



CENTER FOR TRUE HEALTH

STOPPING THE WORLD

When we're in a negative state we're usually focused very narrowly on that negative feeling. This technique opens and expands your awareness. It's great for quieting negative self-talk and reducing mental clutter.

- Focus on a specific point
- Keep your eyes focused on that point but notice the area around the point
- Still focusing on that point allow your gaze to expand to see the ceiling, the walls on either side
- Still focusing on that point, become aware of the space around you and imagine you can see behind you
- Notice what this does for your awareness, how things shift, what your body feels like
- You can also do this by holding your thumbs out to your sides, parallel to the ground. We don't have peripheral receptors in our eyes, but our brain paints a picture and creates it for us.

This is what Carlos Castaneda called "stopping the world." It's also known as a state of peripheral vision or the "coaching state."