Mental Toughness

The Mastery of Your Focus

Recently I had the opportunity to listen to a series of experts on the subject of mental toughness. These varying points of view came from sports trainers, psychologists, investment consultants, and military personnel. They all had one thing in common: where we place our focus is what we will create; and the ability to master your mind and place its focus where you want it is the "new game".  
  
Well, it's not all that new. After all mysticism, spirituality and meditation have been at this "game" a long, long time. Now it's just becoming main stream. With the release of the movie, [*The Secret*](http://en.wikipedia.org/wiki/The_Secret_%28book%29), and the revelation and acceptance that there just might be something to this [Law of Attraction](http://en.wikipedia.org/wiki/Law_of_Attraction) thing, people everywhere are trying to "manifest" what they desire. So it seems, there's a formula to getting what we want out of life. Mastering the fine points of that formula is the individual work.   
  
Common sense and pure observation (scientific methods) will reveal to anyone looking that indeed people do get what they are focused on. In the past we've confused this with "hard work". A piano virtuoso spends a zillion hours practicing; an NBA star countless hours on the court; a financial success has studied the methods. But that's all we can see is what they are "doing". What we cannot see is how they are feeling inside. We cannot know their internal state, which is where the magic happens.  
  
Sure you can play subliminal tapes to train your mind into a new belief; and that's a good assist; because with the old tape still running, it's like pulling free of the gravitation pull of earth to think a new thought that the old belief will not allow. Either change your mind in this way or make the instant decision to let it go, for Pete's sake. Well, if it were that easy everyone would have done it by now and the world would look a lot differently. This mental toughness takes skills, practice, and the willingness to go where your mind doesn't want you to go. That's why it's called the heroes journey. It takes courage and support and plain old stick-to-it until we change our minds.  
  
We have come of age, folks, in the evolution of our species, homo sapiens, where the expansion of consciousness is now on the table. We have to change our minds, certainly. But more importantly we have to become experts in how to think and the masters of our focus. In the near years to come, either through string theory or astronomy, scientist are going to find the equation that proves without a doubt that the way we think and how we focus is getting us what we get in physical form on earth. The lines are rapidly diminishing between spirituality and science. Religion is going to cease to exist.  
  
Are we creating the climate changes? Certainly. Are we creating war? That one's easy. Are we creating recessions and poverty? Yep. These are concepts that we believe it, therefore they are.  
  
This isn't rocket science; it's common sense. Free to anyone who takes the time to just observe. Someone wins a zillion dollars in the lottery and is broke a year later....How is that? They still have the mindset of poverty. How is it we get into war after war? We still have the mindset of war. How is it that people lie, cheat and still? We still have the mindset of not enough. How is it that we continue to judge others when we can't see the stone in our own eye?  
  
Time to roll up our sleeves, individually, and begin the [Ordinary Heroes Journey](http://www.ordinaryheroesjourney.com/) of the expansion of consciousness - changing the old for the new. It is an individual journey of [Applied Spirituality](http://www.appliedspirituality.com/) that when taken collectively reveals a new personal world and then ... A New World