



YOUR KINDLE NOTES FOR:

## The Power of Unwavering Focus

by Dandapani

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### 35 Highlights | 8 Notes

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Highlight (Yellow) and Note | Location 425

am engaged with, I finally learned how to actually be present. In being completely present in the experiences I was having, I realized I got the most out of them, which resulted in me being happy.

**Why focus ? To get carity on what to focus and prioritize once you have experience to be fully present  
oyou need focus**

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Highlight (Yellow) | Location 518

Some parents physically hit their child, and a week later the child will say to them, “I love you, Daddy!” Because they have a higher breaking point, there is little impetus to focus on them, as you know they will tolerate your lack of prioritization and focus on them. After all, in your mind they will be around forever, so why focus on them now? You can pay attention to them later: when work settles down, when you have more time, after the football game

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Highlight (Yellow) | Location 639

Endless repetition is where many, if not most, fail. Another question that I get asked so very often is, “What’s next?” I’ve been focused on repeating the very same practice my guru gave me almost three decades ago.

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Highlight (Yellow) | Location 794

Your body needs time to grow from a child to an adult, and similarly, it needs time to remold its inner nature. Our mind needs to learn and practice focus. So do our nervous system, our muscles, our body. This takes time. Be gentle and patient with yourself.

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Highlight (Yellow) | Location 860

There are those who simply pursue an intellectual learning of the mind—scouring books and screens for any insights they can amass, piecing it all together in what can be described as nothing more than a tossed salad.

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Highlight (Yellow) and Note | Location 967

Imagine a scale that is tilted to one side. The pan on the right is carrying the weight of the experiences you have had that shape your current perspective on the mind. As you have new experiences of the mind by your understanding of how awareness and the mind work, you add weight to the pan on the left.

**Super analogy for any goodd habit to take impact**

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Highlight (Yellow) and Note | Location 1306

Strong areas of the mind are built by consistent investment of energy. Now, “strong areas” does not necessarily mean they are positive areas of the mind. There are many who have created very strong negative areas of the mind through their consistency in repeatedly moving awareness to that area, thus moving energy there as well.

**This is probably why gratefulness is so important**

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Highlight (Yellow) and Note | Location 1309

As energy builds in an area of the mind, that area strengthens and becomes more magnetic. The more magnetic it becomes, the more power it has to draw awareness to it.

**Interesting concept**

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Highlight (Yellow) and Note | Location 1450

On the other hand, some people revel in being terrified by having their awareness taken to the fear area of the mind while watching horror movies every weekend. As this process is repeated, a deep groove leading to the fear area of the mind is created, and vast amounts of energy are deposited here, making this area of the mind highly magnetized. The default perspective and reaction during the day will then tend to be fear, because this is the path of least resistance in the mind, and awareness will travel this road to fear if you do not have enough conscious mastery over it.

**More reason to aavoid horror movies**

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Highlight (Yellow) | Location 1522

The extreme polarity of emotions that one can go through on a daily basis as a result of not managing awareness is exhausting and debilitating to the nervous system, and energetically draining.

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Highlight (Yellow) | Location 1645

The important thing to note in what we are examining here is that awareness can be in one of two states. Firstly, awareness can be aware of what it is observing. Secondly, awareness can be absorbed in what it is observing.

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Highlight (Yellow) | Location 1675

What a wonderful game to play. To let awareness be absorbed in the movie, experience the emotions of the scene, and then to consciously withdraw awareness and now become emotionally detached as an observer.

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Highlight (Yellow) | Location 1710

You cannot observe something if your awareness is absorbed in it. Observation is awareness being conscious of what it is being aware of. If you have ever wondered how to be observant, or what observation is, now you know. Observation is the ability to separate awareness from that which it is aware of and be aware of the experience without being absorbed in it.

