

## Three-Point Gazing Technique

*Boost Focus · Calm the Mind · Improve Awareness*

### How to Practice

**Close:** Look at a near object like a hand for **30 sec.**

**Middle:** Shift gaze to an object **4–6 ft away** for **30 sec.**

**Long:** Look at an object **10–15 ft away** for **30 sec.**

Repeat as needed. Keep your gaze **soft and relaxed**

### Tips for Best Results

\*Pair with **slow, deep breathing.**

\*Use when **mind wanders** or before important tasks.

\*Try **3× daily** (morning, midday, evening)

### Benefits

- ✓ Sharper concentration
- ✓ Greater spatial awareness
- ✓ Reduced stress & mental chatter
- ✓ Better task-switching skills

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"Unfolding & Molding Potential"



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