

- 1) With your *senses* (not so much your mind) focus on one single object or until you stop fighting it or resisting it with other concerns.**

The concrete is the doorway to the universal. This is the basic principle of the Incarnation, and Duns Scotus' theory of "thisness."

This should lead to an initial calmness in your body and mind.

- 2) You must CHOOSE NOT to judge the object in any way, attach to it, reject it as meaningless, like it or dislike it in any way. This is merely the need of the ego.**

You will thus learn to appreciate and respect things in and for themselves, and not because they either profit you or threaten you.

This should lead to a kind of subtle, simple JOY in the object itself and also within yourself.

- 3) "Listen" to the object and allow it to speak to you. Allow a simple dialogue to happen. Speak back to it with respect and curiosity.**

You will thus learn to stop "objectifying" things as merely for your own consumption, control, or use. You are learning to allow them to be a "subject" and speak their truth to you. You are the receiver instead of the giver.

This will lead to the beginnings of LOVE for the object or event, and a sense of loving kindness within yourself.

- 4) A kind of CONTENTED SPACIOUSNESS and SILENCE will normally ensue. This is a non-dual consciousness.**

The concrete, loving consciousness of one thing leads to pure consciousness or "objectless consciousness" of all things (the contemplative mind as such).

After the fact, one looks back and realizes it was a holy/whole moment. If you do it during the moment itself, it spoils the pure experience, because ego with its judgments and attachments has re-entered the scene.