

## **Part One**

### **WELCOME TO THE PANORAMA**

At first, I couldn't understand how animals used their panoramic vision, because as soon as I tried to be aware of something at the side, I started automatically focusing on that point.

So I fixed my eyes on a point straight in front, but directed my attention to opposite points on the peripheries at around a 30° angle up from the horizontal on both sides, still physically focusing on the boring focal point in front.

And it was interesting – it often changed my mood, even after just 30 seconds. So I decided to do it for a minute a day, and find out what was happening.

Over the next three weeks, I chose different angles and checked out all the points of the compass.

Then, one day I realised that if I looked at a blank space in the sky, I could see the whole oval shape of my field of vision with numerous things moving inside of it.

#### **A New Way of Seeing**

It was amazing, a whole new world opened up. It's a totally different way of using the eyes... a completely different perspective on life.

It's a feeling of being directly connected with everything which is happening.

The sensation is as though previously, I'd always been looking at life as if I were looking at a T.V. screen, and now instead, I'm right up inside the screen. The normal feeling of a subject looking at an object is considerably different. This is an intimate connection.

There are some very basic errors in our perception and understanding.

Beliefs are valuable, they give us identity and purpose in life, they guide us in all we do and think. But in these individualistic modern times, having an identity or purpose in life, is a ridiculous way to feel safe and whole.

Beliefs were a valid and effective step in our evolution, but, on a social level they don't work any more. For them to work everyone must believe in the same thing.

On the other hand, in the panoramic condition we automatically feel safe and whole. But here we find no belief or purpose and only a vague sense of identity or individuality.

Could this be a perfect balance? It's almost as though these two ways of sensing life were made for each other...

Panoramic sensing makes focused activity safe. And this is as true for animals in the physical world, as it is for humans psychologically.

Panoramic awareness is an innate potential which we have collectively learnt to ignore. It may well be the only natural resource which humans don't exploit.

Yet our religious and political leaders, educators and greatest thinkers, show hardly any understanding of panoramic awareness.

What possible harm could there be in doing what every other animal does to stay safe?

And humans could enjoy it, we don't need to worry, we don't need to jump up and run away every time we see a cat or dog.

At present, this is a completely wasted opportunity for humanity and civilisation.

## 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.

We need to give up selfish desires, pride and narrow-mindedness. But, if we do this by any method which uses focusing, we will 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