

10 WAYS AWAKENED ATTENTION ILLUMINATES AND LIBERATES YOU FROM USELESS SUFFERING

1. Learn to see your attention as a form of “currency,” for it’s not just where you spend your time, but upon what you spend it that determines what you receive—or don’t—from this life.
2. The wandering, inattentive mind, directed only by unseen desires that drive it in ever-descending circles, is not just lost in the maze of its own false conception of life; it is destined to wander, aimlessly, through this life until it loses, altogether, the possibility of entering into Real Life.
3. As surely as an abandoned house is slowly taken over by invasive forms that have nothing to do with its original purpose for being built, so too must the unattended mind become the host of lower forces whose unconscious nature prevents the entrance of any higher presence.
4. As long as even the smallest breeze that passes over this world can take, and then turn our attention to what we don’t like about it...so that we feel conflicted by its direction...we are a prisoner of this world, and playing an unconscious role its ceaseless conflict.
5. Attending to, completing what the present moment asks of you...is the business of real Life. In the silence of this relationship is revealed and received, all at once, the wisdom and wealth of your immortal Self. A few of these timeless riches include: a faith no fear can shake, an innocence no temptation can break, and a freedom that no unwanted moment in life can ever take from you.
6. The spiritual body that alone can stand the buffeting of unconscious opposing forces—that ultimately learns to use them for its own development—is further developed each time we struggle, as needed, to remember that nothing in this world (or the next) has the right to turn our own attention against us.
7. So much depends upon taking the time to attend to that Still Small Voice within...whose gentle urging is that we should learn to listen to its secrets...instead of telling it what we want, or must do in order to be at peace.
8. Be wise. Stay attentive to all that you do, for there comes no second error that doesn’t follow on the heels of a first.
9. What attracts the attention of the Divine isn’t what you want from life, but rather what you are willing to give up in order to share Its company.
10. Love is effortless attention.

— Guy Finley