

How to consciously apply your mind?
When we talk about consciously applying the mind the point is how can I use ~~use~~ it right now for focusing on whatever I am doing and the other can be how exactly to program it in order to achieve something bigger that can be a life goal or maybe a big step in the journey of life; since nothing significant can be achieved without consciously applying the mind. Starting from at the moment focus, to build focus we need two things - one is attention and another is will. Attention is an investment in thought process, by means of attention we generate the kind of thought we wish to generate.

Again, will is also necessary here. Attention is the part of observation and will is the force behind that.

Thus, by means of attention and will we can consciously apply the mind at the moment on anything.

The second and probably more important one is applying mind on a long term goal. We do not recognise that small small things which comes in day to day life can have such big impacts on our life in a long term. Small and seemingly insignificant decision change and drive our life in so drastic way which is unthinkable at that point.

Thus, first of all in order to consciously apply our mind we need to have an worthy goals on which to focus.

There is no point in learning concentration ~~where~~ there is not an worthy goal.

Once there is an worthy goal, one need to be totally committed to that. Now, for achieving anything big its required to have really good sanskaras. Sanskars are created by repetition of vrittis. Vrittis and Pratyayas makes thoughts. What you think that you will become. So, be conscious of what you think. Your Aura is totally decided by your thought process.

Stable vrittis + similar pratyaya
= focused or concentrated mind

Attention is a steady beam of your mental awareness generated by your will. It is through the power of attention that you focus and concentrate your mind.

Finally, for maintaining continuity and moving towards the goal with full force, you must maintain a high level of vital energy and keep the thoughts clear.