

*How To Concentrate:  
18 Easy Ways to Achieve*



*Laser Beam Focus  
In Anything You Do*

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Compliments of: Jason Johns  
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**How To Concentrate:  
18 Easy Ways to Achieve Laser Beam Focus  
in Anything You Do**

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## **Introduction**

Much has been written over the past few years about how to manifest your desires so that you can live the life you want to. Dozens of self-help experts tell you that if you will only focus on what it is you want, you can have it. But in all the self-help books I've read and in all the courses I've taken over the past ten years, they all fail to deal with one important issue.

What if you don't know how to focus? What if you can't hold a thought for more than a few seconds before a million more come racing in to take its place? Since we know that in order to manifest successfully, we must first be able to concentrate on what it is that we want, why don't those experts teach us how to focus?

I got so frustrated with not being able to get started because I couldn't concentrate on anything for long enough to see a result, that I decided to go searching for someone somewhere that would teach me how to concentrate. I finally found some help in an old book written almost 100 years ago. It would appear that not being able to concentrate is not something that is new to our "I want it now" society.

What follows in this book is a distillation of that old wisdom. Exercises that are practical and easy to do, and that will, if practiced consistently over time, teach you how to develop your own powers of concentration so that you can manifest your desires into reality.

This book started out as just a simple workbook of fifteen easy concentration exercises. It has grown into something much more. There are steps to learning how to concentrate, just as there are in any skill we learn. You can't just dive in to the deep end and expect to know how to do it right the first time. As with any other skill, it takes practice. After using these exercises for several months, I am confident that they will work as well for you as they have for me.

### **Why Learn to Concentrate?**

We all know that in order to accomplish any given thing we must concentrate. It is a skill that, once learned, will be of great value for the rest of your life. To make a success of anything you must be able to concentrate your entire thought upon the idea you are working out.

Conscious concentration is of benefit, not only in stilling the mind and allowing us to complete tasks which we might not otherwise finish. It is also a key component in creating the life that we desire. The reason for this is that we are continually acting on the mental images that we form. The old adage that “thoughts are things” is very true. If we don't concentrate on the thoughts we allow into our mind, we run the risk of creating things and circumstances we would really rather not have in our lives. Without concentration, our lives become little more than an existence which is ruled by the subconscious.

Consider this... If you allow yourself to focus on negative images you unconsciously build a negative disposition. You will think of poverty, weakness,

disease, fear, etc. and as surely as you think of these will your objective life express itself in a like way. What we think, we will manifest in the external world. Wouldn't your life be better if you could train yourself to only focus on health, wealth and happiness?

In deep concentration you become linked with the great creative spirit of the universe, and the creative energy then flows through you, vitalizing your creations into form. In deep concentration your mind becomes attuned with the infinite, and registers the cosmic intelligence and receives its messages. You become so full of the cosmic energy that you are literally flooded with divine power. Once you achieve this desired state, you will realize the advantages of being connected with the supra-consciousness.

When you become connected to your supra-consciousness, you become the controller of your human thoughts. That which comes to you is higher than human thoughts. It is often spoken of as Cosmic Consciousness. Once experienced, it is never forgotten. Naturally, it requires training to reach this state, but once you do, it becomes easier each time. In the course of time you can become possessed of power which was unknown to you before. You are able to direct the expression of almost infinite power while in this deeper state of concentration.

## **Chapter 1**

### **How To Use These Exercises**

The rays of the sun, when focused upon an object by means of a sun glass, produce a heat many times greater than the scattered rays of the same source of light and heat. The same is true of attention. Scatter it and you get ordinary results. Center it upon one thing and you achieve much better results. When you focus your attention upon an object, your every action, voluntary and involuntary, is in the direction of attaining that object. If you focus your energy upon a thing to the exclusion of everything else, you generate the force that can bring you what you want.

When you focus your thought, you increase its strength. When you have learned to master your thoughts, you will be able to change them as easily as you change your clothes.

The real requisite of centering is to be able to shut out outside thoughts – anything foreign to the subject at hand. In order to control your intention, you must first gain control over the body. The body must be brought under control of the mind; the mind under control of the will.

