

George Laws Social Work Services LLC

Licensed Clinical Social Worker

EMDR Practitioner

Somatic Experiencing Practitioner

ATTENDING is PERCEIVING NOW

	Concentration		Meditation
Doing	You can't be in concentration, but you can concentrate.	Being	You can be in mediation, but you can't meditate
Duality	There is a duality and a dual consciousness of subject-object. A process of concentration exists within the self, creating a Concentrator concentrating upon an object. It has a center in you, a concentricity from which that center comes. A "self" in you with rules, regulations, boundaries, borders, and limits of and for concentration.	Unity	It is a non-dual consciousness, there is no division between the inside and the outside, the "in" goes on flowing to the "out" and the "out" goes on flowing to the "in", a joining, a unifying . The demarcation, the boundary, the border, no longer exists. One is their own medium in which existing is knowing happening. Nothing to achieve or attach to, bonding is happening.
Activity	In fact, one who concentrates starts to form, to gather a very strong self. That self organizes to become more and more powerful. S/he becomes more and more an integrated will, and can look more collected, more of one piece, an actor . Concentration is human.	Inaction	That state of pure non-disciplined spontaneity. It is in the present, pure present. Meditation is in immediacy, it is divine. Action through inaction. It is when one allows life to grow in its own, when you don't want to direct it, don't want to give any control to it, when you are not manipulating, when you are not forcing any discipline on it, to it. Meditation is divine.
Friction	This power originates out of conflict. All power comes out of friction, out of friction comes the charge, the fire, the electricity, which is violent, turbulent. Concentricity is willing power.	Fluid	One does not become powerful in meditation; one is silent, peaceful. in balance and harmony with self and Life. Power is based in peace. It is a peaceful power that goes beyond understanding. Being with what is, is witnessing the inner and the outer blending. Meditation is happening!
Deplete	It creates tiredness, exhaustion, one can't concentrate for 24 hours, one needs to rest. The motive to concentrate is an attempt to gain power from an idea, a belief, an experience of powerlessness.	Energize	Does not tire or exhaust one. Meditation can become a 24-hour thing, day in and day out, year in and year out and on and on. It is relaxation itself. It is flowing energy.
Willful	It is a willed act. Concentration can never become your nature. In concentration there is a plan, a projection, an idea.	Wonderful	Meditation is a state of no-will, a state of inactivity. One simply drops into one's own being, and that being is the same as that being of all.
Conclusive	In concentration the mind functions out of a conclusion. You are doing <i>some</i> thing. It is the expression of duality. The thing is doing you as you are doing it. Concentration comes from something out of the past. It is deductive and builds a knowledge base for power from conflict.	Inclusive	In meditation there is no conclusion behind it. You are not anything.in particular. You are simply being, it has no past to it, it is uncontaminated by the past, it has no future to it, it is pure of all future. It is inductive and presents knowing.
Why	Why Concentrate? A: to resolve the past and the present, to plan a future.	Why	Why be in meditation? A: To feel and know now

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