



Exploring Attention

Explorations in Focus and Awareness

Individual exercises to improve the quality of your attention

Edward “Chip” Semplinski

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Cover: Petroglyph hands reach from the past to touch us today. Petroglyph National Monument, Piedras Marcadas Canyon, Albuquerque, NM. Notice anything odd? Check out the cover note on the [next page](#) for more information. Was something not “right” when you first glanced at the cover?

Dedication

This book is dedicated to those who are willing to explore with attention,
especially the ancients (like you and me).

Cover (Again): Is that a six digit hand in the lower left? Polydactyly, an extra digit, is more common in Native American populations and the petroglyphs are believed to represent accurate anatomy.¹ Were you paying attention? Did you notice it?

1 See *Polydactyly in the Southwest: Art or Anatomy*, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3508009/>

Preface

Attention is an inside job! It is where you decide to place your internal focus and expend your energy. But do you ever pay attention to where you place your attention? Do you ever "check in to see what condition your condition is in"²?

One day in my early twenties, after a run and early morning meditation session, I felt compelled to take the day off work. My job was demanding, but exciting, as I was preparing for more European trips to train signal intelligence operators on a complex system I had helped develop. However, something deep inside me told me to take that day off. Even more strangely, I had an unexplained desire to paint with acrylic paints, which I had not done since grade school. So I uncharacteristically stayed home from work, picked up painting supplies and created art.

The day was a blur, with fits and starts about what I was struggling to express in this unfamiliar situation. Ultimately I awoke from a creative trance staring at a black canvas with finger created letters spelling "ATTENTION" in the still wet black paint. I didn't remember consciously creating this painting, but knew there were several other earlier paintings hiding below this dark call to attention. One had to pay close attention to even see the subtle black letters emerge from the less structured brush strokes that made up the black background. The letters were primal, created by abandoning the brushes and applying the paint with a finger. What the hell was happening? Why would I take a day off work to paint? Was this painting a call to pay attention to the darkness around me? Or just pay more attention? Or was it a call for others to pay attention? Or was I finally paying attention to something deep inside?

Fast forward more than thirty years and I now find myself compelled to write "Exploring Attention". Something in my younger self knew the importance of attention, but struggled. Today it is obvious to me that a key art to master in life is managing our limited attention in a way that is gratifying in the long run. This doesn't necessarily mean scripting your life every moment, but using attention to get the most out of it. This book is filled with information and explorations to inspire insights about attention. These explorations could change the way you tie your shoes or alter the trajectory of your life. Attention is like any other skill, it requires understanding the fundamentals and practice. Especially paying attention to what you practice.

2 References and paraphrases the song, "[Just Dropped In](#)", written by Mickey Newbury.

Acknowledgments

There is nothing new contained in this book that has not already been explored by the ancients, so the most important acknowledgment is to their work balancing alertness and intense focus. However, it must be acknowledged that modern science has helped validate and inform much of the information surrounding attention, starting to answer the “why” questions.

A special thanks to all those that help keep me on the path while searching and help me balance openness and focus.

TBD

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Introduction

“People say: ‘What good does it do to point out the obvious?’ A great deal of good; for we sometimes know facts without paying attention to them. Advice is not teaching; it merely engages the attention and rouses us, and concentrates the memory, and keeps it from losing grip. We miss much that is set before our very eyes.” Seneca³

Anyone who claims not to have attention issues, is probably not paying attention⁴. Let’s start with a little test, or evaluation, related to attention. Did you notice anything interesting or odd about the picture on the cover? Take a quick look and see if anything stands out.

Do you know about polydactyly? If this line of questioning is still a mystery, go to the note on [page 2](#) and read about the cover.

Congratulations if you had already noticed the cover and read the first pages, you are probably very thorough and detail oriented. Likewise, congratulations if you needed to be led to notice the cover, you are likely very goal oriented and wanted to get started. If you didn’t follow one of these two paths and still don’t see the six fingered hand on the cover, you really need to pay attention as you read this book!

Now a crazy request, pay attention to the current position of your body. Especially note if you have your arms or legs crossed.

I am writing this book because of a simple question I had while writing a previous book⁵, “Why do we so naturally cross our arms and legs?”. There is both complexity and simplicity in the answer to that question, a large component of which appears to be that such positions help balance the two halves of our brain. I started writing this book before consciously stumbling onto that answer, but unconsciously must have known from thirty plus years of meditation that the secret to complete attention is balancing alertness with focus. Modern neuroscience has illuminated that one half of the brain is very good at detailed focus

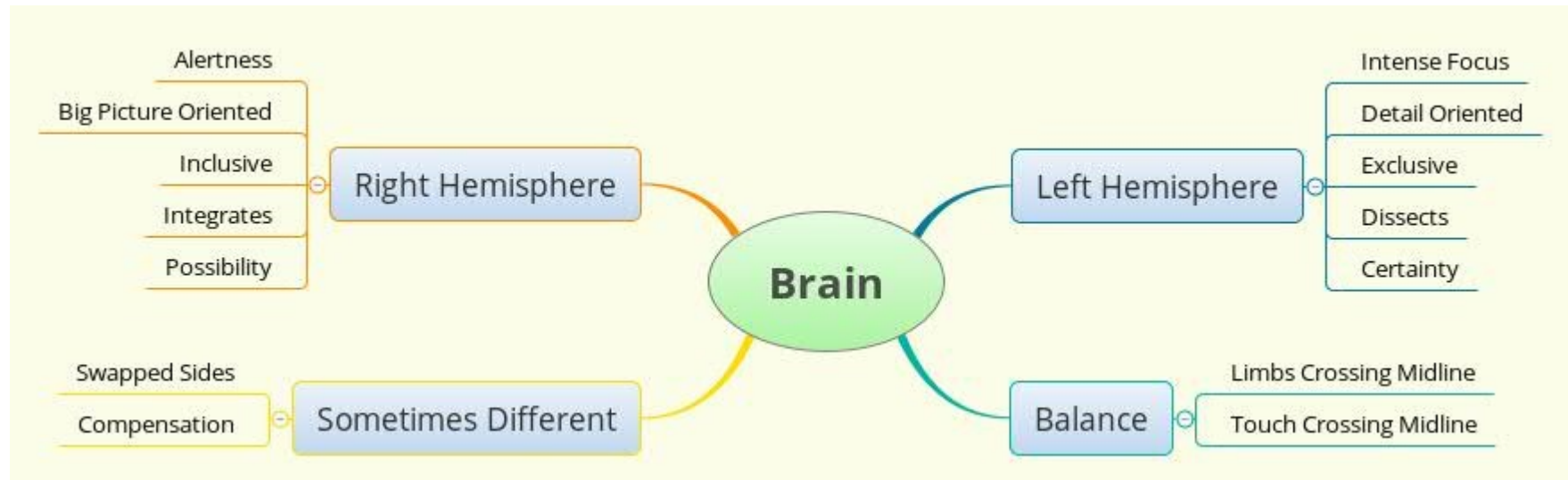
3 *The Tao of Seneca, Volume 3, Based on the Moral Letters to Lucilius by Seneca*, translated by Richard Mott Gummere, Loeb Classical Library edition, 1917, Letter 94, On the Value of Advice. A great free source for the wisdom of Seneca is provided by Tim Ferris at <https://tim.blog/2017/07/06/tao-of-seneca/>

4 The reader will likely encounter a plethora of examples regarding my own attention mishaps in the production of this book.

5 *Exploring Touch*, <http://www.escape-pain.com/et>

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and the other half of the brain specializes in awareness.⁶ The two halves, or hemispheres, of the brain work together when we cross our limbs over the middle of our bodies. So **that** is why I meditate better crossed leg!



Our goal in this book is not to review all the science, but rather to explore some very simple, but powerful, approaches to improving our attention. The ultimate goal behind improved attention is to provide practical tools to help change our lives. Note that improvement means achieving a better balance that aligns with your goals, not just increasing or decreasing attention. If you wish to explore the science further, a great place to start is using the resources listed in [Appendix 2](#).

As a society, we have chosen to rely on paid experts for advice in many areas of our lives. However, we tend to ignore free information from some of our best sources: our bodies and our experiences. Who knows you better than you? But you have to pay attention!⁷

⁶ See the work of Iain McGilchrist presented in Appendix 2.

⁷ Obviously, experts have their place and we all have blind spots and areas of ignorance. The point is that many of us over rely on experts, often ignoring their plea to take individual responsibility, in hopes that somebody will “fix” them.

What Does *Attention* Mean?

“Awareness is the only medicine that accomplishes its healing without disrupting the natural functions of the organism. In the face of his adversities Job cried, ‘Is not my help within me?’ The answer is yes. But it is up to each of us to seek this help out, recognize it, develop it and learn to use it successfully.” Deane Juhan⁸

Attention is our constant companion during our waking hours, and possibly while we sleep⁹. Most simply, attention is where we focus our awareness using the mind. It would be nice to say “where we **choose** to focus our awareness”, but we don’t always get to choose.

Our nervous systems are excellent at protecting us by paying attention to what is important, when our minds might not be doing as good of a job with prioritization. A typical outcome when we are not consciously paying attention to what is important, is that the nervous system produces pain or some other dysfunction to get our attention.

Think of the nervous system as a massively parallel wet analog computing device that is constantly evaluating the environment and making decisions about how best to help you survive, heal, grow and reproduce. Your mind is simply the part that it seems you have control over and attention is our attempt to control our awareness. As you’ll see in many of the following explorations, the most important concept to grasp is that we “attempt to control”.

The mind is easily bored. The mind loves to be busy. It especially loves novelty, new experiences, so it seeks them out. However, part of it also loves repetition, so it shouldn’t be surprising that your mind loves creating habits. Also, the mind is pretty sure if it keeps trying it can eventually solve every problem and understand every situation – can you say “obsessed”? Maybe it can?

Think of the mind as a scanner, moving our conscious awareness to different aspects of the nervous system. However, it can’t pay attention to everything at once, nor does it have access to all the information in the nervous system. While we like to think the mind can multitask, it really just focuses on one item at a time, but scans quickly. It is really the nervous system that is multitasking and the mind just checks in with various aspects of the nervous system for updates – those check-ins are the basis

⁸ *Job’s Body*, Deane Juhan, Barrytown Station Hill, 2003, Kindle edition.

⁹ Practitioners of lucid dreaming will understand this assertion. Actually, if you remember a dream upon waking, you were paying attention.

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of what we are calling attention. Most information processed by the nervous system is filtered out before reaching the conscious mind.

We better start paying closer attention to some of this information.

Pay Attention 1: If you read the “Pay Attention” key points, you’ll be ready to explore further!

Pay Attention 2: Attention should be our constant companion, balancing alertness with detailed focus.

Pay Attention 3: Attention can be difficult to control.

Pay Attention 4: Minds bore easily, love to be busy, seek novelty, enjoy repetition and are generally too confident.

Pay Attention 5: The conscious mind does not really multitask, it scans really fast. The nervous system really multitasks with multiple parallel systems operating simultaneously, often working with the unconscious mind.

I’m sure you’ve heard the phrase, “pay attention to the road”. If we consider the body as our automobile, then our mind would be the driver. The driver is safely belted in behind the steering wheel controlling where we go, our speed and the music. While moving, the driver does not need to pay attention to each rotation of the tires or the amount of energy supplying the motor. The systems that do control and track the vehicle at that level are comparable to the nervous system. These systems report the most pertinent information back to the driver to help make decisions. The driver must scan his instruments, while continuing to scan the road, all the while making decisions concerning what to do next. The driver can choose to not pay attention that the motor is overheated or there is almost no fuel – at least for awhile. If the driver chooses to ignore this information for too long, he is likely to break down along the road and possibly end up in the shop for a repair.

Additionally, if the driver does not pay attention to where they are going, they can easily get lost. Our unconscious programming is almost an autopilot for when we stop paying attention. The programs set by our parents, or society, or other

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sources can cause us to keep driving without really paying attention. That is actually one goal of advertising, program us to consume in a particular way without considering why.

We won't even try to quantify the imbalance between our single conscious stream and the incredible number of unconscious programs that keep our bodies running. Let's just pay a little attention to some of the generic unconscious programs handled by our nervous systems such as heart rate, blood vessel tension, breathing, digestion, filtering wastes, balancing appropriate hormones, immune system activity, regulating temperature, controlling muscle tension and so much more. Next, consider the specific programs that we run automatically in our unconscious mind, such as food preferences, beliefs, values, habits, fears, confidence, worthiness, etc. How many of these programs are working against our needs and desires? These programs are especially prevalent when we react to external stimuli and when we are under stress.

