

THE FOCAL POINT

YOUR DOOR TO EXPANDED
AWARENESS



Index

WHAT'S NEXT?

Introduction	3
Chapter 1	
The Power of Focused Attention	4-5
Chapter 2	
The Resonance	6-8
Chapter 3	
The Presence	9
Chapter 4	
Mind Monitoring	10-11
Chapter 5	12-13
Thoughts and Emotions	
Chapter 6	
The Three Fundamental Laws	14-15
Chapter 7	
Practical Exercise	16-17
About Luca Ocelli	18
Learn More	19
Contact & Disclaimer	20

Introduction

This book has been created for those totally new to metaphysical/spiritual knowledge and practice as well as those who have read the many self-help books and attended all the seminars on self-awareness and manifesting.

The most important piece of advice I have for you is that unless you practice the exercise explained in the last chapter of this book, you will not get any practical benefit from it. It would be yet another book you read with a few more bits of information.

I still see many people - many seemingly committed truth seekers - who although know everything there is to know about spiritual subjects, are still unhappy and wishing their lives were different. How is this possible?

Have you ever known someone who joined a gym and hardly ever went there? We all know that unless you actually turn up at the gym and do the exercises, being a member of a fitness club does not make you any fitter or healthier.

The same principle applies here.

I could have attended a workshop where they taught me how to make tiramisu, but until I actually buy the ingredients and make it, I have not had the experience of being able to make and enjoy eating it!

Knowledge in itself is not enough. Our being is seeking Self-Knowingness and that is acquired by actually having experienced something on all levels, not just on an intellectual or mental one.

You will find that the concepts and things you are required to do to become more aware, are extremely simple.

Be aware - *simple* does not necessarily mean *easy*!

To really become aware and use this awareness to transform the early (false) conditioning, knowledge is not enough. Dedication, work, perseverance and lots of patience is also required. There may be times when nothing seems to happen and you could feel disheartened, disillusioned or stuck..... keep going... every effort will be rewarded with interest. I cannot emphasize how important this is!

Something else to consider is that it may not be a coincidence you are reading this book right now. Maybe Life itself is encouraging you to be serious and committed to being more self-aware and offering you the opportunity to live the life you truly wish to live?

Chapter 1

THE POWER OF FOCUSED ATTENTION

It is important to be aware that you can only focus on one thing at a time.



[Jean-Maki Simon](#)

- 1. Put your two fingers in front of you.**
- 2. Focus on the background. The two fingers are out of focus.**
- 3. Focus on the left finger. The right finger and the background are out of focus.**
- 4. Focus on the right finger. The left finger and the background are out of focus.**
- 5. I challenge you to put into perfect focus both fingers and the background at the same time.**
It is impossible!

We can be aware of everything, although we can actively give focal attention to only one thing at a time. Whatever we give attention to is more likely to become part of our experience and in time is more likely to materialise.

The purpose of this simple exercise is to enable you to experience that we can really only focus and give priority to one thing at a time. This book will give you the knowledge and the tools to become aware of what you are focusing upon so you can choose to keep your attention wherever you prefer.

It is important to note that when you get into the habit of always focusing on things that make you feel good, your life is going to out-picture the same kind of qualities you focus upon. It is a circular process where focused attention generates certain thoughts, which in turn generate certain emotions, outcomes and so on... it could also be the other way around. Does it really matter which comes first – the chicken or the egg? Not really, as long as the omelette we are preparing tastes as wonderful as we wish it to be!

“It is during our darkest moments that we must focus to see the light.”

