

ATTENTIONAL BALANCE

By Pierre Zimmerman

A deficit in attentional balance means we are unable to focus on desired states of wellness and tend to become withdrawn or disengaged. When we experience hyperactivity, our mind is excessively aroused, which often results in grasping onto compulsive distractions, spacing out or giving up. Dysfunction in attention suggests the focus is on afflictive ways, ruminating thoughts and unwholesome behavior.

Attention can be stabilized. The skill of directing and sustaining attention is more than a marvelous ability, it is the cornerstone of understanding and choosing the reality we wish to experience. What we attend to and how we attend to it determines the nature of reality that rises to meet us. This can be done simply by maintaining one's awareness without distraction or mental grasping.

There are several factors required for attentional stabilization:

Applied thought, where we engage with an object, such as the breath to counter drowsiness and lethargy.

Sustained thought, which entails an ongoing voluntary mental engagement with whatever object we focus on, the breath, a word.

The next factor is a **sense of wellbeing** that emerges from a profoundly balanced mind, free of attentional and emotional imbalances.

Bliss will saturate your body and mind, because the mind is stabilized with vividness, as restlessness, dissatisfaction, anxiety, boredom and frustration are vanishing.

The last factor involves **single-pointed attention**, the mind well-tuned needing no outside source for satisfaction, has become its own source of joy and fulfillment.

Attentional balance requires meditation or contemplative practices and relaxation, realizing that all that appears in the mind is none other than the creative play of our awareness. When we stabilize the body and mind to gain more insight into the nature of things and our ever-changing inner landscape, we notice that every single moment offers the best for us to be free, knowing that everything and all of life exists upon conceptual designation. The practice of **one pointed attention** is the gateway to attentional balance.

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