

Focus is a Building Tool

By Stanley El

One day while I was on the air at Rowan Radio, my guest asked how my day was going. I responded saying, “Now that I am here everything behind is a blur.” My guest said that means I’m focused and that’s good.

This occurred about 40 seconds after the show opened. My guest was right. At that time my focus was on conducting the show interview. The moment we were on the air, I very naturally began directing my energies and attention toward multiple tasks. I began questioning, listening, directing, informing, revealing and performing – all consciously and while being aware of the time, format and pace of the radio show. I was focused.

The ability to focus is a skill and extremely valuable, especially when used in its highest state. That high state of focus means that you are only giving attention to that which is constructive. To be focused means to be anchored. The attention must be firmly held on constructive activities, thoughts, feelings and images – positive results.

There’s a saying that if you don’t know where you’re going any road will get you there. If you focus only on that which is constructive any path you take would result in success. Constructive activity builds. Focus becomes the tool that directs the attention and energy to its obvious outcome. What your attention is held upon will become your experience.

Individuals can find good in anything, but it depends on where they’re focusing their attention. A person who understands the power of focus will always aim towards the highest good. They will always make the best of every situation. They know that any improvement in their lives begins within themselves, not in finding faults in others.

Wendell Gilmore from Logan Township is focused. Wendell, inventor and entrepreneur, will retire from the Gloucester County Utility Authority in March 2004 at the age of 62. Several years ago Wendell had the idea for a health product that would improve the quality of life of patients in the healthcare system. He pursued the idea with vigor and great enthusiasm. Today, Wendell has patent pending products that have expanded to become Dr. Big, a product development corporation, dedicated to the advancement of prosperity among American citizens.

“There’s enough abundance for everyone and I feel that what I’m about to accomplish will provide what’s needed to help others pursue their dreams of prosperity,” says Wendell. Mr. Gilmore has made great strides in the evolution of his new products. Rowan University College of Engineering, ranked fifth in the country by US News and World Report, is supporting Wendell’s new product initiative. The College will provide the lab and technical assistance needed to produce a functioning prototype of the product. Rowan students and facility will take part in the project.

“I am going to reach my objective. I want to see a difference in the world in my lifetime. Support like that from Rowan University will help. I grateful for their assistance,” says Mr. Gilmore. That’s focus.