Aristotle Onassis

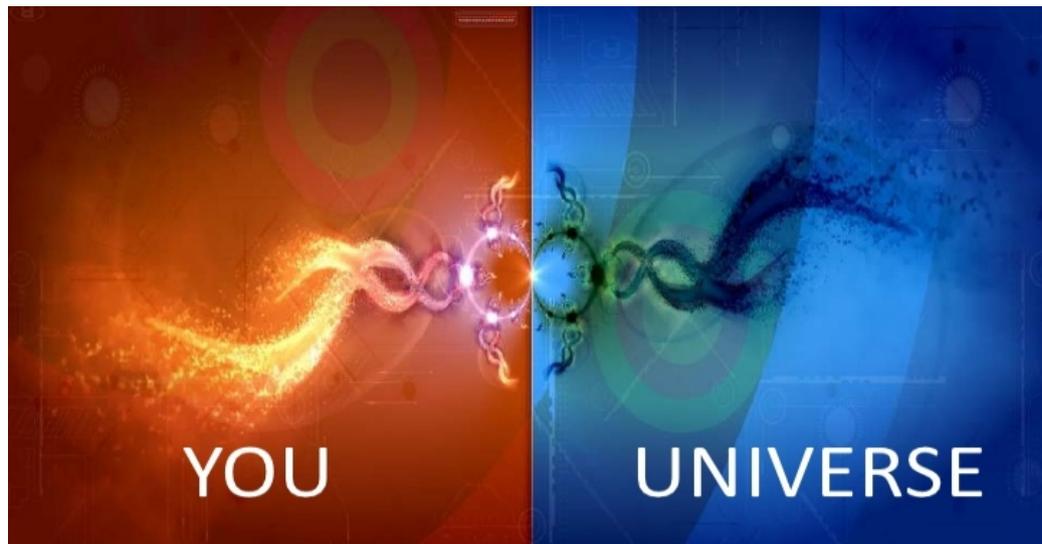
Chapter 2

THE RESONANCE

The classical definition of Resonance is:

In physics, resonance describes when a vibrating system or external force drives another system to oscillate with greater amplitude at a specific preferential frequency.

In practical terms it means that everything in the Universe is made of energy vibrating at a certain frequency that resonates with things that vibrate at the same frequencies. Like attracts Like. Thoughts and emotions of a certain kind attract thoughts, emotions and things similar to them.



Needless to say that if I made a habit of focusing upon things, thoughts and emotions that I like, I will attract similar things. For example:

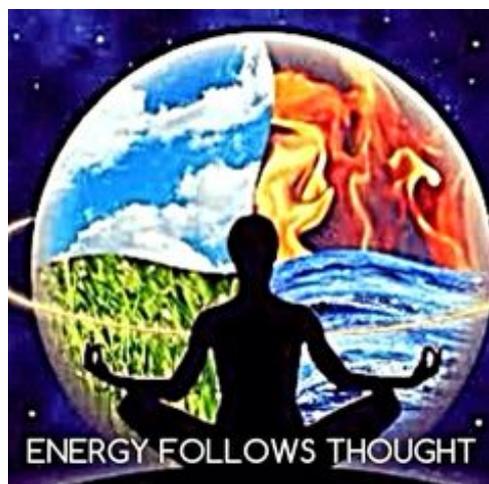
Towards the end of 2005, after I qualified as a Reconnective Healing Practitioner, I was wishing to live in a place that had a practice room and a garden. I was living in a small flat in London Vauxhall and to receive clients I had to use my bedroom when my flat mates were in the living room. This was not ideal or professional!

While I was meditating, I would find myself imagining a place that had an extra room where I could receive clients and a garden. It was a dream. I did not have the money to buy another flat. I was already paying two mortgages and getting another one was unthinkable. I was working part time as a flight attendant and I wasn't earning very much.

One day I felt compelled to open an envelope that was sent from one of the mortgage companies I was using. I never used to open those letters, knowing they were offering things I did not need. This particular letter was about getting a sum of money that could be used immediately and since it could be added to the actual mortgage, the interest rate was very little and the mortgage monthly payment would not increase much.

The next day I went out and looked in an Estate Agent's window and saw a flat that was costing exactly 10 times more the sum I was offered from the mortgage company. (Those days a 10% deposit was required.) The property had a garden and three bedrooms, one of which was too small to be a bedroom but perfect as a practice room. I went to see the place and bought it!

