

Take Time to

FOCUS

by Lori Powell, CHTP

Greetings and Happy Spring to You!

Spring is in the air! The air smells sweet, buds are on the trees, we place our bare feet on the earth, we open the windows and listen to chirping birds, and it won't be long before we can eat fresh spring greens from the garden. Our senses are heightened and it feels good.

I have a fun experiment for you. This two minute activity focuses on the sense of sight and reinforces the idea that *you will always see more of whatever you are looking for.*

Okay, here we go: Keeping your eyes on your computer screen and *without looking around the room where you are sitting*, please close your eyes while you name all the objects in this room that are yellow.

Now take a minute to look around the room at all the yellow objects. How did you do? Did you miss many yellow objects?

Now, take one minute to look around the room for all the objects that are red. And then close your eyes while you name all the red items you can think of.

Look around the room again. How did you do this time?

Were you able to name more red items than yellow ones? Of course you were. Because, before naming the yellow objects, you were unaware of the focus. With red objects you were aware of the focus and took time to look. This simple experiment reinforces the idea that you will see more of whatever you consciously focus on. This is so simple, but oh so profound.

Often as we go through life our focus is on autopilot, and we may not be focused on what we truly want to see.

Focus is a choice. We can choose to place our focus on such things as joy, laughter, abundance, friendship and helpful people, just to name a few.

Does this mean we should ignore things we see that are clearly not right? No. But rather than keeping our focus on what is wrong, we ponder how we can facilitate

change. Is there something you can do that will improve the situation? “See” this in your mind’s eye and take steps to create it.

I encourage you to take time to think about your focus, *what it is you really want to ‘see?’* It can take a conscious effort to make ‘awareness of focus’ part of your daily routine. When you awake in the morning, choose your focus and watch what happens! That which you seek will be brought to your attention and awareness. 🌟

About the author:

Lori Powell is a Certified Healing Touch Practitioner. One of her professional goals is to create more awareness in her community of the power of Healing Touch. Lori has a private practice in the Redlands of Grand Junction, Colorado. She offers Healing Touch sessions as well as workshops on the Energy of the Human Body. She especially enjoys working with women who want to enhance their quality of life by increasing their connection to Spirit. In addition to her years of practice and training in Healing Touch, she is also a Nationally Certified Educator. Lori often teaches clients simple energetic self care techniques. You may reach her at loripowell7@acsol.net or at 970-256-1840. Her website is: <http://www.ahealerstouch.abmp.com>