Consider the irrational fear of speaking in public. Why? Have you ever seen anybody injured doing this simple act of communicating? Could improving your ability to speak in public improve your personal satisfaction? Would you feel better if you could share what was inside of you? Yet most of us struggle with some level of stress associated with this simple, physically safe act. Why do you think you struggle? Does the size of the audience matter? Or who is in it? Or maybe the material?

What is your guess for how much of your energy is spent running unconscious programs? 85%? 95%? So what can we do to escape these traps? Pay attention!

Pay Attention 6: The mind can choose to ignore important information, with one potential risk being breaking down with pain or illness.

Pay Attention 7: When the conscious mind is not paying attention, the unconscious mind becomes our auto-pilot.

Pay Attention 8: Attention is key to recognizing what we want to change in our unconscious patterns and initiating change.

Attention Definition

We can be a bit more precise by providing a definition for attention which we will use for our explorations.

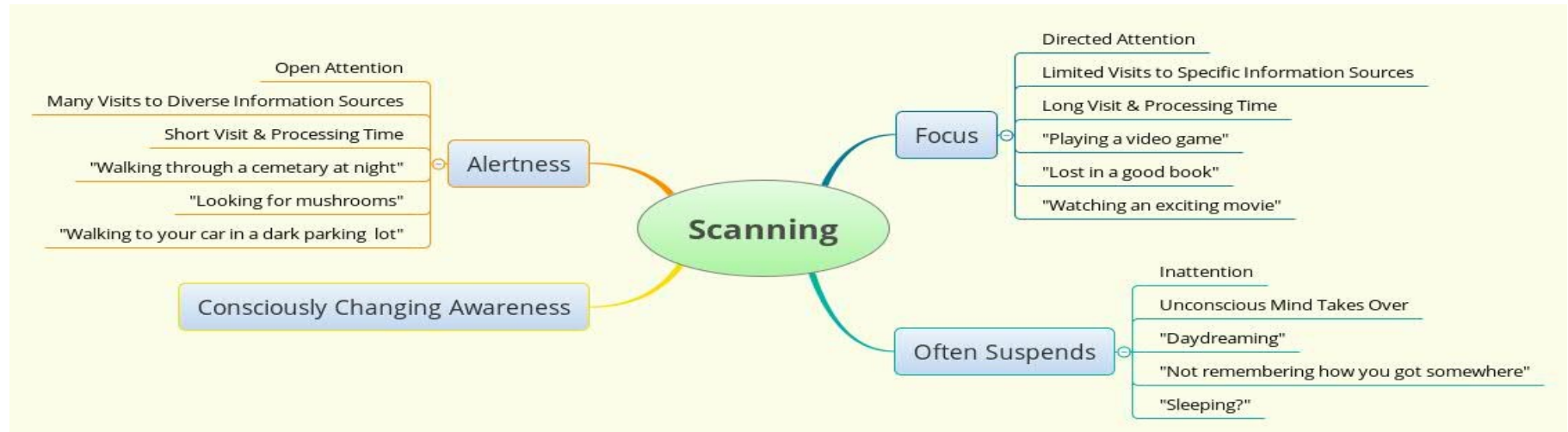
Attention is the thread of conscious awareness which scans the environment, the body and the mind itself.

Note that we don't directly experience the environment, we experience the sensations created by the nervous system about information constructed by sensing the environment. So technically, we could remove environment from the definition, but as we will soon see, this becomes a matter of how we establish boundaries. Directing our attention to the mind itself results in self-awareness, another interesting boundary which will also play a key part in upcoming explorations.

For now, the primary variable to explore in this definition is scanning, which is the act of consciously changing awareness. Note that how we scan creates a spectrum ranging from total focus on a single item, to alertness surrounding changes in any number of items. Another distinct state is suspending the scan, resulting in a state of inattention where the unconscious mind takes over.

The diagram below characterizes some key aspects of the scanning process which apply to attention. Alertness results in a very open attention, while focus is characterized by specifically directed attention. Inattention results when the scanning is totally suspended, like when we sleep (or maybe not?). A few simple examples of each situation are presented in the diagram.

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Where do you spend the most time while scanning? Are you a “big picture” person alert to many different inputs? Or do you tend to focus on specific details? How often do you find yourself run by your unconscious mind?

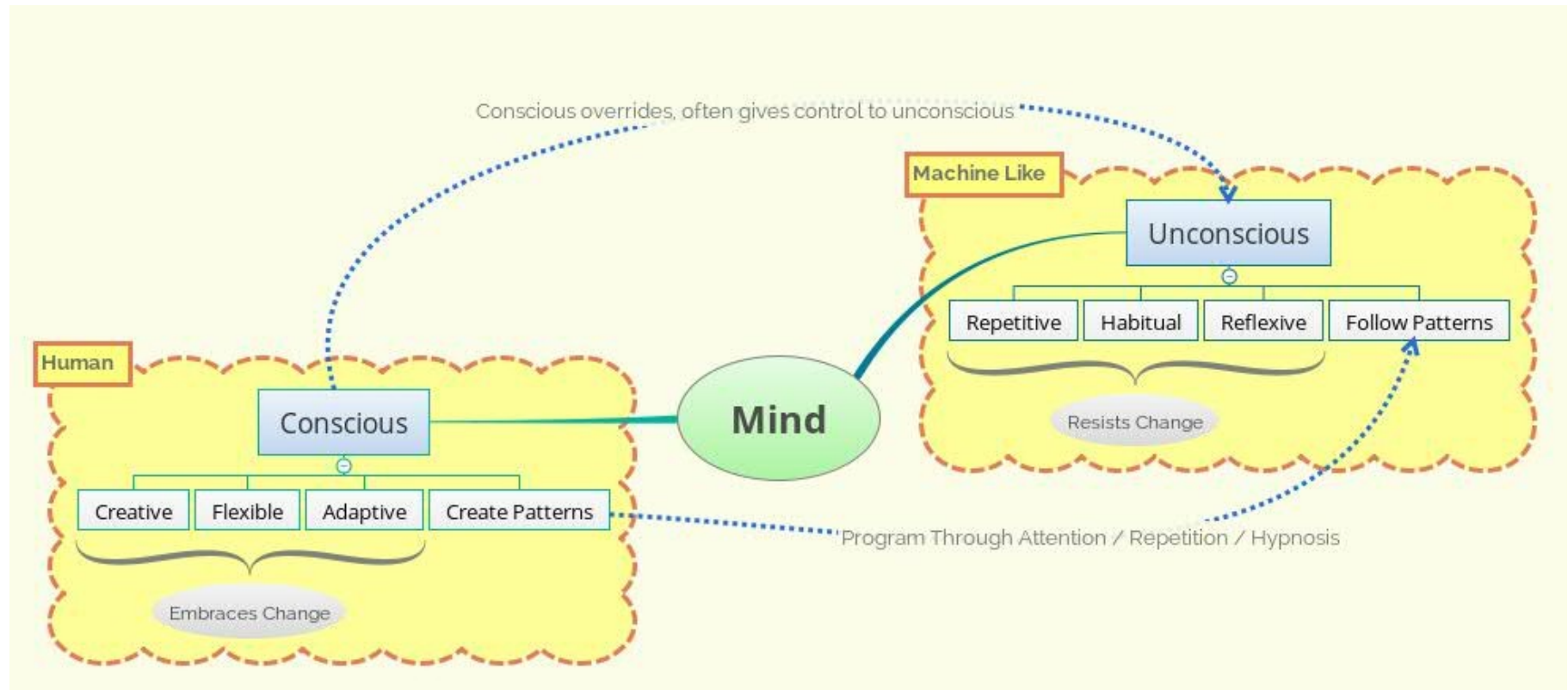
Pay Attention 9: Attention is the thread of awareness which scans the environment, the body and the mind itself.

Pay Attention 10: Scanning uses sequential visits of varying time to implement attention ranging from alertness to intense focus.

What is Mind?

Mind, like many of the topics in our explorations, defies a simple definition despite our being intimately familiar with the concept. The diagram below will help us explore the simple concept of mind used throughout this book.

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The mind consists of two parts, conscious and unconscious. The conscious mind is most human in behavior and is where attention resides. The unconscious mind is very machine like in behavior and takes over when our attention drifts. We will use the term unconscious rather than subconscious. The two are the same, but the prefix “sub” means below, implying a non-existent hierarchy. If you’ve struggled to change a habit, you likely know the unconscious mind is very powerful.

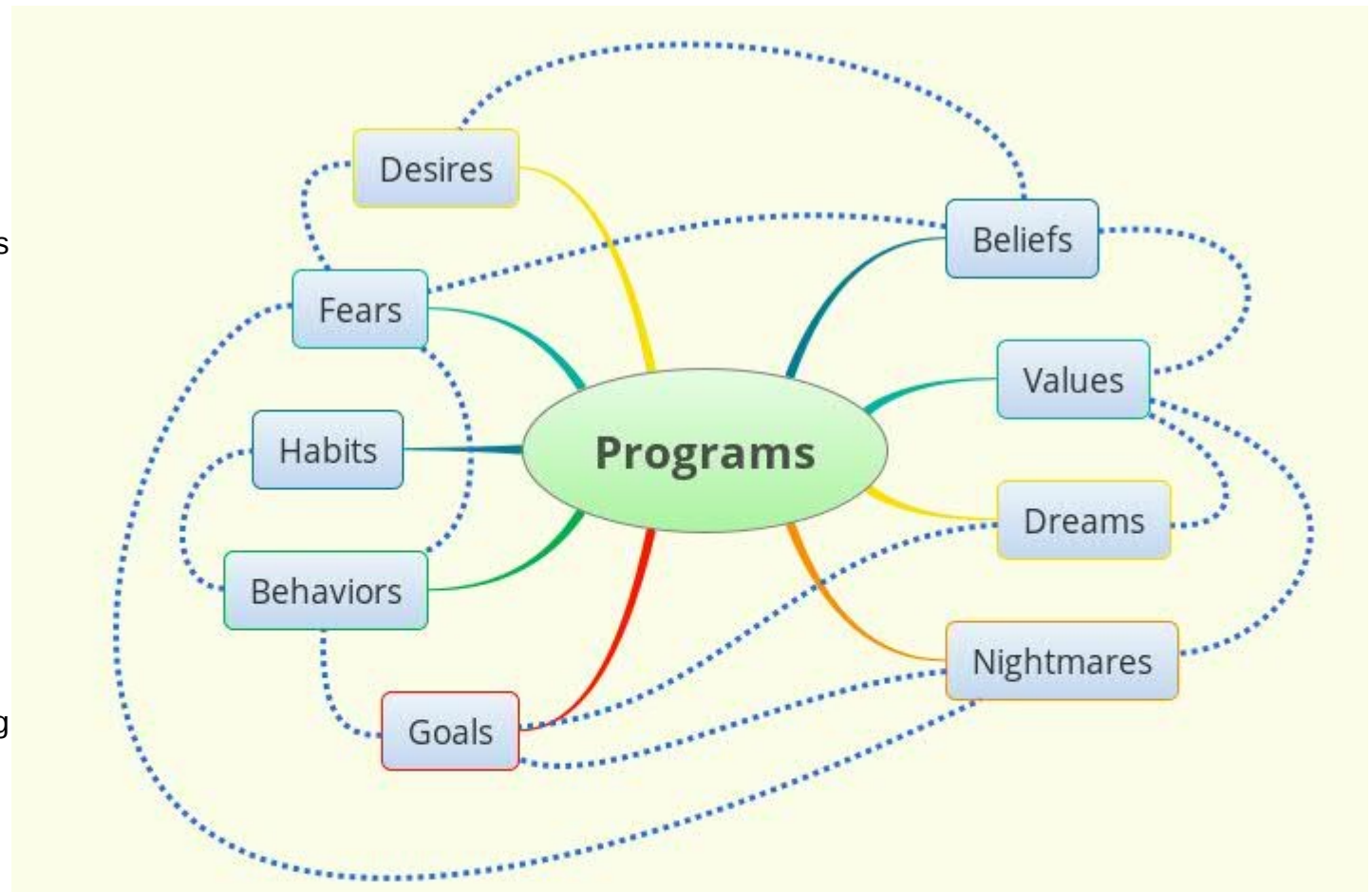
The conscious mind embraces change as it is creative, flexible and adaptive. The unconscious mind resists change as it is repetitive, habitual and reflexive. The unconscious mind is programmed through various means which we will explore more fully below. The good news is that our unconscious programming can be changed if it no longer serves us, as long as we pay attention.

