

# FOCUS MASTERY





## **Intention of this Masterclass**

To help you utilise the **power of focus to create new possibility in your personal reality.**

Whether this be personal or business outcomes or results.

How? Focus Mastery tool

Part of the 'Focus creates reality' philosophy & methodology

About me - **Vineet Bhatia**

# Focus is not what you think

## Focus is not what we traditionally think

Modern cultural idea of focus is to "put your head down".

To give your attention to a task or to concentrate on an activity.

Focus is not a verb, to do.



## What is the true meaning of focus?

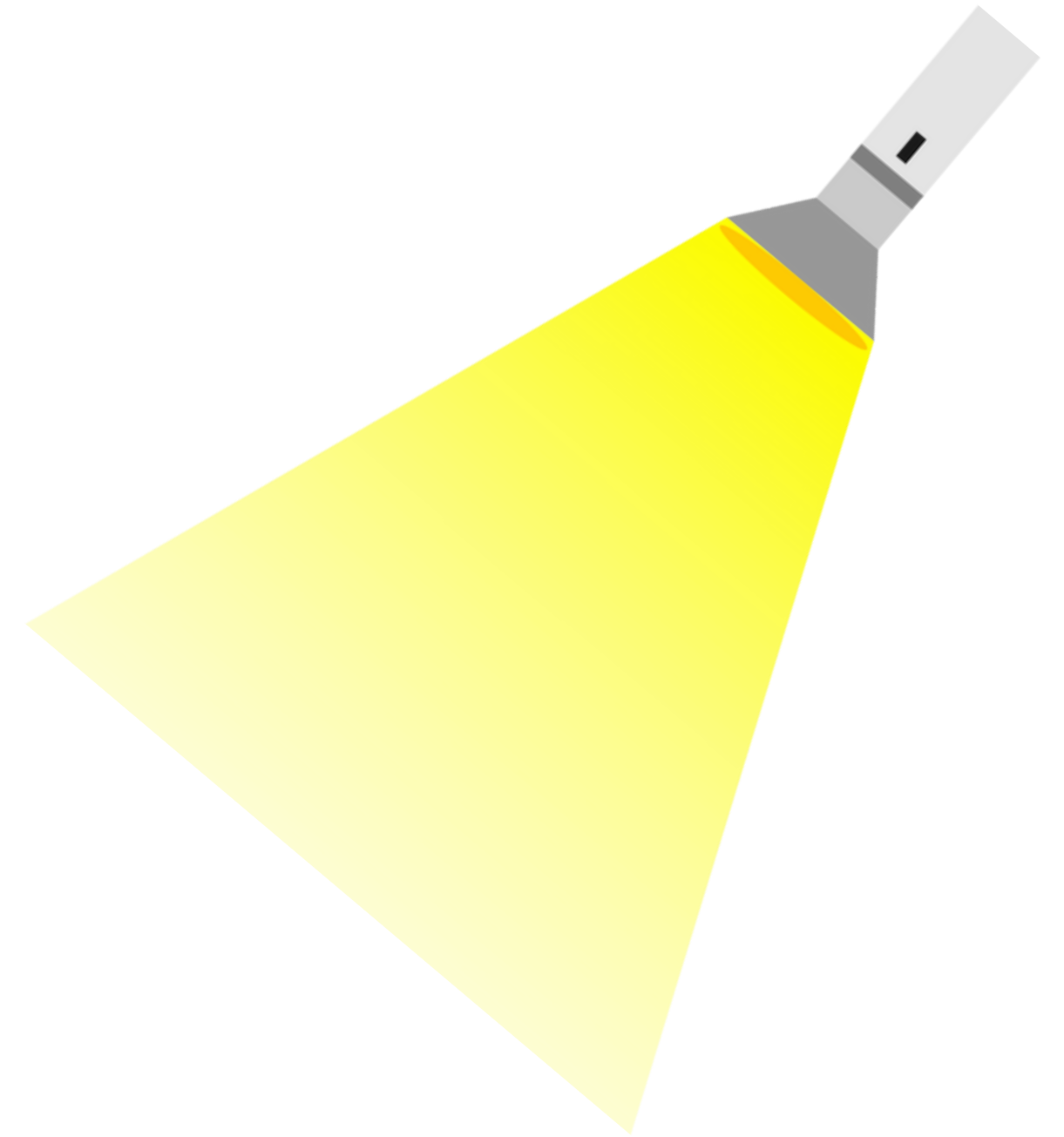
Ancient traditions knew the power of focus

Spiritual masters were known to practice Dyhan.  
A focus development practice.

