

WHERE IS MY ATTENTION

UNLOCK THE DOOR TO A
LIFE MADE NEW, FOREVERMORE!



Jane wanted what everyone wants - A life that
feels right. A life filled with happiness.

MACLAD S. H

Where Is My Attention?

*Unlock the Door to a Life Made New,
Forevermore!*

Maclad S.H

A Shanti Harmony offering

Dedication

For every soul who longs to understand the quiet workings of life, and to live with more joy, less fear, and deeper clarity.

This is for you.

Epigraph

“Where is my attention?

Is it lost in the crowd, or is it honed?

Redemptive power flows when I choose...”

— FROM WHERE IS MY ATTENTION BY
SHANTI HARMONY

Copyright © 2025 Shanti Harmony All rights reserved

This book is a reflection of personal insights, spiritual contemplation, and creative expression.

It is offered as inspiration, not as professional advice. Readers are encouraged to apply their own discernment and experience.

No part of this book may be reproduced, or stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without express written permission of the publisher.

This is a work of original thought and creative expression under the authorship of Maclad S. H, presented by the Shanti Harmony collective.

ISBN: 9798293625635

Cover design by: Amazon Kindle Cover Creator

Library of Congress Control Number: 2018675309

Printed in the United States of America

DISCLAIMER

This book is a work of reflective nonfiction, rooted in personal insight, spiritual contemplation, and creative expression.

The practices and perspectives shared are intended as inspiration only—not as psychological, medical, or professional advice. Each reader is encouraged to use discernment and personal judgment when engaging with the material.

Any references to personal stories or real-life experiences have been adapted with respect for privacy. No part of this book should be interpreted as a directive or substitute for your own inner guidance.

Shanti Harmony and the author assume no responsibility for individual outcomes or interpretations arising from the use of this content.

CONTENTS

Title Page

Dedication

Epigraph

Copyright

Disclaimer

How to Use This Book

Preface

Table of Contents

INTRODUCTION

Chapter 1: What Is Attention, Really?

Chapter 2: Escaping the Trap of Distraction

Chapter 3: Contemplation – The Gentle Art of Listening
Within

Chapter 4: The Cost of Inattention

Chapter 5: Noticing the Unseen

INTERLUDE: “Where Is My Attention?”

Chapter 6: The Enemies of Attention

Chapter 7: Reclaiming the Moment

Chapter 8: The Power of Single-Pointed Focus

Chapter 9: Listening for Life’s Whispers

Chapter 10: The Quiet Superpower

Interlude: "Where Is My Attention?"

About The Author

Acknowledgement

How to Use This Book

This is not a book to rush through. It is a book to return to. Each chapter was written with rhythm in mind—part reflection, part practice, part quiet reminder. You'll notice this book doesn't shout. It doesn't command. It simply invites. To get the most from it, consider:

- Reading one chapter at a time, then pausing.
- Letting a sentence or question sit with you for the day.
- Trying one of the simple practices—not as a task, but as a doorway.
- Re-reading the parts that stir something deeper.

You may keep a journal nearby.

Or bring one insight into your walk, your work, your relationships. There's no wrong way to engage—only the way that helps you come back to yourself. This is not a self-help formula. It is a return to natural power—the kind you already carry. Let the book meet you where you are. Let attention become a friend again.

Preface

Where is my attention? Is it lost in the crowd, or is it honed? Redemptive power flows when I choose...” — From *Where Is My Attention* by Shanti Harmony

This book was inspired by a song I wrote in a season of scattered living. It became a guiding thread that helped me reclaim my gaze, my awareness, and ultimately, my sense of purpose.

If you’ve ever felt:

- ◆ scattered and mentally overwhelmed
- ◆ pulled in a dozen directions but spiritually unfulfilled
- ◆ like you’re watching your life instead of living it
- ◆ stuck in self-help loops that offer more promises than peace
- ◆ stressed, exhausted, or struggling to find clarity in a noisy world
- ◆ longing for meaningful self-improvement and happier, more productive living

...then this book is your invitation to come home.

Because when you reclaim your attention, you reclaim your presence, your power, your peace—and your purpose.

This is not about rigid focus or forced silence. It's about discovering the gentle art of being where you are— and in doing so, awakening the life you've been too distracted to see.

Let's begin with the question that opened it all for me:

Where is my attention?

Not as a judgment.

Not as a command.

But as a compass—a way home.

Table of Contents

Introduction

Chapter 1: What Is Attention, Really?

Where is my attention? • Attention Is Not Focus

- True attention is gentler than that • A Better Definition
- The Song Was Right • Why This Matters
- Miriam Discovers the magic of attention • The Sacred Power of Attention: Finding the Divine in the Ordinary • What This Taught Me About True Mastery • The Practice: Your Next Sacred Moment • A Man on a Bus • The Science (Briefly) • Contemplation - A Creative Way • What This Chapter Wants You to Know • 5 Quotes to Keep in Your Pocket

Chapter 2: Escaping the Trap of Distraction

Why We're Always Distracted • A Glance at the Science • The Hidden Cost of Distraction • How to Escape the Trap: 4 Shifts That Change Everything

- Real-Life Reflections: The Woman Who Couldn't Finish Anything & The Last Message • Take Charge Now! • The Man Who Stopped Multitasking • Practice: The One-Moment Reset • What This Chapter Wants You to Know • 5 Quotes to Keep close

Chapter 3: Contemplation – The Gentle Art of Listening Within

Contemplation vs. Meditation (Let's Clear the Fog) • Why Contemplation Changes Everything • The Baker and the Morning Stillness • The Man Who Watched a Leaf • The Power of Gentle Sound • A Simple Contemplation Practice • Contemplation in Daily Life • What This Chapter Wants You to Know • 5 Quotes to Keep

Chapter 4: The Cost of Inattention

What Goes Unseen Begins to Slip Away • Emotional Costs • Spiritual Costs • The Deeper Cost: What We Become Without Attention • The Man Who Missed His Own Life • The Woman Who Forgot How to Feel • Contemplation Cue • 5 Quotes to Keep in Heart

Chapter 5: Noticing the Unseen

What We Miss When We Rush • Life Isn't Silent—It's Subtle • The Art of Observation: Finding Answers Within Questions • The Universal Art of Observation • The Paradox of Speed Through Stillness • The Man Who Noticed His Wife's Silence • The Art of Noticing • Attention Creates Reality • The Noticing Walk • Contemplation Cue • What This Chapter Wants You to Know • 5 Quotes to Keep

Chapter 6: The Enemies of Attention

Not all thieves wear masks • Two Realms of Distraction • Internal Enemy: Mental Grooves • The Grooming of Passivity • The Illusion of Productivity • External Enemy: Engineered Distraction • External Enemy: Noise Addiction • Internal Enemy: Lack of Discipline • Multitasking: The Grand Illusion • What This Chapter Wants You to Know • 5 Quotes to Keep

Chapter 7: Reclaiming the Moment

Conscious Awareness Is a Muscle, Not a Mood • Everyday Portals Back to Now • Mini-Practices That Anchor You • The Single-Tasking Challenge • The “Phone Home” Practice • Contemplation in Motion • Your Attention Ritual • Contemplation Cue • What This Chapter Wanted You to Know • 5 Quotes to Keep

Chapter 8: The Power of Single-Pointed Focus

Conscious or unconscious, you are the captain of your life • What Is Single-Pointed Focus? • Why It Matters • The Attention Loop • The Potter • The Student • Practices for Building Focus • What to Remember • Choose where you place your attention

Chapter 9: Listening for Life's Whispers Why Life

Doesn't Show • The Inner Compass • Why Most People Can't Hear It • Life Whispers in Many Forms • What Listening Really Means • Attention as a Mirror • The Dream • The "Bad" Day • The Whisper Practice • What to Remember

Chapter 10: The Quiet Superpower

Attention Is the Thread • From Practice to Natural State • The Ripple Effects • Being, Not Just Doing • Quiet... But Revolutionary • The World May Not Understand... But You Will • Final Reflection: What Life Can Be

INTRODUCTION

The Missing Piece

Jane's Story

Jane wanted what everyone wants—a life that feels right. A life filled with happiness, peace, and meaning. It wasn't too much to ask for, was it?

But life had other plans. No matter how hard she tried, everything seemed to go wrong.

She wasn't lazy or careless. She put in the effort, followed the rules, and did what she thought she was supposed to do. Yet somehow, it felt like life was working against her at every turn.

She couldn't pinpoint exactly what was wrong. But there was this constant feeling that something was missing, that she was living her life in reverse.

Jane felt defeated. She had tried everything—positive thinking, goal setting, self-help books, therapy. Nothing seemed to work. Life kept beating her down with events that were a million miles away from her true dreams.

"Why does everything feel... off?" she wondered. But something essential was missing, and she felt like she was

like a nylon bag tossed about in a strong current—alive, but not really living.

The Book That Changed Everything

One day, Jane read something that stopped her in her tracks. The book said that the difference between a master and a beginner is simple: the master spends less effort to achieve much more, while the beginner spends enormous effort to achieve very little.

This puzzled Jane. What was she missing? What was the key that would unlock the door to the life she wanted? She had tried so hard, yet felt like she was getting nowhere.

The Dream

Then one night, Jane had a dream that changed everything. In her dream, she watched a gentle old man training hundreds of tiny birds. With quiet patience, he guided each bird to form intricate patterns in the sky. The birds moved together, creating beautiful shapes—circles, stars, waves—whatever he asked them to create.

