

The Importance of Your Focus

By Toni Petrinovich

What is on your mind – right now? Take a minute to survey your internal environment. Not only what you are thinking – what you are *feeling*? I would place a very strong bet that there are many, many mixed messages going on right now, all at the same time, rather than concentrating on one object; simply one action or thought that has your focus and full attention. In other words, your energy is *scattered*.

Most likely, you are thinking about what you are going to do as soon as you finish reading this article. In fact, you are most likely *skimming* through the words rather than actually allowing them to sink into your consciousness.

The truth of the matter is that you truly have nothing special to do. You might believe you do. You might even believe that your thoughts and your actions are *very, very* important. Truly, you live in your own universe, one created by the thoughts, feelings and observations that you make in each second or nanosecond when you get right down to it. In *your* reality you *are* important though I know that you want to be important to the whole world and you want the universe itself to acknowledge your presence. *It can only acknowledge that which pays attention to it first.*

This is your state of awareness and it works, responds and reacts without your conscious control unless you decide that you will be awake, aware and in focus. When left to its own devices, your attention spans all of the worries, anxieties and threats you perceive in your world. If you came here from another world and turned on a television, you'd think that all humans watch is horror movies. That's usually where you are placing your attention when you lose yourself in the mass consciousness – not necessarily on TV yet more on what *could* happen based on what you hear and read.

Remember this, the only reason you use your attention to ward off what you don't want to happen is because it conflicts with what you *do* want. And by attempting to ward off that which you *don't* want, by *placing your attention on it*, you create it in your world. It has no choice because you keep calling it to you. And, remember, what you place attention upon, what you give your energy to goes on forever, infinitely. *Your thoughts, feelings, words and action are waves of energy that continue into forever.*

Just like the observer in today's quantum cartoon, you are completely responsible and capable of creating the world that you desire in your life. Looking outside of your life, to anyone or anything, not only disempowers you, it stops you from experiencing what you want to experience because *they* or *it* cannot give you what you desire. They are too busy creating what they want in their own life to be able to give your desires their full attention. Plus, all exists in this unlimited, invisible world of possibility until you place your attention on it and make it so – for **you**.

So as you inquire within, be very truthful with yourself. Realize that your desire to be someone, to be special is all about having power. It is your own power that you want, yet

you look to others to give it to you and they cannot. **Someone else cannot give you your own power.** It belongs to *you*. You must fully empower yourself to *be* that which you are and that is through the concentration of your attention on the waves of each desire you have within yourself. This includes your spiritual life. In fact, it *defines your spiritual life because it is spirit.*

If you truly desire to *be* a spiritual being having a human experience and to *know* that, then you must place your full attention on each moment of your experience with no drifting into distraction. That is the answer to attracting to yourself all that you wish to *be* in a dimension of eternal random energy waves.

Begin to see your present reality as the ephemeral source of anything possible. Then look into that infinite container of what you may experience by *focusing* on what you desire to experience. If you look away, it changes back into the invisible wave of possibility. When you look again, it will have changed its potential. Your attention on that which you wish to experience is the *causer*, the *cause*, the *receiver* and the *experiencer*. It is up to you what that experience is going to be – *infinitely*.