Web of Unconscious Programs

Our unconscious minds are programmed in very many different ways, by very many different events and through very many different relationships. This programming possibly starting while we were still in the womb. The unconscious mind is very impressionable up until we are about seven years old, when the conscious mind and learning become more dominant. So what programs do you think are stored in the unconscious mind?

This diagram attempts to depict a possible web between some typical unconscious programs or patterns. Our beliefs are related to our values, fears and desires in this diagram. Do our fears create our nightmares or do our nightmares add to our fears?

This simplistic model is presented to illustrate that it is critical to understand that these programs and patterns can be very interdependent – changing one can influence many others.



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Perhaps the most disconcerting aspect of this web is that you might not even be fully aware of these programs, and their impact on your life, unless you pay close attention.

Do you recognize any personal unconscious programs you might want to change? Do you understand their relationships to other unconscious programs or patterns? How might you learn more? (Hint: Pay closer attention!)

The last question to ask is, where do you believe this web begins? (Hint: The answer is in the question!)

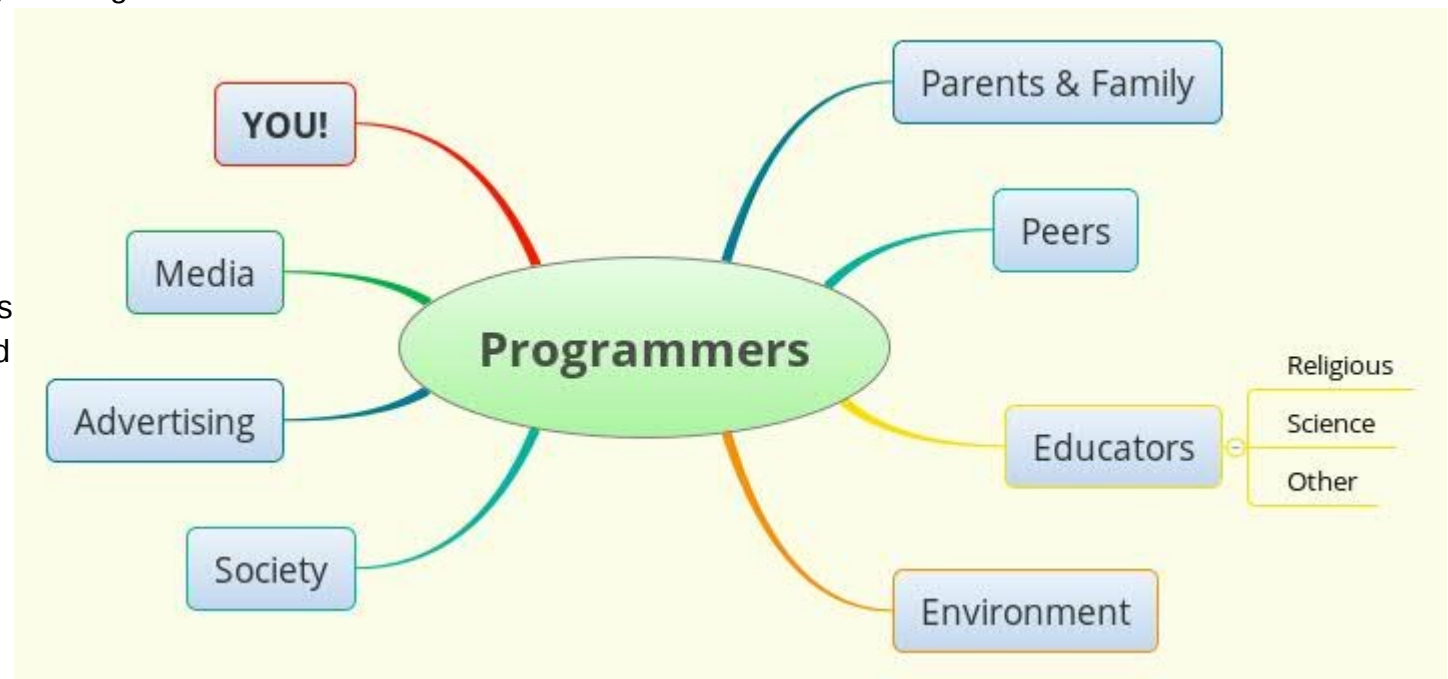
Programmers

There are two critical programming questions beyond what might be programmed and how might it relate to other programs.

1. Who does the programming?
2. How do they do it?

This diagram depicts an incomplete view of potential programmers in your life.

Your earliest programmers were the relationships and environments with which you were raised. These might include parents, family, friends and educators.



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Your earliest environment was hopefully loving and connected to nature, but for most of us, it was not perfect. It is also likely that not all your early relationships were perfect. The combination of relationships and environment create our experiences. Fortunately, there are more potential programmers in our future.

Once you became more conscious of the outside world these early influences ceded much of their power to society, advertising and the media. Social influences might include your chosen profession or other roles you fulfill such as brother, sister, cousin, husband, wife, mother, father, etc.

However, once you become an adult, who should be responsible for your programming? **YOU!**

Hopefully, this responsibility for your own unconscious programming resonates with your beliefs. If it does not, then we have a great first target for re-programming!

Programming

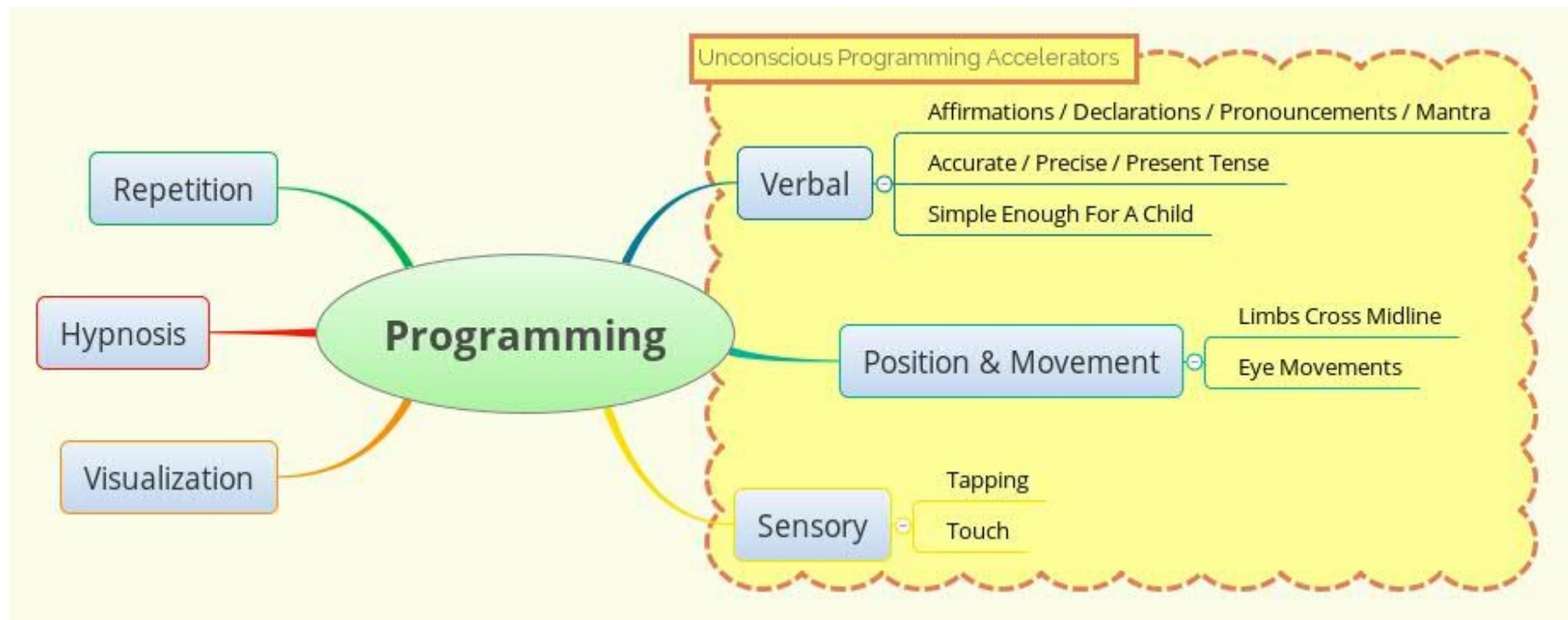
There is some very good news when it comes to programming. The conscious mind is very good at tracking time, evaluating the past and planning for the future. The unconscious mind really only works with the present, the now. This little piece of information helps immensely when we start looking at changing programs. The unconscious mind does not remember when or how somebody in your past told you that you were worthless, if it was susceptible to change it just added this belief. IF that program was not re-written and still exists, it can still be changed!

The diagram below shows some of the ways for programming the unconscious and some programming accelerators. The most common mechanism is repetition. This approach tends to be quicker and easier when we are younger, but possible at all ages. Most of us have experienced picking up a new skill, like a dance or martial arts move, through repetition. We move through the classic stages in the conscious – competence space: 1. Unconsciously Incompetent, 2. Consciously Incompetent, 3. Consciously Competent and 4. Unconsciously Competent. The progression is basically from ignorance to “I can do it in my sleep”, typically achieved through repetition.

Repetition is much easier for transferring new programs into our unconscious but takes much longer to correct programs. Imagine you committed a 22 step dance or martial arts sequence into your unconscious mind, doing the same thing for 10

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years. Then somebody shows you the more correct way to do step 13. It will likely take more repetitions to correct that small step into your unconscious mind than it did to learn the original sequence.



Hypnosis is an unconscious mind programming method that carries much mystique with it. The details are certainly beyond the scope of this book, but you have likely hypnotized yourself in the past without recognizing it. The basic idea is to enter a specific state where the unconscious mind readily accepts the new program. Remember how young children and infants readily have their unconscious minds easily programmed? They spend much of their early time in a state that allows these changes to easily happen. You also spend time in this state every night as you fall asleep, so there are many resources available that can provide audio for you to be hypnotized to reprogram the unconscious for various reasons. A quick search of the web should provide many different examples, some free and some for sale. We will talk more about this state below, but it occurs most readily when activity in the two halves of the brain are well balanced.

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The power of visualization is likely familiar to most of us who have needed to rehearse a sequence of physical moves, such as a dance or martial arts sequence. If you don't have access to an appropriate space, much progress can be made just visualizing performing the sequence. Obviously, repetition helps, but just as important is "seeing" the move in the same time it would take to perform physically and "feeling" the move as though you were doing it easily and as perfectly as possible.

Perhaps the most interesting approach to programming the unconscious mind employs some of the accelerators highlighted in the diagram. A significant portion of the explorations below employ combinations of these principles to investigate achieving a state of appropriate attention to accelerate changing the programming of the unconscious mind. These explorations are based on the following premises.

1. Understanding that we can educate the unconscious mind
2. Understand it learns in a different manner, that might not make sense to the conscious mind
3. We want to start in a state to make unconscious mind learning easy – the balanced brain is achieved, typically by having limbs cross over the middle of the body through posture or movement
4. Beliefs ultimately influence most unconscious mind programs and patterns – identify the core belief that needs to change to be successful – pay attention!
5. Construct an appropriate verbal cue – affirmation, declaration, pronouncement, mantra, etc.
6. Couple with other potential accelerators such as movement, eye movement, visualization, breath work, etc.

The real art here is paying attention so you can understand the belief behind the unconscious program or pattern you wish to influence. That is why we will focus more on attention before proceeding to reprogramming. However, it is worth explaining the verbal cue construction further.

Pay Attention 11: The patterns of the unconscious mind can be changed through repetition, hypnosis, love, gratitude, service to others, therapy, meditation, visualization, movement, breathing and other approaches.

