

# **LESSON FOR LIVING<sub>1</sub>**

## **THE ATTENTION TECHNIQUE**

**IF IT WAS POSSIBLE TO REVIEW A COMPLETE OPERATING MANUAL FOR THE HUMAN BEING, YOU WOULD FIND THAT WHAT YOU HAVE BEEN TAUGHT, IS ONLY A SMALL PART OF WHAT IT WOULD CONTAIN.**

**MANY OF THE THINGS I WILL BE SHARING WITH YOU APPLY TO THAT PART OF THE MANUAL NOT COVERED IN THE TEACHINGS YOU HAVE RECEIVED TO DATE.**

**IF ASKED, MOST PEOPLE (COLLECTIVE CONSCIOUSNESS) WOULD SAY THAT THE BRAIN DETERMINES THE DIRECTION OUR LIVES TAKE.**

**THAT OPINION IS ONLY PARTLY CORRECT, AS THERE ARE TWO OTHER FACTORS THAT MUST BE CONSIDERED;**

**CORE BELIEFS AND YOUR ATTENTION.**

### **CORE BELIEFS**

**OUR "CORE BELIEFS" ARE WHAT WE CREATE OUR REALITIES FROM.**

**WE BEGIN COLLECTING "CORE BELIEFS" AS SOON AS WE BEGIN LEARNING ABOUT THIS WORLD.**

**EVERYTHING WE ACCEPT AS BEING TRUE, BECOMES A PART OF OUR "CORE BELIEF SYSTEM".**

**THESE "TRUTHS" BASICALLY COME FROM OUR PARENTS, OUR SIBLINGS, OUR TEACHERS, OUR PEERS, AND OUR EXPERIENCES.**

**OUR CORE BELIEFS REMAIN INTACT BECAUSE THEY EFFECTIVELY FILTER OUT ANYTHING CONFLICTING WITH THEM AND ONLY ALLOW CONFIRMING INPUT THROUGH!!!**

**BECAUSE OF YOUR "CORE BELIEFS" MUCH OF WHAT YOUR "ATTENTION" FOCUSES ON, THAT MIGHT BE OF INTEREST TO YOU, NEVER GETS THROUGH FOR**

**YOUR BRAIN TO EVEN CONSIDER.**

## **ATTENTION<sub>LL1</sub>**

**YOUR BRAIN CAN ONLY PROCESS THAT MATERIAL WHICH YOUR “ATTENTION” FOCUSES ON.**

**YOUR “ATTENTION” CAN ONLY FOCUS ON WHAT CONFIRMS YOUR “CORE BELIEFS”.**

**THE BRAIN HAS THREE (3) MODES OF OPERATION;**

- **INPUT,**
- **PROCESSING, AND**
- **QUIET. (INTROSPECTION or MEDITATION)**

**YOUR “CORE BELIEFS” DETERMINE THE NATURE OF THE INPUT, WHICH IN TURN DETERMINES THE DIRECTION YOUR LIFE WILL TAKE.**

**IF YOU ARE GOING TO BECOME A DOCTOR OR LAWYER, YOUR “CORE BELIEFS” MUST ALLOW YOUR “ATTENTION” TO BE ON THE SUBJECTS RELATED TO YOUR GOAL. THESE ARE THE SUBJECTS YOUR BRAIN NEEDS TO PROCESS (LEARN AND USE) FOR YOU TO REACH THAT GOAL.**

**SINCE IT IS SO IMPORTANT, WE WILL START BY STRENGTHENING YOUR “ATTENTION” SO IT CAN BETTER SERVE YOU WHILE YOU ARE LEARNING THESE LESSONS.**

# **THE ATTENTION TECHNIQUE**

**YOUR ATTENTION RESPONDS TO EXERCISE EVEN BETTER THAN YOUR MUSCLES DO.**

**LIKE THE MUSCLES OF MOST OF US, YOUR ATTENTION IS SORELY IN NEED OF EXERCISE.**

**IT IS LITTLE WONDER THAT YOUR ATTENTIONS ARE SO OUT OF SHAPE,**

# **YOU SELDOM EXERCISE THEM!**

**YOU BEGIN, FIRST THING IN THE MORNING, BY PUTTING YOUR ATTENTION ON GETTING READY FOR THE DAY. <sup>1.1.1</sup> PERSONAL GROOMING, DRESSING, GETTING YOUR LOVED ONES UP AND GOING, BREAKFAST, AND GETTING TO, OR STARTING WORK.**

**AT WORK YOU PUT YOUR ATTENTION ON WHAT NEEDS TO BE DONE OR WHAT YOUR BOSS TELLS YOU TO DO.**

**IN THE EVENING, YOUR SPOUSES, CHILDREN, PETS, CHORES, ETC. REQUIRES YOUR ATTENTION FOR SEVERAL HOURS.**

**FINALLY, AT THE END OF THE DAY, WHEN EVERYTHING AND EVERYONE IS TAKEN CARE OF;**

**WHEN YOU CAN DIRECT YOUR ATTENTION ON THINGS THAT WILL BENEFIT YOU, MOST OF YOU FIND YOUR ATTENTION IS TOO TIRED FOR ANYTHING NEW OR CHALLENGING.**