About one year later "The Secret" came out. It is a book-movie created by Rhonda Byrne. I remember feeling extremely excited about it. I realised that the very same process described in the film about focusing on what we wish to manifest and generating the feeling as having it already, was exactly what I had been doing.



One of the reasons why sometimes we do not get what we expect is because we change our minds before the thing we are focusing on shows up or appears. It takes normally nine months for a baby to be born. It would not be possible to have the baby before the fifth month simply because we are impatient!

It is important to keep focusing on what is most important to us and be as patient as we can. How can we be able to do that?

By regularly doing the exercise at the end of the book until it becomes a habit!

“It is easier to find men who will volunteer to die, than to find those who are willing to endure pain with patience.” Julius Caesar

Chapter 3

THE PRESENCE

How often have you found yourself going somewhere and once you get there you realise that you do not remember the journey? Or you turned in an opposite direction to where you were going because you were lost in your thoughts and not conscious or present to what was happening?

To be *present* (or conscious) is to be able to experience whatever we are doing without being focused on our thoughts. It means making our focal point whatever it is that we are looking at, listening and feeling every moment. It means giving importance to each moment as if it was the first time we've done whatever it is we are doing.

To practice being present is one of the most effective and fastest ways of increasing our vibratory level. Every time we are *present* we vibrate at a higher frequency due to the fact that we connect with the higher, finer, invisible part of ourselves - what is often called the soul (I like to call it the *Presence*).

Have you ever been so totally absorbed by a sunset or so immerse in something that you lost track of time? There was nothing else but you and whatever you were looking at or doing. That is what I mean by being *present*. It means to merge with whatever we are experiencing in the moment. That kind of attitude can be cultivated and become a habit.



You will be able to do this once you apply the exercise described at the end of this book.

Chapter 4

MIND MONITORING

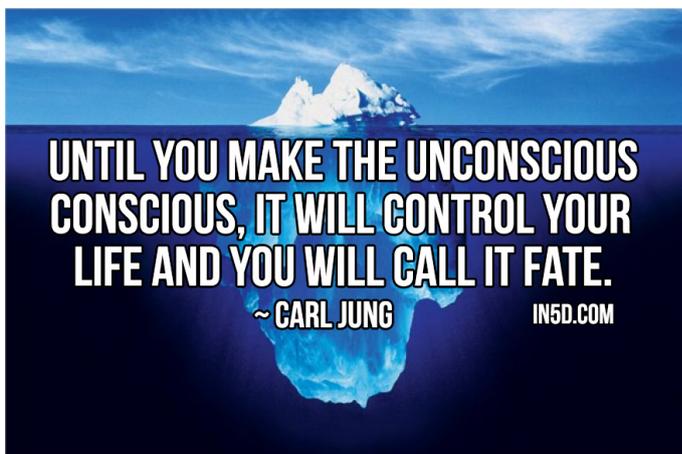
It has been scientifically demonstrated that about 95% of our actions are carried out unconsciously, while only 5% of them are carried out consciously.

Have you ever noticed that you have some thoughts that appear almost automatically? It is as if they have an independent life. Most of the time we are thought without really thinking. Thoughts appear and take us wherever they are going.

This explains why successful people are successful: because they do things automatically, habitually and without even consciously thinking about it.

The same applies to people that live unhappy lives: they automatically, habitually think certain thoughts that generate certain emotions that motivate certain actions.

Have you ever found yourself thinking, saying or acting in ways that you did not think were possible for you - almost like something or someone took over? Maybe when you were upset about something or someone and later regretted it? This is a classic example of when we react from an automatic unconscious mode and are not consciously *present* or aware.

