

# CHAPTER 2

## IMPROVE CONCENTRATION POWER

*“Distraction waste our energy*

*And concentration restores it”*

-SHARON SALZBERG

Basically, our mind is divided into three main parts: conscious, unconscious, instantaneous working mind, each and every part has its own importance. Let us discuss one by one.

### **CONSCIOUSNESS**

Conscious parts are the one which is always working actively, help decision making, and body control, while the unconscious part is helping us to store thoughts, tasks, memories and instantaneous works like a reflex action. The comparison of the conscious mind, the unconscious mind, and instantaneous can be done with RAM, hard disc and kernel respectively (for computer science student).

As we know there is a lot of things in school, college, and universities which surrounds us to destruct and dis-balance our concentration. Now the question is how to maintain concentration. The very first requirement is to maintain peace around us, try to sit alone in a room while studying, and visit the library for study as a daily routine.

### **WAYS TO MAINTAIN CONCENTRATION:**

- **Away from the things which can hurt your brain or heart. Most of the people start doing their work without thinking about its consequences. So due to lack of observation, they suffers from failure. Before starting your work you have to think about it for a few minutes then go through it. By doing so your unwanted thought gets overflow and brain will start achieving the stability, fixed at a particular place, and avoids colliding of thoughts.**
- **The second thing is understanding comprehensive power, sometimes what happens our conscious mind is not present but physically we are present. During such a condition try to alert yourself by calling your own name and stubborn to your current topics.**

By reading books, novels and newspapers your understanding, comprehensive power, pronunciation also improved and concentration power will be strengthened.

## *THE MELANGE OF SUCCESS*

In history their many people who have high concentrating even in a noisy atmosphere. A great example of this is “Lal Bahadur Shastri” who never lost his concentration during study even if he is in a loud place.

Many hermits during meditation have extremely high concentration power. They are also human beings like us if they can do then why not we but the main difference is of thinking, what we think that we feel and finally we also do it.

- **Thirdly concentration can also be achieved by doing 10 minutes mediation either morning or evening. The best time for meditation is dusk and dawn, scientifically it is found during mediation some great forces come from the cosmos and merge into our body and we become more energetic.**

### **IMPORTANCE OF MEDITATION**

- **Meditation is also one of the way of getting energy in pure form directly from space or cosmos.**
- **Meditation helps to control over the minds of people, those who follow it and also get internal satisfaction, happiness, pleasure and many more things with the cool mind and we also able to find solution of problem and takes the right decision.**

“Concentration cannot maintain only by focusing but also required internal purity of heart chanting some mantras of God, spotless character, huge interest, quick changes within you according to condition.”

### **KEYS FOR CONCENTRATION**

These are the five points that help us to focus on a particular task. So let us move one by one.

### **MANTRAS**

- **By chanting the prayer and some mantras it provide some internal faith to one’s own soul which can gives us quite happiness, satisfaction, and bliss. Even with the help of this we are directly connected to the god and also have some spiritual feeling.**

### **PURITY OF SOUL**

- **Now move to purity of heart if a person like fraud, criminal, theft are unable to focus at particular point due to uncertainty in mind and suspiciousness, person never get purity of heart.**

### **IMPURITY**

- **Impurity in the soul, initiate your minds to move one place to another.**

### **CHARACTER**

- **If a person loses character in a life because engaged in love and attraction with girls in teenage life it become quite unusual to concentrate and overcome from these matter. It is just like to fall into marshy land.**

In detail, we will talk later in “dejection, loss of focus” topic.

### **INTEREST**

- **Next is Interest of person if he/she does not have interest in any particular work undoubtedly person is unable to concentrate in that field sometime due to pressure of parents and love of friends attracts him to go in another field in which even don't have any interest so try to take the decision by your own what you want, and do what you love.**

### **LIFE IS TOO PRECIOUS**

Never play with life or carrier it is not just like a video game where once got finished and later once again get alive by restarting the game but in life, you have one chance if it got expired and you will get exit from the world. Then no chance to return back again, so concentrate to maintain your focus on that thing that inner core of heart desire and wants to do, instead of copying and forcing by others.

### **LIFE IS FULL OF UNCERTAINTY**

Last but not least quick variation within you after every pulse, seconds, minutes, hours, the day makes life, full of uncertainty no one except, what almighty knows and what is going to happen in the future. So as the variation comes, in life, it is our duty to change ourselves with this variation as soon as possible.

The difference between the successful and unsuccessful person is only successful change themselves quickly according to variation in life, while on the other hand unsuccessful person are incapable of changing themselves with time.

Physical health, irritation, freshness, anxiety also create some problems for us during concentration, these are the secondary things but cannot be ignored. Always listen to all but do what your heart and mind supports.

## *THE MELANGE OF SUCCESS*

Ultimately when you are so angry count for 100 and for internal peace chants the mantra “om Shanti-Shanti-Shanti” where first “Shanti” indicates inner peace second “Shanti” show outer peace and last one define “cosmos peace”.

“Concentration doesn’t mean only to focus at a particular point but also save yourself from 99% destruction around you.”

### **INTROSPECTION**

Talking to ourselves called introspection.

After analysis it is found hardly one out of hundred who go through the introspection.

Are you one of them?

If not then start doing from today onwards Introspection is the art of balancing the thoughts. It makes you different from others, remove haziness of mind, decision making power increase. When we go deeply during introspection it also increases our concentration level such that we fall into ourselves and feels like we are taking others instead of ourselves but reality is different. This feeling really brings purity of mind.

Such experience helps you to do great things in the world other benefits apart from it like increasing thought capacity, building internal confidence, communication skills also increase.