. These potentials reveal in the course of time according to the efforts and the decentralization reached by the seeker.

Application of these 9 jets of attention

Here are some sentences pointing out the attitudes corresponding to these 9 potentials.

Sensory: to do

3. **expression: to use one's competencies**

Hence to do well the job, to do things thoroughly, to be focused on the task

2. **inclusion: to take care of others**

To welcome, to accept, to trust, to coordinate the efforts, right speech

1. abnegation: to let others pass before oneself

Hence to forget about oneself, to put the task before oneself, to risk one's life for others

Affective: global feeling of one's state, relational

3. expression: to put oneself in the place of others

Hence to listen, to comfort, to trace the course of feeling

2. love – gift; to give one's heart to the other

To identify the need, to make a call to the inner light in the other

1. abnegation: to renounce to a desire, to a project

To say no to a request, to accept not to please, to stay the course on necessity

Mind: to consider oneself in the world (*con-sidera* facing the stars)

3. to perceive oneself as an instrument

To be used as a relay to a cause, sense of proportions

2. To bring one's light to the world

Hence to contribute, to serve evolution

1. To give all ceaselessly, fire of abnegation

Here is a description of these potentials that stay underlying the human consciousness, at the deepest. It is up to us to observe them, to identify them, to develop them and also to complete and enrich this approach.

Human being surpasses oneself sometimes, it is mainly oneself which limits oneself, restricting one's horizon, neglecting what is sensed, ignoring one's possibilities. One has to say that the ambient discourse maintains it in the past. So let us seek deep inside the treasures of energy that are found there and let us exert our forces: the world is offering itself to us and is waiting for us.

Pouring out the conscious light

Warning

The radiation comes from a more positive, energetic source and pours out toward a denser level; consciousness makes the link –love between both, it does not loose itself at the level where it pours out. The energy working from the source remains the point of departure: "I will outward move. I, the one who serves, will work". These 3 levels can be described as activity, relation, conception.

The discharge is made from above - the mind - downward, apparently easier. Each time, visualize the human activity and the human beings implementing this energy (their petal or potential is enfolding).

Meditation outline

Enter in the illumined field of consciousness

Sense a current of force: pure Light at the background

The solar fire arouses the will to sacrifice everything for the world

The solar fire stimulates the will to work for the common Good

The solar fire stimulates the fact to consider oneself as an instrument contributing to the world

The solar light strengthens the renunciation to desire

The solar light supports the inner light of the other, behind the appearance

The solar light feeds the energy of relation

The solar heat (inner energy) makes others pass before oneself

The solar heat (conscious) helps to accept there exists other points of view

The solar heat helps to use one's competencies for others

The light pouring out form the source supports all the human activity, selfless, free, beneficent.

OM

Notes

This outline is a draft. You can change the words as you like, realizing that energy promotes action, yet is not this action.

"Active listening" is a technics that seems to relate to the 2nd petal of the relational tier or level.