

Attending Sensing

Attending is where you passively *pay attention to the flowing energies of life moving through you, your mind, and your body.*

Listening is a sensory motoric action and is one of the five biophysical portals of perceiving now. Sound has been chosen to be presented in this discussion as the sensory image/signal. However, the action of attending is similar with each sensory channel and the image/ signal. Full sensing occurs through attending and integrating the physical, the psychological, and the innate intelligence of an individual.

- **Physical** sound is heard through the auditory canal, stimulating the auditory nerve, as the sound signal flows through the channels of the body, the ganglion, the brain, and nervous system. (*prana*)
- **Psychological** sound is associated with the signal, as it flows through sensational, emotional, mental, and energetic systems forming images, memory networks and meaning. *The signal undergoes a transformation into recorded sensory images with effects.* In doing so, the images can be recognized, recollected, remembered, and organized; filtered by an inner image maker, the ego. (*manas, buddhi, smruti, chitta, ahamkara*)
- **Innate intelligence** is integrating now through the flowing energies of the individual/universal life-forces bonding. The universal life force is bonding with all life. (That includes you.) An individual can continue moment to moment awareness (attending) in joining this bonding process, or the mind can resist these flowing energies and merge into deceiving belief systems. *Innate intelligence is perceiving being, wholly.* (*atman*)

Habits, attachments, merging

Now, let us focus upon habits, attachments, (*samskara*) and merging in the sensing process of listening.

In partial listening, a physical sound (a signal) is penetrating through the ears to the auditory nerve, through the temporal area, through your auditory pathways into your body, into your brain and into your



mind. In partial listening the ego, the self is observing through its filtered levels of thinking and emoting which act as conditioners, adapting the physical sounds to social and psychological intent, beliefs, and emotions. (*manas*) Partial listening unwraps emotions and opinions, packaged as motives, in your body and mind. And such unpackaging is occurring while listening partially, to the present words of those in your relationships, *such as parents, friends, wives, husbands, children, teachers, bosses, and others in general.* Perhaps you get upset, fearful, anxious, depressed, jealous, angry, or distressed. This means you are not presently listening; *your past memory is listening.* When past memory is listening, the listening is bound to be filtered. For example, with the filter of judgement the listener may judge the speaker, the quality of listening, and the event. Because of the past memory, your mind has beliefs that form your opinions and judgements.

In partial listening conclusions prejudice a person, place or thing including one's own self and their individuality, and even the universal energies comprising the event. These preconceptions are as noise smothering the authentic and present quality of the signal.

When, the ego filters the experience it is attaching past meanings, opinions, and emotions while merging past fixated traumatic memories onto what is happening. Listening is no longer happening fully.

Innate intelligence is abandoned for a need to provide meaning. This need is driven by survival-motives of separation, partiality, and division of intellect, an "us against them" tradition founded in fear-based cultural belief systems. This noise within the listener contributes to partial listening. The listener is not able to listen to the signal of the authentic individual, due to the quality and quantity of the noise of the conditioned self.

Because of the toxic noise you develop a weird self-image about you and those others you are not authentically listening to. It is your memory, your history, your prejudices that are "listening," not you. That is why relationships often become

battlefields. Partial listening is happening in daily relationships with one another and most importantly with oneself. Empathy is needed first within you and your ego.

Most individuals are not attending to listening to their own beingness, their own innate intelligence, their own individuality, and thereby, they are lacking integrity at their core. Then what lies at the core is a belief, a core belief, perhaps of self-judgement. They are judging themselves and thereby others. In sensing, one is receiving what the physical world is giving. When attending sensing, one is conscious of and receptive to that which one is receiving. One is *giving* attention in the *receiving*. This is bonding with the core and not attaching to the psychological filters.

When one is not attending sensing, the core is no longer received nor perceived as the center of the bonding flowing energies of innate individual and universal consciousness. One becomes attached to their beliefs systems. (BS)

In total listening, a sound (signal) enters through the ears to the auditory nerve, through the temporal area, where actual listening is taking place and that sound goes deeper and deeper into the center of consciousness - the heart - and from there sound dissolves in the stillness, the peace. The 4th level of conscious being is attending listening at the core.

In Vedic science "heart" means center of consciousness. This center is a dynamic peace, a living throbbing existence, a universal tranquility. *Sound is not opposite of peace and peace is not opposite of sound.* They are not dualities; they are mutual polarities that influence each other; they are di-polarities. A polarity exists within each individual's inner space and outer space. *As each polarity is sensed clearly*, a balance happens in which a medium space (portal) opens and connects to an innate core, a dimension of pure consciousness. Attending to the polarities and the dualities generates the ability and capacity to listen totally.

When peace is perceived as not opposing sound nor sound opposing peace, that peace, that sound is Awareness. And in that awareness, there is no choice. It is a

choiceless state of passive awareness in which sound completely dissolves into the inner silence, the inner beauty, the inner truth of being. That state of listening is called total listening, complete listening.

