

Open Focus CD Descriptions

DESCRIPTION OF EXERCISES

Level #1 CD 1 Program 1

Exercise #1 ***“Introduction to OPEN FOCUS”*** (51:40 minutes)

- This program describes the circumstances out of which the originator of the OPEN FOCUS attention training process experienced his kidney stone pain and witnessed the importance of how he paid attention to it. The various types of attention are accessible by persons who practice the programs of attention training which are presented on the following CD's. The most impactful of these circumstances is associated with a dramatic, instantaneous dissolution, complete elimination of pain, for example, kidney stone pain.

Level #1 CD 1 Program 2

Exercise #1 ***“Introduction to Practice”*** (27:19 minutes) -

This program consists of a live session in which a client is introduced to the process of practice itself, the way one listens to and participates in the audio exercises. It is recommended that ***“Introduction to Practice”*** be listened to at least twice before proceeding to the following exercises. Also recommended is the listening to ***“Introduction to Practice”*** once a week thereafter. It takes on additional meaning with repeated practice.

New users of the OPEN FOCUS exercise should begin practice sessions by listening to this CD#1 and by reading this study guide periodically. A subtle appreciation of the

“how” of effective practice is deserving of your most careful attention. The training exercises are designed to produce a broadening of attentional scope and flexibility. However, a compulsive and effortful goal orientation, that is, trying hard to do or imagine what is asked of you, will reduce the effectiveness of your practice. The most effective practice occurs when you **let** yourself respond to the questions effortlessly and accept any response which may spontaneously emerge. During the practice session take no responsibility for the outcome of your practice. Let your effortless, spontaneous imagination guide your multi-sensory response.

Level #1 CD #2

Exercise #2 **“Head and Hands”** (34:36 minutes) - This is the basic introductory program of the OPEN FOCUS exercises. It is oriented toward the head, neck, shoulders, arms, and hands. It may be used in practice until you are familiar with the training process and until the initial effects of integration and relaxation are experienced. (See **“Pacing of Practice”** for further information about how to use this and subsequent programs).

Level #1 CD #3

Exercise #3 **“Long Form”** (36 minutes) - This exercise leads the trainee for the first time into the imagery and experience of a full OPEN FOCUS of all available feeling experience. This exercise may be used as desired to deepen the experience of the OPEN FOCUS and/or **NO-TIME** experience (see below). Optimum use of programs #4 and

#5 depends upon mastery of the attentional process encouraged by practice using this program and program #2.

Level #1 CD #4

Exercise #4 **“Short Form”** (24:15 minutes) - This program is approximately two-thirds the duration of the **LONG FORM** program (#3) and guides the trainee more quickly into OPEN FOCUS. It is to be used after the trainee is familiar with the experience of the OPEN FOCUS and is able to enter OPEN FOCUS easily or can be used when available time for practice is limited.

Level #1 CD #5

Exercise #5 **“General Practice”** (28:08 minutes) - This program and subsequent programs are designed for the more advanced student who is guided into OPEN FOCUS using imagery derived from atomic theory and observation. The practitioner is encouraged to appreciate that all atoms and matter are mostly space and that even sensory experience is in fact permeated by space. Thus, one is invited to experience the presence of objects and sensations permeated by space. One comes to the experience that there is a unifying medium through which all matter and energy are connected, namely space. This exercise and two others are most frequently described as **“favorites”** or **“most effective”** for our clients. This may be because these exercises make more references to space than the others.

Level #1 CD #6

Exercise #6 ***“Dissolving Physical & Emotional Pain”*** (22:26 minutes) - (Also see Program #7) Program #6 differs from Program #7 in its approach to the dissolution of pain.

Whereas CD # 6 encourages the attender to narrow his or her focus and dive into the pain and then open and bring pain into a more diffuse awareness and OPEN FOCUS after centering oneself in the heart of the pain. CD #7

encourages a full OPEN FOCUS experience before one moves into and merges with the pain. This approach allows the pain to diffuse into surrounding awareness while the entering process is occurring. This has the advantage of decreasing the power of the pain to affect the perceiver since the pain remains embedded in the totality of awareness and remains a small percentage of that totality. This approach to dissolving pain requires less courage than the dissolving pain process of CD #6.