Verbal Cues

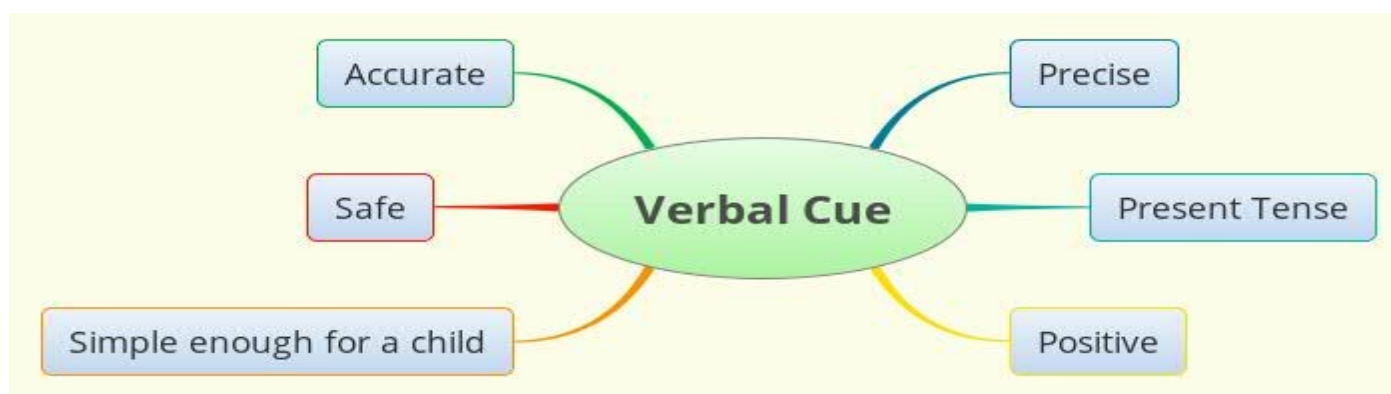
It is important to pay attention to the verbal cues which you construct, both for the explorations in this book and throughout your life. It can be interesting to analyze initial verbal cues, as they often provide insight into the underlying belief issues. I taught a class at a massage school on affirmations. The first affirmations the students produced almost always provided deeper insights into their challenges. A common first affirmation might be, “I want to become rich”. (So why are you in massage school?)

This diagram presents simple guidelines for creating an appropriate verbal cue for belief programming. We will alter the affirmation above using these guidelines.

The cue should be accurate, meaning “is this what you

really want?”. There should be considerable effort placed in making sure you become “rich”, instead of “Rich”! Let’s say upon further exploration this student’s underlying belief was that they did not feel safe, but thought material acquisitions would make them feel safe. So now our working affirmation, might become, “I want to feel safe”.

The verbal cue should be precise, meaning that it should be specific. Let’s say after further investigation we identify that this student realizes that they do not feel safe when meeting new people and believe if they were rich this feeling would go away. Our new working affirmation might then be extended to, “I want to feel safe meeting new people”, which is more precise. Upon further reflection, the student realizes that they have this feeling because they believe they are inadequate, so our new affirmation might become more accurate as, “I want to feel adequate”.



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The present tense is best used with the unconscious mind because it does not work with past or future, it primarily works in the now. Also, our student already “**wants** to feel adequate”, we want to affirm that they **are** adequate. So our student’s affirming verbal cue might be transformed to, “I am adequate”. While this would be a perfectly good verbal cue, it doesn’t seem quite correct to our student, but upon reflection they identify fear that they will not be loved is at the root of their issue. After several more iterations, this student may arrive at the accurate, precise and present tense verbal cue, “I love myself, whatever happens”. This latest verbal cue meets the previous three requirements and is simple enough to be understood by a five or six year old child. It is also safe, positive and not a bad program for any of us to reinforce.

Showing Up

The above example ignored the work required to move through each of these iterations, which might occur over a significant period of time. Paying attention to progress is not easy and the going can be rough. The primary “secret” to success is continuing to show up and do the work. Nobody else can do the work as you explore your attention.

Distractions & Addictions

“Again I tell you, it is easier for a camel to pass through the eye of a needle than for a rich man to enter the kingdom of God” Jesus, Matthew 19:24

This basic sentiment, that wealth is an impediment to ultimate satisfaction, is reflected in many spiritual traditions. Why?

Distractions and comforts are the downfall of many explorers, pausing or terminating their efforts. It is very easy for a person of wealth to continually distract themselves from the troubles caused by their lack of proper attention. They often believe obtaining the next “thing” will solve their issues.

There is really nothing inherently wrong with distractions and comforts, they can even enhance the search, if correctly applied. Again we need the caveat, if we pay attention. Can you identify any distractions that hinder you from your goals?

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It is important to consciously prioritize our unconscious programs in a way that results in long term satisfaction. This goal is most in peril when distractions turn into addictions. Addictions typically result from attempts to fix long standing unconscious programs through ultimately harmful distractions, which can become unconscious programs themselves.

True addiction is well outside the scope of this book. If you think you might have an addictive behavior, it is critical that you get professional support to help you do the necessary work to change your life.

Sense of Effort

Many do not have a good sense of effort – typically doing too much over too short a time period. Start by doing less, but committing to do it for a long period of time. Develop the patience and consistency required for success. Leave yourself wanting more each training or exploration session.

Health & Thoughts

Placebo / nocebo

Power of Nature

Healing process, self-healing, programs from people to take your power \$\$\$

Advantage of Repetition

Time to evaluate and adapt

Normal vs. Average

Take Care of Priorities

It is important to pay attention to ever changing priorities. It does not make sense to attempt to keep reading this book if you need to use the bathroom or need to hydrate. You may have enough going on in your life that you can never really dedicate the effort to the explorations. However, remember the advice on every airline flight, “Take care of your own oxygen mask, before attempting to help others.” Taking care of yourself, so you can provide your best self, is a key priority.

Evaluating priorities becomes much easier and more natural as you develop your attention.

Explorations

We need to briefly look at how we will broadly structure our explorations. The mind map in this section demonstrates our basic flow through an exploration. You should be relatively familiar with the process of test-change-retest-decide when making any changes in your life.

The first step is to use our attention to evaluate the current state, prior to exploration. This same standard for evaluation should be applied after the exploration, but may prove incomplete.

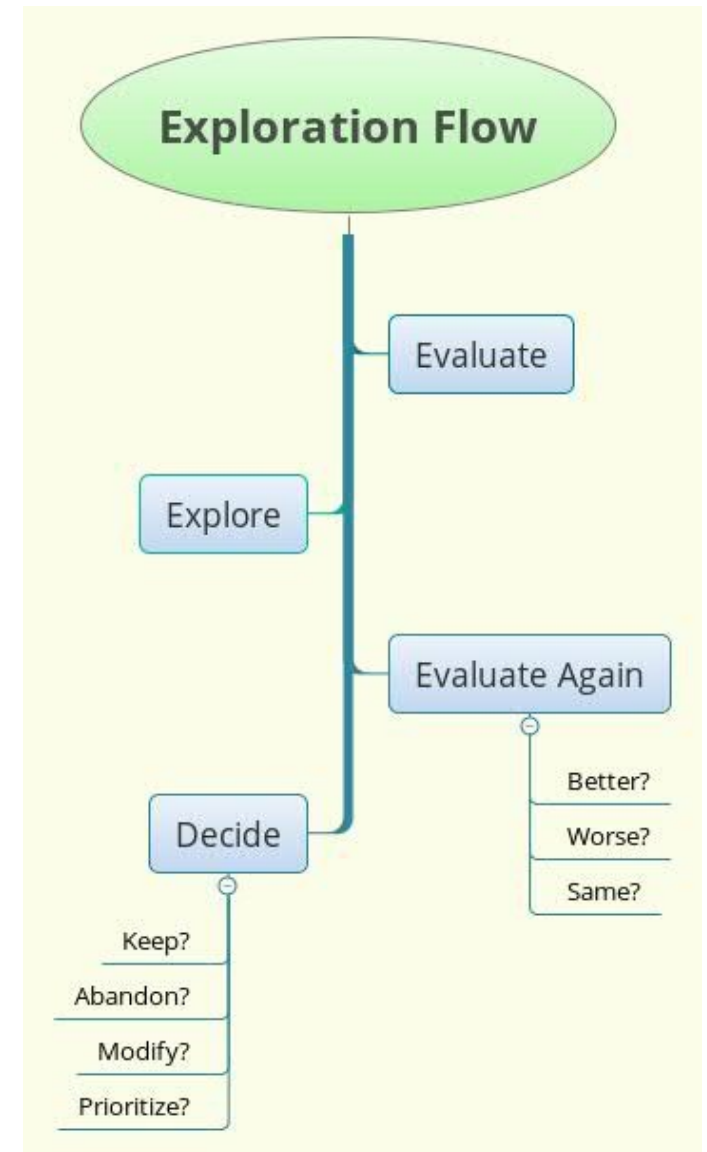
We then initiate some change through an exploration, typically through changing awareness or focus.

The changes are then evaluated to determine if things are better, worse or the same. While the same evaluations should be used before and after, you may notice something new emerge that requires you to extend the evaluation.

Ultimately, we need to decide if the explored alteration should be kept, abandoned or modified. We also should determine the importance or priority it holds among everything else we are doing.

If this process is not already natural, it should become more clear as we apply it to real explorations. Also, don't hurry anything, there is no time scale to work through these complex issues. You may not notice a change for quite some time and may never really be ready to decide.

Although depicted as a nice linear flow, this might become more interesting as you modify and explore. This diagram is just a map, not the territory.



Exploration 1: Try It Out

Our first exploration will pull together parts of our discussion to this point and allow you to try them out.

Evaluate: You get to decide how you want to evaluate your current status. Definitely include the subjective concept of how you feel, but you can also include more objective measures such as your range of motion when touching your toes. You may be surprised at the physical impact of this simple approach.

Explore: Lay on your back in a comfortable location like a bed or mat, close your eyes and breath deeply through your nose.

1. Cross one leg over the other in a comfortable manner. Try the other leg and select the position that feels different to you from how you might normally cross your legs. If there is no difference, just select one position.
2. Cross one arm over the other in a comfortable manner. Reverse which arm is on top and select the less comfortable or “normal” position. Again, if there is no difference, select one position.
3. We will now mentally repeat the verbal cue we explored above, “I love myself, whatever happens” on the exhale of each deep breath. It is normal if you “drift off” and forget to repeat the cue or change your position. Just gently return to the originally scheduled program described here.
4. You will probably feel “silly” or “uncomfortable” even trying this exercise, which is to be expected. Pay close attention to this feeling and observe if it changes. It is likely that if you continue paying attention to this feeling that you will note a transition to feeling more comfortable with this exploration. Give yourself 10 minutes for this transition to occur.
5. Stop the exercise after 10 minutes (using a count down timer can be helpful).

Evaluate Again: Repeat your original evaluations and judge the results: better, worse or the same. It might also be worth evaluating how the next 24 hours feel to you, is it easier to pay attention, are you more alert, is it easier to focus, etc.

Decide: Is this exploration a practice you might want to keep, abandon or modify? Our next exploration looks at a small modification, but you may already have some ideas you wish to explore before proceeding.

Non-Specific Instructions

Note that the language accompanying these explorations is purposely non-specific. As an example “cross one leg over the other in a comfortable manner” can be accomplished in a number of ways as shown in the photos below.

<photos of leg crossing>

Another example occurs in the crossing of arms, which is illustrated in the photos below.

<photos of arm crossing>

You have an opportunity to create new neural pathways by exploring new approaches to achieving these vague goals. You will likely notice that repeating these explorations periodically, with different physical approaches, will produce different results. These new positions may feel awkward, but pay attention. “Do we not see how many discomforts drive us wild, and how ill assorted is our fellowship with the flesh?”¹⁰

¹⁰ *The Tao of Seneca, Volume 3, Based on the Moral Letters to Lucilius by Seneca*, translated by Richard Mott Gummere, Loeb Classical Library edition, 1917, Letter 120, More About Virtue A great free source for the wisdom of Seneca is provided by Tim Ferris at <https://tim.blog/2017/07/06/tao-of-seneca/>

Exploration 2: Add Some Taps

Our next exploration will add light tapping to the first exploration.

Evaluate: You get to decide how you want to evaluate your current status. Definitely include the subjective concept of how you feel, but you can also include more objective measures such as number of squats you feel comfortable performing. You may be surprised at the physical impact of this simple approach.

Explore: Lay on your back in a comfortable location like a bed or mat, close your eyes and breath deeply through your nose.

1. Repeat the exploration above, but use your hands to tap the opposite arm or side while your arms are crossed. You can tap both sides simultaneously or alternate sides.
2. Stop the exercise after 10 minutes (using a count down timer can be helpful).

Evaluate Again: Repeat your original evaluations and judge the results: better, worse or the same. It might also be worth evaluating how the next 24 hours feel to you.

Decide: Is this exploration a practice you might want to keep, abandon or modify? If you did want to keep this exploration as part of a regular practice, how would you prioritize it with other activities. Is it important enough to begin or end the day, or would be on an “as needed” basis?

The most obvious next modification is to change the verbal cue, which we will do later.