**Focus is to gain awareness of a possibility by placing your attention on it with your consciousness.**

**To be able to "see" or "sense" it in the world.**

Focus is akin to a state of being  
Focus is to gain awareness





# Your most priceless commodity

What is the most valuable commodity in the world right now?

**Your attention** is the most priceless commodity in the 21st century i.e. focus

Just ask social media companies or any other brand in the world.

They are in the "attention" business.

Traditionally the economy relies upon selling you stuff based on grabbing your attention/focus

**Either you can allow the external world to decide where you put your attention/focus which is by default.....**

**.....or you can take conscious control of where you place your attention, thereby influencing what possibilities are open to you in your life.**

You have a limited amount of energy each day, therefore limiting the amount of things you can give attention to so you better choose your attention wisely.

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## The problem

The problem that focus mastery addresses is one's **inability to see possibility**

Being able to see/sense possibility is the driving force that makes a person believe that they can create X result into the world

When we loose sight of this possibility in our minds eye, the chances of creating X into the world diminishes.

To not have awareness of something is to not know of it's possibility of existing





## **The unconscious (The gate keeper)**

The unconscious contains the programmes that make you aware of x possibility in your environment.

**Specifically to be aware of that which supports your survival, psychological or physical survival.**

Other data/information is screened out which does not match the state of the programmed mind.

**The unconscious is the lense that blinds you from possibility**

You might say that the unconscious mind is a gatekeeper to non essential possibility which we have to bypass to be able to get to further possibility.

**Get beyond the gatekeeper that is the unconscious mind and you'll come to the doorway to possibility**

The access point to this door is with the **Focus Mastery tool**.

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# The mother of all solutions

