

Focus In: The Learning State

Intro

Hello and welcome. My name is Jennifer Febel of livelifeunbroken.com and today I'm going to teach you how to **Focus In**.

This is an easy technique that you can use whenever and wherever you want or need more focus and attention in your life and is a great state to be in when you need to learn and retain new information.

Originally practiced by the ancient Hawaiian *Huna*, this exercise has been adapted from the practice of *Hakalau* and has been used all over the world in different forms and formats.

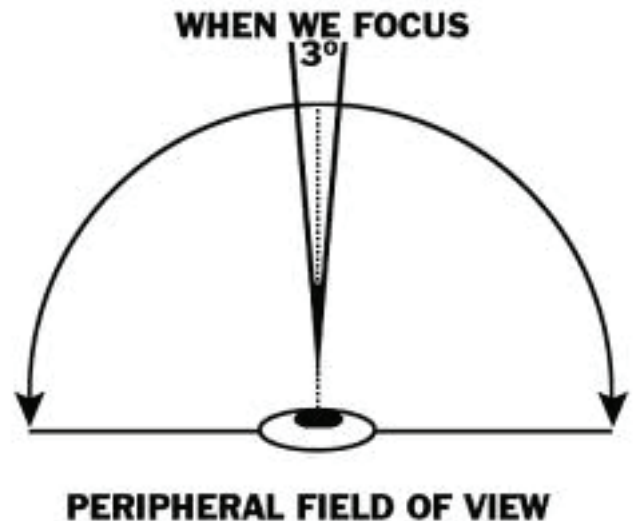
Use this exercise to help you learn and recall new information easily and effortlessly or when you are feeling stressed or overwhelmed.

Scientific measurements of brainwaves of individuals in this Focus In state shows that they more readily assimilate new information and experience less stress.

This is also a great exercise to use when you are having trouble relaxing due to an overactive mind or when you can't concentrate on learning something new because you have other things on your mind.

In the beginning, you may find it takes you a few moments to access this state of learning and focus. And each time you return to this exercise you will find it easier and faster to **Focus In**.

Let's begin.



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Find a space where you are safe and comfortable. Avoid doing this exercise while driving a car or operating heavy machinery. And relax....

Can you find a spot on the ceiling that you can look at comfortably.

Allow your chin to remain parallel to the floor and bring your eyes up. You can look at where the wall and the ceiling meet, or just a little bit higher, keeping your chin level and your eyes turned up.

Now take a deep breath in... And as you let the breath out can you imagine looking at the very centre of your spot.

Continue staring at your spot, focusing all your attention on this spot. Notice the thoughts that come and go and just allow them to pass through.

Now, as you continue to comfortably focus on your spot, notice that your awareness soon begins to shift. Your eyes remain on your spot and you now become aware of your peripheral vision. Allow this awareness to spread out around you into your peripheral vision and notice that you can now explore the space around you. Noticing everything all the way to your left. And all the way to the right. Continuing to look at your spot, allow your awareness to spread out around you....

And when you reach the edge of your peripheral vision, notice that you can imagine.... You can do that, can't you? I wonder... And it's a good thing to wonder... if you can imagine allow your awareness to spread out even further around you.

Imagine wrapping your entire being in a beautiful bubble of focus and awareness that spreads out around you 360 degrees. All the way to the left, all the way to the right, and all the way behind you. And when you are ready, take another deep breath in, and as you let it out you can bring your eyes back down.

Welcome to **Focus In**. Take a moment to notice what is different. What feels, looks or sounds different in this place of focus and awareness.

And notice that every time you return to this place, you are greeted by a feeling of familiarity and knowing that you can learn and integrate new information easily and effortlessly.