Your will is strong enough to do anything you wish, but you must realize this for yourself. The mind can be greatly strengthened by being brought under the direct influence of the will. When the mind is strengthened by the impulse of the will, it becomes a more powerful transmitter of thought because it has more force.

The first exercise you will learn in the following pages is how to relax and center yourself. Following that, Exercises 1 through 5 focus on gaining control of your muscular movements, both voluntary and involuntary. These may make you feel “tired” at first, but it is important to keep practicing them so that you can train your attention. To get the most value out of them, you must concentrate your attention on each movement.

The remaining Exercises will give you practical ways to apply your powers of concentration in order to gain more control of your thoughts with the aim of improving your health, controlling your senses, giving you a better night’s sleep, and eliminating bad habits, just to name a few.

When you first start these exercises, you will find that your attention does not want to be controlled, and will wander on to more interesting things. This is the main purpose for practicing them – to control your attention and make sure that it stays focused on the task at hand.

No matter what you may be doing, imagine that it is the most important thing in the world at that moment. You are not interested in anything else in the world but what you are doing. You should make it a habit to do at least one of these exercises every day, and to concentrate on something familiar and uninteresting -- the less interesting the better, as this requires much more concentration than if you choose an interesting object. After a little practice you will find that you can center your attention on any object at will.

## Chapter 2

### How to Relax

Have you ever noticed how most self-help and personal development books put exercises of some sort at the end of each chapter? The main reason for this is that the best time to practice concentrating is after reading something that is inspiring. You have expanded your mind, are open to new possibilities, and are in a mentally and spiritually receptive state. It's a great time to relax and center yourself, and take action on the new things you've learned.

#### **Relaxation is the First Step To Improved Concentration**

True concentration of the mind means the ability to drop every subject except for the one you are centered on. But how can your mind be focused on the topic at hand, when the body is all tensed up? If, by definition, concentration means the focusing of a force – energy, in this case – then if tense muscles are also using energy to hold that tension, the force is not focused where we want it to be.

Here's one simple exercise you can do to get started:

Make sure that the room you are in has an adequate flow of fresh air, and then lie down flat on your back without a pillow.

See all your muscles as being completely relaxed.

Now, breathe slowly, filling the lungs full of fresh air. Hold this as long as you can without straining yourself, then exhale slowly in an easy and rhythmic way.

Breathe this way for five minutes, letting the Divine Breath flow through you, cleansing and rejuvenating every cell in your body and your brain.

Think about how quiet and relaxed you feel. Think of yourself as getting ready to receive knowledge that is greater than anything you have received before. Now relax and let the universe work in and through you, assisting you in manifesting your desires.

Don't let any doubts or fears enter. Just feel that what you wish is going to manifest. Feel that it already has. In reality it has, for just the minute you wish a thing to be done, it manifests in the thought world. Whenever you concentrate, believe that you are successful. Keep up this feeling and allow nothing to interfere and you will become the master of your powers of concentration.

### **More Relaxation Techniques**

Of course, this is not the only way to relax. Sometimes you aren't in a situation that will allow you to lay down and stretch out. Sometimes even when you can stretch out, you may not want to take the risk of falling asleep during the above exercise. (It's happened to me. I get so relaxed, the next thing I know, it's an hour later and I've had a wonderful, but totally unintended nap!)

## **Progressive Relaxation**

In the early 1920s, Edmund Jacobson developed Progressive Relaxation. Jacobson was one of the first to measure the electrical activity of the muscles. He believed that anxiety showed itself through tension in the muscles, and he believed that if we could reduce the muscular response, then we would also reduce the amount of stress in our bodies, as well.

This is a relatively straightforward relaxation technique and is widely used today. It requires very little imagination or even willpower. Practicing this technique will quiet a racing mind or heart and will help you to focus better and concentrate better.

This technique teaches the difference between tension and relaxation as many have come to associate the tension of every day life to be entirely normal. Many have forgotten what it is to truly relax.

