

Inner Peace University - Module 5, Lesson 6

Machine-generated transcript, please forgive errors

[00:00:00] This brings us to our brain training and yoga exercises for this module. As by now, I hope it's clear that we're trying to eradicate attention deficit with a little attention management. Specifically we want to train the brain to develop greater awareness of our habit of allowing attention to wander unmanaged and the consequences it produces.

I know we've talked about this before, but just to be clear, our first step is always to notice what is the old pattern and how is that negatively affecting my wellbeing. Then we move on to develop a new habit, a habit of consciously choosing where to place attention, moment to moment. One that will allow us to create more and more integration as opposed to dis-integration.

And part of this of course, is training attention to, what I like to think of as, [00:01:00] sit and stay. Obeying our commands to focus where asked as asked, which again, leads to that integrated state and the fulfillment that comes right along with it. To do this, we're going to use a technique we call choosing consciously.

Here's how it's going to work. Our daily exercises start with our in-home practices as usual, including the recognition sequence with the NOTE experiment. As a reminder, use the full audio from the member site if you can, and the member site module five, the full audio has the experiment built into it. If you use the mini, you're going to have to remember the NOTE experiment on your own.

Speaking of the NOTE experiment here it is. First, we're going to notice the tendency of attention to constantly wander and bounce [00:02:00] between thoughts and sounds and sights and feelings. As you move through the recognition sequence. It's the perfect place to study this. You notice that it's focusing on judging the hamstrings or it's distracted by the sound out the window, or it's looking at the clock and as attention moves around in ways that you're not asking it to, observe how the constant shifting of attention causes dis-integration. And you'll notice that because you feel less settled, less content and even more stressed. Then we try consciously choosing to focus attention on the raw sensations of the body. And we want to zero in like a laser beam, like there was nothing else on the planet. Just focus, focus, focus, focus, focus on the raw sensations of the body.

Now, quick note, the reason that on the raw [00:03:00] sensations of the body are in parentheses because this is a perfect thing to do when you're doing the recognition sequence, but you need not to always be on the raw sensations of the body. If you are waiting for your lunch as an example, you could focus on a mantra in your head, or you could focus on this is a really good one, by the way, the sound of the air conditioning in the room, or the background sound, the kind of hum of traffic that may be happening outside of the window. We just want to focus on one thing, it doesn't really matter what it is. The trick is to zero in and demand that attention doesn't wander. And as we do that, we want to experience our move towards integration and the creation of relatively more calm and ease in the midst of the very same circumstances. Again, reminder, relatively more calm and

[00:04:00] ease. We're not looking for seismic shifts just yet. Any little incremental improvement is proof that we're on the right track. And big things are in store for us if we just stay the course.

Of course, we want to combine that with intentional restoration. We alternate the days, you can double up, if you like, there's no problem with that. And we'll use the audio from the member site module five again. And last but not least we have the insight journal for this module, and it's all about attention management, it probably goes without saying at this point. It starts with a Zen proverb. You should sit in meditation 20 minutes a day, unless you're too busy, then you should sit for an hour each morning.

We'll start by stating our feeling goal for the day. And then we'll choose a "homebase" for our attention. [00:05:00] And that's the place where we're just going to park attention when we're not doing anything else. So it's either on the breath, on a particular visualization, on a particular memory, or on particular sensations.

The thing you want to notice is that as you're waiting for your lunch, or as you're waiting for the traffic light to change, or as you're waiting in the line for the bathroom or any number of other things, we generally just let attention wander and do whatever it wants, which is exactly what we don't want. It's the antithesis of trained attention. So we're just going to declare here where we're going to park attention in those moments when we would otherwise allow it to wander. Then I'm going to declare one internal distraction I will study today. And one external distraction I will study today. And the word study here is important.

We're not really interested in fixing just yet, but I want to study how [00:06:00] I am distracted by this thing. I'll tell you one of the best things to notice how I am distracted by the internet or by my phone or by a memory of some unfortunate incident. So we just want to declare one internal distraction and one external distraction that we're going to be interested in today.

Then the three places I plan to practice my attention management NOTE experiment. And lastly, today I will celebrate a success I've had in my inner peace journey by having a frozen yogurt, telling a friend, treating myself to a tea or a coffee, or what have you, but do something for yourself. Then in the evening, the three unexpected blessings that happened to me today are list those my biggest success with managing attention today was, even if it was a small thing, as small as noticing [00:07:00] that my attention is impossible to manage, that's a big victory, it's a move in the right direction. My biggest challenge with managing attention today was, and how we'll do better tomorrow. And then last but not least, tonight I plan to go to sleep appreciating myself for something, write it, and then please do it.

Our code words for this module are choose consciously. We want to choose consciously where we're placing our attention, manage it is another way to say that. And our second code word is zero in. Zero in like a laser beam. Once you've placed your attention somewhere and you decided I'm placing my attention on my breath or I'm placing my attention on that part of that piece of artwork on the wall, zero in. And then last but not least, just feel is a really good code word to use as you're moving through the recognition

sequence [00:08:00] if you're interested in rooting your attention to sensations in the body, really, really good way to begin to develop managed attention.

Well, those are our brain training and yoga exercises for module number five. As always, if there's anything I can do to help, or if you get stuck in any way, don't hesitate to reach out. I'll see you soon.