

## The Division of the Attention

We should split our attention in three aspects: SUBJECT, OBJECT AND PLACE.

We need to split our attention in these three aspects if we want to understand the profound significance of the moment we are experiencing; pay, for example, careful attention to a movie watcher: He is sitting there in his seat, unconscious, unaware of everything, unaware of himself, empty, like a sleepwalker, dreaming about the movie he is watching, and forgetting everything about himself, submerged in a deep fantasy dream, ignoring his own existence, ignoring who he is.

A conscious attention excludes that thing that is called identification. When we identify ourselves with the people, with the things and ideas around us, fascination occurs and this fascination produces the sleepiness of our consciousness.

In our own interior we should ask ourselves: «Who am I? » (Subject). The question must be consciously asked; we should be aware of our existence, and we should touch and feel ourselves. Then we should focus on the Object: We should be aware of what we are doing at that moment, thus we don't make the mistake of allowing our consciousness to fall into sleepiness. We should ask ourselves the reason of what we are doing; for example, «What am I doing? » This should be done mentally.

And now, the third aspect: Place. It is of vital importance to ask about the place where we are at the moment; we should observe the things around us, the color of the objects.

The fascinated human being has no consciousness of himself. We need to be conscious of ourselves from instance to instance. We need to be conscious of ourselves in the presence of any representation that can make us become fascinated.

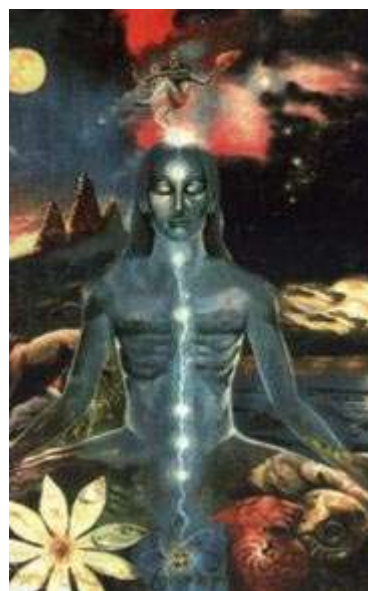
We should stop before that fascination and ask ourselves: «Who am I? What am I doing? Where am I? » And then: «Am I in the physical world or am I out of my physical body? » Obviously, if people keep on falling into sleepiness day and night they will never be able to know the astral state, they cannot differentiate between the third dimension and the fourth dimension, that is, the world of dreams. By splitting the attention in these three aspects we will be able to consciously have access to the world of dreams; there we will find the answer we need to fill up our internal emptiness.

Be aware of the fact that in the astral world or world of dreams the things are perceived exactly as they are here in the physical world. In our dreams, as well as after death, the things are perceived as they are in the physical world, and people not even suspect they are out of their physical body.

Here is a much clearer example of the first aspect—SUBJECT: María Luz Fajardo asks herself the question of the SUBJECT. In order to be aware that she exists in any of the other dimensions, she closely observes herself, and touches her body with the purpose of being sure and of preventing herself to falling into fascination. The mistakes human beings make in their lifetime are due to the fact that they are not conscious of themselves, they become identified and fascinated, and thus they fall into sleepiness.

For the second aspect—OBJECT—, María Luz asks herself about her purpose, about what she is doing. Any person who wants to practice the three aspects should consciously ask himself about what he is doing at any moment; as a matter of example, «I'm working, » or « I'm eating, » etc., etc.

This will give us a clearer reason to be sure of what we are about to do, and prevent us from making a mistake. In relation to the third aspect for splitting our attention—PLACE—the question should be asked mentally. We need to be conscious when we ask where we are, because we are usually in a particular place—a beach, for example—but our thoughts are placed on our job problems; hence, we are not aware of where we are.



*Samael Aun Weor - «The Awakening of Man»*

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