



Step-by-Step Guide: Practicing the Expanded Field of Vision

1. **Find a Quiet, Comfortable Spot**
Choose a place where people or objects are not rushing directly at you (so that your mind can fully trust there’s no danger).
2. **Settle into a Relaxed Posture**
Sit or stand with your spine gently elongated, shoulders relaxed, and chin parallel to the ground.
3. **Choose a Neutral Anchor Point**
Let your eyes rest on a non-stimulating point directly ahead—this can be a section of blank wall, a simple object, or the horizon if you’re outdoors. Do not stare at anything bright or flashy.
4. **Soften The Gaze**
Consciously relax your eyelids, brow muscles, and jaw. It’s not a hard focus—rather, it’s a gentle “unfocusing.” Your gaze remains directed ahead, but it’s almost as if you’re allowing your eyes to “blur” just a bit.
5. **Expand Awareness to the Periphery**
Begin to notice what you can see in your immediate left and right peripheral vision—without moving your eyes. Gradually “roll out” your awareness until you sense the edges of your visual field.
6. **Let Your Mind “Ingest” All Stimuli Without Judgment**
Thoughts may arise: “I see the edge of a bookshelf to the right,” or “There’s a blurred tree outside my window to the left.” Simply note these sensations as “visual phenomena” without analyzing them.
7. **Couple with Calm, Steady Breathing**
Inhale for a slow count of four, exhale for four. If your mind wanders, gently return to the awareness of your broad visual field.
8. **Stay for 1–5 Minutes (or Longer)**
Even just one to two minutes of panoramic vision can shift your state from fight-or-flight to rest-and-digest. Over time, try extending sessions to five or ten minutes.
9. **Gently Re-Focus (Optional)**
To end the exercise, slowly narrow your visual focus back to your chosen anchor point. Notice how that transition feels—often, a sense of grounded presence remains.

Disclaimer: The above shares information considered to be reliable from various sources. It is intended as information only and is not intended as advice to engage in any specific physical or mental activity. The above does not take into consideration any type of concerns such as food allergies or aversions. Always consider whether this information is appropriate for you & always confer with your health professionals.