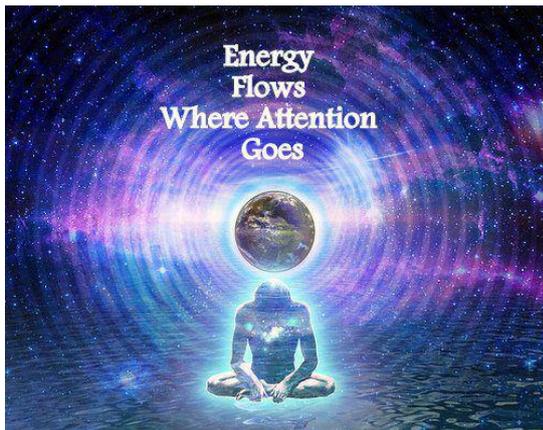


This does not mean that this is the way it is meant to be. It simply means that it is the way we

are used to function. We can change that and be more present to our thoughts and emotions. By becoming conscious and observing them we start to realize that we are not our thoughts and emotions. We are *that* which is observing them. When we do not need to gain control of our mind, which is a tool at our disposal. Most of our suffering is due to the fact that we identify with our thoughts and emotions without being aware that who we are is beyond them and unperturbed by anything that is going on.

The first thing that you are required to do now is to accept the fact (and it is a fact) that it is possible for you to generate any emotions you like; think and manifest the things you wish to experience. You are the creator, the generator of your Life experience. You are the cause and not the effect of things.

It is fundamental for you to be open to this possibility in order to experience it!



occelli.com

Secondly, I invite you to carry out the exercise at the end of the book regularly until it becomes a habit. It is more than an exercise. It is a way of living that allows you to be more present and to choose what you desire instead of allowing your mind to control you.

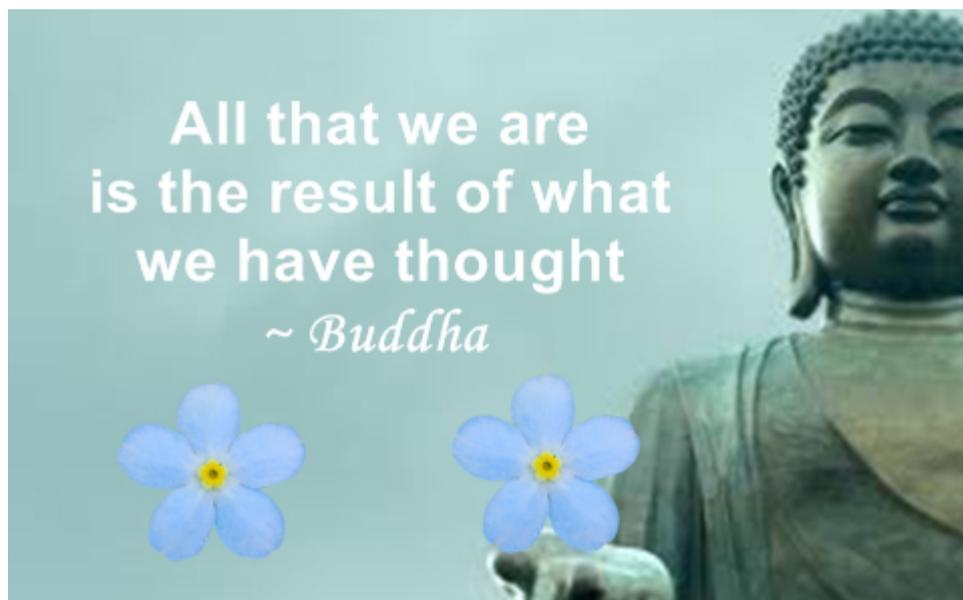
“Life is really simple, but we insist on making it complicated.” Confucius

Chapter 5

THOUGHTS AND EMOTIONS

Thoughts and Emotions are vibrations that if entertained long enough they can materialize. A chair was originally a thought. A tumor is also generated by suppressed emotions. There could be many examples.

Every thought and emotion resonate and attract similar ones of the same frequency and that is why it is important to know what kind of thoughts and emotions we are thinking and feeling.