Level #2 CD #7

Exercise #7 ***“Dissolving Pain and Other Experience”*** (29:22 minutes) - This program is designed to facilitate the management of all types of conscious experience through control of attention. This CD may be used specifically to dissolve or diffuse unpleasant mental or physical experiences. The approach to physical pain presented on this CD is based on the finding that attentional alternation between a narrow focus upon an objectified experience and **melting into** and merging with that experience, and then bringing it into an on-going OPEN FOCUS, often leads to the reduction or dissolution of the experience. Integrating a focal physical or emotional pain into the flow of on-going OPEN FOCUS results in the diffusion of its intensity and

judged importance or affect. Here, and on the exercise, the word “pain” is used in its most general sense and is meant to include experiences of all kinds. In addition to sharp and dull pain, other forms of experience may be dissolved, such as fatigue, depression, anxiety, guilt, tension, anger or other emotions, body feelings, obsessive thought patterns, compulsions, and mental attitudes or states of mind. The basic notion here is that pain and other forms of “disease” and tension are maintained because of a fixation or rigidity of focal attention either upon or directed away from the experience. This **“Dissolving Pain”** exercise is designed to provide an opportunity to practice attentional flexibility and to dissolve an existing fixation or focal attention, thus, re-establishing the flow of on-going experience, called OPEN FOCUS. In fact, the techniques used to dissolve pain may be used to dissolve all experience including space and time. This state of unselfconsciousness is often readily achieved during practice. It may be observed retrospectively only as an awareness that the practice period had passed in what seemed like less time than was actually expended. Thus, this sense of rapid expenditure of time, or absence of a sense of time, may be used as an index of the quality of one’s practice. The efficacy of CD #5 improves as facility and depth of OPEN FOCUS (as guided by CD’s #’s 2, 3, 4, 5) is developed.

Level #2 CD #8

Exercise #8 **“Joint Space”** (25:04 minutes) - This program begins with a heavy emphasis upon developing an experiential space in which subsequent sensations will be experienced. These subsequent sensations are related to the individual joints of the body. Attending particularly to joints facilitates the release of much unconscious stress

and has been helpful for a diverse population and has been found to be particularly helpful for persons experiencing joint pain.

Level # CD #9

Exercise #9 ***“Heart Centered OPEN FOCUS”*** (26:08 minutes) - The heart referent in this exercise may be viewed as one of many possible referents, e.g., other body parts, functions, feelings or body locations. When you hear the word heart, for example, you may wish to substitute other words such as navel, throat, etc., or localized emotions such as fear in the chest, sadness in the jaw, etc. This program emphasizes a body location or body structure or feeling or function as a repetitive referent among the many possible simultaneous senses and sensations with which we can become aware. Our habit is to ignore certain sensations during much of our waking life. Thus, centering upon a here-to-fore neglected referent in our multi sensory awareness during practice can release tension and improve function.

Level #2 CD #10

Exercise #10 ***“Localizing Feeling, Emotion & Pain”*** (27:04 minutes) - This program helps one localize feelings and emotions that one ordinarily experiences as occurring in the mind, or all over, or everywhere. Once body localization is established, alternating attention styles easily clear emotion or feeling by using one of the dissolving pain exercises. Dissolving pain is not difficult after pain, emotion or feeling is fully localized.

Level #2 CD #11

Exercise #11 ***“How Am I Paying Attention”*** (20:05 minutes)
- This program provides a series of questions which relate to awareness of how we pay attention, attention-to-attention. This exercise represents the backbone of the method in that, if one can become aware of the various dimensions and styles of attention referred to in the questions, (narrow, diffuse, objective and merged attention) then one has established a significant rapport with one's own ability to pay attention. Attentional flexibility is guided in all of the seven sense modalities referred to in this exercise (seeing, hearing, feeling, tasting, smelling, thinking and the sense of time).

