

PRACTICAL PSYCHOLOGY

Humans suffer from an illness – chronic focusing.

We're perceiving, experiencing and understanding life from only one perspective.

All our ideas on 'self and others' are a limited version of what we could be. The way we understand our individuality continuously narrows down who we are.

We need to give up selfish desires, pride and narrow-mindedness. But, if we do this by any method which uses focusing, we will automatically reinforce and encourage all the habitual routines which generate such self-focused conditions.

However, we can easily and quickly stop focusing by being aware panoramically in the way vulnerable animals are. And as soon as we stop focusing, the craziness stops as well.

Just one panoramic moment interrupts our habitual thinking routines, they're not neurotic anymore.

Just one panoramic moment interrupts the never-ending patterns which are causing the pace of life to overrun our modern cultures.

What we need, are regular periods of panoramic awareness. And, a good start would be to copy the experts, animals, with their short, intensive panoramic moments.

This way of sensing is common to all creatures and people of all cultures... it's a unifying, opening energy... if only humans started using it.

All it requires is curiosity, a little self-discipline – and initially: the intelligence to break free from our habitual human herd-mentality.

Firstly, panoramic is a far better descriptive word than peripheral. In French "la vision panoramique" is normal, as is "la visión panorámica." in Spanish.

Then, due to the growing social-political situation I feel compelled to present my experiences and ideas now, in the form of the following essays.

Most people will have never considered this subject before... Most people need to hear a new idea three times before they start considering it... If you miss the moment a single bee buzzes by, you might miss the honey forever.

PART ONE

Welcome to the Panorama

Pre-Emptive Listening

Witness Report

A New Beginning

PART TWO

Survival Strategies

Beliefs and Safety

Practical Psychology

The Central Exercises

Many aspects of our lives are being affected by the lack of panoramic awareness. The following is an example which will perhaps inspire people to do more than just think.

BELIEFS AND SAFETY

As our human abstract abilities evolved, we developed beliefs.

Beliefs are the epitome of focusing. Beliefs are awe-inspiring, often beautiful or perfect focal points.

Ancient cultures were bound together by their beliefs. They were mutually confirmed and openly celebrated. And for hundreds of thousands of years they enhanced human life. They gave us comfort, safety, purpose, identity, completion, and social cohesion.

It's a long story, but in the modern free world there is no longer any universal consensus on what to believe. Now, every individual is free to believe in themselves or their groups ideals.

And, it's like freewheeling downhill, acceleration is inevitable. There will always be new developments at shorter time intervals, new trends and types of religious and political extremism, more influencers influencing, and more crazy conspiracy theories and lies.

But this, or something like it, is what we would expect from a culture and species which only focuses. Focusing always singles out specific perspectives. It separates life into bits, and the bits always get smaller.

To find any sense of wholeness in our abstract reality we must join the bits together again. Beliefs try to join the bits together, but these days they seem to be having the opposite effect.

In our modern cultural climate, safety and wholeness are being confused with closed-mindedness and pride.

Panoramic vision is a 'being with' what I'm seeing – instead of looking at it – immediately and directly connected with all that I sense. It's a state of wholeness, at times even oneness and absorption in what I'm seeing.

And the garden where I used to sit was full of birds and squirrels which, compared to humans, all have extremely sudden and unpredictable movements.

I knew nothing about panoramic perception back then, but one thing was obvious, the quicker and more unpredictable the movements were, the more noticeable they were.

This was my experience, and it just seemed so logical and appropriate that vulnerable animals would need to sense in this way, in order to survive.

Relearning Amazement

Occasionally we have an intense experience of pleasure and fulfilment – looking into the distance over the ocean, at the stars, or with a panoramic landscape. At those times, we're not focusing on anything specific, but it opens our senses in a special way, and we're just amazed at everything.

By using our eyes in this panoramic way, we can feel this amazement, without having anything awesome or beautiful to sense.

Focusing is blind to this experience of life. I still don't fully understand how humans became so blind... Why have I never heard anything about panoramic vision?... Maybe it just doesn't fit anywhere in our highly specialised, focused world-view.

This is something we were all born with, and it's easy to relearn. There are any number of ways to unlock the feeling and speed up the relearning process. These are described in detail online.

Part Two SURVIVAL STRATEGIES

Focused sensing is always selective, it focuses on specific small areas. Animals use it to do all the things which they want or need.

Panoramic sensing is a receptive all-round awareness. Its primary use is to guard against danger – it makes life safe.

Animals coordinate or alternate almost all of their focused activities with panoramic awareness. This is a balance. Their survival depends on it.

Most birds have a sensitivity to ultraviolet light; a quick panoramic glance allows them to detect any threatening life forms.

Land animals must watch, listen, and smell for short periods of time in order to detect movements or changes.

A Common Everyday Sense

Life started panoramically. Every amoeba has chemoreceptors (for 'smelling and tasting') and a generalised sensitivity to light and vibration.

Panoramic awareness is a very simple, everyday, and ordinary way of sensing. It knows no ideas, no truth or lies, no cause and effect.

Throughout evolution, it has been the natural way to switch off, stop doing or wanting anything, and be actively receptive for a moment.

Panoramic sensing evolved and developed because it was the most efficient way to keep us directly in touch with our local environment. It's a different way of experiencing life. It's a feeling of being connected with all we're sensing.

The senses are often seen as the door between us and the world outside us. In the panoramic reality, our senses connect us with the world. The feeling is – we are the door.

However, listening for specific signals – just as any form of selective attention – always limits the absolute, almost transparent awareness necessary for vulnerable animals to survive.

Vulnerable animals must openly and actively listen out for surprises, even faint or distant ones. Always conscious of sudden changes in the everyday background noise. Always listening-out for the unexpected.

Sensory Pleasure vs. Staying Safe

Except possibly when they feel safe and are dozing – animals miss out on the sensory pleasure of birds singing, but they survive by noticing when the birdsong suddenly changes; they miss out on meditation to the beauty of silence; but they survive by noticing when the silence breaks.

For humans, it is possible to experience the visual panorama and still – slowly and uncritically – to think and to want.

The value of anticipatory listening is that it is impossible to think or want anything at the same time as doing it. Any focal point overrides the open awareness which is necessary to hear split-second sounds.

There is no better, more direct, or readily available method than pre-emptive listening to stop thinking and wanting anything, even trying it will slow down the thoughts for a few seconds.

At first, I used pre-emptive listening in combination with panoramic vision. It can be used independently, but it doesn't have such obvious and striking effects.

All the ideas and experiences in this booklet are explored and developed in detail online.

See especially: The Warm-up Exercises.

One experience is worth more than a million words.