Jane was amazed. Each bird seemed to know exactly where to go, exactly what to do. There was a bond between the man and the birds, a connection that went beyond words or commands.

"How do you do that?" Jane asked him.

The old man smiled and spoke kindly.

Jane awoke from the dream, and all she could remember was something like:

"You, me, and all of humanity have been given the ability to take hold of our lives—but you must slow down and learn to mold your life with focused attention."

The Awakening

When Jane woke up, those words stayed with her. Attention. That was what she'd been missing all along.

Not more effort. Not more willpower. Not more strategies or techniques.

Attention.

She realized she had spent years scattered, reacting to life instead of directing it. Her mind jumped from worry to worry, from distraction to distraction. She had been giving her attention to everything except what really mattered.

The kind of attention she needed wasn't the shallow focus she gave to her phone or to other people's opinions. It was the deep, grounding attention that could wake her up and return her to the living pulse of her own life.

The Truth

Jane understood something profound: she had not lost her power. She had simply forgotten how to use it.

Attention isn't some mystical skill reserved for spiritual masters. It's the simplest tool we all possess—the ability to choose where we focus our awareness.

When you learn to use your attention consciously, it becomes the key that unlocks clarity, presence, peace, and purpose. It's not something that can be taught from the outside because it's already within you. It just needs to be awakened.

Your Journey Begins

Jane's story is your story. My Story too. Like her, you already have everything you need to transform your life. You just need to remember how to pay attention to what matters most.

This book will help you rediscover that innate ability.

By the time you finish reading, you'll stand at a turning point in your life—with the power to decide what to think, what to feel, and how to live from the inside out.

Your life is waiting. All you have to do is pay attention.

The insights, revelations, and transformative steps that follow in this book are the very discoveries that changed Jane's life forever. What she came to understand about the sacred nature of attention, you too can learn and apply. Her awakening is now yours to claim

— Maclad S. H.

Chapter 1:

What Is Attention, Really?

*The Gentle Practice That Unlocks
Your Highest Potential*

Where Is My Attention?

There is a quiet force shaping every moment of your life. It decides what you notice, how you respond, and whether you move through your day in chaos or clarity. It influences your emotions, your relationships, your sense of meaning—even your ability to hear that inner whisper of truth.

This force is not talent. Not motivation. Not willpower.

It is your attention.

And yet, very few of us ever learn how to use it—not with intention, not with grace. Because when you reclaim your attention,

*you reclaim your power, your clarity, your joy—and
your purpose.*

This is not about discipline or forced silence.

It's not another technique to master.

It's about learning a gentle art— the art of *being fully where you are*.

And in doing so, awakening the life you've been too distracted to see.

So let us begin with the question that started it all:

Where is my attention?

Attention Is Not Focus

Let's begin by unlearning.

Most people think attention means concentration. Focus. Laserlike discipline.

But that's just the costume attention wears at work.

True Attention Is Gentler Than That.

It's not a squint—it's a gaze.

Not a straining—it's a soft resting.

It's what you give a sunset. Or a child's drawing. Or a falling leaf.

It's what you offer when you really see someone.

Focus narrows.

Attention expands.

Focus wants to achieve.

Attention wants to connect.

A Better Definition

If we must define it, let's say this: Attention is where soul chooses to dwell. *It's your inner positioning system.*

*Where your awareness settles, your energy flows. And
where your energy flows, your life unfolds.*

Every thought you entertain, every worry you feed, every
beauty you witness—

All of it is filtered through the simple act of **attention**.

The Song Was Right

“It was difficult at first...

Practice, keep the practice!

This redemptive power of love

Connecting earth to heaven above.”

That lyric wasn’t poetic exaggeration. It was experienced
truth. In a world that celebrates multitasking and mental
gymnastics, attention becomes rebellion.

A holy rebellion.

Because when you hold your attention steady, even for a
breath, you realign with something ancient.

*You reclaim the part of you that knows. That listens.
That lives from the center outward, not the chaos
inward.*

Why This Matters

Here's the thing:

- ◆ You are already powerful. But your power follows your attention.
- ◆ You are already intuitive. But your knowing rides on attention.
- ◆ You are already surrounded by guidance, clarity, creativity— but it only enters where attention opens the door.

Want a better life?

You don't need to "improve." You need to become *present*.

To become aware!

Miriam Discovers The Magic Of Attention

Miriam worked two jobs. She was the definition of tired. But she said something I'll never forget:

"When I stopped trying to escape the moment and started attending to it, even chopping onions became prayer."

She didn't get more time.

She just gave more of herself to the time she had.

This is her story:

The Sacred Power Of Attention: Finding The Divine In The Ordinary

"Let me tell you about a discovery that changed how I live. There was a time when I rushed through everything—washing dishes, folding clothes, chopping onions.

But one evening, I decided to try something different. I had been learning to bring my attention gently—curiously—into the present moment. To take positive charge.

So I practiced with the smallest thing.

That night, while dicing onions in the kitchen, I slowed down just enough to notice...

The cool handle of the knife. The sound—crisp, clean—as each slice met the board. The sting in my eyes. The scent rising, warm and earthy. The movement of my breath.

The quiet rhythm of being.

And suddenly, I realized:

I was here. Fully here. No longer rushing. No longer escaping. No longer missing my own life in pursuit of it."

"Even chopping onions became prayer. Not because the onions changed—but because attention transformed the ordinary into meaning"

What This Taught Me About True Mastery (Mariam Continues)

"This simple shift helped me understand something profound: When I brought full attention to cooking, I remembered that I wasn't just preparing food—I was perpetuating life itself.

Each careful slice became an act of love, not just for myself but for all who would be nourished by my hands.

It paralleled my being capable of serving as an instrument to bring forth something of worth, benefiting all, including myself.

That onion, grown from earth and rain and sunlight, was now passing through my care to become sustenance. When I truly saw this—when I felt the weight of this responsibility and gift—gratitude filled the space where rushing once lived.

I recalled that I cook not from obligation but from love, to keep myself and others alive, healthy, and strong enough to pursue our dreams.

But here's what I discovered: This fixity of attention didn't just transform cooking—it began to fix everything else.

The careful attention I brought to this one task started to flow into every other action. Suddenly, folding clothes became a contemplation, meditation, or true worship of caring for what serves me.

I realized I was reclaiming my innate power. For so long, I had been enslaved to rushing, to distraction, to the illusion

that life was somewhere else. But attention revealed the truth: I could be the master of my experience.

When I stopped rushing past my life toward some imagined “better” moment, I discovered that richness was always here, waiting.

Living with this quality of attention created a foundation of gratitude that no external circumstance could shake.

I began to see that every ordinary moment contains an invitation to depth, to meaning, to the sacred act of being fully alive—and fully in charge of how I meet each moment.

More so, it helped to act as a buffer—a protection from pressures and distractions that had, until now, scattered my mind and concentration, making me helpless and unhappy.

Through controlled awareness and fixity of attention, I held my life in my hands, supported gracefully by life itself.

This was union: a relationship I had prayed for all my life, where life trusted me to become a notable co-creator."

The Practice: Your Next Sacred Moment

"You don't need to go on retreat to touch this peace. You don't need to fix your entire life today. You just need to **be in it**—one breath, one task, one moment at a time.

Try it. Choose the next simple thing you do—washing dishes, walking to your car, typing an email—and do it with the same full attention you might bring to prayer. Notice the

textures, the sounds, the sensations. Let yourself be completely present and aware.

Then notice how much more real, alive, and grounded you feel. Notice how this simple shift in attention transforms not just the task, but something deeper within you.

That is the gift. That is the shift. That is what attention makes possible: a life where every moment becomes an opportunity to touch the sacred, to serve with love, and to remember that we are already in the center of creation itself."

Thank you Mariam for that story!

A Man On A Bus

He told me he used to take the same route every day and feel numb.

Until one morning he asked himself:

"What if I paid attention—like I really meant it?"

That day, he noticed the boy with the polka dot socks. The bus driver humming Marvin Gaye.

The way the light shimmered off the car window like a ripple of water.

It didn't change the route.

It changed him.

The Science (Briefly)

Neuroscience backs this too. Whatever you attend to, your brain literally **strengthens**.

Think worry? You wire anxiety.

Think gratitude? You wire peace.

But here's the punchline:

*You can choose what you attend to. And that means
you can choose who you become.*

Contemplation - A Creative Way

Many hear “attention” and run for a cushion. “I must meditate more!”

You may. You may not.

But contemplation is different.

- ◆ It doesn't ask you to silence the world.
- ◆ It invites you to listen within it.
- ◆ It is not about controlling thoughts—but learning to *notice where they go*.
- ◆ You don't sit still to escape life—you sit still to meet it fully. And yet, you are free.

You may choose contemplation, or meditation, or prayer, or simply to walk with awareness.

No dogma. Just return.

What This Chapter Wanted You To Know

Let me speak plainly:

- ◆ Attention is not a luxury. It is your power grid.
- ◆ It is not loud or flashy. It is steady. Like breath.
- ◆ Attention is how soul says: **“I am here. And that is enough.”**

Let this be your starting question—again and again:
Where is my attention now?

And if it's scattered, would I like to bring it back?

5 Quotes To Keep In Your Pocket

1. “You don’t have to hold it all together. Just hold your attention.”
2. “Attention is how you touch life without your hands.”
3. “We are not shaped by what happens. We are shaped by what we notice.”
4. “To reclaim your attention is to reclaim your life.”
5. “Where the gaze goes, grace flows.”