Attending sensing is consciously experiencing life, experiencing prana. Pranic signals and images are received as sounds, sensations, sights, smells, and tastes, flowing from outside the body inward through the physical sense organs. This flow of information is felt throughout the afferent pathways of the nervous system, the brain and more subtly, in the mind and the inner mechanisms of consciousness.

Attending sensing is consciously experiencing prana as a two-way path of giving and receiving while being centered in your own innate intelligence. Innate intelligence resides at the core of your inner center of consciousness. From this foundation you are conscious of the action and quality of giving to the outer realm while consciously receiving that which is being given from the outer realm. Simultaneously you are also acutely aware of receiving from and giving to the inner realm. Attending is dual in nature - to receive, one needs to give their receptivity; to give, one needs to receive their own contribution as essential to the integrity of the whole.

When the channels of communication within and between the inner and the outer are clear and unimpeded, the quality of exchange is healthy and enlightening. When the channels are obstructed by distress, trauma, physical illness, or emotional toxins, the information is tainted and disordered.

Your innate intelligence is the center of individual integrity that is coherent with the whole.

Let us be quiet while attending sensing. Meditating is simply a quietening of your mind, a quietening of your body. Meditation is a beautiful thing in our life. Without meditation life is confining, isolating, a prison. Meditation brings radical transformation, radical mutation, and radical change in the mind/body mechanism. Quietening the mind can be transcendental.

Mantra meditation is a very ancient meditation. This meditation occurs through listening to the sound. Whether you listen to the outer sound - the barking of a dog, the singing of a bird, the bustle of a city, a ringing bell... or an inner sound - the heart beating, blood pulsing, the breath, what is of importance is allowing the sound signal to penetrate your body, your mind and join you. (You can also do this with any sensory image/signal, e.g., aroma.)

Sound is a peculiar phenomenon. There are many sounds that are around and about you, and, in you.

Do not resist, do not label, do not judge the sound. Rather listen to the total movement of the sound, to the gestalt of the sound, then sound becomes the periphery and you the center, the core. As you do this, sound creates a vortex around you and you become the nucleus, the center of that sound, through listening. Sound is rushing toward you and in the act of listening to the sound (shabda) without judging it, without labelling it, it is objective listening. Attend to what is happening in you and "yourself." Do not judge the other, the wife, husband, girlfriend, boyfriend ... could you do that? Could you attend to your being without judging others, including your memories, your past, your past "self"?

Also, when you listen to a speaker, allow the words of the speaker to enter the center of your consciousness, without your past images of criticism, judgement, fear greed, etc. **This is the real meditation.** People are doing meditation as a practice, as a ritual, and yet are not listening deeply, not sensing, nor attending deeply from the center of consciousness, the stillness of the heart. They can be doing mantras and equally they are remaining angry, confused, and ignorant. Why? Because they do not know the ways of listening.

EXERCISE: ATTENDING LISTENING

For a day simply allow listening without passing any comment, any judgement, any criticism. Just Listen! When you wake up in the morning, go on listening pay attention to auditory signals and the process of hearing and listening. Listen to the quiet, to the water running in your basin, your shower, bath, flushing of the toilet, washing the dishes. Then when walking from room to room in your house, listen to the differences in sounds, throughout the day continue listening. This act of listening will bring you close to your source, your soul, the flowing energies, creative forces, close to the inner silence where no sound can disturb you. What is disturbed is the ego, the self.

So, it is important to learn this art of listening, (Shabda Tanmatra) and when you deliberately practice this listening meditation to sounds in your outer spaces, then you flow into attending the inner spaces of your being and focusing upon the inner listening while listening to the murmuring of your thought(s). Every thought has a sound. Listen to your desire, what your desire wants to tell you. Listen to your judgement if you judge someone, listen to the judgement and what the judgement wants to tell you. Then listening goes very deep and in that deepening of listening you listen to the soul. And in that soul listening, the listener, and the thing to be sensed and listened to, become one. (Are you following what I am saying?) The listener is listening, and the listener is to be listened to. In just listening deeply the listener and the listened dissolve into the listening, and are now perceiving and witnessing the wholeness of now. This is knowing yo!

*What is important is how one listens. When listening, do not listen to the word, listen to the feelings behind the word. Then, do not listen to the feeling, listen to the emotion behind the feeling. Then, in that listening, whatever is happening behind the sound, starts happening within you. **And that act of just attending listening, unfolds a unified field of consciousness. The listener, the listening, and the thing to be listened to becomes one.** This means that you are listening without "the listener."*

*Listening without the listener means listening without the judge, the censor, the ego, the hidden fears. When the "listener" listens to what has been listened to, the listener is **accumulating** sensory images in the memory. It is that memory that is listening and continues the pattern - accumulating, generating, organizing, the images as "ego states." This is partial listening. And when memory is listening it is bound to draw conclusion, judgement, criticism, and feed the image making machinery of the ego. And every image nourishes the ego because ego is the central image (the core believer). The Sanskrit phrase 'Svadana sat chat kha' means "in the very act of listening you become enlightened."*