

# The Power of Attention: The 2 Freedoms

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## Attention

- The first of our two true freedoms is the power to attend to any one object at any one here and now moment.
  - What we attend to... grows
  - Most people attend to what is shiniest or loudest in their lives
  - The "*Thinking Mind*" is the loudest things in most people's lives and therefore they attend to it more than anything else
- The "*Thinking Mind*" is critical and its primary object is to solve problems
  - The "*Thinking Mind*" will create problems to keep itself busy
  - Though useful, paying attention to it too often steals our freedom and ability to live in the here and now
- The quality of our lives at any moment is most impacted by what we have paid attention to in and during the previous moments

## Effort

- While attention is the tuner, effort is the volume of our lives
  - The more strongly we attend to the object of our attention, the more a part of it we become and the more it becomes a part of us