

Tame the Magic Light

Most of the time your attention is just pushed around by triggers from the outside world or your body, thoughts, phantasies or memories. First just observe it hopping, then try to identify triggers. Recognize the type of triggers, their intensity and effects on your attention and what else they cause like new emotions, thoughts, bodily changes. Later play with guiding the attention when triggers appear. You can make it stay, where it is or hop to a place (view, hear, feel, thought, imagination, ...) of your preference. You are like an animal trainer in a circus, taming wild lions and tigers.

Nice Videos: [Unified Mindfulness](#)