

Focus - Your Power to Create

By Michael McGrath

Unfortunately the majority of people on our lavish little green planet are not happy with their 'lot' in life. They are living lives of quiet desperation, unsatisfied with their relationships, careers or finances.

What is the main reason for this dissatisfaction? The main reason I believe this is so is due to a lack of understanding about the nature of our universe which can be directly linked to our belief conditioning from childhood.

As a child we begin to replicate the conditioning of our parents. A person's beliefs and values are often passed from generation to generation until someone down the generations either has a life-changing experience or consciously reorganises or changes their belief system.

Your beliefs and values determine your focus and a key point I make in all my writings on personal development is the simple truth that "your focus determines your reality". Focus sets in motion the Law of Attraction.

The internal dialogue and imaginings of your mind are guided by your focus and your focus is reflected in your thinking. Your thinking becomes automatic and therefore this becomes your automatic creation system.

If you are not currently living a life that is in correspondence with your desires it is due to your internal automatic creation system being out of alignment with your goals. Simply put this means: Your focus is on what you do not want instead of what you want!

Let's say you have bills piling up everywhere and no way of paying them. When you receive post through the mail what is your first thought? I bet it goes something like this, "oh no not more bills". Where is your focus directed?

Why do the rich get richer and the poor get poorer? Well a rich man has money and he knows it. He sees wealth all around him. The poor person sees lack and concentrates on it. Can you see the difference in focus?

Now there are there are two basic ways to redirect your focus. The first is to change your beliefs so that your focus becomes more automatic in the direction that you wish it to go. The second way is to consciously redirect your attention to situations, people or events that correspond to a new belief.

This, however, is often easier said than done. For example examine the beliefs of a racist who thinks that he is superior to another person due to his heritage, skin colour, or ethnic origins. Now any right thinking person knows that these beliefs have no foundation in reality (subjective or otherwise). So in order to change these beliefs, at a core level, the racist would need to have some contact with other racial groups that have equal or better results in areas of their lives than he does. If he believes he is more intelligent then he

would need to see that there are highly intelligent people of all races. If he believes that he is more prone to being successful because of his genetics then he would need to see that there are people of all races who achieve success with ease. If he believes that he is more equipped to overcome obstacles than members of another race then he would need to know that people from all walks of life and different cultures have achieved against seemingly insurmountable odds at great hardship to themselves and so on!

The problem with this is FOCUS! In most cases the racist does not want to see these things. He focuses on the situations, people and events that correspond and reinforce his beliefs! In extreme circumstances such a person will not even be in the company, correspond with, or listen about members of the group he is racist against.

You and I do exactly the same thing everyday. If your life is similar today to yesterday, last week or last year it is primarily because your focus has remained the same. Your thoughts yesterday were the same as last week and if your thoughts and focus are the same today then you can expect tomorrow to bring the same results!

If your beliefs are challenged by what you see, hear or experience many times you simply disregard the information and continue 'blindly' believing what you chose to believe. We filter our reality so that it reinforces our beliefs. We need to break free from this self-imposed brain-washing and redirect our focus on the things that will reinforce a new belief until we actually come to believe it.

For example take a couple in a 'bad' relationship. They come home from work and just know that they are going to have an argument with their spouse. Sure enough they arrive home and argue about who is taking the dog for a walk, what to watch on TV or why they argue so much! Where is the focus in this relationship?

Let's say they decide to try an experiment in beliefs and focus. They look at what IS working in the relationship. They recall the reasons why they first became a couple and begin to reinforce the things they have in common. Their focus is beginning to shift. Although they will probably fall back into some old routines of arguing again if they keep their focus on their shared interests and the things in their relationship that are working what do you think the effect will be?

Try this little experiment yourself. Choose a person who annoys you in some way and that you can't avoid but would if the choice were yours. A work colleague is a good example. Can you think of one? OK, what are you focusing on about that person? I bet it is all the things they do that annoy you. Try to think of something they do that you admire or that you like. This can be sometimes difficult but remember that every person has good and bad qualities so try not to become too polarised about people thinking them either good or bad - they are just human beings.

Now for a few days try your best to focus on the things you like or admire about them and watch what happens.

After you have tried this little experiment try other small ones in other areas of your life that you wish to improve.