

Lose Your Focus – To Solve Your Problems
by
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“Beware lest you lose the substance by grasping at the shadow.”
-Aesop

We are taught and conditioned to constantly think about our problems. We are encouraged to examine them from all angles, to gather all the data we can, to consider all options, to analyze the cause and rationalize ourselves out of being responsible or use self-imposed guilt to be the entire reason for much of the world's malady. We talk constantly to others about our problem. We join support groups with people who have the same problem. We endlessly seek advice on how to solve our problem and will follow that advice even though we know it is not the right answer for us. Is it any wonder that we have become an anxious, worried, stress-filled society!

In truth, it is never the problem itself that causes the tension. It is how you think about the problem. A web of fear will cause your problem to grow. But a problem is nothing more than a small reflection of an underlying belief system. It is a gift that shows some part of your programming that is causing you to fall short of what you truly desire. As your belief system changes, the problems change and lessen as well. You will never be free from problems, but you can totally change how you handle them.

The first step is to change your focus. Notice how much time you are thinking about what you DO NOT want to happen: rehearsing what you will say in explanation, how this problem will lead to other problems more serious, how there is no solution or answer available to you. Lose your focus on the problem!

John Harricharan describes an easy way to do this. He suggests that you make a deal with your mind that you will not think about your problem for three minutes. If at the end of three minutes you need to go back to your problem, that's fine. For three minutes, substitute thinking about your problem with thinking about something pleasant. Your mind cannot hold two thoughts at the same time. You cannot think about something pleasant and feel worried at the same time. Lose your focus and change what occupies your attention. You are not denying that there are problems; you are merely changing your focus to a time when all was well.

Make this a game and think only of how it will feel if the things you really wanted to happen actually occurred. Don't try to figure out how something will happen, for that will take you right back into empowering the problem. Only FEEL the relief, the joy, the excitement, the peace, the happiness, the contentment and let those feeling go into each cell of your body. Your subconscious mind reacts very quickly to strong emotions and feelings. Whatever you visualize with powerful emotion it accepts as if it were already true. How would you feel if you had no worries about money? How would you feel if your health were at its best? How would you feel if you had the most dynamic and loving relationships possible? These are the things that deserve three minutes of your attention.

At the end of three minutes, give thanks for the ability to have these feelings. Breathe a quiet heart-felt thank you in knowing that there are answers beyond your awareness and you are being guided to them. The very act of giving thanks accelerates the flow of all good things. Problems will always be around, and with this process you will develop the means, the ability and the strength for finding the solutions.

Dr. Darlene Treese has been in private practice in hypnosis and counseling since 1983. She is a Diplomate in Counseling with the National Institute of Sports, Past President of the American Psychotherapy and Medical Hypnosis Association and Vice President of the Rotary EClub of Southwest USA. Darlene has been internationally acknowledged for her positive action and solution-based therapies and work with corporations. “A person for the people”, Dr. Dar is always available to help with your questions and dilemmas through office visits, email or telephone consultations. Call her at **850-201-0073** or visit **www.AskDrTreese.com**