



SATURDAY, MARCH 26, 2022

7 Simple Exercises to Help You Awaken and Develop Higher Attention

Key Lesson: Slowly our wish and inner work to sustain our attention grows into the will to be able to do so.

Talk Takeaways

- As goes your attention, so comes your experience. As goes your attention, so comes your possibilities.
- All possibilities already exist within consciousness.
- Instead of being aware of all of our relationships, we presently think about our relationships.
- We presently experience the world only from the outside-in, whereby the outside world must line up with ideas of how events should unfold. In reality, our experience comes from the inside-out.
- The world is not interested in human beings developing attention. The world is interested in developing inattention.
- Thoughts about how the future should be are making you unhappy now.
- Your possibilities are limited as long as they are handed to you by reactions. Possibilities are greater when you are aware of reactions.

- Tension is the negative effect of unconscious attention.
- Your idea of success is the source of your suffering. Consider that in connection to the attention exercises below.
- General Description of 7 Simple Exercises to Help You Awaken and Develop Higher Attention:
 1. Place your attention on the sense of seeing. Then deliberately shift your attention to the physical eyes themselves. Next, place your attention on your eyes and the sense of seeing at the same time, i.e. double attention, while being aware of the whole yourself.
 2. Place your attention on the sense of hearing. Then shift your attention to the physical ears themselves. Next, place your attention on your physical ears and the sense of hearing at the same time, while being aware of the whole yourself.
 3. Place your attention on the sense of smell. Then shift your attention to the physical nose itself. Next, place your attention on your nose and the sense of smell at the same time, while being aware of the whole yourself.
 4. Place your attention on the sense of taste. Then shift your attention to the physical mouth/tongue itself. Next, place your attention on your mouth/tongue and the sense of taste at the same time, while being aware of the whole yourself.
 5. Place your attention on the sense of touch/sensations in your hands. Then shift your attention to your physical hand(s). Next, place your attention on your hands and the sense of touch (sensation in your hands) at the same time, while being aware of the whole yourself.
 6. Place your attention on the whole of your physical body itself, from the top of your head to the tips of your toes. Then shift your attention to the sensations in your whole body. Next, place your attention on your physical body and the sensations of the body at the same time, while being aware of the whole yourself.
 7. Lastly, as best you can place your attention on the whole of yourself, what is happening inwardly and outwardly at the same time (double attention). Ideally, repeat all seven parts three times. Go at your own speed.
- The purpose of these exercises is to develop the capacity to allow something other than your will to be done.