CREATING | PERSONAL GROWTH | VISION

Focus on Being Focused

Life has so many variables that every day of our lives we must choose to focus in on that day's events. We cannot just point and shoot.

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1205 words | 4 pages

I read an interesting article once.

An ophthalmologist had said that there were more nearsighted people in New York City than in any other city. His reasoning was that people were down among the sky scrapers, hemmed in by the walls of high buildings, which in turn limited their field of vision.

For most of the people, the only opportunity for distant vision was to look up at the sky, which very few people in New York ever did. Thus, he said, the constant use of the eyes for short distances tends for nearsightedness and dissatisfaction. I'm not a medical expert, so I cannot attest to the validity of this story, but I do see a common sense counterpart here:

> ***Our eyes can be so focused on the "immediate" that we lose sight of the "ultimate." Another idea I had was... "when your outlook is bad... try the uplook"! You'll sure have better perspective.***

Our eyes only see what our minds and hearts point them toward.

Some see one thing. Someone else sees something else. Who is right! What we see is far more than an image. We see what we perceive! Our perceptions and preconceived filters determine how we interpret the

image. If we are looking through eyes of faith, we'll see what God sees! He sees the big picture.

Faith is a great filter to look through. So is love. So is joy. When we see life through faith-filled, loving, joyful eyes, the whole world looks different. It will change your perspective.

The difference between the size of the sun and the size of a quarter is a difference of a few millimeters and millions of miles. Yet, we can hold that tiny quarter so close to our eyes that we cannot see the sun.

It is the same with our problems.

> ***The blessings of life are so much greater than any problem we'll ever face! But if we are not careful we can look so closely at our problems that we allow them to block our vision of our blessings.***

We must stay focused! And not just with our eyes. Our hearts must stay focused. Our minds must stay focused. Our lives must stay focused! Then our "vision" for the future will become clear. Doubt will leave! Faith will appear. Stay focused!

We can only move in one direction... and that is the direction of our most dominant current thought.

Let me ask you a question. When you widen the beam of the flashlight, what happens to the strength of the beam? Exactly: the beam gets weaker, right? And a weaker beam means less light.

What happens to the strength of the beam and to the strength of the light when you narrow it down to a small spotlight?

We all know that the strength of the beam becomes much stronger.

Our brain is a lot like that. And whether we like it or not, our brains work very much the same way. This knowledge is one of the most powerful tools available to a human being.

> ***You can focus your mind and it will give you greater light and clarity.***

Now, before you think that I'm getting a little "outer limits" on you ... I want to assure you I'm not. I'll not ask you to chant "hocus pocus get in focus" three times!

I'm talking about a proven fact. Our mind is only being used for about 5-10 % of its potential. We get so bogged down trying to get ahead we lose sight of our ultimate goals. Yes... focus is a visual term. We lose our focus... we can't see our vision! And without a vision... we perish!

Let's look at what the dictionary says about focus.

Focus... The distinctness or clarity of an image rendered by an optical system. Or another way of saying it... The state of maximum distinctness or clarity of such an image: You are either in focus or out of focus.

I am a videographer. On my camera I have an apparatus that is used to adjust the focal length of an optical system in order to make an image distinct or clear. On my camera I can use an automatic focus or a manual one.

In life we only have a manual focus. And we have to readjust it for every scene we shoot. If the lighting changes we have to adjust the focus. If the subject moves or changes we have to adjust the focus. If we move that camera we adjust the focus. Life has so many variables that every day of our lives we must choose to focus in on that day's events. We cannot just point and shoot.

> ***We have to obtain clarity. Isn't that part of what a mission statement is for... to help you***

maintain clarity and maintain focus?

Isn't that what daily goals are for... to help you maintain clarity and maintain focus?

There are so many opportunities available that we sometimes, under the disguise called diversification, totally forget who we are and where we are headed. Don't get me wrong... multiple streams of income are good things. A diversified portfolio is a good thing. But an undisciplined... chase every bright light that comes along mentality... is not a good thing. We must have focus! If the mind is renewed... the body is subdued. We have to bring our body into subjection. In other words, the inner man must control the outer man. The outer man will consistently be distracted by whatever is pleasurable... or by whatever brings ego gratification. Ah, but .. Gary... are you saying mind over matter?

I'm saying that what is on your mind does matter! Or, it's all over!

Focus is a life saver. So Focus on staying focused!

Gary Eby, a member of the Jim Rohn Speaker Bureau, is gifted to teach deep truths in a clear and easily understandable style. His messages are power-packed and often filled with laughter and practical illustrations. He has shared the stage with great speakers such as Jim Rohn and Les Brown. Not only is Gary a sought after speaker, but he is also an author whose personal development book *Lefthanded Soldiers* has received worldwide attention. You may receive a free copy at www.garyeby.com/freebook.htm

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