

A P P E N D I X

Open Focus Exercise

To experience beneficial effects, it is important to allow at least fifteen seconds for each image. For instance, can you imagine the space between your eyes... (15 seconds) ... ears ... (15 seconds) throat ... (15 seconds).

IS IT POSSIBLE FOR YOU TO IMAGINE OR CAN YOU IMAGINE —

the space between your eyes.... ears... throat... shoulders... hips...thumb and first finger on each hand... first and middle finger on each hand... middle and fourth finger on each hand...

the space between all your fingers simultaneously...

that your thumbs are filled with space... that your first fingers... middle fingers.

. . fourth fingers... little fingers... hands and fingers are filled with space...

that the region between the tips of your fingers and your wrists... between your wrists and your elbows... between your elbows and shoulders... between your shoulders is filled with space...

that the space inside your throat is co- extensive with the space between your shoulders and in your shoulders and arms, hands, and fingers...

that the regions inside your shoulders, and the regions between your shoulders and fingertips are simultaneously filled with space...

the space between your toes...

that your toes are filled with space...

that your feet and toes... the region between your arches and your ankles... between your ankles and your knees... between your knees and your hips... between your hips is filled with space...

that your buttocks are filled with space...

that your buttocks and the region between your hips and your legs and feet and toes are simultaneously filled with space...

that your genitals are filled with space...

that the region between your genitals and your anus is filled with space...

that your lower abdomen... lower back is filled with space...

that your body from the diaphragm down is filled with space, including your diaphragm, your genitals, your anus, and your feet and toes... '.

the space inside your bladder

that the region between your kidneys... inside your kidneys... between your navel and your backbone... inside your stomach... inside your rib cage .. between your ribs... between your shoulder blades... inside your breasts... between your breast bone and your backbone... between your shoulders and your ribs... inside your neck... between your shoulder blades and your chin is filled with space...

the space inside your lungs... inside your bronchial tubes as you inhale and exhale...

the space inside your throat... your nose as you inhale and exhale...

the space between the tip of your chin and the inside of your throat... between the space inside your throat and the space inside your ears... between the space inside your throat and to the top of your head... between the space inside your throat and the space behind your eyes...

that your jaw... cheeks and mouth... tongue... teeth and gums... lips are filled with space . . .

the space between your upper lip and the base of your nose...

that the region around your eyes and behind your eyes is filled with space...
that your eyes... eyelids... nose and sinuses... the bridge of your nose is filled with space...
that the region between your eyes and the back of your neck... between the bridge of your nose and
back of your head... between your temples is filled with space...
that your forehead... brain... spine is filled with space...

that your whole head is simultaneously filled with space...
that your whole head and your face are simultaneously filled with space...
that your whole head, face, neck and your whole body, including your hands, genitals and feet are
simultaneously filled with space...
that your whole being fills with air when you inhale and your whole being is left filled with space
when you exhale...
at the same time that you are imagining the space inside your whole body, is it possible for you to
imagine the space around your body, the space between your fingers and toes, behind your neck
and back, the space above your head and beneath your chair, and the space in front of you and to
your sides...

that the boundaries between the space inside and the space outside are dissolving and that the
space inside and the space outside become one continuous and unified space...
that this unified space, which is coexistent inside and outside, proceeds in three dimensions, front
to back, right to left, and up and down...

that, at the same time you imagine this unified space, you can simultaneously let yourself attend
equally to all the sounds that are available to you, the sound of my voice, the sounds issuing from
you (and other members of the audience), and any other sounds that you may be able to hear...
that these sounds are issuing from and pervaded by unified space...
that at the same time you are attending to the space and the sounds you can also attend
simultaneously to any emotions, tensions, feelings or pains that might also be present...
that these sensations and perceptions are permeated by space...
that at the same time you are aware of the space, the sounds, emotions and other body feelings,
you can also be simultaneously aware of any taste, smells, thoughts and imagery that might be
present...
that you can now admit also to awareness any sensation or experience which may have been
inadvertently omitted thus far, so that you are now simultaneously aware of your entire being, of all
that is you...

that all your experience is permeated and pervaded by space...
that, as you continue to practice this Open Focus exercise, you will increase your ability to enter into
Open Focus more quickly and more completely and more effortlessly...
that, as you continue to practice this Open Focus exercise, your imagery of space will become more
vivid and more pervasive...
that, as you continue to practice this Open Focus exercise, your ability to imagine space permeating
all of your experience will continue to become more vivid and ever-present...

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*This exercise was developed by Les Fehmi.
More information is available at www.openfocus.com.*