



Spotlight for Focus © Kelley T. Woods 2014

I am talking to you now about your ability to focus...to concentrate...and merely by engaging in listening to me now...so fully...you can become aware that you DO have an incredible ability...even a talent...to pay attention. It's true that your attention can be turned onto a particular topic or subject so that everything becomes so clear...so vivid...that there is no longer any doubt that you are not only paying attention but you are absorbing whatever you need to or want to take in...taking in deeply the important aspects while ignoring the distracting or even stress-making things...those things that in the past kept you from learning in all the very best ways...

I want you to think about an area of learning you are wishing to improve...perhaps it is academic, having to do with books and lessons, or maybe it is some physical activity...a sport or other endeavor...whatever it is, think about how nice it will be when you find it easy to learn...new ideas, new moves, new enlightenments of many kinds...I know how to make it easier for you to not only learn these things, but to be able to retain them and use them whenever you need them...so listen carefully to me now...

The first thing you need to do is to release anything that is keeping you from being open to these new ideas...that means the daily worries and stresses that we all seem to take on and carry...whether they are things we find ourselves or things that others put upon us...Let yourself, in that safe and comfortable place...now find a container of some sort...maybe it's a box, or a basket or a trunk...it may even be a closet...you can open it and see that it is empty...and it is more than big enough to hold all of those troubles...all of those worries...just take them off and put them in...now...you don't even have to know exactly what they are...just for now, put away anything that is keeping you from feeling completely at peace right now...you can always go back and get them later...they are safe there...or, you may decide to leave them, knowing that you are fine...that you always deal with the things you need to deal with...but for now, just locking them up...and you can put the key in your pocket and then drift deeper into your perfect, special place...that's right...

Feeling so good...safe and comfortable...enjoying everything about this place that is so relaxing...knowing how easy it is to come here...knowing that all you have to do is just take a few of those nice, deep breaths...and all these calming feelings will come into your mind...and your body...Take a few of those breaths, now...letting that connection become even stronger, so that in the future, when you breathe like this, your mind will become clear and focused and your body will feel relaxed and easy...ready to take on those new learnings with ease.

Now, turn your thoughts to whatever it is that you want to improve...that idea of learning things easier. Imagine that you are there, beginning a lesson or reading a book...or even practicing to improve something...And as you are there, seeing the scene, noticing all the details about it...looking through your own eyes...aware of your body...the sensations, the sounds...any aromas...Take a few of those deep breaths and let your breath welcome you into the perfect state of learning...the perfect state of being able to focus only on what you need to be paying attention to...you easily understand what that is...don't you?

Imagine, as you do this, that your attention is like a brilliant spotlight...a spotlight that you can turn on and control and you turn it on now and point it onto your goal...your task...maybe it's a bright white color or perhaps you want it to be a particular color...maybe even your favorite color...turn it onto that goal...of being able to pay close attention and absorb the ideas, the materials...or the moves...the steps...that help you improve. Everything outside fades away as you engage entirely in this spotlight...everything important inside of this spotlight becomes amazingly clear...effortless...to you.

And because everything is now clear you absorb the ideas, knowledge, patterns and moves easily. Feel them flowing into you...becoming part of you. It is known that every cell in our body has the ability to learn and to retain information...almost as if every cell within us has a mind of its own...By creating a clear and unfiltered state of focus through your spotlight of attention...you have helped every cell in your body...learn...and retain any desired information.

And anytime you need to use this information...all you need to do is turn that spotlight back on and instruct your inner mind to allow access...both on a conscious and a subconscious level...so that you can bring up that stored information...so that your body...your muscles...your cells...automatically remember the hows and the whys...even the whos...and the whats...if needed.

Imagine yourself, now, using that information, that learned knowledge...skills...abilities...just as you desire. See, feel, picture yourself doing well...confident...clear...feeling and doing SO well...spend a few moments now putting in all the details of your performance...everything going exactly in the way you

want...noticing all the positive things about doing so well...feeling great...even wonderful as you achieve your very best...there...in the center of that spotlight of your attention...that's right...

Every time you listen to this recording, your ability to focus your attention to improve your learning and retention abilities grows even stronger. You find it easy and even enjoyable to study, to practice and to perform...even testing is fun for you now that you understand how to access that amazing part of your mind.

You can drift here for a while...thinking about all these wonderful things, if you like. Remembering that you feel wonderful...you are wonderful...When you are ready to return to full awareness, you will feel as if you enjoyed a several hour restorative sleep...feeling recharged, rested and full of optimism for a successful future!