

Focus In

Summary

1. Start by positioning your attention in Subjective Space.

- Bring some attention to Image Space (in front of/behind your eyes) and some attention to Talk Space (in your head/at your ears) and some attention to Feel Space (your body experienced in terms of the presence or absence of emotional-type sensations).

2. Now begin to note the active states.

- If all you're aware of is an emotional-type sensation, note "Feel."
- If all you're aware of is a visual mental impression, note "Image."
- If all you're aware of is mental talk, note "Talk."
- If, at any given moment, more than one of these experiences is available just choose one to focus on. It doesn't matter at all which one.
- Focus on that Feel, Image or Talk for a few seconds unless it disappears before that.
- After those few seconds (or its immediate disappearance) note again, either the same experience or a different one.

3. Let other things arise but in the background.

- As you note Feel, Image, Talk other things (Touch, Sight, Sound) may arise. That's perfectly okay and natural. You don't need to get rid of them. Let them occur but in the background of your attention. Keep yourself lovingly fascinated with the Feel, Image, Talk in the foreground of your attention.
- You may get pulled away into Touch, Sight, Sound activity. If so, gently return to Feel, Image, Talk as soon as you realize this has happened.

4. If nothing seems to be happening in Subjective Space, acknowledge *that*.

- If, for a moment, nothing much seems to be going on in Feel, Image, Talk, note “All Rest” and be aware that your body is emotionally peaceful, your mental screen is blank and your head is quiet all at the same time.
- So every few seconds you’ll be focusing on one of four things: Feel, Image, Talk or All Rest. Anyone of them is as good as any other. You’re not trying to get any particular one of them to happen. You’re not trying to eventually get all of them to happen. You’re not trying to prevent any of them from happening. A certain amount of guessing and groping may be involved in this process. That’s perfectly okay.

5. Remember you have options.

- You can speak or think labels or note without labeling, whatever works for you in a given moment.
- You can zoom in, zoom out or zoom both ways or not intentionally zoom, whatever works for you in a given moment. The zooming can be done in Feel, Image or Talk.
- When you note All Rest, zoom out and be *simultaneously* aware that your body is emotionally peaceful, your mental screen is blank and your head is quiet.
- You can intentionally restrict what you note to just...

Image, Talk, Both Rest

Image, Feel, Both Rest

Talk, Feel, Both Rest

Feel, Peace

Image, Blank

Talk, Quiet