

Today I basically want to talk a little bit about the the importance of attention. Attention is like an easier word to understand than Consciousness which sounds a bit more complicated.

Consciousness and attention they're sort of the same thing in a way and and basically means you do not use your emotions or your thoughts and pay very close attention to the present moment this is something that we think we are doing but we really aren't doing most of the time. 90% of humans in their day that for most of the time 99% of the time during the day they're just going through all the autopilot mode.

Consciousness and living in the moment is not something people do. Usually with people what they are doing is they are either in the in the past thinking about the past having emotions about the past or they are in the future thinking about the future thinking about tomorrow thinking about next week it's just it's just not real it's more like we are a robot.

You can see this for yourself you can set up a webcam or use a camera and record yourself doing regular day-to-day stuff the whole day and you will see how much time you waste and just mostly staring into a screen and you will basically see that you are not conscious most of the time. I did it to myself and few years ago when I tried it out and it's like you are looking at a robot and it's very very scary because you see you sit there for hours and hours and hours and you actually not getting anything done some small things that get done but if we compare it to how much you would be able to get done if you actually had pure clean presents attention as an easy word to understand this conscious concept imagine how much you would be able to get done. Because what happens is when we think we use our brain and when we work usually we look at what people in our surroundings have so we only most of us use to do the minimal amount of work needed to get by because we have emotions we have thoughts about what other people have and we kind of want to fit in and all these roadblocks come up.

Having focused attention and just be in the moment by using methods as yoga or meditation the whole idea is that we are not our thoughts or emotions we are just still present energy. I am currently reading an extremely good deep book about this topic right now it's around 4000 pages long I haven't finished it yet but it's extremely high value book for the low price. I have done tons of quote savings from this massive book and am around halfway in. It's from Swami Vivekananda a book summarizing his teachings. It's called Complete Works of Swami Vivekananda. What the ancient sages and the wise in India said was in terms of truth that they found was that we have a self in us that is not our emotions or our thoughts but it is kind of like a spirit inside of us that is everywhere and you can even call it pure consciousness.

The difference between us humans and other animals most of the time is that we can be more conscious of all the things we're doing right now we can be super conscious we can just sit here and be super present and not using thoughts or emotions. And we can by doing this be totally Blissful and Happy. And your thoughts will try to trap you because you have years and years you have invested into your thoughts so it will be very very hard to get into this attention mindset. You can call it Consciousness you can call it Focus but most of them can mean the same thing I think I heard a thing that Bill Gates and Warren Buffett say in some kind of interview where they got asked what they think was the best success thing to know and how they had succeeded in life and basically they said at the same time that it was all about Focus it really is all about that thing.

The problem with the intellect which is just only 1 part of your intelligence. The intellect that we use a lot too to think about new ideas and new ways to do things the problem is that the intellect keep slicing up things into smaller and smaller pieces and wants to understand everything but the key thing that these ancient Indian yoga since ages found was that this is not the way to do it. The intellect keeps on trying to understand life that many of these things they can't

be understood using the intellect. The intellect is a finite way to do it. For example can you understand life by slicing it up into infinite smaller pieces? No you will just have sliced it up into smaller pieces and created more confusion.

What these ancient Indians and the Yogi's said was that there is an intelligence outside of all the intellect a intelligence of body intelligence that the intellect cannot grasp. Because the intellect is trying to use thoughts and this is beyond that kind of realm so to understand Consciousness pure Consciousness you cannot understand it with your thoughts or emotions. Need to be more in the moment to understand true life. Being extremely present and be in the moment now there many many ways you can you can get help to get into this mode the main thing I found first is the power of proper food. Eating lots of vegetables and fruits. And avoid processed foods. Which you have no idea what is inside. Real food we can call it. Like vegetables or like fruits or nuts at least that's what's been working for me and they should probably work for most people because it comes from planet Earth it's not made in some Factory or something. So basically what it does and can do is remove a lot of that brain fog we are getting from all this artificial so-called food which we think is food but it's not really food. Fruits just makes your brain more able to live more in the moment makes you less paranoid about future things so that is something that is very nice! Yeah that's all I wanted to say in this quick little talk hopefully you did enjoy and hopefully you will read more stuff that I will do in the future and yeah have a great day! Before I go...

I also want to give another quick advice here about an amazing book that you will hopefully enjoy. It's one of my favorite books of all time it's called A New Earth by Eckhart Tolle. It is on the same kind of topics as the Swami book about being in the present moment. But it's extremely well written every page I feel. It is extremely helpful in making you to not think about your emotions or thoughts and use more focus on being in the moment and really getting things done that

is right in front of your eyes right now. Real Life stuff! I will keep reading books and try to find better books as I go forward in my life journey. Thanks for reading this blog post!