

## Six Focuses of Truth for Awareness

1. Human suffering begins with our Domestication. When children, others who are influential in our lives hook our attention and teach us to dream in the same way that our society dreams. We become socialised by those around us to believe that their reality is in fact truth and that we are obliged to live in and follow the rules of that reality. It is from this that the focus of our attention is used to formulate the first dream of our life.
2. Human beings are creators, and the power of that creation is informed by and invested in our beliefs. The power of the word, (which is the same as intent) or in other words our will, our faith, our love, is trapped inside a rigid structure of programmed beliefs. We are unable to step outside this cage and thus we have little or no power to change our dream to something that aligns with who we really are.
3. The function of the human mind is to dream, but our programming from projections cast upon us, means we dream without awareness. We are on the automatic pilot of our past and those who created our world views and ways of being in the world. It is only once we become aware that we are in fact dreaming, that we are able to awaken from the trance of that dream and recover the power we need in order to change the dream into one that we choose.
4. Using will and attention for the second time. This is the process of letting go of the original points of attention and illusion, and moving into a dream of second attention which is completely separate from our programming. It enables the choice to believe in whatever the dreamer wishes to believe in and that includes the self.
5. The Four Agreements are used to challenge actions/reactions. Every choice made whether it is made consciously or not, has a consequence/result/outcome. When there is a change in action then the result will also change and it is through shifting from a reactive unconscious response to a conscious choiceful response that the dream of a life is transformed
6. Attach-detach is a process by which it is possible to learn to live not in the past, nor in the imaginings of the future, but to be fully present in this moment. When in the present life becomes more intense and also more alive.