Have you ever walked into a room where people have been arguing and even if they are no longer saying anything or acting badly, you can feel the atmosphere is heavy and tense: you could almost cut it with a knife!

Or have you ever been somewhere where you felt good, the atmosphere light and people were reflecting that very feeling?

This is due to the fact that you are able to feel energies. In fact, we are holistic beings and it is not really possible to divide thoughts from emotions or from matter. It is all one and interconnected.

The feeling is more powerful than the thinking although a resonance between the two is necessary for a manifestation to occur. Thought and Emotion create a state of being that attracts physical circumstances as well.

So how do you become aware of your thoughts and emotions? How do you bring about that which you desire?

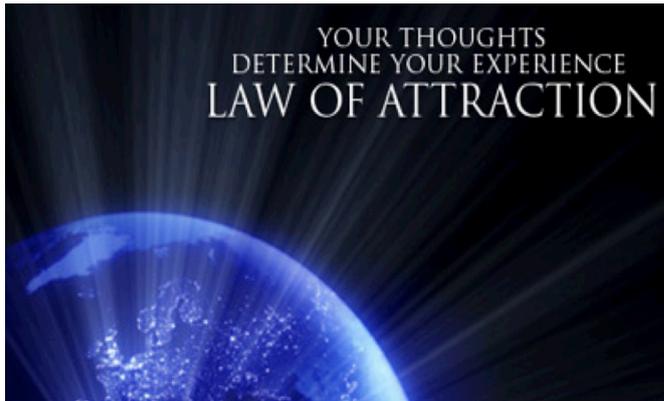
By regularly doing the exercise at the end of this book until it becomes a habit!

***“With the new day comes new strength and new thoughts.”
Eleanor Roosevelt***

Chapter 6

THE THREE FUNDAMENTAL LAWS

The Law of Attraction:



Thoughts, emotions and actions of a certain frequency attracts similar thoughts, emotions and actions.

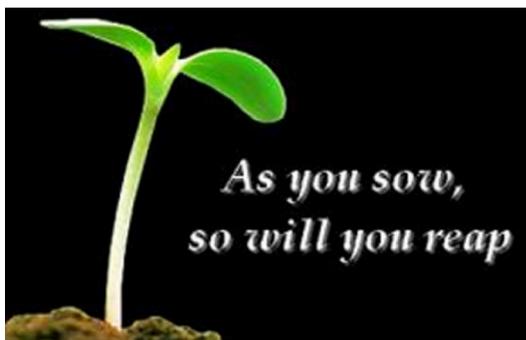
Like attracts like.

The Law of Reflection:

Our Life reflects back to us (like a mirror) our innermost beliefs, thoughts and emotions so if we wish to change something in our lives, the most effective and powerful way to achieve this is to change our beliefs, thoughts and emotions.



The Law of Cause and Effect:



We get back what we put in. It is not important what happens to you, so much as how you react to what has happened. Every thought, emotion and action we take generates, attracts and reflects something similar in our experience.

First cause is always a thought, fueled by emotions that motivate actions.

The quickest most powerful way to attract what you wish for and have it reflected in your Life is to Be the source of it so that you can cause it to manifest! BE-DO-HAVE.



www.lucaoccelli.com

How can you do that? By applying the exercise that follows regularly until it becomes a habit!

“My greatest life lesson has been that life can change in a second. This is why it's important to always live your best possible life and to do what you can for others.” Niki Taylor

Chapter 7

PRACTICAL EXERCISE



Step 1: When you wake up in the morning (you can do it now if you can), keeping your eyes closed or open, dedicate a few minutes (five minutes is enough) to focus on your breath. Make that your focal point. There is only you and the breath. Everything else is what you notice but not who you are. Even your thoughts and emotions are simply something that you observe.

You are not your thoughts, your emotions nor your sensations.

Get into the habit of concentrating on your physical sensations. What are your senses perceiving? Look-Listen-Feel.

