

# Advice for Practicing the Concentration Exercises

Find a place where you can be alone and undisturbed. If you wish, you may sit crossed legged on the floor, but most people would find it more comfortable to sit on a chair. Sit with your spine erect.

Take a few calm deep breaths and then relax your body, by directing your attention to it, and relaxing each muscle, from head to toe.

Start with the first exercise. Practice it every day, until you are able to do it without any distractions or forgetfulness, and without thinking about anything else, for at least three continuous minutes. The moment you find yourself thinking about something else, stop the exercise and start again. You have to be honest with yourself!

Do this for 10 minutes, and after a few weeks of training, lengthen the time to 15 minutes. For the full benefit, it is advisable that you practice each exercise for one additional week, after you are convinced that you are practicing it correctly and with full attention.

## Concentration exercises

### **Exercise 1**

Take a book, any book, and count the words in any one paragraph. Then, count them again, to be sure that 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 backwards in your mind, from one hundred to one.

### **Exercise 3**

Count in your mind from one hundred to one, skipping each three numbers, that is 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 easily, 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 its sides, while keeping your whole 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 nutritive value, etc. Stay calm, ignoring, and showing 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 number 5, only that this time you visualize the fruit, instead of looking at it.

Start, by looking at the fruit and examining it 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 for a short while, 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 simple object such as a spoon, a fork, or a glass. Concentrate on one of these objects. Watch the object from all sides without any verbalization, that is, with no words in your mind. Just watch the object without thinking with words about it.

### **Exercise 8**

After becoming proficient with the above exercises, you may try this exercise.

Draw on a piece of paper a small triangle, square or a circle, about three inches in size, and paint it with any color you wish.

Put the paper with the drawing in front of you, and concentrate your whole attention on the shape you have drawn. For now, 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**

Start the same as number 8, but after looking at the figure for a moment, close your eyes and visualize

the figure with the eyes closed. If you forget how the figure looks like, open your eyes for a few seconds, look at the figure, and then close your eyes and continue with the exercise.

### **Exercise 10**

The same as number 9, but now visualize with your eyes open.

### **Exercise 11**

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

Constant practice is the secret of success. The more time you devote to the exercises the faster you progress, but you should do it gradually. Start with ten minutes, and as it becomes easier, and your ability to concentrate improves, increase the time.

When you start to see results, you will begin to love the exercises. You will be able to concentrate your attention easily and effortlessly, upon anything you want to concentrate on.

Do you jog, exercise at the gym, or study a foreign language? How difficult it was when you first started? How many times you wanted to quit? Despite the difficulties, after a while, you started to like what you were doing. It became a habit, and did not require special effort. So it is with developing the power of concentration.

After some practice, it will be easier to concentrate, and your mind will learn to be calm and relaxed. People, circumstances, and events that used to agitate and anger you, will not disturb you. You will experience happiness and contentment, and gain self-confidence and inner strength. You will be able to cope more easily and efficiently with the outer world.

You will feel a new form of consciousness growing in you, bringing you peace of mind. At first, you will experience it sporadically and for a brief moment, but way, and you will also be able to silence it when you want.

After your concentration gets stronger, your attitude and reactions to events and people will change, and you would discover many things about the mind, how it functions, and how to use it efficiently.

**For more information, read also [The Power of Concentration](#)**