CHAPTER 2:

**ESCAPING THE
TRAP OF
DISTRACTION**

*When Attention Is Scattered,
Presence Becomes Impossible*

The world is loud.

Not just in sound—but in demand. Apps, ads, inboxes, schedules, sirens.

Every one of them knocking on the door of your awareness, asking:

“Can I have your attention for just a moment?”

And one moment turns into hours.

Days.

A life half-lived.

You were not born distracted.

You were trained into it.

*Distraction is not your flaw. It is the atmosphere
you’ve been breathing.*

Why We’re Always Distracted

The mind is like a river, but one that has worn grooves into its banks over time.

These grooves are called **habit**.

From birth, we’re conditioned to chase ease.

Convenience is sold as a virtue. Effort is seen as suffering.

So when it comes to inner discipline—the simple act of choosing where our attention goes—many of us feel unequipped.

Not because we lack will.

But because we've been trained not to use it.

We've unconsciously absorbed the belief that things should happen fast, feel good, and require little effort.

But attention, like any power worth holding, requires a quiet, daily choice.

“If you don’t train the mind, the world will train it for you.”

A Glance At The Science

Dopamine drives us toward the next—not necessarily what's best.

The brain loves novelty, but too much over stimulation leads to burnout.

Attention span is shrinking. And along with it? Depth, meaning, and peace.

Distraction isn’t just a nuisance. It rewires us to live from the surface of things.

The Hidden Cost Of Distraction

1. Emotional: anxiety, dissatisfaction, irritability
2. Spiritual: deafness to inner guidance, loss of clarity
3. Energetic: drained focus, wasted time, shallow connections

We wake up and realize:

“I’ve been reacting to life, not living it.”

How To Escape The Trap: 4 Shifts That Change Everything

1. Rewire the Habit Groove

The mind runs on grooves.

If you always scroll when you're bored, your brain expects that scroll like breath.

To escape distraction, start here:

Know that **habit is not destiny**.

Begin forming a new groove—intentionally.

Even five minutes of undivided awareness retrains the current.

Just notice. Just sit. Just breathe.

The mind will resist. That’s fine. Stay anyway.

With gentle repetition, the groove changes.

2. Arrange Your Life with Discipline

Distraction thrives in disorder.

When the day is unstructured, your mind becomes a wandering herd.

Start small.

- ◆ Plan your day the night before
- ◆ Choose 3 priorities.
- ◆ Protect spaces of silence like sacred appointments.

Follow through. Not perfectly—persistently

You're not managing time. You're guiding attention.

“Order in your day invites order in your mind.”

3. Spend Time in Silence—Every Day

Silence is not emptiness.

It is the soul's workshop.

Each day, even five minutes spent in conscious stillness
re-engineers the mind.

It teaches the brain to hold concentrated energy— The same energy that powers ideas, focus, and dreams.

Silence softens the mind.

Then reshapes it.

“What you sit with today, will walk with you tomorrow.”

4. Remember: The Outer World Was Designed to Hijack You

This is not paranoia—it’s profit.

Advertisements, news feeds, entertainment—they don’t simply inform. *They rewrite your inner script.*

They make you believe:

- ◆ You’re behind.
- ◆ You’re not enough.
- ◆ You need more, do more, be more—immediately.

But awareness breaks the spell.

Once you know the game, you stop playing it unconsciously.

You reclaim your power not by fighting the noise—but by no longer feeding it.

“You are not a zombie. You are soul. Wake up.”

Real-Life Reflections

The Woman Who Couldn’t Finish Anything

She was brilliant. Full of ideas. But never followed through.

Not because she lacked vision—but because she lived in digital noise.

Ten minutes of silence a day. That was her experiment.

Tea. Window light. Breath. No phone.

A month later, her anxiety dropped. Her ideas clarified.

Not because her life changed—but because she changed how she entered it. Again we will share her painful story that led her to this living standard. Her name is Sarah.

The Last Message

Sarah's phone buzzed on the kitchen counter. She glanced at it while stirring pasta—a text from Mom.

"At hospital. Dad collapsed. Come now."

Her heart lurched. She grabbed her keys, then stopped. The pasta was burning. She turned off the stove, grabbed her purse, then remembered her laptop was still open upstairs. Work deadline tomorrow. She ran up, saved the document, then her phone buzzed again. Instagram notification. Without thinking, she swiped.

Just a quick look.

A friend's vacation photos. A funny meme. An ad for shoes she'd been eyeing. Three minutes became ten. Her phone buzzed again—a work email marked urgent. She opened it, fingers flying across the screen. *This will only take a second.*

The email led to a spreadsheet. The spreadsheet had errors. She started fixing them, her mind already three tasks ahead.

Dad's text felt distant now, buried under the digital avalanche.

Twenty minutes later, her phone rang. Mom's voice cracked through the speaker: "Sarah? Where are you?"

"I'm coming! Just leaving now—"

"Honey..." Her mother's sob cut through the noise in Sarah's head like a blade.

"He's maybe gone. He kept asking for you. He kept saying your name. There's practically no hope!"

The phone slipped from Sarah's hands, clattering on the hardwood floor. The laptop screen still glowed, cursor blinking in the spreadsheet cell. The pasta sat congealed in the pot. Her father's last text remained on her phone:

"Tell Sarah I love her. Tell her I'm proud."

She never saw it. It had arrived while she was scrolling through vacation photos.

Sarah sank to the floor, surrounded by all the things that had seemed so important moments before. Her father had waited.

The doctors said he'd held on for almost an hour, lucid and asking for her. If she had just looked at her phone

properly. If she had just focused for one moment on what truly mattered.

The notifications kept coming. Emails. Messages. Likes. Comments. A digital symphony of noise that had cost her the last conversation with the man who taught her to ride a bike, who waited up when she came home from dates, who believed in her when she didn't believe in herself.

She finally understood what she'd lost in the constant scatter of her attention. Not just time—but presence. Not just focus—but love.

The very connections that made life worth living, fractured into fragments by the relentless pull of a thousand meaningless distractions.

Her phone buzzed again. This time, she let it ring.

Strangely, it was a miraculously regain of consciousness of her dad. And once again she missed the call.

Take Charge Now!

One question:

*Must we always learn through excruciating pain? Why
not seize the bull by the horns and take command of
our lives today?*

The Man Who Stopped Multitasking

He thought juggling made him productive.

Instead, it made him forgetful, agitated, disconnected.

He chose one task a day to do with total attention.

Brushing his teeth. Walking his dog. Listening to his son.

His focus improved. But more importantly—his peace returned.

“Presence is not a side effect of stillness. It’s the reward.”

Practice: The One-Moment Reset

Try this, anytime:

1. **Notice** – “I’m distracted.” (That’s okay.)
2. **Name** – “My mind wants to scroll/run/escape.”
3. **Return** – One breath. One look around. One presence.

Repeat as often as needed.

You’re not starting over. You’re strengthening a muscle.

Contemplation Cue

“What is pulling me out of this moment—and what truth might I be avoiding?”

Let the answer rise. Don’t rush it.

Even the asking is powerful.

What This Chapter Wants You To Remember

- ◆ Distraction isn't your fault—but it is your responsibility.
- ◆ Your mind will follow the grooves you train it into.
- ◆ Stillness is not a luxury. It is a necessity.
- ◆ The world profits from your attention.
- ◆ You thrive when you reclaim it.

“Attention is the most radical form of self-respect.”

5 Quotes To Keep Close

1. “Distraction is the sugar of the mind, but not soul—sweet, but empty.”
2. “The outer world was built to manipulate. But your attention can unbuild it.”
3. “Silence isn't empty. It's full of what's real.”
4. “Train your attention, and your life will follow.”
5. “The mind moves by habit. Teach it to move by love.”

CHAPTER 3:

CONTEMPLATION – THE GENTLE ART OF LISTENING WITHIN

*Where the Mind Pauses, and the
Soul Begins to Speak*

Many people think silence is empty. But silence is not a void.

It is a threshold.

It hums. It listens. It invites.

Contemplation is not silence for silence's sake— It's the art of listening beyond noise, to hear what life is quietly trying to say.

Most of us are so used to talking, thinking, reacting, and fixing, that we rarely consider:

What would happen if I simply... listened?

Contemplation vs. Meditation (Let's Clear the Fog)

They are not enemies.

They are siblings on the same road—each with a different stride.

Contemplation

A gentle inward listening.

Open, reflective, and intuitive.

Can involve soft chanting, questions or wonder

Emphasizes inner connection

Insight rises naturally

Meditation

A practice of mental stilling

Structured or breath-based

Often aims to still or empty the mind

Often emphasizes inner quiet

Calm is cultivated intentionally

Meditation says: *Be still and empty your thoughts.*

Contemplation says: *Be still and listen to your knowing.*

Some may prefer meditation. Others, prayer. Some find freedom in all three. The path you choose is yours alone. Life honors your freedom.

Follow your heart.

This book speaks through the voice of contemplation—But feel free to translate it into any spiritual language you live by.

Why Contemplation Changes Everything

You don't need a monastery.

You don't need incense or a new lifestyle.

You only need this:

- ◆ A moment
- ◆ A pause
- ◆ A willingness to be quiet enough to hear truth

rise on its own

Contemplation isn't about *doing* anything.

It's about becoming *receptive*—like a window, not a wall.

“You begin to see—not with the eyes, but from within.”

