ASPECT #1.3 - Focusing attention

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Traditionally, focus on the name of the aspect. What is attention? What experience have you had in previous aspects, how can it relate to the current one? What does centering mean? How do you understand the name of the aspect? Meditate.

**Theory**

Magnetic center. Self-remembering. Wrong magnetic center. House, cart - the owner of the house and his deputy, the owner of the cart and the passenger.

**Practice**

To physically feel the presence of the true “I”, its energy and influence on our overall presence. Observe your work in a conscious state. Exercise “I am.”

### Theory

#### What is the Magnetic Center? Where does it reside?

Let's explore the concept of the Magnetic Center in a simplified and accessible manner, focusing on its profound significance. The Magnetic Center is a center of concentrated energy and willpower. It serves as a focal point for the true essence of an individual and facilitates communication with it. Additionally, it can act as a tool for self-remembering, enabling a deeper connection with one's authentic self.

The formation of the Magnetic Center is a result of dedicated inner work. It can be cultivated through various practices, such as working with attention, engaging in conscious movements, practicing meditation, and undertaking tasks from previous aspects of personal development. The Magnetic Center represents the center that governs the three lower centers (intellectual, emotional, physical), representing the realm of the personality. However, it is crucial to align the centering of the personality with the will of the essence to avoid conflicts between the desires of the individual and the true essence.

The creation of a Magnetic Center is a profound endeavor. Meditative exercises often highlight the concentration of attention in specific areas, such as the middle of the chest or the lower abdomen, as points where a tangible Magnetic Center can be established and localized. However, it is important to recognize that the Magnetic Center transcends physical space. The purpose of the work is to anchor energy to a specific location and utilize it while transcending the limitations imposed by the physical body.

To summarize:

* The Magnetic Center embodies attention, willpower, and conscious energy.
* It is created through personal effort and dedication.
* While it can be localized in specific areas, its true nature transcends physical boundaries.
* The Magnetic Center can serve as a gateway to connect with one's authentic self.
* The true essence encompasses more than one center but can manifest as a presence within the individual.
* The Magnetic Center is essential for achieving personal growth and cultivating self-awareness.

This aspect of personal development will focus on nurturing and expanding the Magnetic Center within oneself, leading to profound growth and self-realization.

#### The Source of Will and Attention

The magnetic center plays a significant role as the wellspring of will and attention within an individual. Although this statement may evoke controversy, it is important to consider its profound implications. The magnetic center represents a point or space where the unrestricted energy of attention accumulates and where the power of will crystallizes. What does this entail? It means that through dedicated work, such as the SHIN-LAP program, we can create an additional reserve of attention and willpower. This precious resource empowers us to undergo personal transformation, shaping our being, state of being, and overall life.

How does the presence of this source manifest? The experience is deeply personal and unique to each individual. Often, we sense the emergence of an "anchor" within our bodies or a particular space where we feel more present and connected. This space may not be physically localized but rather represents a qualitatively distinct state of being. Simply put, we start noticing how we drift away from this state, the center, as we become absorbed in various activities or identify with situations that do not align with our true selves. We begin recognizing that there is a core essence, an "I," which we can firmly and confidently identify as ourselves. From this center or state, the energy of attention and will flows, while everything else becomes distinct as the external sphere. As this awareness deepens, we come to appreciate the value of our presence and understand that it surpasses the transient distractions we often entangle ourselves in.

#### Self-Remembering - Reconnecting with Your True Self

Self-remembering involves the immediate act or process of redirecting one's attention and will back to the magnetic center. It entails disidentifying from the external world, mechanical expressions of oneself, chaotic thoughts, and emotions.

Our attention and will possess a malleable nature, constantly flowing and shifting. The magnetic center represents the capacity to maintain a steady will and to direct attention purposefully towards work and the attainment of specific goals. Imagine attention as numerous small particles encompassing and surrounding the human body. Every event, stimulus, or occurrence acts as a magnet, continuously attracting these particles. They can form diverse vortexes and ring structures within our body, associated with sensations, thoughts, or emotions. To produce exceptional outcomes, we require all these particles. The magnetic center functions as an internal magnet within us, skillfully utilizing willpower to control these particles and guide them to where they are needed. For instance, imagine being able to focus your attention on a specific task amidst a bustling environment, bypassing distractions and allowing your particles of attention to flow towards the task at hand.

Willpower can be likened to intelligent electricity that governs the magnetic field of attention. This intelligent electricity creates structures from directed particles of attention.

Self-remembering involves the return of particles to their source and the creation of structures that align with our self-perception. It also involves the accumulation of energy and the gathering of attention.

