

# Focus on Something Positive

## *Summary*

### **1. Start by positioning your attention in Subjective Space.**

- Bring some attention to Image Space (in front of/behind your eyes) and some attention to Talk Space (in your head/at your ears) and some attention to Feel Space (your body experienced in terms of the presence or absence of emotional-type sensations).
- You can do this practice with your eyes closed or open, but most people find it easier to do it with eyes closed.

### **2. Now intentionally create positive image, positive Talk and pleasant Feel.**

- Visually think about a person, place, material object or symbol that has a positive connotation for you and that would tend to create a pleasant Feel tone. Be aware of the mental Image itself and any pleasant Feel sensation it may trigger in your body.
- At the same time verbally think a syllable, word, phrase, sentence or sequence of sentences that matches with the Image and that also would tend to create a pleasant Feel tone. Repeat that positive Talk over and over like a leisurely mantra while also tuning into any pleasant Feel sensation *it* may trigger in your body.
- At the same time let there be a subtle smile on your face. Notice any pleasant Feel associated with that smile.
- Thus, you're continuously tuning into positive Image, positive Talk and pleasant Feel with even attention to each of the Subjective Spaces. In other words, you're aware of positive Talk in your head, positive Image before your eyes and pleasant Feel in your body all at the same time. This is the way to do the Focus on Positive technique.
- The Image need not be vivid or stable, but if it completely vanishes, refresh it by thinking of that person, place, object or symbol again.
- The Feel sensation may be something triggered by the Image and Talk, or something turned on directly in Feel Space, or merely the result of intentionally smiling. The Feel sensation may be quite strong and widespread or quite subtle and localized. Any pattern is fine.

### 3. You have options.

- You can experiment with various Image and Talk content until you find something that works for you.

Also, you may find it more natural to restrict your focus to just two or even just one of the Subjective elements. The restriction possibilities are:

Image-Feel only

Talk-Feel only

Image-Talk only

Image only

Talk only

Feel only

Thus there are altogether 7 ways to do Focus on Positive—6 restricted forms and the basic way involving Feel and Image and Talk all at once.

Whichever of the 7 you choose, try to cover that whole system with awareness. You can even let the positive states expand out into space around you if that comes naturally to you.

### 4. Let other things arise but in the background.

- As you do this, other sensory experiences will arise—physical-type body sensation, external sounds (and if your eyes are open, external sights). Let that all happen but in the background.
- Non-positive Feel-Image-Talk Activity may arise. If so, just keep gently returning to the positive FIT you're trying to focus on.
- It's even possible that negative Feel, Image and Talk may arise as if to contradict the positive content you're trying to create. Once again, you don't have to get rid of that, just keep coming back to the positive. If the negative FIT or other distractions become so powerful that you can no longer do Focus on Positive, that's okay! In that case, drop Focus on Positive for now and switch to some other technique such as Focus In or Focus on Rest.

### 5. Some additional points.

- *Goals*

The main goal for this technique is to develop the core skills of concentration power, sensory clarity and equanimity.

Concentration power – When other things come up you bring your attention back to positive FIT. This exercises your concentration muscles.

Sensory clarity – You’re becoming familiar with the basic elements of subjective sensory experience by actively controlling them to create a certain state. This sharpens your self-awareness skills.

Equanimity – When other things come up you let them arise, but you try not to identify with them. This attitude of not suppressing but also not buying into those distractions deepens your equanimity skills.

- Depending what you have chose to be the content of your Image, Talk and Feel, this technique can be used to replace unproductive thoughts with productive ones. It can also be used to imagine something desirable in the future—reaching out from the present to influence your behavior or performance in the future.

You may also use Focus on Positive as a form of prayer or devotion or to send positive influences to others or even influence the material outcome of things, leading to more health, success and so forth.

- *Not a battleground*

Focus on Positive is not necessarily an attempt to convince yourself of something. All that’s required is that you continuously focus on something positive, letting the negative arise if it wishes but in the background. Put another way, Focus on Positive is not a battle between the positive and negative within you; it’s simply a selective *attention* on the positive.

- *Nothing positive? Not a negative!*

Many people really like this technique because it allows them to be creative and have fun. But not everyone has that reaction.

If you don’t care for this practice, it doesn’t mean that there’s something wrong with you. There are four other ways to practice, at least one of which will probably work well for you.

- *Flavors of pleasure*

Here are some of the flavors (types) of pleasant Feel that people experience when doing Focus on Positive.

Friendliness	Humor
Love	Smile
Gratitude	Forgiveness
Compassion	Excitement
Interest	Joy
Devotion	

- *More about Images*

If Image is part of this practice for you, you will probably create those images in the center of Image Space in front of/behind your eyes. However, in addition, you could replace the images of your physical surroundings with images of other locations and/or replace your own self-image with the image of someone else or even an archetype or avatar.

If you continuously sustain an alternate image of your surroundings, you may get the impression that you are actually dwelling in that alternate location. If you continuously sustain an alternate image of yourself, you may get the impression that you actually become that alternative self.

- *“Mudras”*

Placing your hands or your body in a certain position or holding an object (such as a rosary) may help.

- *Powering the positive with “Flow”*

If you know what Flow means and can easily contact it, you can use it as a power source for spreading the positive state, especially the Feel part of it.

You can use vibratory/bubbly Flow to spread the pleasant Feel throughout your body and out into space, the way Brownian movement of molecules would spread tincture in a glass of water.

You can use expansive Flow to radiate the positivity outward, giving something good to the world while at the same time use contractive Flow to gather positivity to yourself from all directions, and then re-radiate it back out. Thus you are simultaneously giving something positive to all directions and receiving something positive from all directions.

In such cases, the Flow is the “carrier wave,” the medium. The positivity is the “modulation” of that wave, the message.

- *Practice in a group*

When you do this practice with a group, you may sense the cumulative effect of all the others doing the same thing. Then the practice is easy; you just ride on the group energy.

- *Practice in life*

As you go about daily life interacting with people, you smile, hug, laugh, enjoy conversations with certain people and enjoy socializing with certain people. All this produces pleasant Feel in your body. Usually we don’t pay close attention to that, but if you wish you can tune into it, intentionally amplify it through high concentration then radiate out through your body into all directions around you. This can have a powerful cumulative effect on the people with whom you interact.