



Unlocking a New Sphere of Reality, by Jacques Lusseyran

Being attentive unlocks a sphere of reality that no one suspects. If, for instance, I walked along a path without being attentive, completely immersed in myself, I did not even know whether trees grew along the way, nor how tall they were, or whether they had leaves. When I awakened my attention, however, every tree immediately came to me. This must be taken quite literally. Every single tree projected its form, its weight, its movementâ€”even if it was almost motionlessâ€”in my direction. I could indicate its trunk, and the place where its first branches started, even when several feet away. By and by something else became clear to me, and this can never be found in books. The world exerts pressure on us from the distance.

The seeing commit a strange error. They believe that we know the world only through our eyes. For my part, I discovered that the universe consists of pressure, that every object and every living being reveals itself to us at first by a kind of quiet yet unmistakable pressure that indicates its intention and its form. I even experienced the following wonderful fact: A voice, the voice of a person, permits him to appear in a picture. When the voice of a man reaches me, I immediately perceive his figure, his rhythm, and most of his intentions. Even stones are capable of weighing on us from a distance. So are the outlines of distant mountains, and the sudden depression of a lake at the bottom of a valley.

This correspondence is so exact that when I walked arm in arm with a friend along the paths of the Alps, I knew the landscape and could sometimes describe it with surprising clarity. Sometimes; yes, only sometimes. I could do it when I summoned all my attention. Permit me to say without reservation that if all people were attentive, if they would undertake to be attentive every moment of their lives, they would discover the world anew. They would suddenly see that the world is entirely different from what they had believed it to be.

--Jacques Lusseyran, from *Against the Pollution of the I*
[<http://www.parabola.org/all-categories/books/against-the-pollution-of-the-i>]