#### How does the Life of an Awakened Person Differ?

By utilizing the analogy of particles, magnets, and electricity, we can explore the differences between the life of an awakened person and an unawakened person, particularly in terms of work and the energy of attention.

For an unawakened person, their field of attention or particles of attention are scattered haphazardly and chaotically around them. These particles are drawn towards everything that surrounds them, leading the person to become immersed in the demands of everyday life. Through these scattered particles and the resulting connections, the world begins to exert control over their will or energy of attention. Consequently, the structures created by their attention lack a solid foundation and are transient, preventing any realization or transformation into higher, more subtle, and conscious states.

Such an unawakened person becomes akin to an element or blind force, aimlessly wandering through life without purpose or intention. This state does not engender happiness or freedom. Instead, the person becomes magnetically attracted to various negative and detrimental events, as their inactive will allows their field of attention particles to constantly be pulled in different directions. They struggle to achieve their goals or self-realize. This pattern perpetuates a life characterized by constant involvement in futile events and situations, alongside endless rumination and emotional experiences.

On the other hand, an awakened person consciously decides where to direct their attention and where not to. They gather and transform energy, cultivating a higher state of being. They actively shape their internal content, filling themselves with what they perceive as correct and beneficial. Human attention becomes a tool for the Work. The awakened person exercises control over it, deeply studying its nature and cultivating their own will.

In summary, the life of an awakened person diverges from that of an unawakened person through the conscious direction of attention, the accumulation of energy, the creation of a higher state, and the active shaping of one's internal landscape.

#### Results of Self-Remembering - Shifting States and Directing Attention to the True "I"

The purpose of engaging in exercises and attention work is to cultivate a clear understanding of how the true "I" manifests itself. This understanding must be developed through observing one's actions and sensations. It is crucial to learn to physically feel one's attention and discern when it is directly under the control of the true "I."

Self-remembering serves as a path for developing these sensations. Through self-remembering, we can observe how our state changes in the moments when we remember ourselves. Furthermore, during the process of gathering attention and disidentifying from the world around us, we are capable of perceiving the difference. This difference should be experienced as sensations.

Each time we make an effort to remember ourselves and direct our attention to the true "I," our state undergoes a transformation. Prolonged practice enables us to remember this state and distinguish it from others. However, it is essential to acknowledge that we can quickly lose our results and forget everything. Additionally, our practice can become mechanical, yielding no fruitful outcomes. Therefore, it is unwise to cling to a particular state alone.

It is important to recognize a key point: the state of sleep, the state of identification with the external world, the state of being absorbed in a process and forgetting oneself – all of these are qualitatively distinct from the state of awakening and self-remembering. However, the awakened state can manifest differently. Developing a sense of presence within oneself is crucial, and this is precisely a sensation, not merely a feeling. It is the sensation of the physical presence of attention's energy within the body and in the present moment.

The significance of this lies in the fact that falling into a state of "sleep" or dispersing our attention occurs automatically. Typically, we do not notice how we become immersed in various situations, memories, or elsewhere. This is entirely normal. On the other hand, gathering attention does not occur automatically; it always requires an effort of will. And this is something we can observe. We must learn to better discern the difference between distracted attention and focused attention, between sleep and self-remembering, between illusion and being present in the present moment.

#### The Function of the Magnetic Center - Transforming States through the Energy of Attention

The transformation of one's state occurs through the activation of the magnetic center in the Work. With its emergence, a particular source arises, endowed with the divine authority to influence and govern all aspects of existence. This source represents free will, and it is what various religions and paths refer to when speaking of the true essence of a person. It is an essential and integral component in the realization of an individual's destiny.

A person without a developed magnetic center is akin to a machine, lacking a soul. It is crucial to grasp the fundamental essence. Furthermore, a person without a developed magnetic center is deprived of the capacity for choice, unable to act autonomously, and subject to the whims of life's circumstances. Similar consequences befall an individual lacking a soul. However, it is possible for a person without a soul to possess a misguided magnetic center or a strong false personality.

Not everyone possesses a magnetic center, and through your own practice, you may have observed its nature and even recognized its absence within yourself. When the magnetic center awakens, everything changes. States of being are transformed. However, moments of awareness pass fleetingly, and life continues as it was before—existence fails to materialize, while the demands of everyday life persist, sometimes with heightened intensity. Many individuals lack the motivation and perseverance to persist in the Work and instead revert to their accustomed lifestyles. Yet, some individuals seize the opportunity and recognize how the magnetic center can fundamentally alter their state. Everything becomes different, from the smallest details to the grander aspects of life.

