

The Power of Attention

"If you don't like something, take away its only power: your attention."

This quote underscores a fundamental truth about the power of attention: what we focus on grows stronger in our minds and lives.

Robin Sharma said it in a hugely direct way: "What you **focus** on grows, what you **think** about expands and what you **dwell** on determines your destiny."

Focus. Think. Dwell.

When we redirect attention away from negative or unproductive thoughts and towards positive, constructive ones, we reap profound effects on our well-being and success.

There are practical and creative ways to harness the power of attention using scientifically proven methods, along with some unique approaches to make this practice truly transformative.

And remember, it's a PRACTICE, not a one and done type of thing: it takes a time to create those neural pathways and begin the creation of the life you want.

Scientifically Proven Methods

1. Mindfulness Meditation. ALWAYS. We always start with meditation.

Mindfulness meditation involves paying attention to the present moment without judgment. This practice helps in reducing stress and improving focus. It also gives you an opportunity to just be with yourself without any outside stimulus.

- How to Practice: Find a quiet place, sit comfortably, and focus on your breath. When your mind wanders, gently bring it back to your breath.

- Benefits: Numerous studies have shown that mindfulness meditation can improve attention, increase emotional regulation, and reduce symptoms of anxiety and depression.

2. Cognitive Behavioral Techniques

Cognitive Behavioral Therapy (CBT) techniques can help redirect negative thoughts and change your focus. It's an If/Then approach to life. It considers what you're doing/saying and what you COULD be doing/saying instead to be more constructive and to also get what you want.

- How to Practice: When a negative thought arises, identify it, challenge its validity (remember, everything thought we think isn't necessarily true!), and replace it with a positive or better thought.
- Benefits: CBT is widely used to treat anxiety and depression and is effective in changing harmful thought patterns.

3. Pomodoro Technique

This practical time-management method encourages working in focused intervals (usually 25 minutes) followed by short breaks.

- How to Practice: Set a timer for 25 minutes and work on a task without interruption. Take a 5-minute break and repeat.

- Benefits: This technique enhances concentration and productivity by creating a structured environment for attention. It's a great way to talk yourself into staying focused, especially if you're ADHD!

Creative and Unusual Methods

1. Creating Mantras and Affirmations

Mantras are not religious. The word "mantra" comes from Sanskrit and can be broken down into the words "man" (mind) and "tra" (to deliver or release). Mantras can be used as a tool to help ease the mind and release worrisome thoughts and redirect your attention.

Affirmations are more detailed than a mantra, but are also effective in helping to create the identity you want to form of yourself.

- How to Practice: Choose a positive statement or phrase that resonates with you (e.g., "I am focused and capable"). Repeat it silently or aloud during meditation or throughout the day. My mantra for tournaments is, "Positive, Focused, Energized, Calm."

- Benefits: Mantras help reprogram the subconscious mind and maintain focus on desired outcomes. You can also replay it easily in your head as necessary!

2. Using Solfeggio Frequencies

Solfeggio frequencies are specific tones believed to promote healing and transformation. You find them on YouTube for free.

- How to Practice: Listen to music composed with Solfeggio frequencies (e.g., 528 Hz for transformation and miracles) during meditation, relaxation, or work.

- Benefits: These frequencies can enhance meditation, reduce stress, and promote a sense of well-being.

3. Engaging the Subconscious Mind

Techniques such as journaling, affirmations and mantras, listening to solfeggio frequencies all engage the subconscious mind. But it's visualization that can especially help access and reprogram the subconscious mind.

- How to Practice: Visualize your goals and desired outcomes in vivid detail every day. Combine this with affirmations to reinforce positive beliefs. Try this before you go to sleep and the first thing, when you wake up. To be it, you need to see it.

- Benefits: Visualization and the rest of these techniques can create a powerful alignment between your conscious goals and subconscious mind, making it easier to achieve desired changes.

4. Sensory Grounding Techniques

Engaging all five of your senses can help redirect attention and ground you in the present moment.

- How to Practice: When feeling overwhelmed, use your five senses to anchor yourself. Focus on five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

- Benefits: This technique helps break the cycle of rumination and brings your attention back to the present.

Implementing These Strategies

To create lasting change, consistency is always key. Here's a step-by-step approach:

1. **Identify Negative Patterns:** Acknowledge areas where you often get stuck in negative or unproductive thought patterns.
2. **Select Techniques:** Choose a mix of the above methods that resonate with you.
3. **Set a Routine:** Integrate these techniques into your daily routine. For example, start your day with a mantra, use the Pomodoro technique at work, and listen to Solfeggio frequencies during breaks or even as you work to stay focused.
4. **Reflect and Adjust:** Regularly reflect on your progress and adjust your practices as needed to stay effective.

By consciously redirecting your attention and using a combination of practical and unique methods, you can transform your mindset and significantly improve your quality of life. Remember, the power of attention lies in your hands—focus it wisely to create the change you desire.