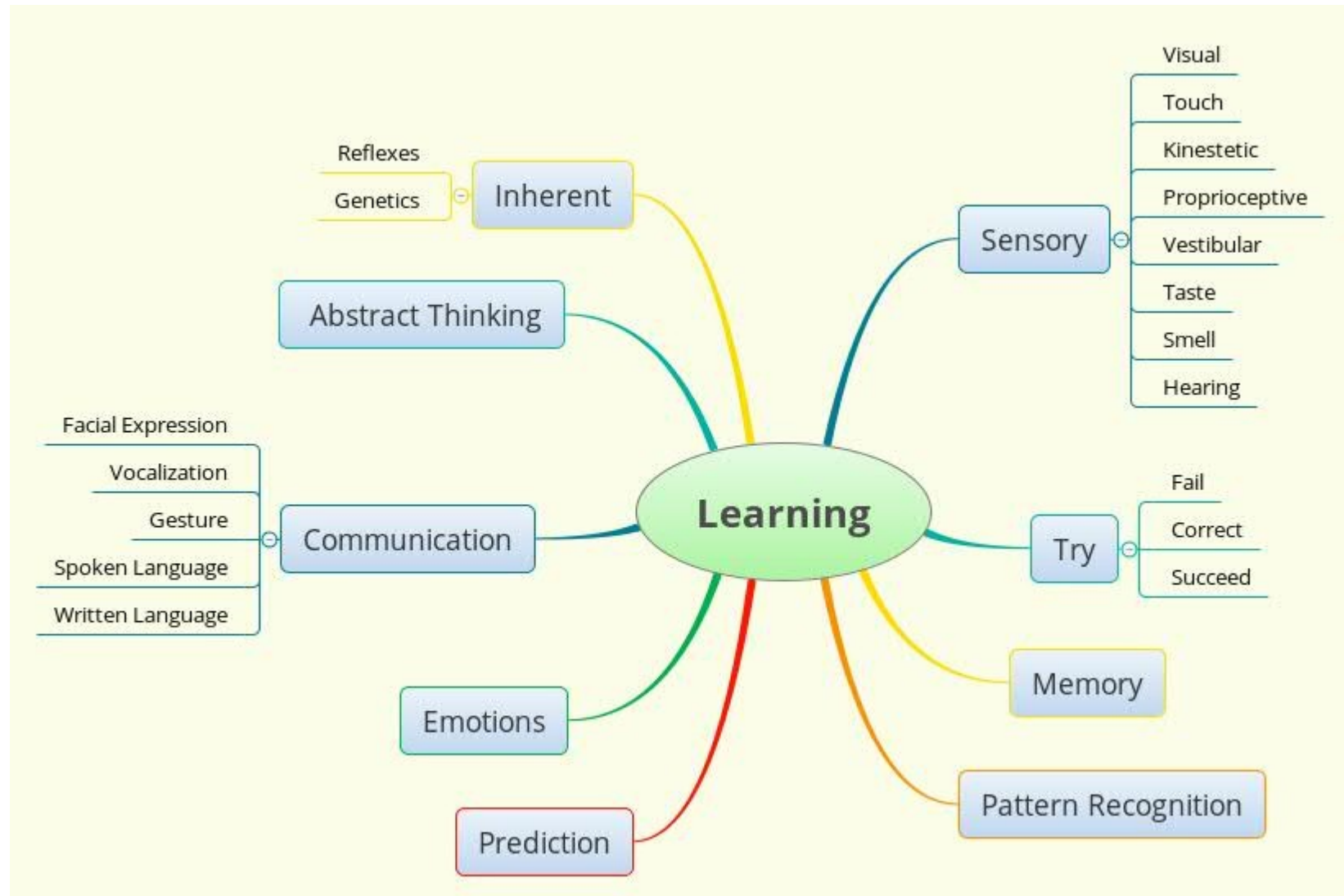
How We Learn

It is worth paying attention to how humans learn in general and how we learn best as individuals. Unlike most other animals, a very small amount of the information we need to survive is “inherent” at birth. The disadvantage of this situation is that we require extended care to survive to maturity, but the huge advantage is that it allows us to rapidly adapt to our environment through learning. Another advantage is that we have a natural drive to socially engage to help insure the survival of ourselves and others.

While a horse or cow is born ready to join the herd and move within hours, their reflexes and genetics are not highly adaptable as situations change. Humans have a relatively small, simple set of reflexes at birth that require nurturing in a social environment to ultimately develop the ability to survive. This fundamental difference imbues us with a resilience that is superior to other animals. We are not the fastest, we are not the strongest, we are not the biggest, but we are really good at adapting.

A short list of inherent advantages we have over other animals that has allowed us to rise to the apex of earthly animals (at least in our minds) is almost comical when compared to large claws, teeth and muscles:

- we sweat better than other animals, dissipating heat, so we can pursue them over long distances
- we have better shoulder mobility and control than other animals, so we throw fast and accurate
- we are real good at predicting, so when we throw we are pretty damn good at hitting moving targets
- we have the ability to be exceptional communicators so we can hunt effectively in packs and pass on knowledge
- we are excellent at pattern recognition, so we learn where best to find prey and how best to avoid predators
- we are curious enough to push boundaries, but cautious enough to survive
- we nurture and comfort each other, promoting improvement and adaptation



Exploring Attention

We have an intimate relationship with the environment that allows us to survive environments from barren ice near the poles to equatorial jungles. Our basic components for learning consist of our

- inherent reflexes and abilities
- senses
- trial and error
- memory
- pattern recognition
- prediction
- emotions
- communication and
- abstract thinking.

There are more nuanced components also available, but more interesting to notice is how we as individuals best combine these elements in any particular learning situation. Some of us learn best by trial and error, while others excel the first time with minimal communication. Some of us like to relate new information to previously memorized and abstractly understood information.

How do emotions relate to learning? While most the other attributes obviously support learning, emotions are a bit more complex. Consider the following quote on the influence of emotion on learning and memory.

“Emotion has a substantial influence on the cognitive processes in humans, including perception, attention, learning, memory, reasoning, and problem solving. **Emotion has a particularly strong influence on attention, especially modulating the selectivity of attention as well as motivating action and behavior.** This attentional and executive control is intimately linked to learning processes, as intrinsically limited attentional capacities are better focused on relevant information. Emotion also facilitates encoding and helps retrieval of information efficiently. However, the effects of emotion on

Exploring Attention

learning and memory are not always univalent, as studies have reported that emotion either enhances or impairs learning and long-term memory (LTM) retention, depending on a range of factors.”¹¹

Emotions change our focus of limited attention to what is relevant in that moment to the individual. Note we may judge this change of focus as neutral, negative or positive, but the impact of emotions cannot be negated as they alter motivation and behavior. The lesson is that you ignore your emotions at your own peril, especially when it comes to learning. As an example, fear may cause minute details of a situation to be committed to memory or induce near complete amnesia of the event.

Each time you approach any of the explorations contained in this book you will be in a different emotional state. Pay attention to how these states impact your experience. Emotions color how we experience every event, but especially impact learning.

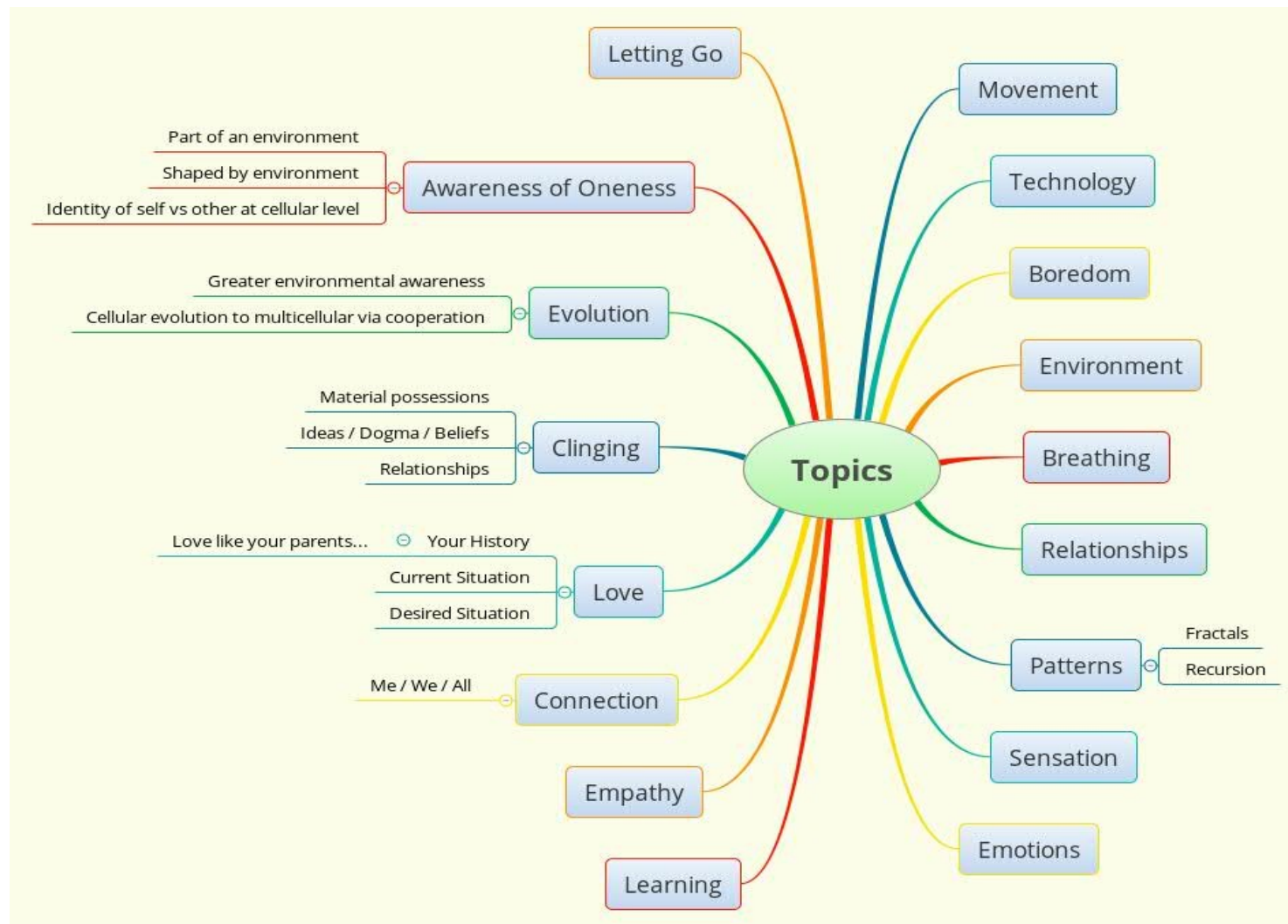
So where does attention apply to learning? Everywhere! Pay attention to your reflexes and genetics, both are more in your control than you might think, i.e. reflexes can be facilitated through practice and epigenetics¹² often dominate genetic expression or repression. Pay close attention to all the aspects of learning outlined above and others you identify, especially how they impact your ability to learn. Our ability to learn is perhaps what makes us most human, so paying closer attention to learning is a common theme throughout our explorations.

11 Tyng, C. M., Amin, H. U., Saad, M., & Malik, A. S. (2017). The Influences of Emotion on Learning and Memory. *Frontiers in Psychology*, 8, 1454. doi:10.3389/fpsyg.2017.01454

12 Changes in organisms caused by modification of gene expression, typically through behaviors, environment and other controllable factors

Attention to What?

There are many places where you might pay attention, some of which are contained in the diagram below.



Exploration 3: Attention Inventory – The Invisible Hand of Your Life

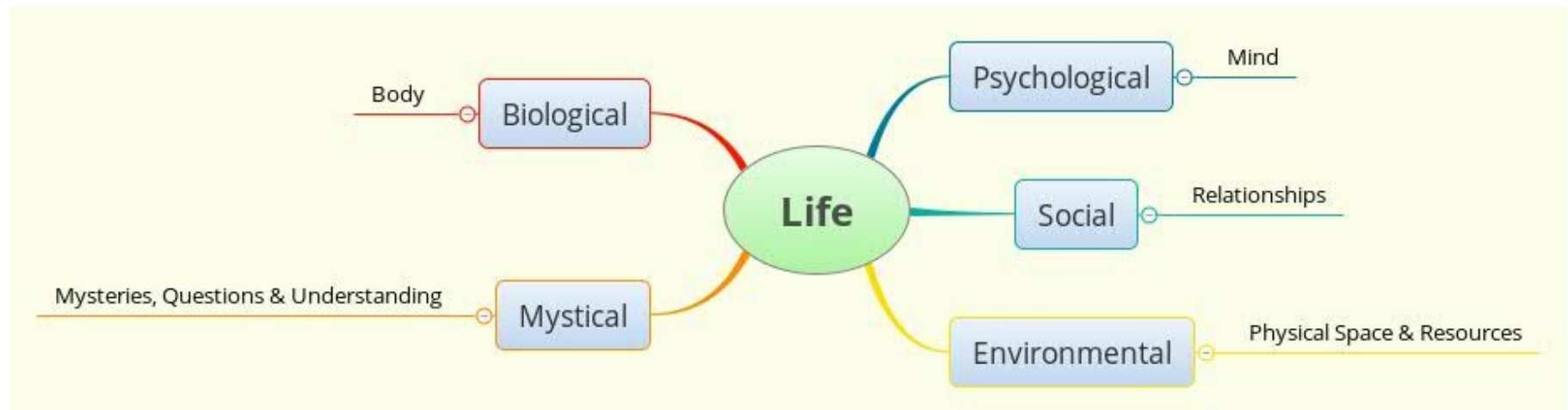
Make a list of the areas where you focus most of your attention, areas where you think you need to focus more attention and areas where you would like to focus more attention.

