

CONCENTRATION & FOCUS EXERCISES

Exercise 1: Take a book, any book, and count the words in any one paragraph. Then, count them again to ensure you have counted them correctly. After a few times, do so with two paragraphs. When this becomes easy, count the words of a whole page. Do the counting mentally and only with your eyes, without pointing your finger at each word.

Exercise 2: Count backward in your mind from one hundred to one.

Exercise 3: Count in your mind from one hundred to one, skipping the numbers 100, 97, 94, etc.

Exercise 4: Choose an inspiring word or just a simple sound, and repeat it silently in your mind for five minutes. When your mind can concentrate more quickly, try to reach ten minutes of uninterrupted concentration.

Exercise 5: Take a fruit, an apple, orange, banana, or any other fruit, and hold it in your hands. Examine the fruit from all sides while keeping your attention focused on it. Do not let yourself be carried away by irrelevant thoughts that might arise or thoughts about the grocery where you bought the fruit, how and where it was grown, its nutritional value, etc. Stay calm, ignore, and show no interest in these thoughts. Just look at the fruit, focus your attention on it without thinking about anything else, and examine its shape, smell, taste, and the sensation it gives you when you touch it.

Exercise 6: This is the same as exercise 5, only that you visualize the fruit this time instead of looking at it. Start by examining the fruit for about 2 minutes, just as you did in exercise number 5. Then close your eyes and try to see, smell, taste, and touch the fruit in your imagination. Try to see a clear and well-defined image. If the image becomes blurred, open your eyes, look at the fruit briefly, and then close your eyes and continue the exercise. You may imagine holding the fruit in your hands, as in the previous exercise, or imagine it standing on a table.

Exercise 7: Take a small object like a spoon, a fork, or a glass. Concentrate on one of these objects. Watch the object from all sides without any verbalization, with no words in your mind. Just watch the object without thinking with words about it.

Exercise 8: You may try this exercise after becoming proficient with the above exercises. Draw a small triangle, square, or circle about three inches in size on a piece of paper, and paint it with any color you wish.

Put the paper with the drawing in front of you, and concentrate your attention on the shape you have drawn. Only the drawing exists for you, with no unrelated thoughts or distractions. Keep your attention on the drawing, and avoid thinking about anything else. Be careful not to strain your eyes.

Exercise 9: The same is true for number 8; only this time, visualize the figure with closed eyes. If you forget what the figure looks like, open your eyes for a few seconds and watch the figure. Then, close your eyes and continue with the exercise.

Exercise 10: The same is true for number 9, but the eyes are open.

Exercise 11: Try for at least five minutes to stay without thoughts. Do this exercise only after you have successfully practiced all the previous ones. If you practice the preceding exercises correctly, you can impose silence on your thoughts, even if this is, at first, just for a short while.