The Baker And The Morning Stillness

Every morning, she sat by the oven while her bread rose.

No music. No to-do list.

Just a chair, the scent of yeast, and quiet awareness.

She began asking small questions—not to get answers, but to *feel into them*:

- ◆ “What do I need to know today?”
- ◆ “What am I holding onto?”
- ◆ “What’s whispering beneath this noise?”

She told me,

*“The answers didn’t shout. They rose like steam.
Slowly. Gently. Always right.”*

The Man Who Watched A Leaf

He picked one leaf from the garden each morning. Always at dawn, when the dew still clung to its surface like tiny diamonds, and the world hadn't yet begun its daily assault of noise and urgency.

His fingers would trace the delicate veins, feeling the pulse of life beneath the chlorophyll-green skin.

He'd sit with it. Hold it. Watch it. Breathe with it.

The first morning, his mind rebelled like a caged animal. Thoughts crashed through his consciousness in violent waves:

*the mortgage payment, his daughter's college tuition,
the presentation at work, the argument with his wife,
the persistent ache in his lower back, the news
headlines screaming catastrophe, the endless scroll of
social media notifications burning behind his closed
eyelids.*

But the leaf remained still. Patient. Unwavering in its simple existence.

He forced his attention back to its surface—the intricate network of veins that reminded him of river deltas seen from an airplane, the way the morning light revealed colors he'd never noticed before: not just green, but gold and amber and the faintest hint of purple along the edges.

His breathing began to synchronize with something deeper, more fundamental.

The leaf became his mirror.

Week by week, the practice deepened. He discovered that focusing on one single point—the precise spot where the stem met the blade—could silence the cacophony in his skull. His attention, once scattered like leaves in an autumn wind, began to gather itself into something sharp and clear as a laser beam.

Some days he wept. The leaf would catch a shaft of sunlight, and suddenly he was eight years old again, watching his grandfather's weathered hands tend tomato plants in the backyard.

The old man's voice echoed across decades:

"Everything has its season, boy. Learn to be still, and you'll hear what the world is trying to tell you."

Tears would carve hot tracks down his cheeks as he realized how much noise he'd been carrying, how much beauty he'd been missing in his relentless rush toward somewhere else.

Some days he laughed. The leaf would flutter in a morning breeze, and he'd see himself in its helpless dance—all his worries and ambitions suddenly absurd, like a man frantically rowing a boat that was already being carried by the current.

The laughter would bubble up from somewhere deep in his chest, surprising him with its richness, its complete lack of irony or bitterness.

Some days nothing happened—except everything.

On these mornings, the leaf would simply exist, and he would simply exist with it. His mind would empty like a still pond, reflecting the sky without ripples. In these moments of perfect stillness, he began to understand what the mystics had always known: that attention, when gathered to a single point, becomes a doorway to something infinite.

The world continued its chaos around him—traffic grinding past his garden, neighbors arguing, jets carving contrails across the sky—but none of it could penetrate the bubble of silence he'd learned to create. His one-pointed focus had become a fortress, protecting something precious within him that he'd forgotten even existed.

Months passed. The leaves changed from spring green to summer's deep emerald to autumn's brilliant gold. Each morning brought a new teacher, a new lesson in the art of focused attention. He learned that distraction wasn't the enemy—it was simply noise, and like any noise, it could be acknowledged and then set aside.

His wife noticed the change first. The man who used to pace the kitchen while checking his phone during breakfast now sat quietly, his hands steady around his coffee cup, his eyes present and attentive. "You're different," she said one morning, studying his face. "Calmer. More... here."

At work, colleagues began seeking him out. In meetings, while others fidgeted and multi-tasked, he sat with laser-like focus, hearing not just the words but the silence between them. His ideas came from a deeper place now, born from the stillness he'd cultivated leaf by leaf, breath by breath.

His daughter called from college. "Dad, I'm so stressed about finals. My mind is everywhere at once. I can't concentrate on anything." He found himself describing the leaf, the morning practice, the way attention could be trained like a muscle.

"Pick one thing," he told her. "Just one. A pen, a stone, a flower. Sit with it until everything else falls away."

Seasons turned. The practice continued. Each leaf became a contemplation or meditation on impermanence, on the beauty of the present moment, on the profound peace that comes when the mind stops its endless chatter and learns to rest in pure awareness.

He said,

"That leaf taught me more about stillness than any book I ever read."

But it wasn't just about stillness. It was about the power of gathered attention—how consciousness, when focused to a single point, could penetrate the veil of ordinary perception and touch something eternal. The leaf had been his teacher, his mirror, his doorway to the infinite silence that lives at the heart of all things.

In a world of infinite distractions, he had found the one thing that mattered: the ability to be completely present, completely focused, completely still. And in that stillness, he had discovered not emptiness, but fullness beyond measure—the vast, spacious awareness that had always been there, waiting patiently behind the noise for someone to finally listen.

The Power Of Gentle Sound

Sometimes the mind wanders too wildly for silence.

That's okay.

Try softly repeating a word like:

- ◆ “Love”
- ◆ “Truth”
- ◆ “God”
- ◆ “Peace”
- ◆ “Gratitude”

Not forcefully. Not as a chant. But as a tuning fork for attention. Let the word draw you inward like a rope tied to your center.

“It’s not about the sound. It’s about where the sound leads you.”

A Simple Contemplation Practice

Try this. Anywhere. Anytime.

1. **Sit quietly.** No special posture needed.
2. **Breathe.** Don’t control it—just let it happen.
3. **Close your eyes or soften your gaze.**
4. **Hold a word or question.** Something gentle like:

- ◆ “What is already here?”
- ◆ “What do I need to learn today?”
- ◆ Or simply... “Love.” or whatever you wish to learn.

1. Listen. Don’t chase insight. Just listen.

2. When the mind wanders, gently return.

Like calling a bird back to your hand.

Or simply follow it wherever it goes—without force—while still listening for what rises.

It is like quiet observation—looking at the sink from different angles, examining its sides and features calmly with a listening poise

Who’s to say the play of the mind won’t weave a tapestry of meaning?

It might be inner-directed.

That’s it. No drama. Just presence.

Contemplation In Daily Life

It doesn’t have to happen on a cushion.

You can contemplate:

- ◆ While stirring soup
- ◆ While folding laundry

- ◆ While waiting in line
- ◆ While staring at the ceiling at 3 a.m.

Anywhere your awareness rests with intention, contemplation can begin.

“Stillness is not where nothing happens. It’s where everything happens more clearly.”

Contemplation Cue

Ask gently:

“What is already here, that I’ve been too busy to see?”

Then pause. Let the silence be your teacher.

What This Chapter Wants You To Remember

- ◆ You don’t need to silence your thoughts—you only need to stop being ruled by them.
- ◆ You don’t need to change your life—you only need to begin listening to it.
- ◆ You don’t need to become spiritual—you already are.

And you are free.

Whether you choose contemplation, meditation, prayer, or simply a breath of honesty—

Your attention is sacred wherever you place it.

5 Quotes To Keep

1. “Silence is not absence. It is invitation.”
2. “Contemplation is how soul leans in to listen.”
3. “Where meditation empties, contemplation receives.”
4. “Insight doesn’t scream. It whispers.
Contemplation lets you hear it.”
5. “In stillness, we don’t find answers—we remember them.”

CHAPTER 4:

THE COST OF

INATTENTION

*What You Don't See Slowly
Disappears*

What Goes Unseen Begins To Slip Away

There is a quiet erosion happening all around us. Not because we're bad.

Not because we're broken.

But because we're **not paying attention**.

"What you do not notice, you begin to lose. What you do not give your presence to, slowly fades away."

What Goes Unseen Begins To Slip Away

The first cost of inattention isn't external.

It begins within.

You stop noticing beauty.

You stop feeling connection.

You stop hearing the soft pull of life guiding you from the inside out.

And then, like an old photograph left too long in sunlight, your joy begins to fade.

Not suddenly—but quietly.

Emotional Costs

Inattention fractures you.

You begin to:

Feel irritable for no reason

Live in constant low-level anxiety

Lose depth in your relationships

Mistake movement for meaning

Wake up tired, even when you've done "nothing"

Why?

Because your energy is leaking into a hundred places where your presence never followed.

Spiritual Costs

Without attention,

You lose connection to the voice within.

You feel disconnected from guidance You forget you have purpose

You live from reaction instead of response

You become numb to the wonder of your own life

"The Divine doesn't stop speaking. But we stop hearing. Not because we're unworthy. But because we're distracted."

The Deeper Cost: What We Become Without Attention

1. We begin to believe we are powerless.

We start thinking:

“Maybe this is just my life.”

We feel incapable of change.

Like logs in the sea—bumped and tossed by everything except our own choice.

The truth?

You were not made to drift. You were made to direct.

2. Our energy scatters—and achieves nothing.

We try everything. But nothing works.

Why?

Because attention is power.

Without focus, power dissipates.

“Sunlight through a window warms the room. But sunlight through a magnifying glass ignites fire. That’s the power of focused attention.”

3. We begin to live like beggars.

When we stop attending to our inner resources, we start depending on outer ones.

We beg for approval.

We chase trends

We copy instead of create

We wait for someone else to rescue us

Inattention turns creators into consumers. It breeds a soul-level poverty.

4. We die with our dreams unfulfilled.

Not because we didn't dream.

But because we never paid them sustained attention.
Dreams don't die from doubt.

They die from neglect.

They shrivel when ignored.

And all they ever needed was the sunlight of your focus.

