

## Mastering the Attention

In the secret of your heart, brother, you have taken your decision...it is an act of confidence, an act of Love. Firm, you stand on the threshold of the wide door, whereas in the temple rises Peace, issued from the luminous Love radiating from the "Feeling". Confidence rises in you, and strength. Goodwill is animated in you, as well as the joy of service. Take your part, brother, in the service of the temple as you do it in the service of your brothers. Are you not and they dedicated to the same service of the Cause? Contemplate, and act!

Brother, do you want to learn more today, to be able to better direct your efforts? For your will is good, but the effort does not always achieve the desired results...

So, brother, etch on yourself these words, they are of the Sage of old: 'You become what you contemplate'... You inherit what you see in front of you...The world is for you according to your perspective...What you are looking at, is looking at you...Where you direct your attention, you are directed...

Brother, therefore...Contemplate God!

Allow this note to vibrate in yourself, increasingly, and you will be aware of the importance of the attention.

The attention is this motion of your person which tends towards an objective, or which establishes a tension, a current between tension and objective. Brother, already you sense the importance of the control, of the mastery of the attention. Have you realized that each time you direct your attention to something, you establish a contact? A current flows from you to it, completing you to become active in your life. Have you thought that the current which flows from you towards this thing is your own life current? Have you thought that the life you gave to this current has established a link which could be cut only when you will have consciously removed your life current from this thing? Meditate, brother, meditate at length on this subject, and then act consequently!

The "thing" which attracts your attention may be an object, a person, a concrete or an abstract fact; it can be limited or unlimited. "It" is this multitude of manifestations, which constitute your field of experience and expression.

Let us penetrate more into this subject, will you, brother? It is usually said that one thing attracts the attention; you know now that this expression is not correct; you establish a contact with the thing by a current that goes from you to it. A thing can reach you only if you have first established this contact. The thing acts only by responding, hence does not attract.

The attention, brother, is determined by a need. A need, which can be conscious or unconscious, a fictitious or real need. Remember, brother, the motion of the attention is determined by a need, whether you call this need 'concrete' or 'aspiration' in a world you believe abstract or spiritual. A need that you believe necessary, for reasons that you judge necessary. You feel the effects of it as an aspiration in your interior life. You concretize it by your five senses in your exterior life.

Brother, if you direct your gaze upon a thing, directing your attention to it, it means that this thing responds to a need in you.

Brother, if you listen to something and direct your attention to it, it means that this thing responds to a need in you

Brother, if you happen to want to eat something and you direct the attention towards it, this something responds to a need in you.

However, brother, when to look at or listen to something, or you want to eat something, and do not direct your attention to it, or simply refuse to do it because it does not respond to a need, so the want fades away, the attraction disappears.

Guardian of the threshold of the wide open door of the Temple, be aware of the need, master the attention!

A question rises in you, and you ask: but if the attention is determined by a need, why is my attention often brought upon things contrary to my desire, and destructive to me?

Brother, did you thoroughly meditate on what you just learned? Have you discovered the vast horizon opened by these rather scant explanations? If you had done it right, you would have received an answer.... Brother, learn all in simple facts.

Why allow your attention to go towards things, while knowing them not to be constructive for you, or knowing them not to be a need for you? Why don't you immediately sever your attention from these things? Why, brother? Have you pondered it? True, you exert yourself, trying to divert your attention from the undesirable: nevertheless, the attention on it recurs too often. Why?

If the undesirable has the power to attract your attention, brother, you have given it this power. It responds to a need in you, conscious or secretive. Did you observe that some aspects of the undesirable respond in you, aspects of curiosity perhaps, of sentiment or sensation you want to ignore, or still a conscious desire of incomplete satisfaction? Many needs one does not want to confess, but being the source of the evil one tries to avoid.

It can also happen that your attention is let attracted by a thing that you consider totally contrary to you, and, regardless of a complete and sincere search, you cannot find the need originating from this attraction. Brother, this need is simply out of your memory. It is perhaps very old and does not respond to the present situation. Then remember: in a time out of your memory, you projected your attention on the this subject by the need. With your attention, you have projected your life current, an indissoluble link created by no one except yourself. Later, the interest fell off; presently, the need corresponds to nothing anymore, it is only a fetter. But the link remained, for it resists time and oblivion...

To you, brother: Behave to break this link, your creation, to remove your life current from the undesirable.

This action must be conscious and total. You must be conscious that this need has existed. You must be aware that this need should not exist anymore, for it is not noble and pure as you intend to be. This need, serving you before, is now useless. Render it onto the whole; give it within you to the rising "Feeling", with a sense of gratitude for what it has given you. And now, since it is in the guard of the Feeling rising in you, go in Peace, forget about it, ward off forever any attention towards this old direction, and be fully occupied with the task ahead of you.

O brother, seeker of the light, know that you master the attention by controlling your needs...

O brother, meditate...and act!

O brother, seeker of the light, know that you control the feeling of the need by cultivating the feeling of plenitude.

O brother, meditate...and acts!

O brother, seeker of the light, know that the feeling of the need is a feeling 'to have'. Plenitude is a feeling 'to be'.

O brother, meditate...and act!

O brother seeker of light, know that the attention is really this intimate divine motion, which pours out the plenitude of light where the shadow of the need appears.

O brother, meditate...and act!

O brother, seeker of the light, know that plenitude IS.

O brother, meditate...and act!

O brother seeker of the light, know that the "Feeling" is the Being who "IS". You, the guardian on the threshold the wide door of the temple, in your consciousness, you "have". The attention is the link.

O brother, meditate...and act!

O brother seeker of the light, know that the "Feeling" IS.

O brother, meditate...and act!

O brother, meditate...and act!

O brother, meditate...and act!

O brother, meditate...and act!