

## Focus Light Saber Style



Focus on one confined phenomenon.

Whoosh! Your light saber has cut  
away any mental clustering,  
completion, meaning, relating or  
emotion. Let this awareness expand.

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Most outside phenomena seem very clear and real. Pick one (see, hear or feel), may be an apple, and focus intensively just on this. With a sudden “Whoosh!”, your light saber has cut away anything, your mind has already added, like clustering (these group of green and red visual phenomena make up the apple, those not), completion (inside and background of apple), meaning (an apple, food), relating (mine, good for my health) and emotion (I like it, it is tasty and looks nice). What’s left is pure awareness quickly expanding without borders. Your left brain-hemisphere and connected right eye, ear and hand are specialists for this play. It works best, while your breath is mainly using the right nostril (changes all 20 minutes).

Nice Videos: [Unified Mindfulness](#)