

## WEEK 5 FOCUS

*“Always remember, your focus determines your reality”* – Qui-Gon Jinn

Focus determines your reality. If you focus on wrongs you energize anger, resentment, and frustration. If you focus on forgiveness you energize patience, tolerance, and compassion. Focusing on fault leads to accusation and fails to lead to resolution. Shifting attention to finding a solution energizes action.

It is better to say “things are tough right now, but it will get better with hard work” than “Why me? Life is not fair! Nothing I do seem to matter”. The attitude that you bring will determine your focus. Your focus will set the color of your day and ultimately the tone of your life. Unhappy people generally have unhappy lives.

Focus on the negative and we energize it. Throw a positive light on anything and we give it life. Always focus on where you want to go. Focus on what is in our control as opposed to what is not. What we focus on and energize ultimately determines our life. Our thoughts, concerns and moods shift continuously rarely remaining static for long. Emotions change through the day in response to internal and external stimuli. One minute we feel content and happy, the next we are in a self-made drama clouded with anger, fear, or sadness. Much of the time we are largely oblivious to why.

We are slaves to the very tool we need to master to achieve equanimity, peace and serenity, the mind.

Meditation is one of the best ways to improve your focus. A minimum of 20 minutes a day should be undertaken to focus the mind on the breath, a mantra, music, an object, or visualizations.

Breathing exercises like the Wim Hoff method is another good way to center and focus the mind.

Sustaining focus through the day is harder. Mindfulness sounds easy but takes extraordinary effort. One of the hardest mental exercises I have ever tried is the “seven-day mental diet” as suggested by Emmet Fox. The exercise takes extreme focus and attention on our moods, emotions, and thoughts. You have to apply mindfulness to every moment of the day. Verry quickly you soon begin to realize that the mind is like a tree of chattering monkeys. We barely have control over the mind.

*“For seven days you must not allow yourself to dwell for a single moment on any kind of negative thought. You must watch yourself as a cat watches a mouse...you must not under any pretense allow your mind to dwell on any thought that is not positive, constructive, optimistic, kind.”* – Emmet Fox.

The “seven-day mental diet” is an experience in mind control. To achieve even a day of the diet is an outstanding achievement of effort. To go the entire seven days without entertaining a negative thought or emotion is truly a feat. A Jedi would be hard pressed to achieve it for that amount of time.

The key of course is focus. Images, thoughts, and impressions drift in and out of consciousness all of the time. Some are passive like passing clouds and others are intrusive demanding attention and response. It may not seem like it at times but what we choose to focus on is entirely within our power. You have the potential to rein in your mind and harness its potential.

Take the seven-day mental diet. Give it a go and record your progress over the next seven days. Your ego will hate it but you will be astounded by the effect it has on you. I agree with Emmet Fox that it is one of the most truly outstanding things you can do. To summarize this is how it works:

1. Set a day and time to commence the diet. Any day or time will work however it is best to start in the morning as you rise fresh. Prepare mentally the night before.
2. For seven days' pay very close attention to where your mind is at. Focus on where your thoughts are leading. The goal is to immediately put out any negative train of thought. The diet is to refuse energizing any negative thoughts or emotions.
3. Any self-defeating, self-deprecating, attacking, or negative thoughts that enters your consciousness must be immediately silenced before they elicit an emotional or behavioral response from you. Do not struggle with the thought, simply let it go.
4. If you can avoid situations or people you are sure will get the better of you. The diet most often fails early. The longer you can go the easier it will be.
5. Be honest. If you get angry at someone cutting you off in traffic or harbor resentment for even a moment you have fallen of the diet. You must start again. Take a few days and when you are ready start afresh.
6. Note: If you are unsure if you have broken the diet just ask yourself did this thing or person cause you to invest negative emotions? Did you focus on it? If so, you have broken the diet. If still unsure look inward, your heart will reveal the truth. Fleeting thoughts and emotions do not count if you arrest them before they take hold.
7. Journal each day on the diet. Like progression in any exercise, you will find the more you do it the better you will get. Don't get frustrated (that's a failure) just learn from where you went wrong and try again. After a while it gets fun and you learn a lot about yourself as you are paying close attention to where you focus yourself. You are your own observer for a week.
8. Keep it to yourself. Do not tell people what you aim to do. I find that boasting a project or plans to friends and family can render it to the "later" pile or guarantee failure. Stephen King himself said he would never discuss a planned book with anyone until it was written. If you

attempt the seven-day mental diet and succeed by all means share your experience.

An audio of Emmet Fox's pamphlet "The Seven Day Mental Diet" can be found [here](#). The piece was written in the 1930's but remains as relevant today as it did during the Great Depression.

If the Seven Day Mental Diet is too great a challenge you can also try the Wim Hoff breathing method for 30 days. Note how your focus and overall vitality improves. Download the Wim Hoff app by visiting the web site [here](#) .

**DAY 29**

*“Focus on what you can do, instead of what you can't.”*  
- Qui-Gon Jinn

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 30**

*“In a dark place we find ourselves, and a little more knowledge  
lights our way.” – Yoda*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 31**

*“Anakin, this path has been placed before you. The choice is yours alone.” - Shmi Skywalker*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 32**

*“As a Jedi. If you'll show me the way.” – Anakin Skywalker*

Today I am Grateful for:


Morning Contemplation


Evening Reflection




**DAY 33**

*“Easy to break (the wall) if you have the will.” – Yoda*

**Today I am Grateful for:**


**Morning Contemplation**


**Evening Reflection**


**DAY 34**

*“A great leap forward sometimes requires two steps back”. –  
Obi-wan Kenobi*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


**DAY 35**

*“Always remember, your focus determines your reality” –  
Qui-Gon Jinn*

Today I am Grateful for:


Morning Contemplation


Evening Reflection


## WEEK REVIEW

Reflect on your daily practices and personal goals for the week.  
How did you do? Where can you refocus your attention?

Meditation:


Physical Exercise:


Diplomacy:


Awareness:


Self-Discipline:
