

Attention and How It Works

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Elmore: Hi, Ted.

I hope you're doing well. I have a question about attention. What part of the subtle body is responsible for attention? Also, what determines what it is we put our attention on? In addition to those questions, I guess I want to understand what attention is and how it works as a whole.

~ Thanks as always, Elmore

Ted: Hi, Elmore.

Attention is simply awareness focused through the mind on a particular object. Attention involves perception via *manas* (non-discriminative thinking) and determination/deciding via *buddhi* (discriminative thinking). *Ahamkara*, or the ego, takes credit for focusing the attention. *Chitta*, the memory, stores the impressions of what the mind has focused upon.

Isvara, or the *dharma* field/manifest universe, provides the mind with a vast array of objects to focus on. The *vasanas* direct attention to those we feel are most important to deal with in order to cultivate a sense of security and happiness.

~ All the best, Ted