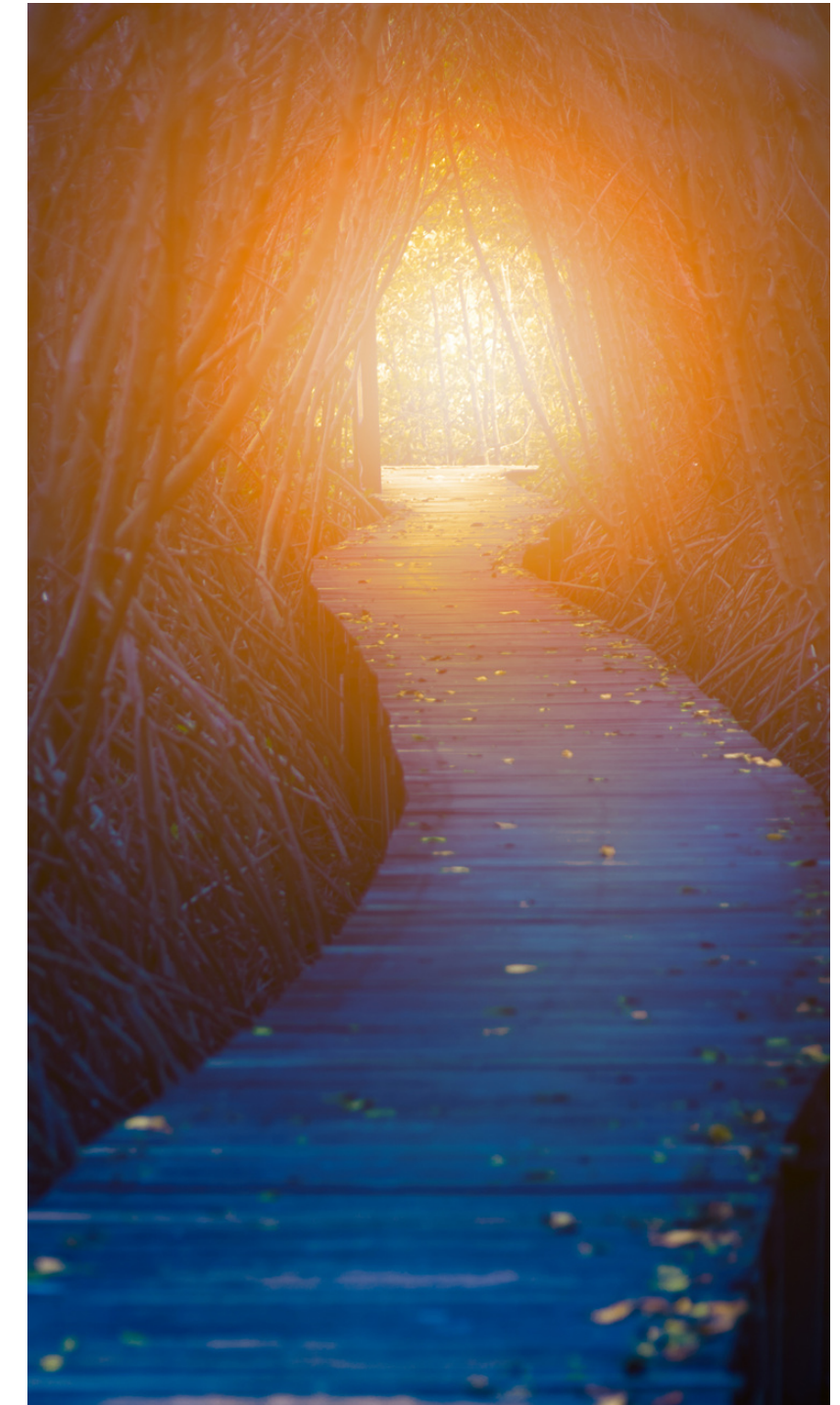
**To be able to use the power of focus (Focus Mastery tool) to gain awareness of possibility**

To see possibility in our minds eye, primes the mind (subconscious) to become aware of it in the world.

You can only be aware of something if you put your minds attention on it, consciously or unconsciously.

Like a spot light, the Focus Mastery tool enables you to gain awareness of possibility.

You do this by placing the attention of your minds eye on the possibility that you choose to become aware of (sense or see) in your environment.





## Example

The car that you want to buy, you start noticing it on the roads when you started to pay attention to wanting to buy this car.

Your attention brings something into awareness



Who needs science, when common sense prevails  
BASIC INPUT & OUTPUT!

# Focus Mastery Method

**Focus Mastery is a simple three step process that supports you to bring possibility into awareness by placing your conscious attention on it within your minds eye.**

The end result of this process is that pattern recognition of your mind kicks in where by seeing/sensing corresponding realities or doorways to this reality.

**The tool is a foundational tool from the Focus Creates reality philosophy/methodology**

The focus creates reality method takes into account the three aspects of consciousness.

1. Conscious, 2. unconscious and 3. superconscious

That one can place their attention on in-order to determine the reality you create or experience.