Areas of Current Attention	Areas Needing Attention	Areas Wanting Attention

Life Components

There are many ways to organize the components that make up our lives. A very traditional triad is “body, mind and spirit”, however, this leaves some unresolved connections. Relationships are a large part of life, so a more modern view is the “Bio-Psycho-Social” (or BPS) model. This model also is incomplete, we have lost the sense of “spirit” and there is still a large unresolved connection, environment. Environment is the physical space and physical resources that contain and sustain us, shaping all aspects of our life.

The diagram below presents the model we will use to help organize our quest for improved attention.



We will address these areas in a somewhat non-intuitive order. We have incorporated the idea behind “spirit” into the category of “mystical”. Mystical in this context is nothing more than the mysteries surrounding life and how we choose to engage them. While these mysteries could be contained under the concept of mind, we will address them separately to acknowledge their worthiness of separate attention. These divisions do not imply separate genesis, as such mind is separated from body, which a pure materialist might find objectionable. Our goal is not to imply specific implementation as much as to identify broad areas worthy of attention. Please do not be offended if you are pure materialist or a pan-psychist or a? A viewpoint that serves us

Exploring Attention

well in this book is that of an agnostic militant: I cannot possibly know for sure, and neither can you. Our constructs are purely to structure our explorations, not to imply an underlying reality.

We will use these broad life areas to categorize the areas investigated by our future explorations. Each area places constraints on our ability to experience and comprehend life. Again the relationships are more like a web than portrayed above. Our biology limits our ability to understand and experience the environment. The environment impacts our social life and body adaptations. Society often limits our ability to learn and think beyond certain norms. Our ability to probe the mysteries of life are limited by our environment, mind, body and often society.

Mystical

Paraphrasing Albert Einstein, the most important question you have to ask yourself, “Is the universe here to support me or out to get me?” Simplifying this concept further, “Do you love the universe, or do you fear it?” This simple question sets the tone for how you relate to your environment, your social relationships, your mindset and how all these ultimately impact your body.

Our use of the word “mystical” is very practical, in that it addresses how **you** relate to the mysterious nature of life itself. Some might prefer the word “spiritual”, but not all of us believe in spirit. However, we should all be able to agree there are some very curious mysteries surrounding each of our lives, bodies, minds, relationships and the environment around us.

If you were paying attention, you might have noticed that Einstein ignored an obvious alternative, perhaps the universe is indifferent? This omission seems huge coming from a man of science, but remember that Einstein also rejected the emerging statistical realities of quantum mechanics. He is famously attributed the saying “God does not play dice with the universe”. So even a famous scientist like Einstein can have his viewpoint colored by his inquiries into the mysteries that surround us, despite physical evidence to the contrary.¹³

13 If you wish to learn more about this impact, investigate the Einstein-Podolsky-Rosen (or EPR) paradox, which most consider settled by Bell’s work disproving Einstein’s position. This work centers on quantum entanglement or “spooky action at a distance”, perhaps the most interesting feature of quantum scale behavior. You can review <https://www.youtube.com/watch?v=tafGL02EUOA> or https://en.wikipedia.org/wiki/EPR_paradox or any of multiple books on the subject. A more comprehensive explanation can be found in this longer video <https://www.youtube.com/watch?v=wwgQVZju1ZM> connecting quantum physics and biology. As this last video is dated, you may also want to investigate the more modern understanding of quantum interactions in the process of photosynthesis occurring in plants, <https://www.youtube.com/watch?v=vBpsHAXsxAg>. Pay attention to your confusion, if you are not confused after your investigation, you have not paid attention!

Exploring Attention

“As above, so below” is an old philosophy which we can apply to this situation. Our bodies are essentially a universe of cooperating cells. We are each the sentient being that to a large degree controls their environment through movement, respiration, ingestion, digestion, thoughts and more. So the question becomes, are you there to support your cells, sabotage them or are you indifferent? How do you think different cells throughout your body might answer this question if they were sentient? Do you have ever present knowledge of the state of all your cells? Or do you only notice them when they revolt with pain or disease against the environment which you have created? A key component to all these issues becomes observation or attention.

Perhaps the next question to attend to might be “Where do I end and the universe begins?” We are each basically mobile bags of sea water containing cooperating cellular colonies composed of billion year old star dust that was subjected to appropriate conditions for life to emerge and survive through uncountable potential paths to achieve our present state. The deeper we probe into this mystery the more we understand all matter, including our body, is mostly space and energy, subject to fundamental forces with seemingly random behaviors curiously influenced by observation at the smallest scales.¹⁴ So there is physical evidence that “attention” can impact reality and possibly in a non-causal manner across time.

There are limits to how small we can probe, just as there are limits to how far we can see into the vastness in which we are embedded. Looking out beyond earth we can only account for about 4% of our estimated mass of the universe based on observations. Despite much effort, there is no theory explaining our existence that does not rely on at least one “miracle” to explain us. The most advanced theories available to our limited minds are stopped cold at two basic questions:

1. How do we get something from nothing?
2. Why something rather than nothing?

14 The key information to investigate here is the double slit experiment that demonstrates dual wave or particle behavior when matter/energy passes through two closely adjacent slits in a barrier. The presence or absence of an “observer” determines how the light will behave on the other side of the barrier. See <https://www.youtube.com/watch?v=A9tKncAdlHQ> , or <https://www.youtube.com/watch?v=p-MNSLsjdo> or https://en.wikipedia.org/wiki/Double-slit_experiment , or any number of books on the subject. Pay close attention to time independence (interference patterns building up over time) and interference not occurring when the slits are monitored by an “observer”. Consider that this experiment helps expose our best understanding of our underlying reality!

Exploring Attention

How we choose to relate to these mysteries is fundamental to how and where we put our attentions. Our reactions can range from ignorance to explanation to wonder, but how we view our situation is typically more fundamental to our life experience than we care to admit. These mysteries drive the course of societies, religions, science, philosophy and much more that impact our personal and collective history, present and future.

Have you ever placed any attention to understanding these basic mysteries and how they impact your current life? Are you a searcher for answers or a devout follower of a particular answer? Do you accept the limited abilities of human understanding or do you believe the mysteries can be unraveled? Do you require an answer or can you accept uncertainty? Do you accept the certainty of your ancestors or do you have your own explanation? Do you listen to the voice inside you which doesn't use words? What do your deepest instincts say?¹⁵ Can you see the imprint that your mystical outlook leaves on the more practical aspects of your life?

Environmental

While there is a common connotation of what the “environment” means, we will stretch that understanding from the smallest scales (environment inside and around fundamental particles, atoms, molecules and cells) to the largest scales (environment inside and surrounding ourselves, our homes, workplaces, cities, states, countries, oceans, planets, solar systems, galaxies and beyond to the limits of our comprehension). Environment is nothing more than the relationship between an entity and the space, forces and resources that surround or reside in it. Planet earth has an environment and exists in an environment. Each of us has an environment and exists in an environment. Each of our cells has an environment and exists in an environment. Our environments and how well we relate to them are key to our overall ability to thrive.

If you have ever questioned “why am I like this?”, the simple answer is “it's the environment”. Have you noticed how different you behave at the sea shore or in the mountains, as opposed to an office? There are many different environmental factors which might contribute to these different experiences: air quality, temperature, humidity, electromagnetic fields, sounds, smells, chemicals and much more. Besides the more objective aspects of environment, there are also highly intangible aspects,

¹⁵ Hopefully, your instinct tells you to keep moving, play in nature, seek clean water, eat naturally, rest when you are tired and cooperate with those around you. It is society that tells you to sit in your seat, don't climb on the furniture, drink Coke, eat processed “food”, keep working harder and it is a “dog eat dog” world.

Exploring Attention

which often impact our relationship with the mysterious. Have you ever felt awed by the ocean or staring into the night sky? Has this feeling caused you to ponder your place in this grand environment?

Do you ever consider how environment impacts your life? Both the environment within which you operate and the environment which you cultivate inside yourself. Environment cannot be separated from relationship, you can never be truly separate from any environment which you can conceive. Merely considering an environment changes your relationship with it.

This section brings us back to paraphrasing Einstein's question, "Is the environment here to support me or out to get me?" (or does is it indifferent? Is it my job to adapt to my environment?)

The beauty of the environments both inside and outside us is that we can choose to alter them through interactions. These alterations can be positive or negative, so another related question becomes, "Am I here to support the environment or degrade it?" (Or am I indifferent? Where will that approach lead?)

