**How DO YOU Best FOCUS**

**(to Create what you desire?)**

**Focus and Vibration Path..**

By [William Jason O'Mara](https://www.facebook.com/WJOMara) on [Thursday, May 14, 2015 at 7:33am](https://www.facebook.com/notes/the-prosperity-group-pg-allowing-miracles-into-your-life-in-always/how-do-you-best-focus-to-create-what-you-desire-focus-and-vibration-path/362966363906696)

FOCUS and VIBRATION working together will be a Major Theme of our next May 18th Call Cycle!

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**YOUR Ideas ...**

- From:  (-     )  Music, meditation, yoga! 

- From Eric Webster:  There is a tree behind the house in the woods that is a sacred place for me.  I sit at the base of it... away from all distractions and have those conversations, do that visualization... sit in the silence and listen. I've also experienced wonderful outcomes using a Vision Board. 

- From Karen Wythe:  It varies sometimes I go to the silence.... I turn off all the noise around me (music or tv, etc). I work in the quiet.  Sometimes I simply start with a meditation. (Also in the silence.). 

- From Jocelyn Jones:  Good Morning! I focus by writing a list of things I need to get done. Choose the most tedious first, turn off everything social media, email etc and work on it till complete. Then I move on to next task.

And..  - How to Raise Vibration:  ( Focus' partner )

<https://www.facebook.com/notes/the-prosperity-grp-allowing-miracles-into-your-life-in-always/how-to-raise-your-vibration-into-total-well-being-and-allow-your-miracles-in/361763770693622>