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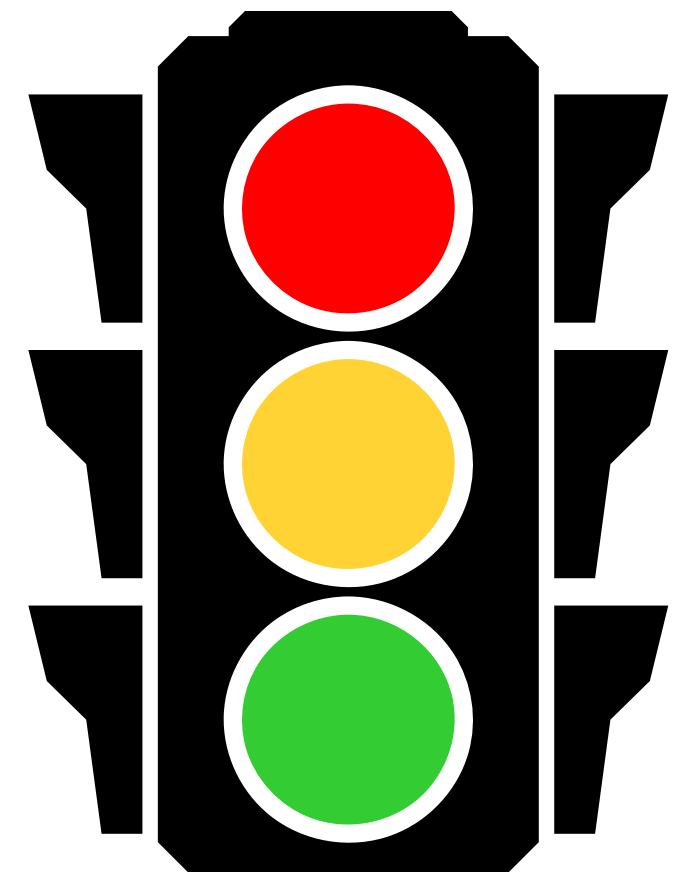


# Focus Mastery Method

## Three step process (Overview)

1. You decide what possibility you want to "realise" into the world. You do this by asking yourself, what reality (Outcome) would I like to see manifest in my world?
2. You place the attention (focus) of your minds eye (conscious mind) onto the outcome/reality that you want to realise
3. Whenever your attention contradicts this possibility, you bring your attention back to this awareness.

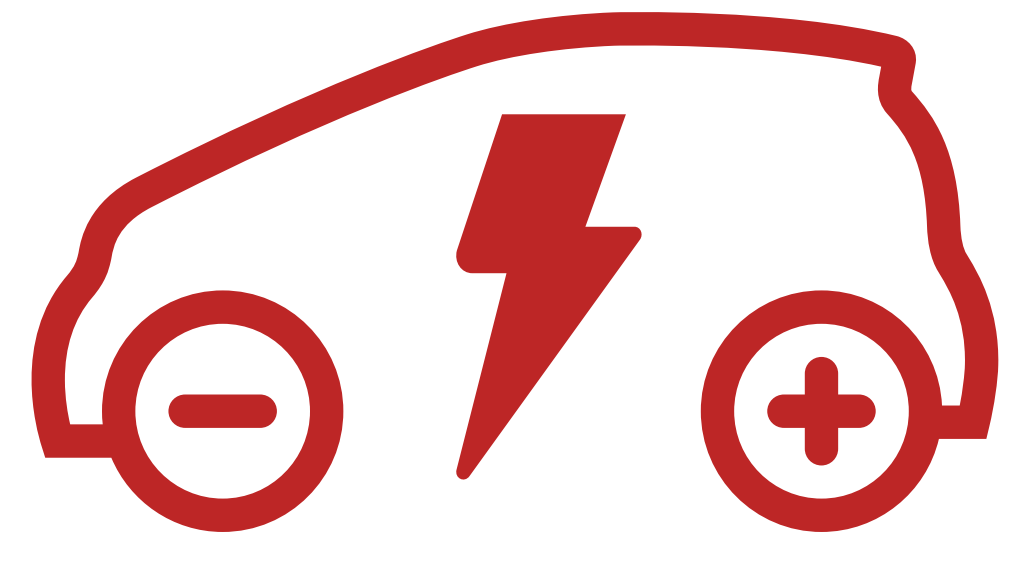
If the the role of the unconscious is to shut the lenses of perception, the role of the conscious mind is to open the lenses of perception!



## Principle

### **Energy flows where attention goes**

This attention is in placing your focus on X possibility and the energy that follows to it starts to align your perceptions, decision making and behaviours in favour of you seeing/sensing this possibility in your reality.





# Practical Focus Mastery Method

## Step one

### What do you want to create?

This is the key question that you have to answer .

