

# What You Focus on Becomes Your Focus

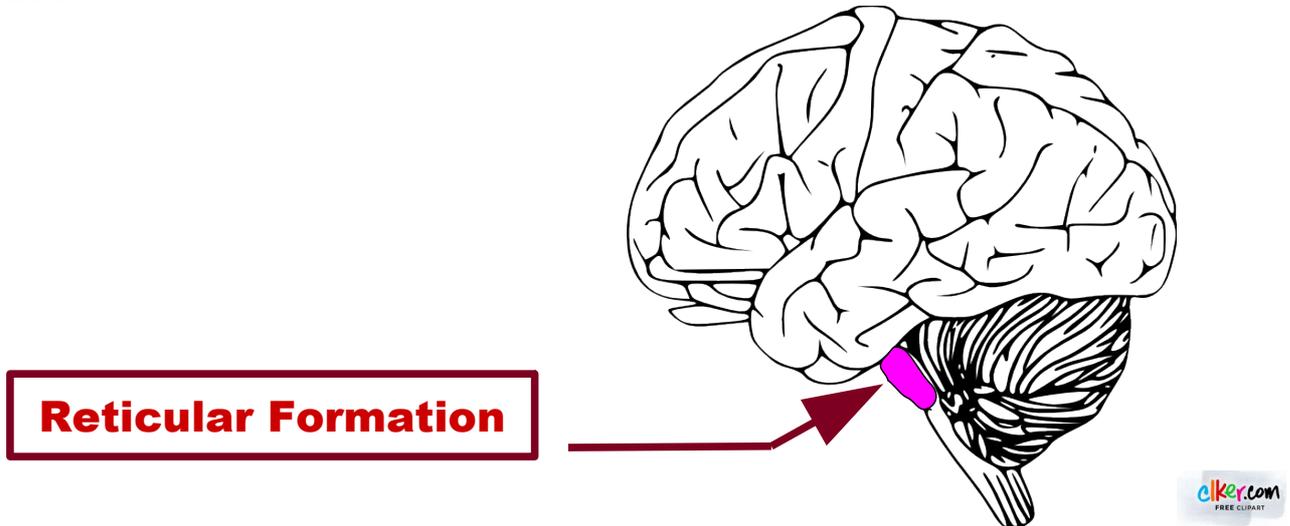
Have you ever noticed that when you bought a new car you suddenly saw those models of cars everywhere? Thought it strange? Here's why it happened: it's all because of the way a part of your brain called the Reticular Activator (RA) works.

Read this piece of scientific information:

*“THE RETICULAR ACTIVATOR is a part of the brain that stays on alert. Its job is to make you notice some things and ignore other things (if you noticed everything, you'd be too distracted to function)... You can't be aware of everything all the time. The reticular activator is your first line of defense against the overwhelm of stimuli. The reticular activator decides what will get into your awareness (what you will become conscious of), and its decisions are based on survival instincts plus anything else you deem as really important.”<sup>1</sup>*

Where's the RA located?

*“The term "reticular activator" comes from the name given to the part of the brain primarily responsible for arousal and motivation in animals (including humans). It's called the "reticular formation" and it's located at the core of the brain stem between the medulla oblongata and midbrain.”<sup>2</sup>*



What's that got to do with anything?

*“For the most part, you run on 'automatic pilot'. We all do. You tend to think the way you have always thought. You tend to notice things you've always noticed. And you tend to overlook things you've always overlooked...But when you have a new, clear, definite goal, you start noticing things you would 'normally' overlook. And that makes all the difference.”<sup>3</sup>*

So, when you start focussing on something, your RA makes sure that that thing becomes highlighted within the sensory stimulation you receive. It doesn't matter what that new focus is, it now becomes tagged for more recognition. In fact, it has been said that the RA prioritises 10 top things for each person.

What does all this mean for believers?

ANSWER: Whatever you decide to focus on will be selectively highlighted and become a strong focus for you.

1 – [www.youmeworks.com/what-is-the-reticular-activator.html](http://www.youmeworks.com/what-is-the-reticular-activator.html)

2 – [www.youmeworks.com/what-is-the-reticular-activator.html](http://www.youmeworks.com/what-is-the-reticular-activator.html)

3 – [www.youmeworks.com/what-is-the-reticular-activator.html](http://www.youmeworks.com/what-is-the-reticular-activator.html)

It means that whatever you decide to look at, listen to, think about, plan on, etc. will become a priority – both good and bad.

If you focus on any of the following **unrighteous** things, you will find it hard to shake them:

- Your spouse's failings
- Nit-picking
- Political fault-finding
- Sex
- Lust
- Pornography
- Thieving
- Gossip

If you focus on any of the following **neutral** things, you will find it hard to shake them:

- Shopping
- Buying goods
- Cars
- Sport
- Soccer
- Golf
- Computer games

If you focus on any of the following **religious** things, you will find it hard to shake them:

- Church
- Formal prayer
- Formal intercession
- Worship music
- Bible study

This is **AUTOMATIC**. There's nothing you can do about it. It's something your brain is created to do for you without your guidance. And, the RA never sleeps. It's always active, even during your sleep.

This is why addicts to non-chemical entities find it hard to shake the addiction due to the brains automatic focus on the thing they're trying to escape.

You can use your RA for good as well.

*“You can use your reticular activator as a powerful force for good in your life. Give it a strong, clear goal, keep your motivation at a high pitch, and your reticular activator will go to work for you, twenty-four hours a day, helping you find a way to make it happen.”<sup>4</sup>*

What does this mean for Kingdom citizens?

**Focussing on the King and the Kingdom will keep these in the forefront of our mind because our RA will set them as a priority. Failure to do this will see other things take precedence and the Kingdom will disappear from it's place of importance. Going to meetings once a week won't cause a shift towards the Kingdom, it must become central to our lives with the assistance of our RA.**

The same goes for Kingdom knowledge. Unless this also becomes a priority, so that Kingdom information is something that we hunger for every day, our understanding and maturity in the things of the Kingdom will falter. Listening to Kingdom teaching once a week on Sunday won't do much for us at all.

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4 – [www.youmeworks.com/what-is-the-reticular-activator.html](http://www.youmeworks.com/what-is-the-reticular-activator.html)

To conclude:

- We must monitor ourselves;
- Cease being led by our soul and our mind; &
- Activate our RA on the things of the Kingdom.

Then we'll see definite progress.

Laurence

20-12-2016

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