

## Fixed Focus Techniques

**Fixed Focus:** concentrating on a single fixed point for an extended period without blinking. The goal is to enhance attention ability by training the mind to maintain unwavering focus on a specific target.

**Visualization:** Imagine staring at a small dot or a specific object (e.g., a candle flame, a colored dot on a wall, or a point on a page) without allowing your gaze to wander.

**Perceiving Small Objects as Large:** Method: During fixation focus, participants are encouraged to perceive small objects as if they were larger than their actual size. This technique challenges the mind to override habitual perceptions and expand its attentional capacity.

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