The caveats according to the law of focus

1. What you want to create should be a **positive vision, not a negative vision**.

Your creation should not be an attempt to get away from a "negative" scenario that you are wanting to avoid. Negation just reinforces the negative in the mind.

2. Your goal or creation should be **true to you**. What I mean by true is that It is something that resonates with your heart. It isn't something you want because others have taught you to want it or that you want it so it will get you accepted or approved by people. (Many goals tend to have this in common)

3. You. want to realise this creation for no other reason than it being **something you LOVE for it's own sake**.  
If the potential of having it doesn't give you joy than it probably isn't something that is in alignment to you.



## Step two

**Definition of focus in this context is to gain awareness of a possibility by placing your conscious attention on it in your consciousness.**

Hence your mind as a result of "energy flows where attention goes" can begin to align your perception, decision making and behaviours in favour of its realisation in the world.





## Step two (Continued)

In layman's terms, the idea is to hold your vision consciously in your consciousness.

**Each day to practice bringing conscious attention to the vision that you want to create in the world.**

This is called priming the brain to "see/sense" it in reality. Either through behaviour or synchronistic event.

Remember why this is critical? Because the number one reason that goals or intentions are not realised is because you loose sight of it being possible. Failing to prime the mind with X being possible invites the default unconscious to hijack your awareness which is never good for the goal.

Please do not be fooled by its simplicity. The magnitude of impact is unlimited .



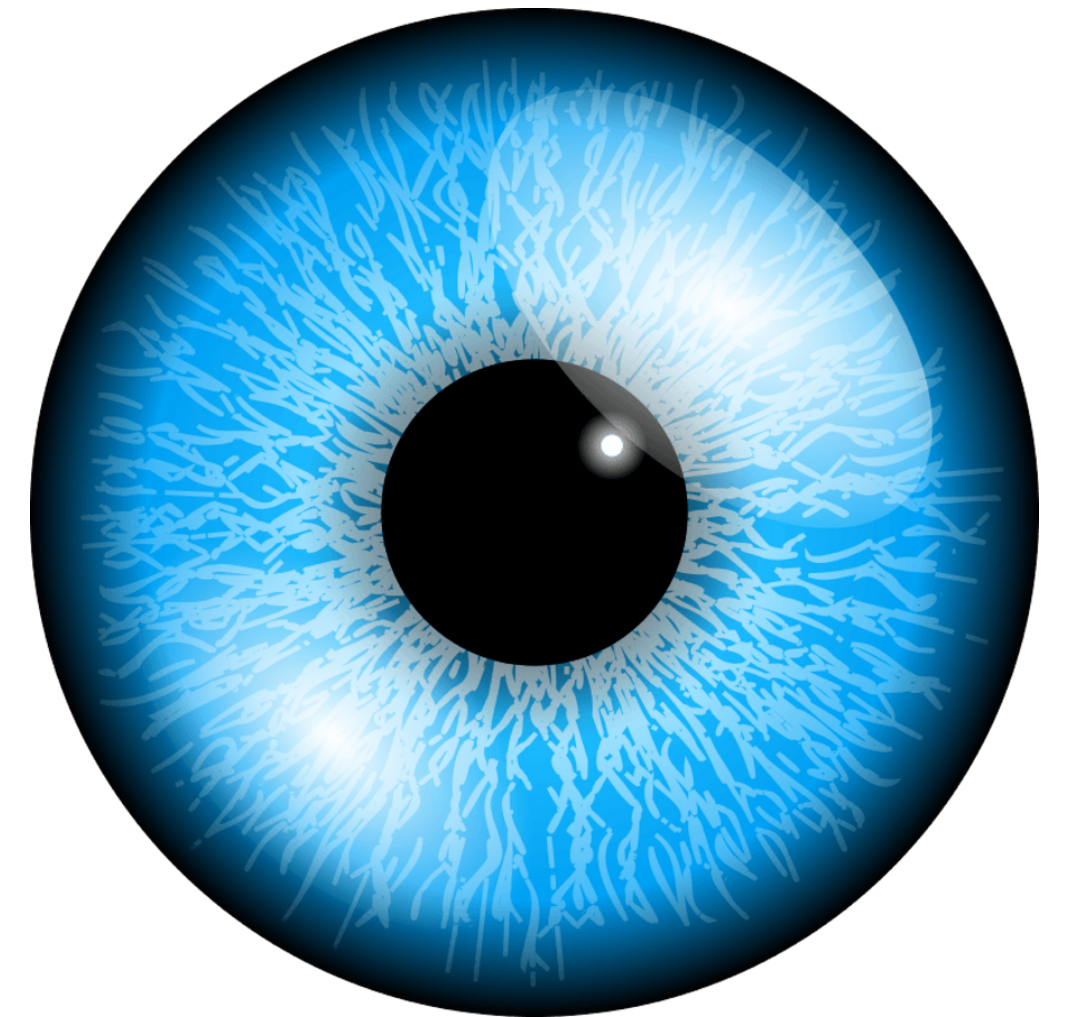
## Step two (Continued)

