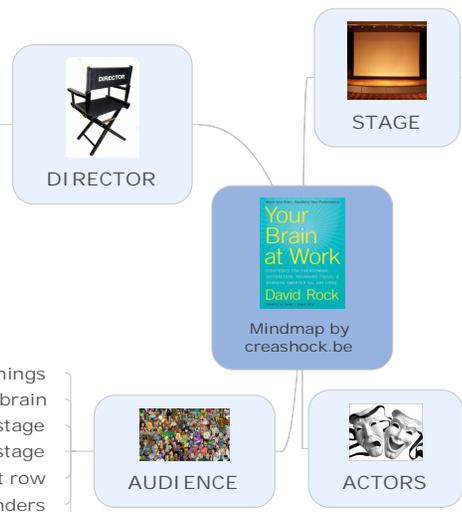


Part of your awareness that can stand outside your experience (camera)
 The director can watch the show of your life
 The director makes choices and decisions how you will respond
 Having a director close to the stage, helps to keep your actors in line
 It takes a lot of resources to think about thinking
 Without your director, you are merely driven by greed, fear or habit
 Create right expectations (let yr director write the emotional script of yr life)
 A strong director notices what is happening each moment
 Building yr director: every day a couple of focus moments -repetition
 Able to step outside yr experience and observe yr mental functions
 Capacity to separate yourself from an automatic train of thoughts
 Delegate: use somebody else's brain to accomplish things
 Directors group information into chunks, simplify, approximate

Tips

The audience represents info from thoughts, memories, imaginings
 It contains all the unconscious information in your brain
 Sometimes the actors might be audience members who get onstage
 Getting distracted is like random audience members jump on stage
 What just happened is an audience member in the front row
 If you are aroused, you reduce space on yr stage & yr mind wanders
 => Irrelevant audience members can jump on stage and take over



The stage is what you focus on at any one time
 A stage is a small podium in a theater where actors play a part
 Sometimes information comes from the side of the stage
 The stage needs a lot of light (energy) to function
 This explains you are easy distracted when hungry or tired
 The power to light the stage is a like a battery that needs recharging
 Each time you use yr mental stage, allocate it to something important
 Prioritizing is a very hungry processes (use all conscious functions)
 Delegate tasks => use the stage of another person

Other thoughts

The actors represent the conscious information you hold in yr attention
 There can only be a few actors on stage and one scene at the time
 When your stage is overloaded, the big actors are pushed off first
 Some actors are harder than other actors to bring on stage
 Practise getting your most important actors on stage first
 To keep an actor on stage, you need to do effort
 Too much information is like 100 actors running on and off the stage
 Sometimes the actors might be audience members who get onstage
 Get disciplined about the actors you don't bring on stage
 Learn to choose your actors carefully: simplify and chunk information
 Get some actors off stage once and a while by writing down ideas
 Putting a new actor on stage (idea about future) costs more energy than an existing (idea from past)