

CHAPTER 28

DIRECTING ATTENTION AND RESTRUCTURING SENSES

Overview:

Self sensing is the key to finding one's place in this worldly existence. Sharpening our sensory perceptions allows better feedback to occur from our unconscious mind to feed our subconscious mind and direct our intellect. Being grounded in the body and feeling directly connected to the world is a primary step in working towards liberation.

DIRECTING ATTENTION AND RESTRUCTURING SENSES INDUCTION

Have you ever noticed how you can be in a place where there are lots of people talking and you can (easily focus) on the voice of one person (easily ignoring) all the other distraction? Perhaps there have been times where you were (concentrating) on a video game ad, TV show (or a beautiful object) of intense interest (or attraction) while barely noticing anyone else in your surroundings - and I would not be the least surprised if at times you've gotten so involved in a game you've been playing - you felt so focused on it you tuned out everything else.