5. We forget what makes us unique.

Every person carries a sound, a color, a frequency no one else can reproduce.

Attention is what reveals that uniqueness.

Inattention buries it.

We don't become invisible overnight.

We become invisible to ourselves.

"Soul's light doesn't fade. But when you stop looking for it, you forget it was ever there."

The Man Who Missed His Own Life

He was a provider. A planner. A father.

But he was always busy—“just for now.”

Now stretched into years.

One day, the kids were grown.

The house was quiet.

And he realized: I was physically there—but *mentally gone*.

“He didn’t regret what he did. He regretted what he missed.”

The Woman Who Forgot How To Feel

Sarah couldn't remember the last time she'd felt truly happy. Not the quick dopamine hits from likes and notifications, but real joy—the kind that bloomed from within and needed nothing external to sustain it. She'd been chasing that feeling for years, scrolling through endless feeds, convinced the next video, the next song, the next distraction would bring it back.

Noise had become her companion. Phone buzzing against her palm, TV chattering in the background, YouTube auto play threading one video into another, podcasts filling every silent moment during commutes, workouts, even showers.

The silence between thoughts had been banished so thoroughly that Sarah had forgotten it ever existed.

She accumulated distractions like a hoarder collects objects— each one promising to fill the growing emptiness

inside. Her phone contained forty-seven apps, each demanding attention. Her browser had sixty-three tabs open.

Her mind had become a frantic conductor trying to orchestrate a symphony of chaos, and the music of her inner life had been drowned out completely.

At work, she'd refresh her email every few minutes while simultaneously checking Instagram, half-listening to a true crime podcast, and glancing at stock prices. During conversations with friends, her attention scattered like startled birds—nodding along while mentally composing tweets, planning weekend activities, and judging the restaurant's décor.

Even her prayers had become background noise, mumbled words competing with the mental radio that never stopped playing.

The devastating cost crept up slowly. Relationships felt hollow because she was never fully present. Creative projects died half finished because sustained focus felt impossible. Dreams she'd once held dear became distant memories, abandoned not from lack of desire but from lack of the deep attention needed to nurture them.

She was living at the surface of her own life, skimming across experiences like a stone across water, never diving deep enough to touch bottom.

The breaking point came during her father's birthday dinner. As he told a story about his childhood, Sarah realized she'd heard none of it—her mind had been elsewhere, planning tomorrow's schedule while her thumb unconsciously scrolled through Instagram under the table. She saw the hurt in his eyes when he asked her what she thought, and she had nothing to offer but an embarrassed smile and a request for him to repeat the story.

That night, she sat in her apartment surrounded by the familiar symphony of distractions. But for the first time in years, she truly heard them—the constant hum of devices, the overlapping streams of information, the relentless demand for her attention.

She realized she'd been living in a state of perpetual emergency, her nervous system convinced that missing a single notification might mean missing life itself.

Then one day, she turned everything off. All of it. Phone in a drawer, TV unplugged, laptop closed. She sat in a chair in her living room and waited. The silence felt alien, hostile. Her body twitched with phantom vibrations. Her mind raced through her mental to-do list, desperate for something, anything, to grab onto.

She felt naked, exposed, like she'd removed armor she didn't know she'd been wearing.

The first hour was unbearable. Her attention, so accustomed to being pulled in dozens of directions, didn't know how to settle.

It was like trying to focus a lens that had been shattered into fragments. She wanted to quit, to return to the familiar chaos that had become her normal. But something made her stay.

Slowly, gradually, her scattered attention began to gather itself.

*Like drops of mercury rolling together, her awareness
started to coalesce.*

She began to notice things she'd forgotten existed: the quality of light coming through her window, the rhythm of her own breathing, the texture of the chair beneath her. And then, like dawn breaking, color returned. Not in the room—the room looked the same. But inside her.

She felt something she hadn't experienced in years: presence. Not the urgent presence of responding to notifications, but the quiet presence of simply being alive in her own skin.

The joy didn't arrive with fanfare.

*It whispered back like a shy animal emerging from
hiding.*

It was in the way sunlight fell across her hands, in the forgotten satisfaction of a full breath, in the simple miracle of being conscious and aware.

She realized she'd been searching everywhere for what had been inside her all along. She hadn't lost joy. She had lost her attention. And joy followed it back.

In that moment of recognition, Sarah understood the cruel irony of her situation.

All her distractions, all her searching, all her efforts to feel better had been the very things preventing her from feeling at all.

She'd been like someone dying of thirst while standing in a river, too busy looking elsewhere to notice the water at her feet.

The woman who had forgotten how to feel had finally remembered. And in remembering, she discovered that

attention wasn't just how we focus—it was how we love, how we connect, how we truly live.

Everything she'd been seeking had been waiting patiently for her to simply... stop running.

Contemplation Cue

*“Where in my life have I stopped paying attention—
and what is it costing me?”*

Don't rush to fix. Just see.

Even noticing begins the healing.

You Can Reclaim It

The beauty of attention is that it's **never too late**.

The moment you return, life returns to meet you

What faded can be revived

What dimmed can be reignited

“Attention restores what neglect forgets.”

5 Quotes To Keep In Heart

1. “You cannot love what you do not notice.”
2. “Life fades where attention doesn't fall.”
3. “Most regrets begin as small moments we weren't really there for.”
4. “Inattention doesn't hurt all at once. It erodes quietly.”
5. “The cost of inattention is missing the miracle right in front of you.”

CHAPTER 5: NOTICING THE UNSEEN

*Where Meaning Waits
for a Gaze*

It wasn't that life stopped being magical.

It was that I stopped noticing.

The child laughing in the back of a grocery store.

The dust dancing in a sunbeam across your kitchen floor.

The stranger who held the door, just a second longer than needed.

The breath you didn't even know you were holding, finally exhaling.

*The sacred doesn't always shout. Sometimes, it stands
in the corner, waiting to be seen.*

What We Miss When We Rush

We live fast.

Talk fast.

Think fast.

Swipe faster.

And in the momentum, we lose clarity.

When you're riding a train at full speed, the world outside blurs. The trees become smears of green. The houses—flashes of shadow and light.

But slow the train down, and something shifts.

At half-speed, you begin to notice fences.

At walking pace, you see children playing.

At a snail's pace, you can tell which flower is blooming,
and where the butterfly just landed.

*The slower we go, the more we see. The more we see,
the better we know what step to take next.*

Rushing blinds.

Stillness reveals.

Life Isn't Silent—It's Subtle

Life is constantly speaking.

But the voice of life doesn't compete with noise.

It waits.

In the smell of bread

In the creak of old wood

In the flicker of intuition

In the pause before you speak

*“Most people think they need a louder life. What they
really need is a quieter attention.”*

The Art Of Observation: Finding Answers Within Questions

There was a Nigerian mathematics teacher whose approach to learning transformed not only his own academic journey but the lives of countless students. His philosophy was elegantly simple yet profoundly effective:

within every question lies its own answer, waiting to be discovered by those who know how to look.

As a student himself, he had developed this unique methodology through careful observation. While his peers labored through problem sets, he would finish twice as many questions in the same time—not through rushed calculation, but through patient observation that revealed patterns and shortcuts invisible to others.

This educator often told his students that one fundamental quality separates good mathematicians from extraordinary ones: **observation.**

This skill enables us to connect seemingly disparate elements and perceive solutions several steps ahead.

With practiced observation, the final answer often becomes immediately apparent.

His students mastered this art, learning to decode not just mathematical problems but the deeper patterns of learning itself.

The Universal Art Of Observation

This mathematical wisdom extends far beyond the classroom. Life itself presents us with questions—the challenges, opportunities, relationships, decisions—each containing its own answers for those who know how to observe.

All things in life are interconnected,

forming intricate patterns that reveal themselves only to the observant eye.

The ability to decode life's meanings can be swiftly mastered through keen observation—

the art of seeing the often unseen.

This requires us to slow down, to resist the modern impulse to rush toward solutions. As the timeless wisdom reminds us:

"Make haste slowly."

When we rush, we lose the meaning. But when we learn to pause and observe, we discover something remarkable: we position ourselves at the center of truth itself.

The Paradox Of Speed Through Stillness

This presents us with a beautiful paradox.

By slowing down to observe, we actually reach our destinations faster.

Yes, faster than those who rush blindly forward. Like the mathematics teacher who outpaced his peers by seeing patterns they missed, we can navigate life's complexities with greater speed and accuracy when we first take time to truly observe.

Observation teaches us that the messages life sends us are not random—they form patterns, reveal connections, and point toward solutions.

The key is developing the patience to stop, look, and see what others miss in their haste to act.

In a world that prizes immediate action, the art of observation offers a different path: one where

wisdom emerges from patience,

where answers reveal themselves to those who know how to look, and where the journey toward truth begins with the simple act of seeing what was always there.

The Man Who Noticed His Wife's Silence

Every evening, they sat together at the dinner table.

He'd check his phone. Nod. Eat. Small talk. Nothing deep.

Then one evening, something nudged him.

He looked—not just at her, but into her expression—as she stirred her tea.

She looked... tired. Heavy. Fading.

That night, they talked. Really talked. For hours.

She cried. He listened.

He said, *"I didn't need new communication skills.*

I just needed to stop ignoring the obvious."

*"When we pay attention, people feel seen. And seeing is
love in its purest form."*

The Art Of Noticing

Start noticing small things.

Start anywhere.

