

Focus In: The Learning State



Hello and welcome! It's time 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.

When to use Learning State

- When you need to learn, assimilate or recall new information
- When you are feeling stressed or overwhelmed
- During coaching sessions
- Before performances

Why use Learning State

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

Neurologically, it is impossible to feel negative emotions while in this state so if you are feeling overwhelmed, simply putting yourself in Learning State will allow the feeling to disappear.

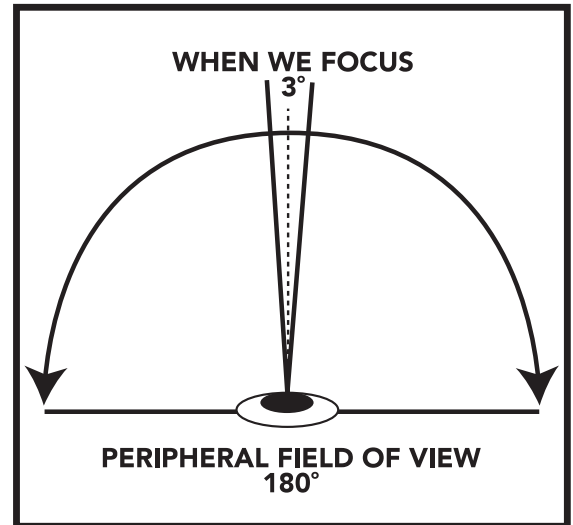
Studies on school-aged children show that teaching this state, without making any other changes, can lead to a full grade-point increase and an increase of feelings of calm and confidence.

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.

It's safe, easy and quick!

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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How to put yourself in Learning State in 5 easy steps

1. Eyes up

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

2. Breathe and go deeper

Take a deep breath in... And as you let the breath out, imagine you can focus on the very centre of your spot. Continue to breathe.

3. Shift your awareness

As you continue to comfortably focus on your spot, notice that your awareness can naturally begin to shift as you can now become aware of your peripheral vision. Allow your awareness to spread out around you and begin to explore the space around you, keeping your eyes on your spot, using only your peripheral vision.

4. Find the edge

Allow your awareness to spread all the way to the left and all the way to the right until you reach the very edge of your peripheral vision.

5. Wrap the awareness around you

When you reach the very edge of your vision, imagine you can now wrap the awareness all the way around behind you. Imagine seeing everything behind you, hearing all the sounds and feeling all the space all around you - a full 360 degrees. 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 the Learning State! 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.

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