

# Lesson 1 --- "Concentration"

## I. Read and Discuss in Small Groups:

**So long as the thoughts of an individual are scattered he will achieve no results, but if his thinking be concentrated on a single point wonderful will be the fruits thereof. One cannot obtain the full force of the sunlight when it is cast on a flat mirror, but once the sun shineth upon a concave mirror, or on a lens that is convex, all its heat will be concentrated on a single point, and that one point will burn the hottest. Thus is it necessary to focus one's thinking on a single point so that it will become an effective force.** <sup>i</sup>

Question for Discussion:

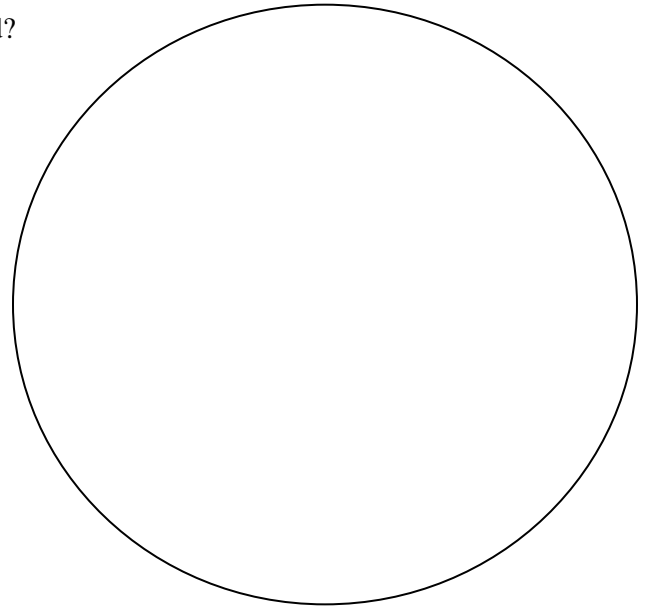
What happens when an individual's thoughts are scattered?

What happens when we concentrate on a single point?

How can one obtain the full force of the sunlight?

What is necessary to do to make one's thinking an effective force?

Feel free to draw  
the image below



Recall one time in your own life when you concentrated and had good results.

## II. Fill in the blanks

**So long as the \_\_\_\_\_ of an individual are \_\_\_\_\_ he will achieve \_\_\_\_\_, but if his thinking be \_\_\_\_\_ on a single \_\_\_\_\_**

\_\_\_\_\_ will be the \_\_\_\_\_ thereof. One cannot obtain the full  
\_\_\_\_\_ of the \_\_\_\_\_ when it is cast on a \_\_\_\_\_, but once the  
\_\_\_\_\_ shineth upon a \_\_\_\_\_, or on a \_\_\_\_\_ that is \_\_\_\_\_,  
all its \_\_\_\_\_ will be \_\_\_\_\_ on a single \_\_\_\_\_, and that one  
\_\_\_\_\_ will \_\_\_\_\_ the hottest. Thus is it necessary to \_\_\_\_\_ one's  
\_\_\_\_\_ on a single \_\_\_\_\_ so that it will become an \_\_\_\_\_ force.

### III. Exercise: Story tableaus based on quote

[This is a fun exercise that involves the participants breaking into small groups and making three successive still pictures with their bodies in order to tell a simple story. The audience closes their eyes and the group gets into pose 1 and says, "Open!" The audience looks briefly and then closes their eyes again. This is repeated two more times. The facilitator calls attention to the way groups are using 'focus' to create stories.]

### IV. Exercise: One person activities

[This is an acting exercise of fundamental importance. Each individual comes up with a single, simple activity to do in front of the group. The activity should be physicalized, and should not involve speech. Use props if required, rather than miming an object. (e.g., if activity is sweeping the floor, use an actual broom). There should be an important reason for doing the activity. After a minute or two of practice, individuals come up one by one to perform the activity. The facilitator may interrupt activities to ask questions or to refine choices. Questions for Group Discussion: What activity was this? Do we know why it was being done? Did she or he seem to know why it was being done? Where was your concentration during this exercise? Was it clearly focused or somewhat scattered? How is our concentration as an audience affected by the concentration "on stage"?

### V. Memorization:

So long as the thoughts of an individual are scattered he will achieve no results, but if his thinking be concentrated on a single point wonderful will be the fruits thereof.

### VI. Thoughts about Lesson 1

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<sup>1</sup> Selections from the Writings of 'Abdu'l-Baha, p. 110-111