

SPARK 007

(Matrix Code: **SPARK007.00** for StartOver.xyz game.)

DISTINCTION: Your attention is your only resource.

NOTES: The journey of becoming a Possibility Manager begins in the moment that you start paying attention to your attention. Your attention is your most valuable resource because it is the only essential asset that you can do anything with. If you are not using your attention, then something else is.

Think of all the distracting influences trying to get your attention: billboards, magazines, televisions, Internet ads, radios, storefronts, catalogs, telephone calls, faxes, newsletters, and so on. Why would they be trying to get your attention if it was not so valuable? What they are really trying to get is your energy. If they have your attention they are getting your energy, because where your attention goes, your energy flows.

You can learn to pay attention to your attention by consciously moving your attention from one thing to another. You can place your attention on an object, an image or an idea. You can move your attention from one object, image or idea to another. You can lose your attention. You can give your attention away. You can split your attention, paying attention to more than one thing at a time. For example, you can drive a car, chew gum, listen to the radio, watch interesting people on the sidewalk, scratch your nose and make plans for your day all at the same time.

You can adjust the focus of your attention. Narrow focus is called “point attention” and is useful for computer programming, sawing wood along a marked line, threading a needle, adding numbers, and listening to what someone is saying. A broad focus of attention is called “field attention” and is good for scanning, holding space during a meeting, managing meaning during a conversation, riding a bicycle, planning, multitasking, and so on. Learning to use your attention is like learning to use your voice. No one else can do it for you. If you do not do it, it does not happen.

EXPERIMENTS:

SPARK007.01 See how long you can place your attention on your attention. Notice where your attention is and what you are aware of. Becoming aware of what you are aware of adds a new quality to the experience of awareness. You can feel the space around you suddenly shift and you wake-up to an additional dimension of sensing. Use the time when you are standing in line at the post office, when you are in an elevator or toilet, or when you are stopped at a red traffic light to pay attention to your attention. Say out loud (or quietly to yourself if necessary), “Right now I am aware of the yellow colored stripe on the man’s uniform. Now I am aware of the hammering sound. Now I am aware of the coolness of the air on my cheek. Now I am aware of making a story about how that person is behaving. Now I am aware of a memory when something similar to this happened to me before. Now I am aware of the pressure of the chair on my back. Now I am aware of breathing. Now I am aware of the sound of my voice. Now I am aware of a terrible smell.” And so on. Do this exercise often, but for less than five minutes each time. Paying attention to your attention builds matrix, the trellis upon which you can expand your Box.