A sound you usually ignore

The feeling behind your thoughts

The way sunlight spills across the room

The tension in your jaw

The tone beneath someone's words

The sudden déjà vu or gut pull you always dismiss

These are not “just details.”

They’re the gold threads in the fabric of your experience.

Attention Creates Reality

If you can see it with your imagination, ***it already exists.***

*Imagination is the seed. Attention is the water.
Together, they pull the unseen into the seen.*

This is why dreamers become inventors.

And why visions become breakthroughs.

*“When you hold your attention on what you long for,
you are not wishing—you are midwifing.”*

The Noticing Walk (Try This)

Today, take a 10-minute walk.

Leave your phone. Leave your goals. Just walk and repeat silently:

“I notice...”

Let your attention name what it sees.

“I notice the cracks in the sidewalk.”

“I notice the ache in my knee.”

“I notice the breeze on my neck.”

“I notice... I feel lighter.”

No fixing. No judging. Just noticing.

You'll return not with new information, but a new connection.

Contemplation Cue

“What beauty has been waiting for me to see it?”

It might not be big.

It might not be loud.

But it's been there—waiting for your gaze.

Look. And let it rise.

What This Chapter Wants You To Remember

You are not far from clarity—you're just a breath away from noticing it.

You don't need more inspiration—you need more attention.

What looks ordinary becomes sacred when you actually see it

“Noticing isn’t an extra step. It is the moment you wake up inside your own life.”

5 Quotes To Keep

1. “Attention doesn’t make life better. It makes life visible.”
2. “The sacred hides in plain sight.”
3. “Miracles aren’t rare. Noticing them is.”
4. “Life speaks softly. Are you listening?”
5. Every moment is a messenger. Look closely.”

INTERLUDE:

**“WHERE IS MY
ATTENTION?”**

*(From the original by Shanti
Harmony)*

This song wasn't written from the mountaintop—but from the middle of everyday noise, questions, and quiet awakenings.

It became the seed that birthed this book. A compass in the fog. A whisper of clarity.

There are two recorded versions of this song, spun from different angles to better assist the listener in grasping the full meaning.

One version is gentle and poetic. The other, lyrical and focused. Each unlocks something different.

Listen to “Where Is My Attention”

Available now on **Spotify, Apple Music, YouTube,** and other streaming platforms.

Search: “Where Is My Attention – Shanti Harmony”

Or scan the QR code on the back cover to go directly to the track.



Read It. Feel It. Return.

Where Is My Attention?

(Version 1 – Lyrics)

Verse 1

Mind scattered like leaves in the wind
Thoughts racing, never settling in
But there's a power I'm learning to find
In the space between the chaos of my mind

Chorus

Where is my attention now?
In this moment, can I allow
The noise still to be, yet I'm in charge of my thoughts?
In the humdrum of daily living
The attention can be held singly
Fixed on the center of my heart
Unobstructed even by the greatest sideshow

Verse 2

On the bus or in a crowded room
In joy or wrapped in gloom
There's a light that never dims
When I turn my focus within

Chorus

Where is my attention now?

In this moment, can I allow
The noise still to be, yet I'm in charge of my thoughts?
In the humdrum of daily living
The attention can be held singly
Fixed on the center of my heart
Unobstructed even by the greatest sideshow

Bridge

It was difficult at first
Practice, keep the practice!
This redemptive power of love
Connecting earth to heaven above

Verse 3

Distractions may come and go
But this truth I've come to know
With my attention fixed at a pivot
Pure love flows, I just live it

Chorus

Where is my attention now?
In this moment, can I allow
The noise still to be, yet I'm in charge of my thoughts?
In the humdrum of daily living

The attention can be held singly
Fixed on the center of my heart
Unobstructed even by the greatest sideshow

Outro

Be on guard of your attention
It's the key to your redemption
The future can't hide,
The blessings won't fade
Attention grasps them all
In its overpowering embrace
Where is my attention now?
Where is my attention now?

THE ENEMIES OF ATTENTION

*The Subtle Thieves That Pull
You Away*

Not All Thieves Wear Masks.

Some wear logos.

Some speak in push notifications.

Some were handed to us in childhood as harmless “norms.”

“If you don’t claim your attention, someone else will.”

Distraction isn’t always flashy. Sometimes it’s so familiar, we don’t even see it.

But the cost is real—your clarity, your power, your peace.

This chapter names the hidden enemies—not to make you afraid, but to make you *aware*.

Two Realms Of Distraction

The enemies of attention live in two worlds:

External forces: entertainment, technology, societal systems

Internal habits: poor discipline, mental grooves, UN-examined beliefs

Together, they form a loop:

The outer world hijacks your senses.

The inner world never learned how to take them back.

Internal Enemy: Mental Grooves

The mind is like a train.

- Once it runs a certain path long enough, it digs a groove. Worry becomes automatic
- Criticism becomes default
- Avoidance becomes a way of life

And worst of all?

“We’ve been unconsciously trained from childhood to believe life should be easy—so we rarely develop the endurance attention requires.”

The Grooming Of Passivity

From early life, many of us are taught to **expect** without effort.

- Rewards for nothing
- Praise without practice
- Entertainment without quiet

“Children are not taught that silence and attention are keys to the extraordinary. Instead, they’re trained to expect as a right—not to create through discipline.”

And so... we grow up not knowing how to stay with something difficult.

We abandon the process. We avoid stillness. We rush toward anything but ourselves.

"Laissez-faire minds don't build focused lives."

The Illusion Of Productivity

We've been sold the hustle.

The "do more, be more" gospel.

But here's the secret no one says out loud:

"The master: less effort, more achievement. The beginner: more effort, less achievement."

Trying harder is not the same as seeing clearer. Busyness is not the same as fruitfulness.

"A flurry of motion can hide an absence of meaning."

External Enemy: Engineered Distraction

Ads. Clickbait. Short-form dopamine loops.

They don't just compete for your attention—they **design** for it.

Social media platforms and entertainment are built to keep you **engaged**, not **set you free**.

They aren't evil. But they are **engineered**.

If you don't use them with intention, they'll use you with precision.

"The outer world is structured to manipulate your gaze. That's why attention must become intentional."

External Enemy: Noise Addiction

We live in a society addicted to noise.

- Podcasts while walking
- TV while eating
- Music while sleeping
- Endless scrolling while thinking

What are we afraid of?

Often... just silence.

"But silence is not absence. Silence is presence without performance."

Internal Enemy: Lack Of Discipline

Most of us want peace.

Few of us want the structure that protects it.

We think discipline is harsh.

But discipline is devotion. It's choosing what matters, even when distractions knock.

*“Set your daily life right. Prioritize your moments.
Follow through on what brings you joy. And peace will
arrive without force.”*

Multitasking: The Grand Illusion

Juggling five things feels productive.

But it leaves us drained, forgetful, and unfocused.

*“Multitasking is like pouring your energy into ten
leaky buckets. In the end, nothing holds.”*

Attention is depth.

Multitasking is surface.

And soul doesn't live on the surface.

Contemplation Cue

“Who or what benefits from my distraction?”

Ask gently. Let the answer rise.

This is not about blame.

It's about reclaiming what was quietly stolen.

What This Chapter Wants You To Remember

The world is loud, but you don't have to be lost in the noise
You were trained to expect—but you can retrain to attend
Discipline is not control. It's commitment to what matters
Masters aren't superhuman. They are simply *focused*

Every distraction resisted is a step toward self-return

*“Attention is not just what you give. It is what you
protect.”*

5 Quotes To Keep

1. “Not all thieves steal with hands. Some steal with noise.”
2. “If you don't claim your attention, someone else will.”
3. “Multitasking divides the mind and dilutes the soul.”
4. “The world is not evil. But it is loud.”
5. “Self-discipline is the friend of freedom.”

CHAPTER 6:

CHAPTER 7:

RECLAIMING THE MOMENT

Practices for Returning to the Now

*“The moment is eternal. We are the ones who leave—
and return.”*

There is a quiet, open space that is never far from you.

You don't have to chase it.

You don't have to earn it.

You only have to *notice it again*.

And yet—most of us spend our lives anywhere but here.

But here is where the answers are.

Here is where the energy flows.

Here is where peace waits with a soft smile, saying,
“*Welcome back.*”

Conscious Awareness Is A Muscle, Not A Mood

People think attention is a talent. Or a mystical state. Or a lucky feeling you get on peaceful days.

But the truth?

Conscious awareness can become a habit.

Not a mood.

Not a luxury.

A habit.

It is trained by repetition.

It is strengthened by small returns.

A beginner waits to “*feel it.*”

But a wise one builds the *conditions* for it.

You don’t wait for peace.

You practice peace.

Everyday Portals Back To Now

You don’t need a retreat in the mountains to find the moment.

You just need a portal—a tiny doorway—to return.

Here are a few:

Breath: Take one to three full inhales. Then one to three soft exhales. Feel it. You’ve arrived.

Close your eyes (especially when alone): Spend 5 - 20 minutes doing this - Gently direct your inner gaze to the spot often called the third eye—the pineal gland (Ajna Chakra). This is the place in our forehead touched by a priest during baptism.

Indian women often wear a bindi, a decorative dot or mark, on this spot on their forehead.

It holds cultural and spiritual significance. It is the bridge between subtle energy and the outer world. A window into calmness and insight.

Sensation: Wiggle your toes. Feel the cup in your hand. Press your feet into the floor. Ground yourself in your body.

Environment: Name three colors. Three textures. Three sounds. You are surrounded by life.

