

### Conscious Experience Overview

Conscious Experience takes two forms, **Attention** and **Peripheral Awareness**

It consists of whatever you are experiencing in the moment.

This works in a similar way to the relationship between visual focus and peripheral vision.

Awareness and Attention are NOT the same thing.

### Mindfulness

When we lack mindfulness in daily life, we become so entangled in our own thoughts and emotions that we forget the bigger picture. Our perspective narrows, and we lose our way.

**Mindfulness** is the optimal interaction between attention and peripheral awareness.

### Comparison of Peripheral Awareness and Attention

Peripheral Awareness	Attention
Holistic, Relational, Contextual	Isolates and Analyzes
Filters all incoming information	Selects information from awareness
Acts as a watchful alert system	Hones in on objects
Less processing, quicker response	More processing, lower response
Less Personal and more Objective	More "self" centered
Can be Introspective or Extrospective	Can be Introspective or Extrospective

### Stable Attention

**Stable Attention** is the ability to intentionally **direct** and **sustain** the **focus of attention**, as well as the **scope of attention**

Directing and sustaining attention means we choose which object we're going to attend to and continuously keep our attention fixed on it.

Your attention moves spontaneously in 3 ways: **Scanning**, **Getting Captured**, and **Alternating**

**Intentionally directed attention** means just that: we make a conscious decision about what to pay attention to.

### Peripheral Awareness

Be aware of the senses your body takes in. What happens is your conscious/brain space is being taken up by the awareness of these thoughts. You're essentially letting your consciousness and thoughts be overwhelmed by the sensations you feel.

It's important not to have thoughts ABOUT these sensations, only focus on the sensations themselves.

Be nonverbal about it. Make sure you catch yourself when you start thinking and becoming your thoughts.

Avoid using words to describe what you're feeling.

Example, when you hear people talk, try not to pay attention to WHAT they're saying. Just focus on the sounds.

Use the FEELINGS and SENSATIONS instead of the words and thoughts.



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