Focus Out

Summary

1. **Start by positioning your attention in Objective Space.**

    - Bring your attention to the sights in front of you, the sounds around you and the physical-type sensations in or on your body.

2. **Now begin to note the active states.**

    - If all you're aware of is a physical-type sensation, note "Touch."
    - If all you're aware of is looking at something, note "Sight."
    - If all you're aware of is hearing a sound, note "Sound."
    - If, at any given moment, more than one of these experiences is available just choose one to focus on. It doesn't matter at all which one.
    - Focus on that Touch, Sight or Sound for a few seconds unless it disappears before that.
    - After those few seconds (or its immediate disappearance) note again, either the same experience or a different one.

3. **Let other things arise but in the background.**

    - As you note Touch, Sight, Sound other things (Feel, Image, Talk) may arise. That's perfectly okay and natural. You don't need to get rid of them. Let them occur but in the background of your attention. Keep yourself lovingly fascinated with the Touch, Sight, Sound in the foreground of your attention.
    - You may get pulled away into Feel, Image, Talk activity. If so, gently return to Touch, Sight, Sound as soon as you realize this has happened.

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4. If nothing seems to be happening in Objective Space, acknowledge *that*.

- If, for a moment, nothing much seems to be going on in Touch, Sight, Sound, note "All Rest" and be aware that your body is relaxed, your eyes are unfocused and all you hear is the "sound of silence."

- So every few seconds you'll be focusing on one of four things: Touch, Sight, Sound or All Rest. Anyone of them is as good as any other. A certain amount of guessing and groping may be involved in this process. That's perfectly okay.

5. Remember you have options.

- You can speak or think labels or note without labeling, whatever works for you in a given moment.

- You can zoom in, zoom out or zoom both ways or not intentionally zoom, whatever works for you in a given moment. The zooming can be done in Touch, Sight or Sound.

- When you note All Rest, zoom out and be *simultaneously* aware that your body is relaxed, your eyes are unfocused and all you hear is the "sound of silence."

- You can intentionally restrict what you note to just…

  Sight, Sound, Both Rest

  Sight, Touch, Both Rest

  Sound, Touch, Both Rest

  Sight, Light

  Sound, Silence

  Touch, Relaxed

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