Step 2: When you open your eyes, continue to focus on the sensations that you feel in your body. Remain conscious of your breath as often as you can. Observe your thoughts and emotions.

Step 3: While you are interacting with others practice being as present as possible: look, listen and feel. Do not answer straight away. Observe your thoughts in response to them. If your automatic thought is not in harmony with a peaceful interaction, thank it, let it go and formulate another one.

Step 4: Get into the habit of looking for things that you appreciate visually and in every area of your life.

Step 5: When thinking of something, get into the habit of focusing on what you appreciate. Do it until you feel a pleasant emotion.



Step 6: Keep doing the previous steps until they become a habit.

“When inner peace and contentment become your constant focal point your entire Life transforms!” Luca Ocelli

About Luca Ocelli

KNOW THYSELF



Luca Ocelli is one of the pioneers in Metaphysical counselling and thought process development to bring crucial positive impacts into the life of his clients and audience. A prolific and charismatic Motivational Speaker and Life Coach, he has given numerous talks for a variety of audiences in the UK and Italy. He also offers private consultations at his clinic or remotely through skype to help people and businesses with any issues – from addictions to a dysfunctional business.

Luca is well versed in this field and he is a Member of the MSEC (Metaphysical Society for the Expansion of Consciousness) based in London, UK. In addition, he is also a certified Reconnective Healing Practitioner, NLP (Neuro-linguistic Programming) Master Practitioner and EFT

(Emotional Freedom Technique) Practitioner.

Luca loves to help people and teach complex concepts of fundamental thinking. These include life science, happiness and human psychology which he delivers in a unique and thought-provoking way. He can help overturn limited perceptions that sabotage and motivate to achieve successful goals and outcomes. Moreover, he is passionate about learning and is currently studying Psychology at the University Ecampus.

“The Focal Point” book is his brainchild which distils some of the best practical concepts to widen the thinking horizon aimed at corporate, individuals, couples, students and entrepreneurs seeking motivation, happiness, profits and productivity.

Learn More

BEST-SELLING PROGRAMS

At www.lucaoccelli.com, you will find numerous ways to 'know thyself' and bring positive changes into your life. You can invite Luca for talks or book him for a private consultation, whichever way suits you best. We have a great booking feature to facilitate seamless transactions. Call **(+44) 07802 308289** or email us at info@lucaoccelli.com to know more.

We have packaged and created three best-selling counselling courses as unique programs to help people in business or privately with different issues and/or challenges. The program details are mentioned below:



This is a short in-depth introductory course to Self Awareness for individuals seeking a deeper understanding of themselves and the way life works. It could change your life!



A course to help employers and employees find the key to working happily and creatively together within an organization. To encourage staff to consider "a job" as something enjoyable, satisfying and an expression of who they really are.



Metaphysical one-to-one mentoring for couples, groups or individuals to help resolve any issue. The service is available for in-person visit or remote session via Skype.

Contact

If you have queries regarding any of the programs, or want to find out how Luca Ocelli can help you, please use the live chat or contact us area at the bottom of the website: www.lucaoccelli.com or you can route your queries to: info@lucaoccelli.com

Send your details or contact Luca directly at:

Luca Ocelli

37a Claribel Road, Oval
London - SW9 6TJ
(+44) 07802 308289

www.lucaoccelli.com Disclaimer

Luca Ocelli, founder of www.lucaoccelli.com (“Founder”), provides this material to you as part of you entering your information voluntarily on the mentioned website. All the material is protected by intellectual property laws. The Founder grants you a non-exclusive, and limited-use personal license. No portion of these materials may be reproduced or distributed in any form.

You may print and use one personal copy to work through the materials. The person or affiliated company will prosecute any unauthorized reproduction or distribution of its materials to the fullest extent authorized by law.

The Founder is providing these materials to you and makes no representations or guarantees verbally, or in writing, regarding any personal outcomes from your use of these materials. The Founder is providing you these materials for an educational and information purpose only.