

## The Power Of Focus Creates Huge Success

The universe consists of arrangements that condense to smaller arrangements, patterns within patterns. The smallest discernible pattern is that of subatomic particles, and then beyond that is energy.

Now the marvelous thing about this energy is that it is not dead, but the most alive thing of all. It is not insensate, like say electricity, a particular pattern of flowing electrons. This energy is alive. It is the source of all life. It is consciousness itself.

And in you and I, we experience it as mind, or consciousness identified with a particular form and experiences arising from that form.

Now in us, this mind-stuff keeps the flow of life in the body, and it also creates our world, expressing itself as thought, emotions, and physical movement.

When the individual becomes aware enough to start focusing this mind stuff, then true personal evolution, a quickening of all aspects of well-being, start to take place.

It is nothing more than concentration that creates genius, enterprise, and massive breakthroughs.

Unfortunately, with most people, this focus is only a theoretically good idea, and in many cases, it is not even considered.

An analogy may explain the value of a focused mind a little more clearly.

We experience the many rays of the sun in a way that does not harm us. But once we capture the light in a magnifying glass, the concentrated beams immediately start a fire.

It is the same with mind.

You can either be scatter-brained, which is euphemistically referred to as "multi-tasking" or you can be focused.

Great success is only possible with focus. It is the secret of champions, the secret of genius, and the secret behind any particular act of excellence. The most "multi-tasking" can do is create competence for a short time at the price of high energy expenditure, and if continued for long enough creates confusion, which is an entropic condition.

This is an open secret. Focus creates excellence.

Although this is obvious, few people attend to it. And, you will also notice that few people are highly successful. Most people are struggling; only the few, thrive. The difference is in how each uses their mind. You can use your mind in a general way and get average results or you can use your mind in a focused way and create excellence.

On the surface, it seems that some people appear to have more power than others: more brain power, more energy, and more raw talent. But, where did that power come from in the first place? It came from a decision to focus and then consistent application to develop along certain lines.

How do you develop focus?

Pick one goal and see it to completion. It can be as complex as building a million dollars or reading a book in such a way that you fully understand the information in it.

Then practice focus, over and over again, until you get good at it.

Success is a series of small focused acts coming together to create a huge outcome. And every act is complete in itself. Over time, the accumulation of these complete acts is what will create for you a life that will make others shake their heads in astonishment at what you have accomplished.

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## About the Author

Saleem Rana would love to share his inspiring ideas with you. Hunting everywhere for a life worth living? Discover the life of your dreams. His book, Never Ever Give Up is offered at no cost to stimulate your success. <http://www.theempowersoul.com/enter.html>