

12 Exercises For Super Concentration

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12 Exercises For Super Concentration

You can be successful in almost any project you take up, and that includes Astral Projection, only if you fully concentrate on the task at hand. Many potential Astral Projectors fail miserably because they just cannot focus and concentrate.

If you cannot concentrate, you cannot relax, you cannot reach the trance state, and you just cannot leave your body consciously.

Importance of Good Concentration

Successful Astral Projection isn't the only benefit of being able to concentrate well. If you improve your powers of concentration, you will find that you have achieved complete mastery over your thoughts.

As an added bonus, good concentration also helps you gain

1. Peace of mind
2. Self-confidence
3. Inner strength
4. Will power
5. Better focus
6. Enhanced memory
7. Ability to reach and carry out decisions
8. Enhanced productivity at work and at home
9. Improved powers of comprehension

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- 10. Freedom from fear and anxiety
- 11. Happiness
- 12. Improved psychic abilities
- 13. Spiritual enlightenment

Test Your Power Of Concentration

Here is a simple test to help you find out how well you can concentrate.

Sit in a comfortable position and relax completely. With your eyes closed, remove all thoughts from your mind. Breathe deeply and slowly; count each inhalation and exhalation.

Your mind must be completely blank except for the counting. How long can you hold on? Be honest and don't try to cheat yourself. Whenever an unwanted thought pops in your mind, start the exercise all over again.

If you can hold on for around 10 breaths, you are doing great..

You Already Have The Ability To Concentrate!

If the above test has disappointed you, here is a bit of good news. You already have the ability to concentrate fully and deeply.

Think back into your life and you are sure to recall moments when you really wanted to achieve something - pass your exam, win a match, or complete a project. Weren't you able to concentrate well during that time?

All of us are capable of complete concentrate when the need arises.

12 Exercises To Improve Your Concentration

12 Exercises For Super Concentration

Here is a collection of 12 practical and helpful exercises to help you enhance your powers of concentration and thereby achieve a quicker Astral Projection. Don't allow these exercises to stress you out. Their purpose is to help you relax and concentrate, not stress you.

Initially, you may feel tense; the will-power required to curb the thoughts dashing through your mind might stress you. However, if you continue with these exercises, you will find yourself concentrating improving considerably.

Find a calm and undisturbed spot to do these exercises. Request your friends and family members not to disturb you for some time. Sit comfortably and keep your spine erect. Breathe deeply and try to relax completely. Now, you are ready to begin.

1. **After-Image Retention**

Relax completely and focus on a candle flame, which is placed about 2 ft away from you. Gaze at the flame for a few minutes. Now close your eyes and focus on the after-image that is created behind your closed eyes. Focus as long as you can.

Be aware of your breath. Don't allow the image to fade away, but make it stronger by focusing on it.

2. **One-point Stare**

Gaze at a particular spot on the wall. Now, make your mind free of all thoughts. Focus hard on your breath. If a thought approaches, cut it short, and don't allow it to continue. Hold on as long as possible. If time permits, perform this exercise several times a day.

3. **Energy Breathing**

Sit in a relaxed position. Close your eyes and free your mind of all thoughts.

Be aware of your breath. Imagine that the air you are inhaling is silvery white or golden in color. And as you exhale, imagine breathing out dirty gray toxic air.

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This exercise serves not only to enhance your powers of concentration, but also to purify your system. Your Chakras absorb pure energy whenever you inhale and release negative energy whenever you exhale.

4. **Empty Your Mind**

Do you have a racy mind that prevents you from getting any work done on time? Here is an exercise for you.

Sit peacefully and relaxed, and try to empty out your mind. Become aware of your thoughts, but don't get lost in them. Don't follow them. Just watch those thoughts race away. Observe them; don't try to control them.

This way you become more aware of yourself as the thinker. You will find this exercise to be not only a concentration booster, but also a stress reliever.

5. **Visualization**

Have you got something important to do? An exam to sit for, a job interview, an Astral Projection exercise, or a project to complete?

Visualize that you have successfully done it before you actually do it. Visualize yourself as a balanced, calm, focused person with the ability to take quick decisions and meet deadlines with ease.

See yourself feeling highly satisfied with your own performance. If you want maximum benefits, you must do this visualization exercise everyday.

6. **Counting Exercises**

Here are two counting exercises for you:

a. Count the number of words in a single paragraph. Do not use your fingers to point at the words; just use your eyes. After counting them once, count them again to see if you

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have got the right word count. After doing one paragraph, move on to the next till you have done the entire page.

B. Mentally count backward from 100 - 1. Once you have successfully done it, count from 100 - 1 again, but after subtracting 3 from each number-100, 97, 94, and so on.

This is a great exercise for improving concentration.

7. **Sit Still**

Sit in a comfortable position and see how long you can keep still.

This might sound simple, but it isn't. Prevent yourself from making unnecessary movements such as scratching your head, moving your hands and feet, twitching, and so on.

Initially, it will be difficult to sit still even for a minute, but with practice you will find yourself sitting still for as long as 15 mins or more.

8. **Watch Yourself**

Be aware of yourself throughout the day and prevent yourself from becoming stressed. Check how poised and relaxed you can be during a working day. Avoid a nervous, stressed out appearance. Stop all unnecessary movements of your body.

Besides improving your power of concentration, this exercise will improve the way you hold yourself. You will look poised and relaxed and at ease with yourself and the world.

9. **Recollect**

How well can you recollect things? Your power of concentration needs to be very strong if you want to recollect anything and give a report of it. Here is an excellent exercise to help you.

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Read a new story in a newspaper or a chapter in a book. Now set aside the newspaper or book and see how much you can recollect. Can you write a short report of what you have read? Can you reproduce it word by word? If writing bothers you, go to an empty room and give a verbal report to an imaginary friend.

You can try the same exercise with a few variations.

Read a book for half an hour and then write down what you have understood. Initially, you will not remember much, but with practice, you will be able to remember almost everything.

The greater your power of concentration, the greater will be your power of recollection.

Are you hard-pressed for time? Read a short sentence in a book, close it, and try to write it as it is. When you can do this, try the same exercise with 2 - 3 sentences till you can do it with an entire paragraph.

10. **The Clock**

A simple clock can help you improve your power of concentration.

Watch the second hand as it ticks past. Hold on for 5 minutes and banish all other thoughts from your mind. You can finish this exercise in just 5 minutes; and it will do wonders to your powers of concentration.

And don't think this is very easy because watching the second hand of a clock tick past is probably the most boring thing on earth. If you can do it without thinking of anything else, your concentration is good.

11. **Relaxation**

Relaxation greatly enhances a person's power of concentration. Ensure that you get sufficient sleep. Relaxation helps get rid of worry, negative thought patterns, and helps you stay focused on tasks at hand.

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Before you start your day's work or at the end of a tough day, take time off to relax completely. You can easily do this by closing your eyes, breathing deeply for some time, stretching your body, and listening to some soothing music.

12. **Focus On The Within**

Lie down and relax completely. Focus on your heartbeat and avoid thinking about anything.

Think of how the heart pumps blood to all the organs of your body. Imagine a stream of blood running from your heart to your toes. Imagine another stream running from your heart to your fingers.

With practice, you will be able to feel the tiny streams of blood pumping throughout your body.

Importance Of Practice

You can always develop your powers of concentration. There are no shortcuts though. This is a slow process and requires plenty of hard work, persistence, and dedication.

Continue performing these exercises regularly. Do not allow failure to discourage you. Don't try too hard; do these exercises in a spirit of fun. You will achieve success and a great power of concentration only if you never give up.

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