



Focus and its Relationship to the Human Electrical System

Perelandra Coning Session
by Machaelle Small Wright

Focus is a natural, organic dynamic of the human life system. It is an electrical function of the brain. Just as the electrical system itself is the physical bridge between the soul and its physical body, focus is the bridge between the electrical system and the physical brain. It can be seen as the bonding dynamic between the brain and the electrical system. Because of this, it contains characteristics of both the electrical system and the brain. And, because of these combined characteristics, focus can have an impact on both the electrical system and the brain. It can function within a brain-oriented dynamic or an electrically-oriented dynamic. In its normal, unconscious state, it functions in both dynamics simultaneously.

The physical brain coordinates the impulses and action of the body. Focus is a physically initiated dynamic that is seated within the electrical circuitry associated with the brain.

Focus can be consciously activated by an individual and used as a tool for accessing, organizing and ordering the impulses of the electrical system. For example, visualization is initiated in the brain through the means of focus. That focus, because of its immediate relationship to the electrical system, causes the electrical system to shift to accommodate the visualization. As a result, the shifted electrical system, which now supports the visualization, moves the reality of that visualization into the central nervous system and throughout the rest of the body. The various elements and systems of the body then alter and modify to accommodate the input from the electrical system. If a visualization has a specific healing intent, the healing dynamic that the intent creates, although triggered by focus, registers throughout the body primarily by means of the electrical system. In short, the body follows the lead/input of the electrical system that is, in turn, consciously modified through the focus that is organized as the result of a specific visualization.

One can see focus as an unconscious or involuntary dynamic between the brain and the electrical system, and one can see it as a conscious probing tool for accessing, modifying and monitoring the state and balance of the electrical system. It is the function of focus to do both. Although a person may not be aware of a focus between the brain and electrical system at any given time, focus is nonetheless operating. It must for there to be immediate and quality inflow and outflow of impulses and action between the electrical system and the brain. These two things—the electrical system and brain—do not operate together in a coordinated manner by default or accident. That immediate and quality coordination is held by focus.

As you can see, focus is not a dynamic that is foreign to an individual and his body. A person does not have to “import” focus from outside himself in order to begin functioning in a consciously focused manner. It is not an extraneous energy or dynamic to an individual. Focus is a dynamic that is as much a part of the human function as breathing. Like breathing, it is automatic or involuntary. Also like breathing, one can consciously work with and develop focus so that it can be modified and function as a tool for the individual to use whenever he so desires.

Many feel that some individuals have no focus, that it is something that has not been incorporated into their lives and experience. This is not true. Everyone has the dynamic of focus fully functioning within his brain and electrical system. It is present. It is functioning. But it is unconscious. To “have no focus” means that an individual has little or no ability to consciously tap into his already-existing focusing dynamic and use it as a practical tool. If a person wishes to develop focus as a practical tool, it would be helpful if he understood that he is broadening the activity of a dynamic that is already present and functioning and not trying first to create the presence of the dynamic, then develop it as a conscious tool. Many have difficulty developing their focus because they spend so much time attempting to create something that is already there. They need only supply conscious intent and simple exercises such as visualization to begin developing focus into a useful tool.

As has already been stated, focus, when used as a conscious tool, can access and modify the electrical system. It is an especially efficient tool for this use because it is already functioning in an intimate and immediate level with the electrical system. A fine focus can access the electrical system instantaneously. A fine focus can access this system in as much a detailed manner as will ever be needed or desired by humans. One need not invent artificial tools for accessing, monitoring and even modifying the system. One need only understand how to appropriately apply conscious focus for these activities.

Each of the processes that have been developed at Perelandra have been designed to coordinate and activate an individual's focus for specific results when working with the electrical system. Although the flower essences are the balancing and repairing agents of the electrical system, focus is the tool used for accessing the system. Kinesiology is the manual tool for discerning the state of the electrical system. In itself, kinesiology cannot access the system. Only focus can do this. It is focus that opens all doors to the electrical system. And it is through focus that the system can be monitored, modified, balanced and repaired.