# Streetlight outline Attention

Our attention is like a light in the darkness. It is like the spotlight of our mind. Whatever we shine it on, consciously or unconsciously, becomes illuminated. Just as when a spotlight might shine on someone on a stage, whatever our attention shines on becomes our focus, taking centre stage in our mind. While our spotlight is fixed on one thing, other things fall into darkness and out of our awareness.

What tends to be the focus of your attention? The start of your stage show?

# Mindfulness

The first step is noticing what our attention spotlight shines on and being more aware of making a choice about what we want to shine that spotlight on and pay attention to.