**THE TIME THAT IS TRULY YOURS TO SPEND ON NEW AND WORTH WHILE INPUT, YOU SPEND WATCHING TV, READING, IDLE CHATTER, ETC.**

**IN SHORT, WHEN YOU FINALLY HAVE TIME TO DIRECT YOUR ATTENTION ON WHAT YOU ARE INTERESTED IN, YOU FIND THAT YOU ARE JUST TOO TIRED.**

**STRENGTHENING YOUR ATTENTION, BY EXERCISING IT, NOT ONLY PREPARES IT TO FUNCTION IN OTHER REALITIES, WHICH YOU WILL ENCOUNTER ON THE PATH TO ENLIGHTENMENT, IT ALSO MAKES IT MUCH MORE EFFECTIVE IN EVERYDAY ACTIVITIES.**

- YOUR MEMORY WILL BE IMPROVED
- YOU WILL BE ABLE TO KEEP YOUR ATTENTION FOCUSED FOR LONGER PERIODS OF TIME
  - IT WILL IMPROVE YOUR ABILITY TO THINK;  
IN SHORT
- IT WILL MAKE YOU MORE EFFECTIVE AT WHATEVER YOU UNDERTAKE.

**THE “ATTENTION TECHNIQUE” IS SIMPLE BUT NOT EASY!**

**FOR THIS TECHNIQUE TO WORK,  
YOU MUST WRITE DOWN THE TIME YOU DO IT!**

**TO GET MAXIMUM BENEFITS FROM THIS TECHNIQUE YOU  
SHOULD STRIVE TO DO IT ONCE EVERY HOUR!!!** LL1

**BEGIN BY FOCUSING YOUR ATTENTION ON A SMALL OBJECT  
WITHIN EASY VISION.**

## **FOCUS WITH FORCE!**

**FOCUS WITH THE INTENT TO USE YOUR ATTENTION, WITH  
ENOUGH POWER, TO PULL THE OBJECT TO YOU.**

**CONTINUE FOCUSING IN THAT MANNER UNTIL YOUR  
ATTENTION IS SO TIRED THAT YOU CAN'T STAND TO DO IT  
FOR ANOTHER SECOND.**

**ON THE AVERAGE THIS ONLY TAKES  
*15 SECONDS TO 1 MINUTE.***

**NEXT MOVE YOUR ATTENTION TO ANOTHER OBJECT AND  
**FOCUS WITH THE SAME FORCE!****

**ONCE AGAIN,  
CONTINUE FOCUSING IN THAT MANNER UNTIL YOUR  
ATTENTION IS SO TIRED THAT YOU CAN'T STAND TO DO IT  
FOR ANOTHER SECOND.**

***10 TO 30 SECONDS***

**THEN MOVE YOUR ATTENTION TO ANOTHER OBJECT AND  
**FOCUS WITH THE SAME FORCE!****

**ONCE AGAIN;  
CONTINUE FOCUSING IN THAT MANNER UNTIL YOUR  
ATTENTION IS SO TIRED THAT YOU CAN'T STAND TO DO IT  
FOR ANOTHER SECOND.**

***YOUR ATTENTION WILL TIRE  
ALMOST AT ONCE.***

THE TECHNIQUE IS OVER AS SOON AS YOU WRITE DOWN  
THE TIME.

FOR THIS TECHNIQUE TO WORK YOU MUST PAY ATTENTION  
TO THE FOLLOWING; LLI

YOU MUST MOVE YOUR ATTENTION TO THE NEXT  
OBJECT BEFORE IT BECOMES SO TIRED THAT YOU  
CAN'T STAY FOCUSED,  
BUT NOT BEFORE YOU REACH THE POINT YOU FEEL  
LIKE YOU JUST CAN'T STAND IT FOR ANOTHER  
SECOND.

**THIS IS CRITICAL FOR THE  
TECHNIQUE TO WORK!**

YOU WILL FIND THAT WHEN YOU MOVE YOUR ATTENTION  
TO THE 2<sup>ND</sup> AND 3<sup>RD</sup> OBJECTS, YOU WILL BE ABLE TO FOCUS  
WITH THE SAME FORCE AS IN THE 1<sup>ST</sup> OBJECT,  
BUT ARE UNABLE TO HOLD IT AS LONG.

WHEN YOU HAVE MASTERED THIS TECHNIQUE, AND HAVE  
DONE IT A MINIMUM OF 7 TIMES A DAY FOR A MONTH,  
YOU WILL BE READY FOR THE NEXT STEP.  
THIS CHANGE WILL DOUBLE THE EFFECTIVENESS OF THE TECHNIQUE.  
EMAIL ME TO GET THE UP DATE!!!

[hereonow@hotmail.com](mailto:hereonow@hotmail.com)

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