Gratitude: Whisper “thank you” for something real, right in front of you. Let thankfulness bring you back.

Touchstone phrase: Choose your own cue.

Like: “Come back.”

Or: “I am here.”

Or simply: “This is now.”

“These are not tricks. They are rituals of return.”

And each return builds the strength to stay a little longer.

Mini-Practices That Anchor You

Let’s bring attention into life’s rhythm—not as a special event, but as a practice in motion.

The “Pause Before Response” Rule

Before reacting—especially when emotional—pause and count up to 10 if possible.

Feel your breath. Listen for clarity. Assume you might be wrong, so you can stay open and listen more deeply.

Then respond.

*This changes arguments into understanding. And
distraction into discernment.*

The Single-Tasking Challenge

Pick one activity.

Just one.

And do it with full attention for 10 minutes.

- No switching. No checking. Just one thing, deeply.
- Wash the dish, feeling the water
- Write the email, one word at a time
- Sip the tea, as if it were the only tea left in the world

“The point isn’t to finish faster. It’s to finally arrive inside
what you’re doing.”

The “Phone Home” Practice

Before unlocking your phone, ask yourself:

“Why am I reaching?”

Not to judge—just to *notice*.

Most of us aren’t reaching for connection—we’re escaping something.

Awareness turns avoidance into a conscious choice.

Contemplation In Motion

Stillness doesn't always mean sitting in silence.

Sometimes, presence lives in motion:

- Walking slowly, noticing your steps
- Doing chores with focused rhythm
- Listening without thinking of your reply
- Brushing your teeth like it's a sacred rite of self-care

“Attention doesn’t need sacred spaces. It makes any space sacred.”

Your Attention Ritual (Build One)

Build a ritual of return that fits your rhythm.

Here's one simple template:

Morning – 1-minute breath and intention: “Today, I choose to be here.”

Midday – Notice 3 things around you, 3 within you

Evening – Review one beautiful thing from the day. Whisper “thank you.”

That's it.

Tiny acts. Deep roots.

Contemplation Cue

“What does this moment want from me?”

Ask it in silence.

Ask it during chaos. Ask it while cooking dinner.

Let the moment respond—not in words, but in *knowing*.

What This Chapter Wants You To Remember

The moment is eternal.

You don’t need to go find it. Just stop running from it.

Attention is not force. It’s return.

The more you return, the more home you feel.

*“Peace is not a destination. It is the place you keep
returning to.”*

5 Quotes To Keep

1. “You don’t need more time. You need more return.”
2. “Presence is built in moments, not in someday.”
3. “The moment you return, the moment welcomes you.”
4. “Small rituals bring great returns.”
5. “The moment is eternal. We are the ones who leave—and return.”

CHAPTER 8:

THE POWER OF SINGLE POINTED FOCUS

*"You become what you attend to.
Not what you wish for, not what you
dream of — but what you give your
sustained, living attention."*

Conscious Or Unconscious, You Are The Captain Of Your Life

"Whether conscious or unconscious, you are the captain of your life. But when unconscious, you let everything else parry your hands to steer your ship, painting your world with pictures that serve their interests, not yours. To achieve what you want, you must choose consciousness and take charge."

We live in a world that values multitasking like it's a badge of honor.

Answering emails while on calls, scrolling while eating, thinking of tomorrow while pretending to be present today.

But there's a hidden cost: divided attention creates diluted living.

Single-pointed focus is not about doing less.

It is about doing one thing *completely*.

With your full attention, your full energy, and your full presence.

And when that happens, something changes.

You enter what some call the "*flow state*."

But more than that — you touch the edge of your creative potential.

You harness the quiet power that builds empires, paints masterpieces, and moves hearts.

What Is Single-Pointed Focus?

It is the art of putting your whole being into one thing.

Not just physically doing it. But mentally, emotionally, spiritually *being there*.

Think of a magnifying glass held under the sun.

Without focus, the rays are warm.

With focus, they ignite.

This is what attention does to your life.

And even deeper still — single-pointed focus also involves the subtle ability to **observe yourself** in the act.

To see yourself watching yourself being involved in the task.

To hear the child giggle nearby, feel the breeze on your skin, and notice the whispers of life — because they may carry further insight into what you're doing.

It's not just concentration.

It's a form of quiet **alertness** that expands awareness without breaking your gaze.

Why It Matters

Amplifies results: 30 minutes of focused effort can be worth 3 hours of distracted action.

Strengthens willpower: Every time you resist distraction, you train your inner strength.

Fuels joy: Flow brings fulfillment. Even mundane tasks feel purposeful.

Reveals deeper insights: Staying with one thing long enough reveals layers others miss.

Prioritizes wisely: You begin to know what truly matters, and what can wait.

Creates mastery: Giving enough time to your intentions builds skill, depth, and excellence.

Single-pointed focus isn't just productive.

It's transformative.

The Attention Loop

Choose one focus

Be fully present with it

Notice when the mind wanders

Gently return

Repeat.

This is the loop that trains mastery.

It doesn't require perfection.

Just return. Again and again.

Real-Life Examples

The Potter

A woman trained in ceramics said her breakthrough didn't come from talent — but from finally learning to give her *entire attention* to the clay.

No phone. No rush. Just hands, breath, and earth.

The moment she stopped trying to finish fast and started feeling the curve of the bowl — her art changed. So did she.

The Student

A man studying for his professional certification exam had failed twice, despite spending 8-10 hours daily with his books. He would read the same pages repeatedly but retain nothing—his mind constantly drifted to his phone, social media notifications, and multiple browser tabs running simultaneously.

When he learned to create focused 25-minute blocks of complete attention—phone in another room, all tabs closed, single task only—his learning transformed dramatically. Within these protected periods, he absorbed more information in 25 minutes than he previously did in 2 hours of distracted study.

After just three weeks of this focused practice, he passed his exam on the first attempt. The difference wasn't the material or his intelligence—it was training his attention to actually be present for what he was trying to learn.

Practices For Building Focus

The 25/5 Rule: 25 minutes of full focus, 5-minute break. Repeat 3 times, then take a longer rest.

Environment shaping: Remove visual clutter. Close tabs. Silence notifications.

Set a micro-goal: One thing. One task. Clear and small. Finish it fully.

Train gently: When the mind drifts, return with kindness. Like a shepherd calling the sheep, not scolding them.

Begin with breath: A few mindful inhales signal the shift to presence.

Learn stillness: Stillness can be practiced even during the busiest day or while watching your favorite TV drama. It's not absence of movement — it's conservation of inner energy. A quiet alert.

Do your work well — really well:

Pay attention to details others ignore.

When you tidy a room, look into the corners. Don't just skim the surface — complete the task fully, beautifully, and with presence. Go the extra mile.

This quiet habit conditions the mind to accept mastery. It shapes you into a trusted instrument for the flow of good in the world.

And as you grow in depth and integrity, something else happens — you begin to free yourself from peer pressure and public noise.

You're no longer ruled by what others think.

You are **becoming your true self**.

And you'll need that self — **now and evermore**.

What To Remember

"You don't need more time. You need more focus in the time you already have."

Single-pointed focus turns your day from noise into music.

From fog into direction.

From reaction into creation.

And it begins with one simple act:

Choose Where You Place Your Attention.

Over time, the choice becomes a skill.

The skill becomes a state.

And the state becomes your power.

CHAPTER 9: LISTENING FOR LIFE'S WHISPERS

*“Guidance doesn’t always arrive
with thunder. Most times, it comes
as a whisper—soft, consistent, easily
missed.”*

You've probably felt it before.

A little nudge.

An unshakable hunch.

A question that wouldn't leave you alone.

That's life whispering.

Not in loud declarations—but in dreams, gut feelings, repeating patterns, strange delays, overheard conversations, and even the so-called bad days.

But here's the thing:

You can't hear whispers when you're shouting inside.

To listen for life's whispers, you don't need to strain or strive. You need to be still—not necessarily motionless, but inwardly quiet.

That's what attention makes possible.

Why Life Doesn't Shout

Life doesn't chase you down to be heard.

It doesn't argue for your belief.

It offers gentle nudges and waits to see if you'll pay attention.

That's why many people miss their answers.

So why Does life not shout?

Life doesn't demand our attention by force

because life is love, and perfect love grants total freedom.

Life will never force you to believe what you're not ready to believe or accept what you're not prepared to receive.

Life holds the key to everything—it is *the way, the ultimate dream*—yet it allows you to discover this truth in your own time, at your own pace, if you ever choose to at all. This is the profound respect that love shows: it never coerces, only invites.

Because life is love, it remains unconditional. Whether you recognize it or not, whether you accept it or reject it,

life continues to pour its grace, love, protection, and guidance upon you eternally.

It doesn't withhold its gifts based on your awareness or gratitude.

Life whispers because it knows that what comes from force fades, but what comes from choice lasts forever.

People expect clarity to come with flashing lights. But it often arrives more like morning dew—silent, unassuming, and full of depth if you lean in.

The Inner Compass

There is within you a built-in compass—some call it intuition, others divine guidance, or simply a quiet knowing.

This compass doesn't use fear, pressure, or panic.

It uses quiet conviction.

But to feel it, you must attend to it.

Attention is the antenna. Without it, the signal gets drowned in the noise of overthinking, rushing, and worry.

Why Most People Can't Hear It

Most people don't hear life's whispers because their inner space is too loud:

- They rely only on logic and ignore the heart.
- They wait for dramatic signs and miss the subtle.
- They rush from task to task and never pause long enough to feel.