This relaxation approach involves tightening and then relaxing various muscle groups throughout the body, a little bit at a time. One group of muscles is worked on and then, slowly, the next.

It does work best when you can coordinate inhalation of breath with the tightening of the muscle phase and then controlled exhalation with the relaxation phase.

For example:

- Tighten your left fist, slowly, inhaling as you do.
- Hold the tension now, about 5 seconds, continuing to inhale and focus on the feelings of tension.
- Really focus on what the tension feels like.
- Feel the burn, the lightness, the tightness and the restriction.
- Label how the tension feels in your mind.
- Now just let go, slowly, and relax, exhaling all of the stale tension and air.
- Notice any of the relaxation sensations, label those.
- Slowly exhale as you name those sensations of relaxation, utter relaxation.
- Whatever terms you can think of to label the feeling, and then relax, slowly, exhaling as you do.
- Repeat the same technique for the right fist.
- As you feel the change and are totally relaxed, move on to the next muscle group.
- Do this for about 15 - 30 seconds per contraction/relaxation cycle.
- Try doing one entire side of your body and then the other.

If relaxation imagery appeals to you during this technique, go ahead and imagine what you can to the feelings of both tension and to extreme relaxation. It is important to compare and contrast the differences you feel from tension to relaxation.

## **Still Your Mind**

It's all very well and good to relax the body as the above two exercises do. But what do you do when you just can't shut down your mind? Here's an easy way to still your mind, so that you are mentally, as well as physically relaxed:

- Relax your body completely.
- Take in 4 deep breaths, repeating "4" to yourself as you exhale.
- Then take 3 deep breaths, repeating "3" when you exhale.
- Now take 2 deep breaths, repeating "2" when you exhale.
- Finally, take 1 deep breath, repeating "1" as you exhale.

At the same time, focus your mind on a pleasant image. Imagine that you are a passive observer of something very relaxing where there is repetitive motion.

For example, visualize relaxing on the beach, watching the waves go back and forth or lying in the grass and watching as the clouds move by overhead.

Now you want to cause your mind to go completely blank. As you are focusing on this repetitive movement, begin to envision a blank form. Think of it as you are standing on the edge of an abyss where there is no form and all is void.

Focus on the void and remain there as you continue to relax deeper and deeper. Hold this as long as you can.

## Mini Relaxation

This exercise works well at any time. It works especially well if you work in a stressful environment, or when you need to be able to concentrate on the task at hand. It also works well if you happen to be standing in line at the bank or check-out, and it feels like everyone around you is stressed out.

One thing I've noticed when doing this exercise around other people is that as you relax yourself, your calm energy has a ripple effect on the people around you. I've seen it happen when standing in line at a check-out counter, and the people in front of me had a screaming baby that they just couldn't get to settle down. By calming myself down, my peaceful energy radiated outward enough that the baby just suddenly stopped crying. Those parents were so proud of themselves! They had no idea what had happened to make the baby stop crying, and I just smiled to myself and paid for my groceries.

Here it is:

- Take in three deep breaths.
- With each deep breath, imagine that you are inhaling feelings of calm and peace.
- You can also affirm to yourself: ***"I am at peace in this moment."***
- With each exhale, breathe out feelings of pressure and stress.
- Take time during your day to stop and focus on a pleasant thought or image (like a baby playing in the sand.) Do this many times a day.

- Allow your shoulders and jaw to completely relax.
- Do not focus on any stress.
- Close your eyes and feel any tension throughout your body.
- Picture this tension as water being held in a pitcher.
- Feel as the water begins to flow from the pitcher.
- You will begin to feel light and weightless.
- Stay in this for as long as you can.

**From the Author:**

This concludes the free sample. I hope you have enjoyed these first two chapters of *How To Concentrate*. If you found the information here useful, you'll love what's in the rest of the book. You can get an idea of exactly what else you'll find by checking out the Table of Contents at the beginning of this preview.

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Regardless of whether you decide to order or not, (and of course I really hope you do), I'd love to know what you think of what you've just read. There's a couple of ways you can let me know:

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Wishing you peace and prosperity always,

Ruth Ritchie-Farmer