

Modes of Attention

Attention occurs in three different modes.

- FROM: the origin or location from which attention is happening
- OF: the attended or the object of attention
- AS: the attender or subject that is doing the attending

Each mode of attention creates a different occurrence.

FROM:

- Attending from Ego is dualistic representation (and often projective).*
- Attending from Awareness is neutral, nondual, observation.*
- Attending from Consciousness is illuminating witnessing.*

OF:

- Attending to Ego is actualization of Ego experience.*
- Attending to Awareness is actualization of nondual reality.*
- Attending to Consciousness is actualization of beingness.*

AS:

- The Ego is not capable of attending as itself but rather takes an object of its attention as a surrogate self (this is known as identification).*
- Attending as Awareness is realization of nondual reality.*
- Attending as Consciousness is realization of beingness.*

So to use the model above, attention can occur:

- of matter, and/or from matter, but cannot occur as matter

-as space, of space, and/or from space

-as light, of light, and/or from light

The important idea here is that attention can vary with regard to subject, object, and origin. When attention orients from ego one experiences a different sense of self than when one orients from awareness or consciousness. This varying of attention is the primary concern and focus of the Dimension Approach.