



Clearing mental confusion through mastering attention
Meditation Practice for relaxing attention in the Heart Essence.

If conceptual/mental confusion cannot be resolved or cut at the root, one must discern what is worthy of attention. Attention is the essence of the thinking mind. It always has an object, whether it be a person, place, or idea. There are emotions associated with all concepts either positive, negative or neutral. Attention fixes on an idea and thereby generates more ideas and emotions. This is confusion. We think that our thinking mind is our savior. It isn't. In terms of mental confusion, it feeds on its own delusion. However, when properly discerned and understood it loses its position as master and becomes an excellent servant. When investigated it can be seen that thoughts do not have any substance whatsoever. They are substantiated by the power we invest in them as having a reality unto themselves. This is the mind of conceptual confusion. In order to master the mind, you must master attention.

Attention is always somewhere. There is a place that attention comes to rest and that is in the heart. The spirit current in the heart. In order for this to occur there must be an awareness of the feeling nature in relationship with the objects of attention. For this consideration, we will say *idea*. Rather than grasp the idea and fixate, you allow the feeling associated with the idea. When this is fully felt in awareness there is the potential of pure feeling being. We are feeling beings. The feeling of our existence, our aliveness, our innate happiness is felt in the essence, conductivity, spirit current in the heart. To practice this feeling inquiry is to bridge the mind and heart and become cognizant of the true nature... Pure being. When attention rests in the heart essence, pure consciousness, this is true worship or devotion. This practice is not about avoiding objects of attention it is about recognizing or abiding in that which is by nature transcendent. That which stands prior to the body/ mind and all objects of attention.

Attention & Feeling Inquiry Meditation

The mode of the mind is seeking, projecting, wanting and not wanting. At the root of attention is a present peace.... conscious awareness...a witness....an observer.

This practice can be done in brief periods between daily activities or as a 10 to 15 minute sitting meditation. Begin by relaxing the belly and breathe gently into your heart center. Let the eyes be open with a soft focus or close gently. You may experiment with both. Allow feeling....energy that moves and pervades the body is the spirit current. If you find that you are drawn to a physical object, just be aware of the space in which the objects appear. If your attention moves to a thought, be aware of the feeling associated with the thought. Allow the thought to pass and mingle your awareness with full feeling while bringing awareness back to the heart. The area of physical heart is a subtle location for the attention to rest, the gentle breath and pure feeling assists relaxation of attention in the heart essence. Let the attention rest in the heart essence.