

Three Types of Focus

Resistance is focus and, correspondingly, brings warning signals of pain, though often these signals are completely disregarded. According to the Law of Attraction, pushing against what we do not want attracts more of the same, for which the signaling from Innate Intelligence is capable of screaming into our lives. This is the source of mental pain, anguish, anger or jealousy as we fail to heed our momentum and focus. Individuals whose intent is wrapped up in resistance do not realize what is going on in their nervous systems. Resistance brings nothing but more of the same. There is no such thing as pushing away what we do not want. What we focus on expands. How to break this circuitous existence is thoroughly covered in Chapter 8.

Another type of focus is when our thoughts and focus are a representation of what we want but actually fueled by what we don't want. Though focus might be claimed to be on what we want, the underlying intent is to escape what we don't want.

On the whole, the variations of this type of focus are much healthier than resistance but still contain messages of what we do not want, thus creating less than ideal and often confusing results. It is within this range of focus that most live their lives. It would not be unusual to find some motivations based on pure resistance, and the balance of one's motivations a combination of what one does and does not want. Output is confused and therefore produces less than optimum reality/circumstances.

At the same time, our feelings tell us that we are not producing realities to the best of our ability, which may be identified as mediocrity, listlessness or resignation. Ultimately, it is out of this contrast that we learn to grow and refine our nature.

Another variation on the above is focus aligned with what already exists. It does not take too much review to understand that the status quo and

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mass-mind mentality, though healthy in many regards, is made of vast limitation and conflicting beliefs. Focus made up of acceptance and adherence to the broad consensus, as practiced by the masses, is not the stuff of visionaries.

There is a third type of focus, which is characteristic of a truly successful creator. Visionary focus is clear focus. It is centered on about what one wants, with clarity such that one's intent is not impaired by outside activities (the status quo), or negative inner dialogue, and certainly does not include what one is trying to escape. A visionary is one who has come to peace (allowance) with the world and takes only "insider" cues and insights as he or she builds output and focus and momentum. One with this kind of clarity achieves results, measures the results in relation to the associated feelings, refocuses and refines their vision and continues on again and again – the creation process at its best.

This is the nature of the visionary, successful scientist and teacher and ultimately a successful species. This type of creating and focus draws the most alignment from Innate Intelligence, for which joy, peace, ecstasy, and contentment are some of the associated feelings. This is the mechanism by which the light bulb came to exist and humanity's advancement moves forward. Visionary focus aligned with Innate Intelligence creates what are often perceived as miraculous outcomes.

It is obvious that we have options as it regards our capacity for thought and focus. It does not take too much awareness to realize that we create our realities with our everyday thought and focus in concert with what we hold as our beliefs, unconsciously and subconsciously. All of us use a combination of the three above scenarios by which we manifest everything in our lives. It comes from nowhere else. As we move beyond survival mode, we are motivated by higher aspirations and ideals. And, it will be discovered, we are humanitarians at the core of our being.