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Highlight (Yellow) | Location 1916

The fact that you hold your awareness on each task only for a few seconds is not critical. The more critical thing is that when you are doing that task you are completely focused on it, and then you make the conscious decision to shift to the next task.”

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Highlight (Yellow) | Location 1983

Imagine if I practiced distraction six to eight hours a day for five to six days a week. After six months, how good will I be at distraction? Probably better than before I started my distraction practice. A year later, with the same time commitment, how good would I be? Conceivably very, very good at it. The truth is that most people do not practice distraction for six to eight hours a day. There are 24 hours in a day, and let’s assume that the average person sleeps a luxurious 8 hours every day. This gives him 16 hours of wake time, and out of these 16 hours, how many hours does he realistically practice distraction? Highly likely a lot more than 6 to 8 hours; 10 to 14 hours a day seems apt. And the chances of him practicing distraction only five to six days a week are highly unlikely. I’m going to assume that if you are distracted from Monday through Saturday, then the chances of Sunday being a day of focus are slim. So with a possible 10 to 14 hours a day, seven days a week, for six months straight, I can safely conclude that you’re going to be very good at distraction. A year or 18 months of this and you’ll be well past grasshopper level and into the realms of the masters.

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Highlight (Yellow) | Location 2338

And upon awareness’s arrival in the refined realms of the superconscious, the precision with which the mystic uses his will and powers of concentration allows him to not be startled by the profound experiences of the superconscious mind. Should he, even for a moment, release his viselike grip over his awareness, it would be unsettled by its experience, causing it to be drawn out to the conscious mind. Here in the hallowed halls of the superconscious, held so poised, awareness experiences the grandest realms of our being—accessible to all, sought by few, and experienced only by those with an indomitable will, unwavering focus, and an unquenchable desire to know oneself.

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Highlight (Yellow) | Location 2420

Don't be the person who is satisfied with doing the bare minimum, who merely wants to get the job done and move on. Be the person who is exercising his or her will at every opportunity by calling upon your willpower to do a little bit more.

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Highlight (Yellow) | Location 2472

We develop willpower so that we can use our mental muscle to harness and direct awareness within our mind. As we direct awareness within the mind, we guide the flow of our energy. And whatever it is that our energy flows to begins to manifest in our life. That is why we make the bed in the morning. It serves a much greater purpose, one that has to do with how our life unfolds.

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Highlight (Yellow) and Note | Location 2478

From now on, when you make the bed in the morning, tell yourself that you are engaged in a ritual that is focused on developing your willpower. Reinforce in your mind that the willpower you are developing is what you need to use to control where your awareness goes in your mind, hence where your energy is flowing, which then determines what is manifesting in your life. Carve this sequence into your subconscious mind with the power of repetition and the clarity of intent.

**Simiar to the carvbg of the super programmer**

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Highlight (Yellow) | Location 2492

They (your mind, body, and emotions) are being trained that they do not have control over your awareness and that they are here to serve you, not the other way around. So don't let them dictate where your awareness goes, for you are their master. Establish your dominance over them by making your bed.

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Highlight (Yellow) | Location 2531

You complete thoughts on a topic in a conversation. You always wash your dishes and put them away. You take your footwear off and place it neatly. Your coat is hung in the closet. When you step out from a table, you slide the chair back in. The way you live your life is a reflection of your mindset—a mindset that is shaped to develop willpower and the ability to focus.

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Highlight (Yellow) | Location 2669

This device, which is held more than the average child,

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Highlight (Yellow) | Location 2709

The smartphone, the pocket black hole for awareness, can be severely distracting for those who struggle to consciously navigate awareness in the mind. It calls to you like a distressed calf, and you answer with the unconditional devotion of a loving mother.

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Highlight (Yellow) | Location 2727

If you see someone mechanically picking up their phone repeatedly throughout the hour and checking their Facebook account, for example, you now know what is happening. They've repeatedly allowed their awareness to go to that area of the mind, as a result paving a deep mental groove to it and creating a highly magnetized area of the mind that now exhibits a tremendous pull over their awareness.

