

# Dharana & the Mastery of Attention

**SAMPLE**  
blank journal page follows

What we choose to focus our attention on is the primary driver of how we feel.

What we see, hear, and feel affects what we think, the emotions we experience, and the actions we decide to take.

This chain of events, called Karma in yoga, can move us closer to the experience of our Divine Source or further away.

In today's yoga practice, we'll explore how yoga's practice of Dharana, the deliberate management of our focused attention, can affect the creation of the Inner Peace we deserve.



## MORNING

Thought or emotion I want to be free of Anxiety Thought or emotion I want to experience Ease  
(From your Communion Blocks Worksheet)

I will avoid my habit of...  Focusing on The news and the criticisms of my boss  
 Listening to \_\_\_\_\_  
 Watching \_\_\_\_\_

Instead, I will choose to...  Focus on The deep, full nourishing experience of my  
 Listen to inhalation's and exhalations  
 Watch \_\_\_\_\_

## EVENING

### What I noticed...

When I was able to focus on what served me... I spontaneously felt more at ease. More relaxed. Far less agitated

When I focused on what does not serve me... My breath got shallower. I felt defensive and tended to be short with people.

*Pro tip: don't look for huge changes in how you feel. Instead, cue into the most subtle shifts in thought, emotion, and well-being. Even the smallest shifts are proof that you have untapped power within you to create inner peace.*

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(From your Communion Blocks Worksheet)

I will avoid my habit of...  Focusing on \_\_\_\_\_  
 Listening to \_\_\_\_\_  
 Watching \_\_\_\_\_

Instead, I will choose to...  Focus on \_\_\_\_\_  
 Listen to \_\_\_\_\_  
 Watch \_\_\_\_\_

## EVENING

### What I noticed...

When I was able to focus on what served me... \_\_\_\_\_

When I focused on what does not serve me... \_\_\_\_\_

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