


Paying Attention to How We Pay Attention


RELAXED/OPEN → DIFFUSE FOCUS
IMMERSIVE FOCUS

- Wholeness
- Background Equal to Foreground
- Peripheral/Space
- Merging/Timelessness
- Energy Replenishing




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DIFFUSED FOCUS
SEEING WHOLENESS




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CALLING YOUR ENERGY BACK TO YOU



- Softening Your Focus
- Perceiving Space
- Sense Periphery
- Open to Possibilities Beyond the Knowns




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Heart-Focused Breathing® Technique

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).


Quick Step: Heart-Focused Breathing



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- Think
- Feel
- Believe
- Behave
- Become



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Freeze Frame® Technique

Gain clarity by accessing intuitive intelligence.

Make better decisions and access out-of-the-box solutions.

Stop energy drain and shift physiology into a coherent state.


Improves our mental functions and helps us access a wider range of intelligence.



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Freeze Frame® Quick steps


1. Acknowledge the issue
2. Heart-Focused Breathing
3. Activate a positive or renewing feeling
4. Ask
5. Quietly observe subtle changes and act



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Lose yourself in the act of

- Sensing
- Perceiving
- Feeling into the energy of space



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YOU ARE SELF - ORGANIZING BEING

*More energy
less matter*

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I dwell in possibility.

Emily Dickinson

Next Healing Circle

**Wednesday, December 27th,
6:30-8 PM**

Unitarian Universalist Church
www.TheHealingGardenMaine.org



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