Highlight (Yellow) and Note | Location 2851

Ultimately, wisdom is the only rigid rule. Let wisdom guide you in how you apply all of the teachings in this book in your life.

**Apply the tools as appropriate use wisdom**

Highlight (Yellow) and Note | Location 2853

Setting Awareness Free If we are practicing doing one thing at a time, does that mean that we never allow awareness to wander off aimlessly? There are times when I may go lie down on the carpet in my living room and tell myself that for the next fifteen minutes I'm going to just daydream about designing the gardens at our spiritual sanctuary in Costa Rica. I will lie there and let my awareness drift to various areas of my mind within the realm of gardens.

**This is key - know when to let loose and when to stay focussed**

Highlight (Yellow) | Location 2897

To summarize the sequence: concentration, listening, reflection, understanding, empathy, compassion, love, then peace.

Highlight (Yellow) | Location 3017

"You can practice distraction all day because you've spent years developing distractive patterns within your subconscious. Because of this it requires no effort on your part to do so, and hence it is not exhausting. For the person who has been trained in the fine art of concentration, who has spent years creating patterns of focus in the subconscious through devotion to the practice of concentration, whose awareness is under the dominion of the will, being in a state of focus all day is effortless and not exhausting as well."

Highlight (Yellow) | Location 3100

Awareness has to engage with Item A for a brief period, then disengage from it in order to engage with Item B. Now it is engaged with Item B for a brief moment before needing to disengage with it and reengage with Item A. When it reengages with Item A, awareness must now identify where it left off previously and then reengage itself in that particular area of the thread of conversation or activity again.

Highlight (Yellow) | Location 3345

There are people who enjoy watching scary movies. They revel in the experience of having their awareness taken to the fear area of the mind and experiencing all levels of fear. As you know now, the consistent repetition of this experience causes a deep groove, a well-trodden path, to be built to the fear area of the mind. Vast amounts of energy are deposited here as well, causing this area to be highly magnetic and to have a significant pull over awareness.

Highlight (Yellow) | Location 3361

Most kitchen sinks have a strainer to prevent food waste from going into the drainpipe and clogging it up. If we do that for our kitchen sink to protect our pipes, should we not have a strainer to prevent trash from entering our mind and clogging it up? Protect your mind at all costs. Your mind is your greatest asset. Be wisely discriminating as to what you allow into it and what you allow to breed in it.

Highlight (Yellow) | Location 3557

Here's something for you to ponder—I won't go into it deeply. If you do not have much control over your awareness, when someone says something to you and the emotion in his words is angry, or vibrating at the frequency of anger, then his words will take your awareness to the same area of the mind those words came from. His emotional words charge your awareness with the same emotion (energy can be transferred), dragging it to the same vibratory space of the mind. In the same way, a love song charged with sentimental emotional energy can take you to the same area of the mind as the singer; when you listen to it, you feel the emotions that the singer wants you to feel. Emotion has massive power over awareness. Emotion embedded in words has the power to move awareness to the area of the mind that vibrates at the frequency of that emotion. To not react to the words, your willpower must be greater than the power of the emotions coming at you.

Highlight (Yellow) | Location 3573

Often the cause of a mental argument is a misunderstanding you have with someone. When this issue is not resolved, it sits in your subconscious, and every time awareness interacts with it, you run through the argument again. The more emotion this unresolved experience contains, the stronger its power to draw your awareness to it.

Highlight (Yellow) | Location 3635

In addition, you are quite likely changing the narrative of the experience by having countless emotionally disturbed monologues in your head. This only creates greater confusion in your mind surrounding this experience and makes it even more difficult to come to a resolution.

Highlight (Yellow) | Location 3670

There's a beautiful quote from an anonymous US Navy SEAL: "Under pressure, you don't rise to the occasion, you sink to the level of your training."