Primarily, this transformation is evident in the functioning of attention. Attention is no longer chaotic but instead becomes subordinate to the will. The presence of willpower and consciousness fundamentally alters everything that was previously akin to a dream-like state.

Creating a magnetic center is of paramount importance, nearly as crucial as the creation of one's soul. Without a soul, a person perishes upon the death of their physical body, just as lacking a magnetic center leads to dissolution and disintegration during one's lifetime. Without a magnetic center, individual existence is torn apart by the demands of everyday activities and automatism. In contrast, the presence of a magnetic center imbues human activity with a sacred quality and profound purpose. However, this purpose is not readily apparent.

We truly become human when we remember ourselves. We transcend the identification with our work or roles and begin to realize our true destiny.

#### Incorrect Functioning of the Magnetic Center - Obsession and Mania

The magnetic center can fail to develop properly. In such cases, a person may become fixated, but in a false capacity. This false capacity becomes the dominant aspect of their personality, but it is not authentic. It may manifest as mania, obsession, or the adoption of a particular role.

Transforming such a magnetic center is challenging and often associated with pain. Modern hypnotic therapy methods might offer gentle ways to help individuals transition out of such states, but more often than not, individuals must initiate and navigate this process of pain themselves.

Without proper knowledge and a path of self-development, people often cultivate certain qualities within themselves and elevate specific roles or positions to an absolute level. This can lead to obsession. It could be a position of power and influence, a role within the family, or simply a misperception of oneself and the world. In any case, an erroneous center develops, creating a strong false personality characterized by incorrect reactions. Now, what grants me the authority to judge what is right or wrong? It is the presence of something that cannot be objectively verified. Practical understanding and the attainment of specific results will enable you to grasp the essence of my words.

### Practice

To physically experience the presence of the true "I" and its influence on our overall being, it is suggested to practice the "I am" exercise. This exercise encompasses various levels and applications. Here, we will focus on a specific aspect that is relevant to this work.

To perform the exercise, either say aloud or silently repeat the phrase "I am." When pronouncing "I," direct your attention towards lofty ideas and concepts related to the essence of humanity, God, and the divine nature within individuals. As you say "am," gather your attention within your body. Attempt to establish a connection with this sublime, subtle, and profound essence. Strive to resonate with the word "I." It should no longer be an empty word but rather carry deep layers of sensations, feelings, and awareness. The word "I" should embody a state of being. When you say "am," endeavor to fill your body with this state. Ground the elevated energy by saying "am," collecting it in the present moment, and intensifying the resonance within your body. Concentrate the energy in the center of your chest. Direct the sensations from the "I" towards the center of your chest, and as you say "am," allow them to expand throughout your entire body. Inhale as you say "I" and exhale as you say "am."

Practice this formula consistently, making it synonymous with your presence. Strengthen your connection to your true "I" through sensory experiences. Deepen your understanding and awareness of your presence in the here and now.

"I AM"

(from manuscript)

Before attempting this exercise, take a 15-minute break from your daily routine to relax and prepare yourself.

During the exercise, inhale while saying "I" and exhale while saying "AM." Engage not only your mind but also your senses and body. Put your full effort into it, as it is not an easy task.

When you exhale, imagine that some of the air remains within you and flows to the appropriate place. Allow it to flow naturally without trying to control its direction or manner. Simply feel that a portion remains. Prior to starting the exercise, affirm to yourself, "I intend to keep this substance for myself."

Without your conscious and deliberate effort, nothing will be formed. Everything will simply dissipate. This subtle substance in your blood can lead to significant results when the exercise is performed with conscious intention. Without it, achieving the desired outcome may take a month of regular practice.

During the exercise, be cautious not to change anything externally. This work is internal, and there is no need for others to know what you are doing. Maintain your external behavior as usual and focus on the internal practice.

Avoid holding your breath. Just breathe naturally, and over time, your breathing pattern will adjust accordingly.

To effectively perform this exercise, give it your full attention. Before starting, stimulate your interest and attention by thinking, "I am about to begin this exercise. With complete focus, I will take a deep breath, saying 'I' and feeling my entire being. I genuinely desire to engage in this exercise to assimilate the air."

To encourage your body's cooperation, assume a suitable posture and generate an internal tension of forces. Mobilize your centers to work together towards achieving the intended goal.

As you inhale, imagine something flowing, perhaps resembling the smoke from a cigarette.

Now, as I begin this exercise, which I was fortunate to learn at SHINLAP, passed down through a chain of individuals, and derived from a manuscript, I recognize that through conscious effort, it offers me an opportunity to form higher bodies within myself using the active elements present in the air I breathe.