

The Double-Edged Sword Called Double Attention

by Guy Finley

*T*he fact that attention can be the beginning of devotion, acting as the herald of humility, or that its misuse corrupts the soul, reveals a great, yet unseen reality: The kingdom of heaven is a River of Being. It is the very Life through which it flows, and upon whose far-flung shores all things come to exist, grow, die, and be born again.

This River flows in two directions at once, from within to without, and back again. All creation travels the path of its outflow. Our gift, by grace, is to be able to discern the difference in these opposing directions, and to choose the course we will follow.