Social

Psychological

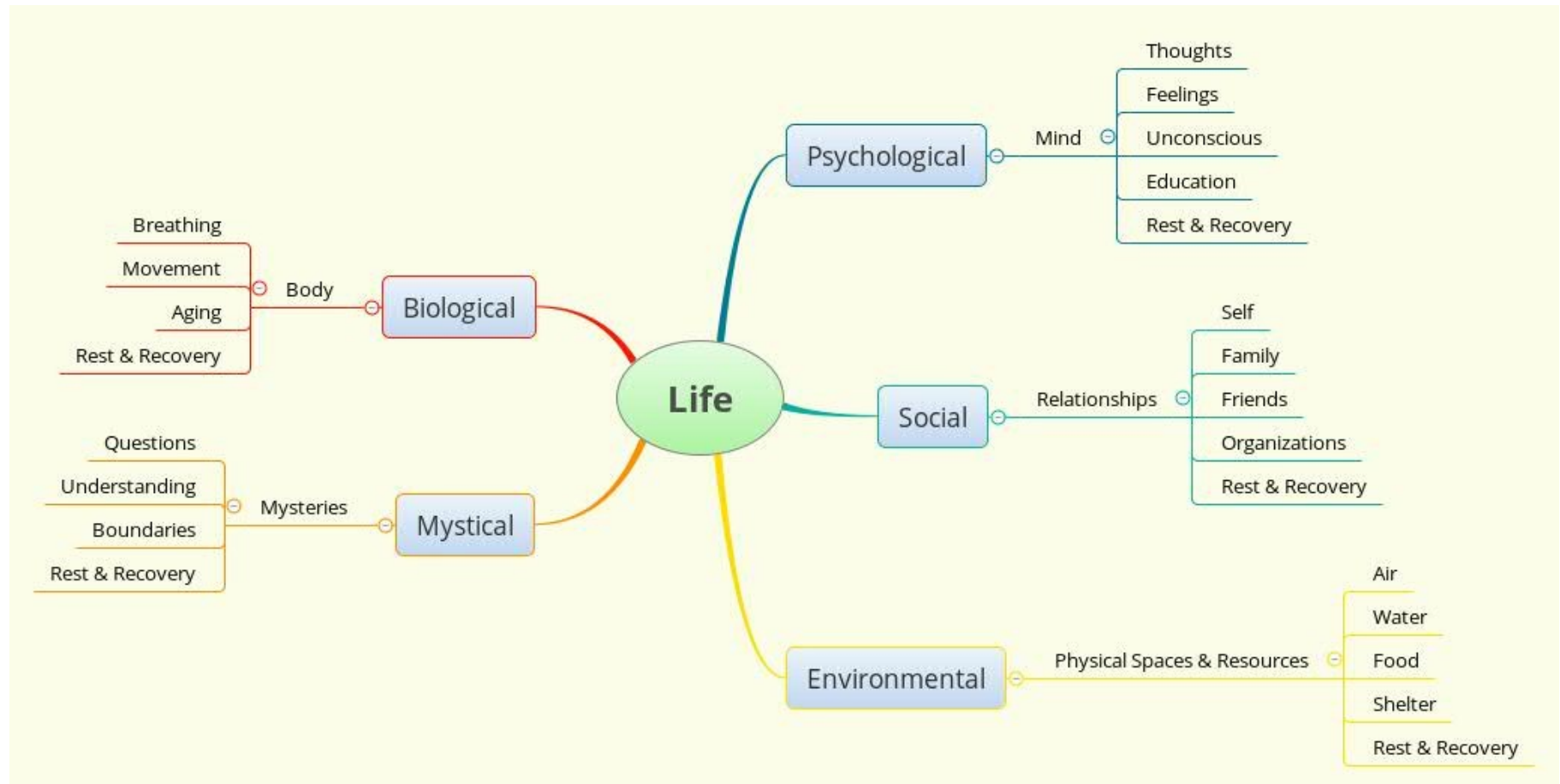
Biological

Exploring Attention

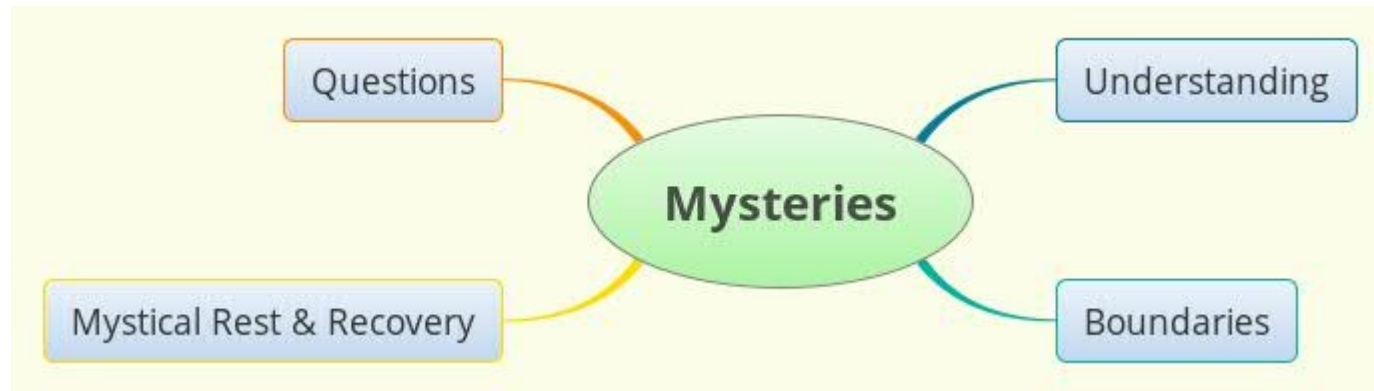
Deeper Structure & Explorations

Exploring Attention

Exploring Attention



Mysteries



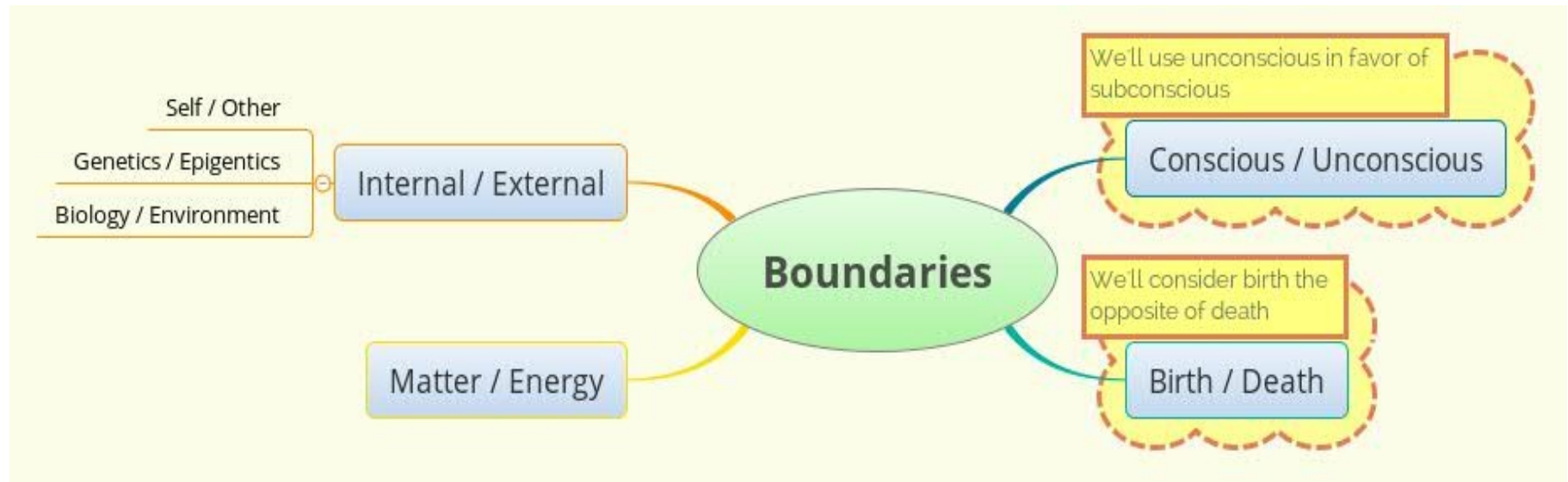
Questions

Understanding

Boundaries

Our next explorations will investigate boundaries, which are important to a sense of self. Boundaries are apt to move on us if we don't pay attention, but even more so if we do pay attention. The mind map below presents some of the boundaries we will explore using attention.

Exploring Attention



Exploration 4: Internal / External

It is critical to understand what is inside us, as opposed to outside us. It forms the basis for making the critical decision of what is self and what is other. While the concept can seem confusing at the level of a human, this understanding is very obvious at the lowest levels of elementary particles, atoms, compounds and cells. Or is it?

Evaluate: Pay close attention to the boundary of what is internal to you and what is external. It might be valuable to write down some key boundary points that define your current position. Close your eyes and ponder the question, “*Where do I end and the world outside me begins?*”.

Explore: Have you ever considered that the tubes from your mouth to your anus are outside of you? Your immune system certainly treats it that way. These are the areas where you bring in nutrients filled with both beneficial and detrimental components. Your immune and digestive systems must make a decision about

Evaluate Again:

Decide:

Left	Right
Verbal Logical Analytical Focused	Visual Intuitive Holistic Aware

Thinking – not paying external attention

Exploring Attention

Exploration 5: Matter / Energy

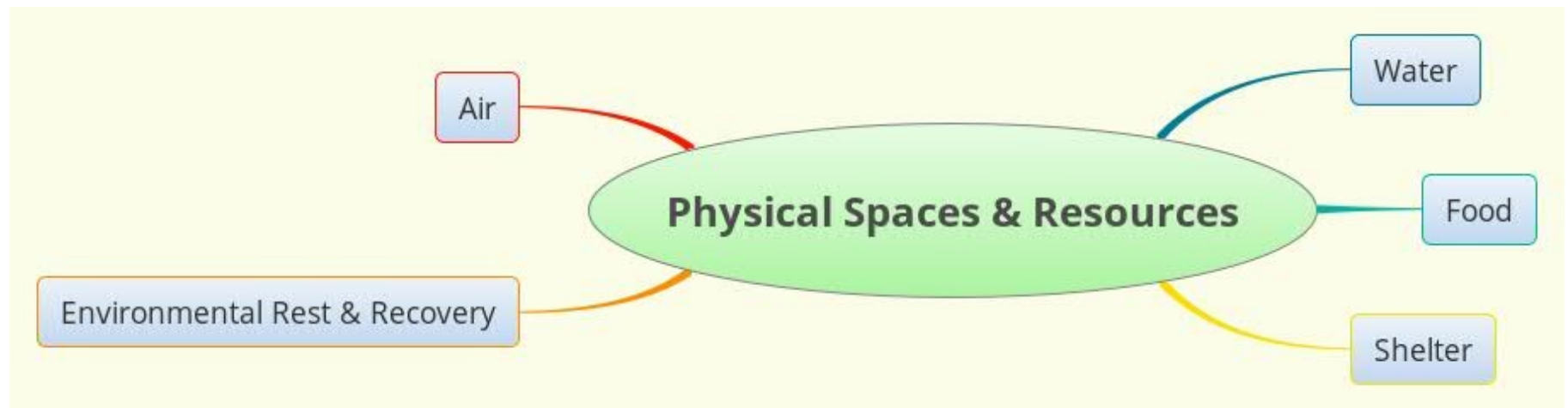
Am I energy or matter? What parts of me are which? If I cut off a leg, am I still me? How much of the material me can be removed and still be me? Am I an energetic being with a material manifestation? Or am I a material being with an energetic manifestation? How do I know?

Exploration 6: Birth / Death

Exploration 7: Conscious / Unconscious

Mystical Rest & Recovery

Physical Spaces & Resources



Exploring Attention

Air

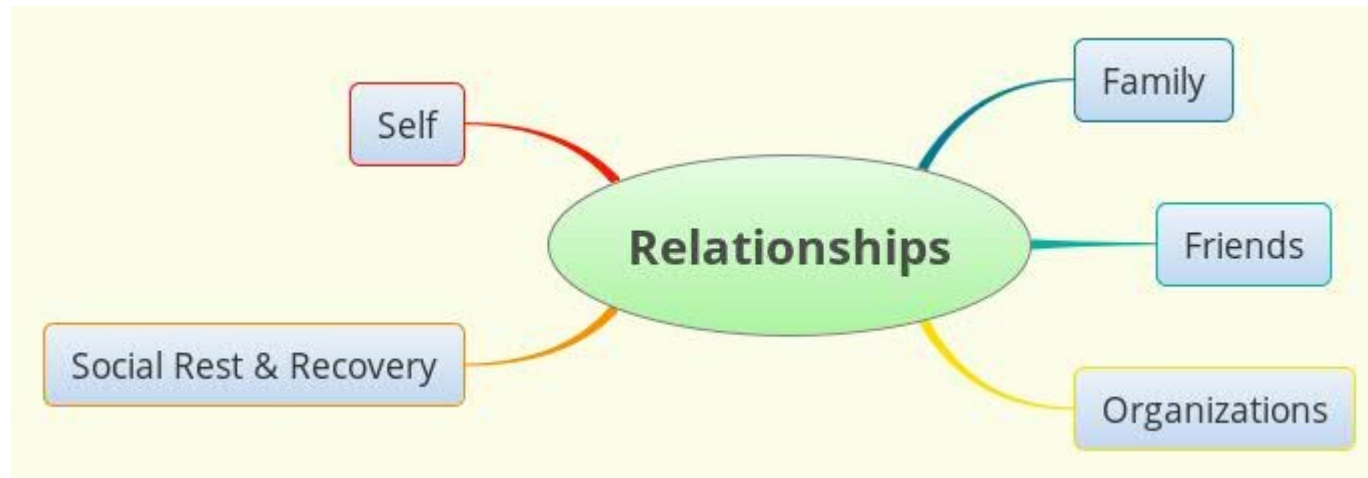
Water

Food

Shelter

Environmental Rest & Recovery

Relationships



Exploring Attention

Self

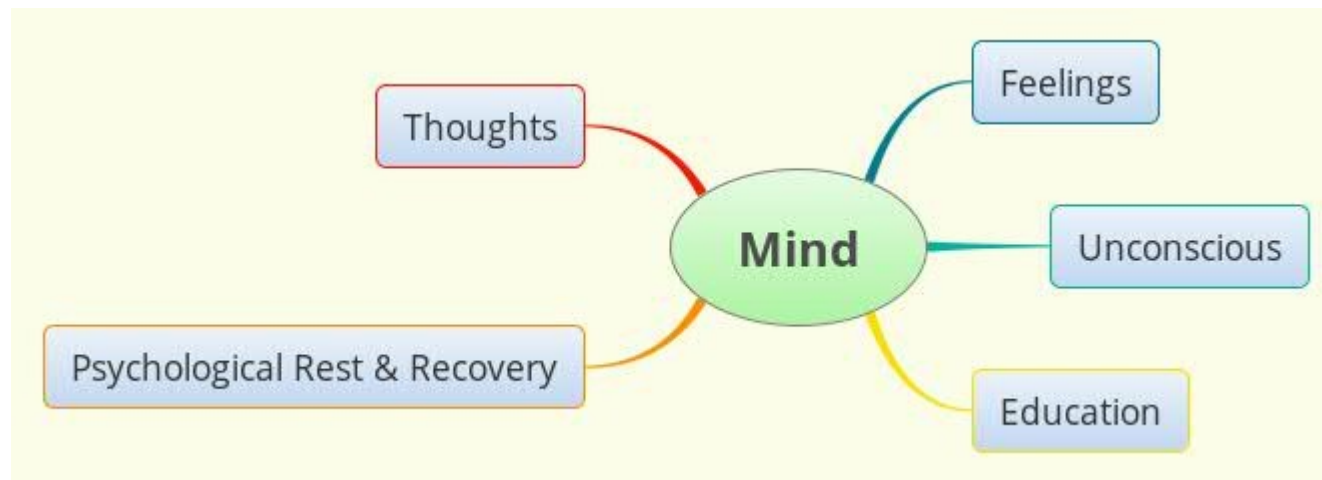
Family

Friends

Organizations

Social Rest & Recovery

Mind



Thoughts

Feelings

Denial

Admit there are issues. Know yourself. Easier to observe others? See what they deny. Monitor your body language.