1. Firstly clear or still the mind. I want you to recognise the stillness in your mind which is the space where you can place your attention onto a vision that you want to realise.
2. Next I want you to bring about the image or the video of the creation. Bring it up in the form of the vision being already realised.

The image/video is designed with the **end in mind**. It is not an image that suggests that the possibility is in the works. It is an image of the future being manifested in the present moment.

It's important that you hold the image gently with T&C, like it is a baby that has come into the world. After all it is a creation that you care about, right!

- **Focus Mastery meditation**





## Leave your bags at the door

- Do NOT take your own **baggage** into the focus mastery session.

It is your consciousness holding the vision, not your ego holding the vision. It's a neutral act.

- **Embody** the vision (State of being/felt experience)

5 mins just focusing your attention on it.

Priming phase as you are teaching your consciousness of its possibility existing.



## Monkey mind

**Monkey mind** will attempt to hijack the real estate of your consciousness that is responsible for planting the seeds of this creation.

Whenever your monkey mind kicks in, practice bringing your attention back, again and again so that you can “burn” this vision deeper into your consciousness.

- **Day and night practice**

You do this because the default nature of your conditioned mind will get your consciousness to forget its possibility of existing as it is only being inscribed into short term memory.

- 10-15 process, the first few mins an attempt to find the window of stillness. You do not fight the monkey mind, you “love” and accept it’s presence in order to surrender it. Then you spend 5-10 mins practising conscious focus.



## "Unconscious thief"

There are two reasons focus mastery is simple but not easy.

One, the mind doesn't like to focus. Untrained like an animal that wants to run wild.

Second, the default focus of the "unconscious way" wants to take back the driver seat to ensure survival. So it will do everything it can to hijack awareness away from your conscious awareness.

The ego does not want to create change. It's a threat!





## Step three

Have awareness when the unconscious focus has nullified the awareness of the possibility.

This can be in the form of doubt, fear, contradicting ideas and just thoughts and feelings that work against the possibility.

**Your job is to bring your attention back to the intended awareness.**

The key is that the real estate of your consciousness should be occupied with the awareness of this possibility, rather than anything that "disbelieves" in this awareness.

- **Focus Mastery meditation**



# Practical Focus Mastery Method

## Conclusion

Focus method is simple yet not easy.

Just ask the sages from the east.

Science of today is starting to realise that reality is the product of one's consciousness.

Dedicating their whole lives to learning to focus their attention consciously.

Practice this deceptively simple method that promises to change the possibility that is available in your reality.



## Working together to create a new future

What will we create together?

How would you feel if you were connected to your creative power?

- If this Focus Mastery presentation has resonated with you, you will benefit from the **application of the 'Focus creates reality' methodology to being able to create the life that you want.**
- Continue the journey by **booking a conversation with me** to discover if a one to one or group coaching container would be beneficial for you.
- **No obligation complimentary 60min call** with me, where I'll show you how you can implement the 'Focus Creates Reality' methodology to your dreams and aspirations. No sales, just a real heart to heart conversation about whether working together would be a win/win.  
Blessings

[BOOK A CALL](#)

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