

## Productivity Tip: Developing Concentration Powers

by Lyn Madaghiele

With so many distractions these days, how can one concentrate long enough to complete a simple task, not to mention a major project? We are bombarded constantly with so much external stimulus wherever we are – noise, lights, interruptions, surroundings, people. No wonder we get pulled off track, and our productivity suffers.

Here's an exercise that was a profound experience for me many years ago, and one that I sometimes recommend to my clients. Taking only 5 minutes out of my busy life each evening for a week, I did the following exercise and experienced an amazing increase in my powers of concentration—and my productivity and effectiveness soared. In fact, I attribute this simple process with helping me develop the ability to focus totally on my client and his/her challenges during an hour-long private coaching session, and listen deeply for clues, connections and solutions.

### CANDLE CONCENTRATION

- Place a lighted candle approximately 3 feet from you and sit in a cross-legged posture.
- Gaze directly at the flame for approximately 2 minutes.
- Close your eyes and gently press your palms against them. You will see the image of the flame. Concentrate on that image and do not let the flame wander or disappear. Hold your palms against your eyes for 1 to 2 minutes.

Note: Fix your mind completely on the image of the flame and let no thoughts distract you. If the flame should disappear, bring it back simply by looking for it (with eyes closed). You should attempt to retain the image of the flame for the full 1 to 2 minutes.

Source: Richard Hittleman's *Yoga 28-Day Exercise Plan*

It's so easy, and you'll be surprised how effective it is. Starting tonight, commit to your personal betterment by turning your mind inward for only 2 minutes a day. You'll find you're better able to focus and concentrate amid all the outside distractions in your life. You'll accomplish your daily tasks and projects faster, more accurately, and with greater ease and enjoyment.

---