Anger

What is really making you angry?

Greed, hatred & delusion – three poisons of Buddhism

Exploring Attention

“If you name me, you negate me.” Kirkegaard

Names are illusory simplifications that deny reality. They allow us to be lazy and not pay attention. I have a habit of not remembering names, which may be lazy, but may also be a rejection of simplifying somebody to a name.

Exploration 8: Finger Opposition

Touch thumb to opposing fingers with arms crossed in front of you while repeating consistent syllables. The classic syllables are shown below, but you can use any syllables you wish.

Index finger: sah

Middle finger: tah

Ring finger: nah

Little finger: mah

Try the exercise without crossing the arms, does it feel different?

Unconscious

Habits

Facilitate self awareness. Overall goal is to facilitate self-awareness & self-regulation, resulting in adaptation. But where does the “self”, begin and end?

We consider the development of a sense of object permanence as a progression from illusion to reality, but is it? Objects are not permanent, they are subject to change and ultimate destruction. The concept of object permanence is the ultimate illusion.

Nature (Genetics) + Nurture (Epigenetics: society, family, caregivers) + Will + Environment + ?

Not black and white, but interacting gray scales.

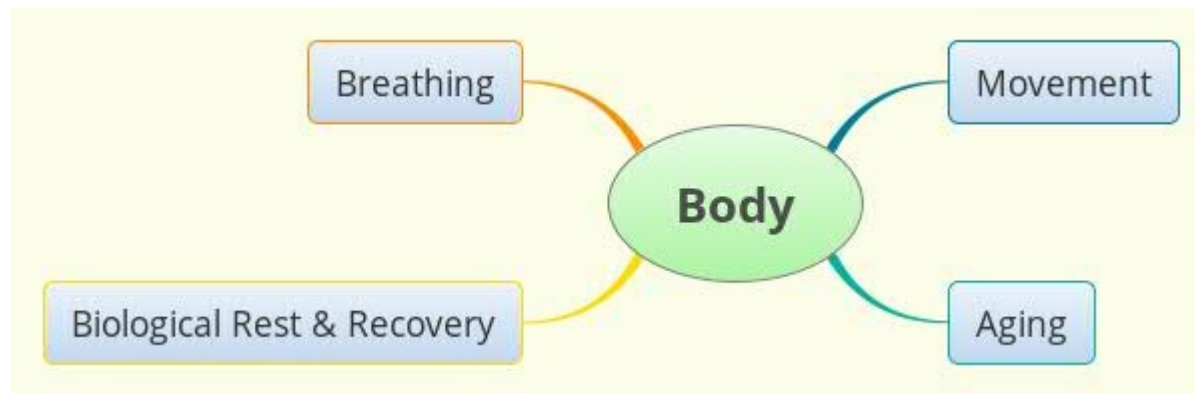
Exploring Attention

Bio-Psycho-Social-Spiritual – Spritual: relationship to the mystery

Education

Psychological Rest & Recovery

Body



Breathing

Movement

Our society has perverted the goal of movement to the purposes of burning calories, reshaping the body or boosting our egos. Humans move in a unique way with our center of gravity aligned over a narrow base of support. This arrangement allows us to rotate very quickly around the vertical.

Movement training is best purposed towards instilling patterns and principles that allow us to resiliently respond to new physical challenges. We are the “learning animal”, in that while other animals are literally born ready to survive, we must learn to respond to our environment. The advantage learning gives us is that we can rapidly adapt, as long as we are resilient.

Exploring Attention

Gravity

Body is a garden and the mind is the gardener. The organs and their processes are like the soil which provides nutrients, processes wastes and is the basis for the health of the garden. Muscles, bones and connective tissues are like the plants of the garden, available to be seen. Movement is like the fruit and vegetables, the bounty of underlying health. Longevity is the goal of the garden.

Aging

Biological Rest & Recovery

Miscellaneous

Watch for looping thoughts!

BRIGHT MINDS – Dr. Amen – Evil Ruler

Bloodflow – Social Media

Retirement / Aging - TV

Inflammation – fast food

Genetics – wakeup call, not sentence

Head Trauma – sports,

Toxins – Alcohol,

Mental Health – News cycle

Immunity & Infections -

Neurohormone Deficiencies – Nutrition?

Diabesity

Sleep

Is the “robot” (unconscious) doing more than you would like it to do? Is it doing activities as you would like to see them done?

(Signature exercise?)

Exploring Attention

Attitude of Gratitude

Pay Attention Summary

Pay Attention

Pay Attention 1: If you read the “Pay Attention” key points, you’ll be ready to explore further!.....	13
Pay Attention 2: Attention should be our constant companion, balancing alertness with detailed focus.....	13
Pay Attention 3: Attention can be difficult to control.....	13
Pay Attention 4: Minds bore easily, love to be busy, seek novelty, enjoy repetition and are generally too confident.....	13
Pay Attention 5: The conscious mind does not really multitask, it scans really fast. The nervous system really multitasks with multiple parallel systems operating simultaneously, often working with the unconscious mind.....	13
Pay Attention 6: The mind can choose to ignore important information, with one potential risk being breaking down with pain or illness.....	14
Pay Attention 7: When the conscious mind is not paying attention, the unconscious mind becomes our auto-pilot.....	14
Pay Attention 8: Attention is key to recognizing what we want to change in our unconscious patterns and initiating change.....	14
Pay Attention 9: Attention is the thread of awareness which scans the environment, the body and the mind itself.....	16
Pay Attention 10: Scanning uses sequential visits of varying time to implement attention ranging from alertness to intense focus.	16
Pay Attention 11: The patterns of the unconscious mind can be changed through repetition, hypnosis, love, gratitude, service to others, therapy, meditation, visualization, movement, breathing and other approaches.....	22

Conclusion

Pay attention! We came from nothing, but are everything we know. Our world is the result of the death of countless stars, we are built from stardust, built from the very earth under our feet. Yet all that is, is mostly nothing, space and energy, manifesting as matter. We have been around since the beginning of our time, yet we are young. We will die soon, yet we will be around for all time. Mystery surrounds our manifestation. Our comprehension is limited, but our imagination limitless. We busy ourselves rearranging energy to our satisfaction, which soon turns to dissatisfaction. The new becomes old, the old becomes new.

We are composed of an uncountable number of cooperating cells, yet we choose to compete over dogma and ideas.

Contact Us

Trina and I would love to hear from you and the best contact mechanism for us is email.

ed.semplinski@gmail.com

tsemplinski@gmail.com

Associated information hosted at

www.escape-pain.com

You can learn more about Trina's physical therapy practice in San Jose, California at

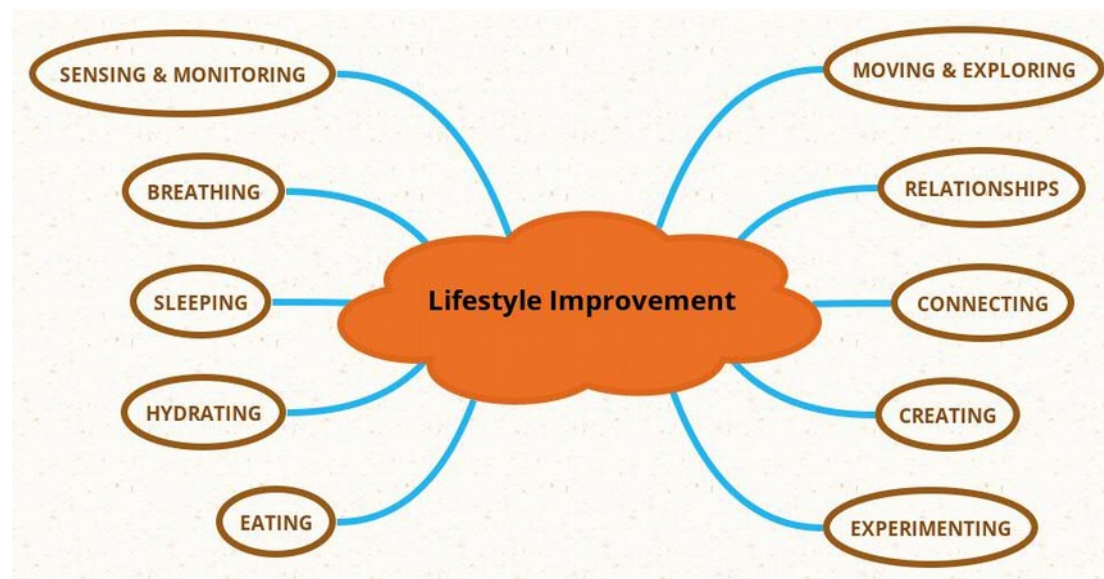
www.sjbcts.com



Above: Trina & Chip touched by nature in Antelope Slot Canyons outside Page,

Appendix 1: Simple Lifestyle Improvements

1. Improve your ability to sense and monitor changes in your head, heart, gut, body and movements.
2. Improve your ability to control your breath, and breathe primarily through your nose.
3. Improve your sleep quality, primarily following the cycles of the sun.
4. Improve the quality of your water, drinking primarily water.
5. Improve the quality of your food, eating primarily real food you could recognize in nature.
6. Improve the quality of your movement, exploring like a child daily, moving at a natural pace.
7. Improve your relationships, focusing on yourself, others and nature.
8. Improve your touch experience, primarily through connection with yourself and others.
9. Improve your creativity, express what is deep inside you.
10. Actively run the experiment which is your life – do the research, try new things and evaluate the changes.



Appendix 2: Resource Summary

Description	Resources	Contact / Information
Biology & Mind	Bruce Lipton Biology of Belief	http://www.brucelipton.com
Brain & Mind	Iain McGilchrist <i>The Divided Brain and the Search for Meaning</i>	http://www.iainmcgilchrist.com
Brain & Imaging Science	Daniel G. Amen <i>Change Your Brain, Change Your Life</i>	http://danielamenmd.com/
Breathing	Patrick McKeown <i>The Oxygen Advantage</i>	http://oxygenadvantage.com/
Breathing Cold Exposure	<u>Wim Hof Method</u> Wim Hof <i>The Way of the Iceman</i>	https://www.wimhofmethod.com/
Bodywork	Deane Juhan <i>Job's Body</i>	https://www.jobbody.com/
Extraordinary Healing	Dawson Church <i>Mind to Matter: The Astonishing Science of How Your Brain Creates Material Reality</i>	https://dawsonchurch.com/
Healing, Addiction & Human Development	Gabor Mate <i>When the Body Says "No"</i>	https://www.drgabormate/

Exploring Attention

Description	Resources	Contact / Information
Kokoro Yoga Box Breathing	Mark Divine <i>Kokoro Yoga</i>	https://sealfit.com/yoga/
Pain Science	<u>Neuro Orthopaedic Institute</u> David Butler Lorimer Moseley <i>Explain Pain</i> <i>Explain Pain Handbook</i> <i>Explain Pain Supercharged</i>	http://noigroup.com/en/Home
Pain & Touch Research	Paul Ingraham <i>Trigger Points & Myofascial Pain Syndrome</i> <i>IT Band Syndrome</i> <i>Low Back Pain</i> <i>Neck Pain</i> <i>Patellofemoral Pain Syndrome</i> <i>Plantar Fasciitis</i> <i>Shin Splints</i> <i>Muscle Strain</i>	https://www.painscience.com/
Qigong	<u>Flowing Zen</u> Anthony Korhais	https://flowingzen.com/
Touch Science & Biology	David J. Linden <i>Touch: The Science of the Heart, Hand and Mind</i>	http://davidlinden.org/

Appendix 3: Verbal Cue Examples

Assertions, Affirmations & Mantras

I love myself as I am at all times
I love my friends & family
I love everyone, including myself
I am whole
I am spirit
The universe supports all life
I am capable of change
Dare to improve
The world is better because I am here
I am supported

I am loved
I am complete and whole at all times
God loves and supports me
I am happy, healthy and loved
We are spirit
I live with passion
Be good, feel good, do good
I inhale _____, I exhale _____
I trust my body to heal the best it can
My body responds to my requests

Queries

Why do I _____?
What do I need to change to _____?
Who is part of my dream team?
Is my decision to _____ good for everyone?
Why am I afraid?

Is that really why I _____?
Is _____ what I really need to change?
Who will this change impact?
What does my heart say about _____?
Why do I desire _____

Exploring Attention

What is it that I need to know now?

What is it that I need to do now?