It's not that life isn't speaking.

It's that we've forgotten how to listen.

Life Whispers In Many Forms

It whispers in dreams.

In songs that speak exactly what you're going through.

In delays that protect you from danger.

In repeated phrases you hear more than once or twice in one day.

Even “bad” events can be whispers in disguise.

A door that closes may redirect you to something better.

A job loss may awaken your true calling.

A betrayal might free you from bondage.

But none of this is visible without attention.

Attention makes the hidden visible.

It teaches you to pause and ask:

“What if this, too, has meaning?”

What Listening Really Means

To listen doesn’t mean you’ll hear a voice.

Sometimes it’s a gentle peace that washes over you when you’re about to make the right move.

Other times it’s discomfort that signals a no.

Listening means giving the moment your full presence—and allowing the answer to arrive in its own language.

The answers are not always loud.

But they are always there.

Attention As A Mirror

Many times, you already have the answer.

You just haven't slowed down long enough to see it.

Attention is not always about acquiring something new.

It is about revealing what is already within you.

Like wiping steam from a mirror, attention removes the fog.

Suddenly, you see clearly.

You always could—now you do.

Real-Life Examples

The Dream

A woman was unsure whether to move cities. One night, she had a dream about an open field, birds flying, and the sound of her late father saying, "Freedom is forward." She woke up in peace, and within a month, the decision was obvious. She moved—and everything aligned.

The "Bad" Day

A man missed his flight and was furious. But while waiting for a later flight, he met a contact who introduced him to the

opportunity of a lifetime. What he thought was a setback was a divine setup.

The Whisper Practice

Try this simple exercise:

1. Find a quiet moment. Sit comfortably.
2. Bring a question to mind—not to force an answer, but to open your heart.
3. Say it softly once, then breathe. Don't analyze.
4. Listen. Feel. Let the answer come in its own time.
5. Watch the days ahead. It may come in a dream, a word, a sign.
6. Write what you notice. Often, guidance unfolds over time.

This practice doesn't give control.

It opens **collaboration** with life.

What To Remember

1. Life doesn't yell. It nudges.
2. The guidance you need is often subtle.
3. Attention is how you hear it.
4. Your dreams, your delays, your discomforts may all be divine whispers.
5. Listening is not a technique—it's a posture of openness.

*“If you pay attention, life will show you everything you
need to know.”*

CHAPTER 10:

THE QUIET

SUPERPOWER

“When you master attention, you don’t just live better. You become who you were always meant to be.”

There's a reason we've saved this for last.

Not because attention is the final lesson.

But because it's the hidden force **behind all others.**

When you look at anyone who seems deeply centered, wildly creative, spiritually grounded, or profoundly effective in their life —chances are, they have one thing in common:

They've learned how to place and hold their attention.

They may not call it that. They may speak in terms like presence, flow, focus, or inner guidance.

But underneath it all?

They've mastered the art of being.

That is the quiet superpower.

Attention Is The Thread

Your attention is like a thread. Wherever you place it, you stitch meaning into your day.

Place it on your phone for hours—your mind fragments.

Place it on what you're grateful for—your heart opens.

Place it on one person speaking—and you build connection.

Place it on your breath—and your inner world quiets.

It's not about force.

It's about where you are inside while you move through life.

From Practice To Natural State

At first, reclaiming attention feels like effort.

You must remember. You must return. You must resist the pull of the world.

But over time, it becomes who you are.

Like a dancer who no longer counts steps—only flows.

Like a singer who no longer thinks of pitch—only feels the song.

Eventually, attention becomes your **way of being**.

You don't focus.

You are focused.

The Ripple Effects

- You begin to listen more than react.
- Your relationships deepen. You actually see people.
- You stop making as many mistakes—because you're fully there.
- You take aligned actions instead of frantic ones.
- You become more creative, more peaceful, more in control of your energy. More control of your life.

Whereas before you were pulled by life—

Now, **you partner with it.**

Being, Not Just Doing

Most of the world is caught in loops of endless doing. But being busy is not the same as being **alive.**

Attention is what makes life real. Not the action. Not the event. But your presence *within it.*

- When you live with attention:
- A walk becomes communion.
- Washing dishes becomes contemplation/meditation or an act of true worship.
- Talking with your child becomes legacy.
- Eating your lunch becomes gratitude.

The difference between an ordinary moment and a sacred one... is in the fixity of **attention.**

Quiet... But Revolutionary

Attention doesn't shout.

But it changes everything.

It rewires your mind.

It dissolves distractions.

It heals your stress.

It brings you home.

And it does all this without fanfare.

No medals. No noise.

Just the simple, quiet power of choosing where you place
your gaze.

Every day.

Every moment.

Every breath.

The World May Not Understand... But You Will

The world around you will keep rushing.

Keep selling distraction.

Keep promising that happiness is just one more scroll,
one more purchase, one more success away.

But you now know:

The most valuable thing you own is your attention.

When you give it away unconsciously, you lose yourself.

When you reclaim it—you remember who you are.

Not as a slogan. Not as a theory.

But as a *felt truth* inside your body, your breath, your
being.

Final Reflection: What Life Can Be

Let's end where we began.

With the question that started everything:

Where is my attention?

If you can answer that honestly, you hold the key to your own life.

And if you begin each day with that one question...

You'll notice:

Peace, even when things go wrong.

Clarity, even when answers are slow.

Joy, even when no one else sees it.

Direction, even when the path is unclear.

This is not magic.

This is not mystical.

This is **attention**.

And it is your quiet superpower.

Let it lead you.

Let it shape you.

Or let me say,

Lead your life with it, shape your life with it

And in time... let it return you to your true self.

INTERLUDE

"WHERE IS MY ATTENTION?"

By Shanti Harmony



QR Code for the Song
"Where is My Attention"
Version 1 & 2

As mentioned earlier, this book was inspired by a song—but the song itself emerged from years of practical exploration in rising out of scattered living.

The key understandings and transformative results from this journey first birthed the song, and now, this book.

To help listeners truly grasp the depth of the message, the song was crafted in two distinct versions—each offering its own angle of clarity and insight. While the song was recently released, its essence comes from fragments of wisdom gathered over time through real-life practice and breakthrough moments.

You can listen to both versions wherever music is streamed—search "Shanti Harmony" on Spotify, Apple Music, or YouTube Music etc., to explore them in full.

Version 2 Lyrics

This version opens from the vantage point of someone reclaiming their gaze after constant mental scattering. It's calm, steady, and layered with inner determination.

Verse 1

This art is worth mastering I'm learning.

Fixing my gaze, my thought, on the moment

It's self-redemption hallowed by self-control

Unfailing power, pure love—within my grasp

Distractions shatter, they pull at my mind
But with rapt attention, this essence remains

Pre-Chorus

Practice, practice, every single day
Guard it fiercely; don't let it sway
Where is my focus? Where does it go?
Into the raining chaos or into the glow?

Chorus

Where is my attention?
Is it lost in the crowd, or is it honed?
Redemptive power flows when I choose
To fix my gaze, holding my thoughts solely to my goal
Attention is key, unlock the door
To a life made new, forevermore

Verse 2

On the bus to work, or watching the game,
I ask myself again and again:
Where is my attention? Is it seized in my controlled
grasp?
Awareness unlocks what I long to be

God in the details, dreams come alive
When I give my full heart, with rapt attention

Pre-Chorus

Practice, practice, every single day
Guard it fiercely; don't let it sway
Where is my focus? Where does it go?
Into the multitudes of chaos?
Or into an arrow point of fulfillment?

Chorus

Where is my attention?
Is it lost in the crowd, or is it self-owned?
Redemptive power flows when I choose
To fix my eyes where truth breaks through
Attention is key, unlock the door
To a life made new, forevermore

Bridge

Oh, the redemptive power of this sacred art
Holding my focus with all of my heart
Through chaos and calm, I hold it tight—

Fixated

Final Chorus

Where is my attention? It's here, it's clear
No longer scattered
Redemptive power flows when I choose
To fix my mind, my gaze on the guiding light
Attention is key, unlock the door
To a life transformed, forevermore

Outro

Where is my attention? Now I know
In the undying awareness, the essence of life—
The building blocks of all new creations
With focused intention, I'll conquer

ABOUT THE AUTHOR

Maclad S. H

Maclad S. H is a contemplative writer and creative voice within Shanti Harmony, a soul-led collective devoted to exploring timeless truths through modern forms—songs, reflections, stories, and spiritual writings.

Rather than speak from a place of perfection, JB writes from lived experience—rooted in daily practice, deep listening, and the desire to remember what truly matters. His work gently explores the overlooked yet life-defining power of presence, attention, and inner clarity.

This book, *The Power of Attention in Daily Life*, is part of Shanti Harmony's wider offering: a multidimensional creative space where seekers, artists, and everyday explorers come together to live, learn, and grow with purpose.

To hear more, explore our music, reflections, and upcoming projects at:

[<https://linktr.ee/shantiharmony>]

Maclad prefers to remain faceless, not out of secrecy—but because no single person holds the whole message. Like all things born of Soul, this book belongs to the one who listens.

ACKNOWLEDGEMENT

To the seekers. The ones who sit quietly with life's questions, even when no answers come quickly.

To those who stumble, pause, and still choose to listen again.

To every quiet moment that taught more than noise ever could.

And to the Source of all love and light—thank You for whispering, even when we forget how to hear.

This book is for those who are ready to remember.