Level #2 CD #12

Exercise #12 ***“Transfer of OPEN FOCUS to Daily Life”*** (28:58 minutes) - This program helps develop an OPEN FOCUS in short period of time and then proceeds to describe or mention various situations in the lives of most people in which one can imagine using OPEN FOCUS to enhance productivity and a sense of well-being. This CD represents a method for effortless programming of oneself to enter into OPEN FOCUS, to release habitual narrow focused, objective styles of attending, in everyday life.

Level #3 CD #13

Exercise #13 ***“Feeling in OPEN FOCUS”*** (31:30 minutes) - This program emphasizes feeling as a central experience among the many simultaneous senses to which we may

become aware. Our habit is to ignore feeling in favor of other sensations during much of our waking life. Thus, including feeling, and even centering feeling in our all around awareness during practice, pays significant dividends. This exercise is considered by many of our clients as being particularly effective in facilitating the release of stress and promoting OPEN FOCUS. Listening to this program while walking or otherwise exercising has been found to be particularly effective.

Level #3 CD #14

Exercise #14 ***“Listening in OPEN FOCUS”*** (32.06 minutes) - This program emphasizes listening as a central experience among the many simultaneous senses to which we may become aware. Our habit is to ignore one or more sensations in favor of other sensations during much of our waking life. Thus, including listening and centering listening in our awareness during practice pays significant dividends. This exercise and the others of this type (13, 15 & 16) is considered by many of our clients as being particularly effective in facilitating the release of stress and promoting OPEN FOCUS (also beneficial during exercise).

Level #3 CD #15

Exercise #15 ***“Thinking in OPEN FOCUS”*** (32.04 minutes) - This program emphasizes thinking as a central experience among the many simultaneous senses to which we may become aware. Our habit is to ignore one or more sensations in favor of other sensations during much of our waking life. Thus, including thinking, and centering thinking, in our awareness during practice pays significant

dividends. This exercise and the others of this type (13, 14 & 16) is considered by many of our clients as being particularly effective in facilitating the release of stress and promoting OPEN FOCUS.

Level #3 CD #16

Exercise #16 - ***“Seeing in OPEN FOCUS”*** (52 minutes) - This program emphasizes seeing as a central experience among the many simultaneous senses to which we may become aware. Our habit is to ignore one or more sensations in favor of other sensations during much of our waking life. Thus, including seeing, and centering seeing, in our awareness during practice pays significant dividends. This exercise and the others of this type (13, 14 & 15) is considered by many of our clients as being particularly effective in facilitating the release of stress and promoting OPEN FOCUS.

Level #3 CD #17

Exercise #17 - ***“Racquet Sports Training”*** (20:37 minutes) - This program represents an application of OPEN FOCUS practice and training in the field of racquet sports. It represents an example of how one might use one’s attention to enhance racquet sport skills. Using this exercise as a model one may use similar attentional procedures or approaches in the application of OPEN FOCUS training to other sports and other fields such as business, interpersonal relations, recreation, creative processes, etc.

Level #3 CD #18

Exercise #18 - ***“Independent Practice”*** (19:49 minutes) - Program #18 is designed for the advanced student and is used primarily as a timing tape for daily OPEN FOCUS practice sessions. The advanced student is guided into OPEN FOCUS attention by a few general OPEN FOCUS attention questions and then the remainder of the tape or CD is quiet until near the end of a 20-minute period. It has been the experience of users of the technique that this ***“Independent Practice”*** exercise is of special value to students who have only a minimum of time available for practice, and to those who prefer to pace themselves during the practice without verbal guidance from the tape. This tape circumvents the need for timers or other intrusive arousing techniques. It maintains the continuity of the practice as developed throughout the hierarchy of the other five tapes. This exercise also represents a natural step in the gradual transition to fully independent practice during every day activities. Advanced practitioners can use program #18 to develop their ability to enter OPEN FOCUS rapidly and effortlessly. The ability to enter OPEN FOCUS rapidly gives the practitioner the capability to engage in many activities while in OPEN FOCUS. In particular, advanced practitioners are encouraged, when using earlier programs, to begin practicing the exercises **after** initially entering an OPEN FOCUS attention as fully as possible. Then, as one practices the program, specific exercises are integrated into one’s OPEN FOCUS attention, allowing one to more fully develop this way of attending as the exercise progresses.