The Three-Point Gaze

A 90-second reset for focus and calm

Kevin Rogers Hypnosis
Reference Card

BEFORE YOU START

Take two or three slow breaths. Make each exhale a little longer than the inhale.

THE THREE POINTS · ABOUT 30 SECONDS EACH

1 NEAR
Arm's length

Look at one small detail on your thumb or hand, such as the lines of your thumbnail.

2 MIDDLE
4 to 6 feet

Pick one feature of an object across the desk or room and let your eyes rest on it.

3 FAR
20 feet or more

Look out a window if you can. Let your gaze soften and widen.

If you have time, return to the near point and run the sequence once more.

WHILE YOU PRACTICE

- Keep your gaze soft. No squinting or straining.
- Blink normally.
- When your mind drifts, bring it back to the point. Each return counts.

WHEN TO USE IT

- Every 20 minutes or so during long screen sessions.
- Right before a task that needs your full attention.
- After a tense call, a hard shift, or a difficult conversation.
- Any time you notice your attention scattering.

AFTERWARD

Notice how your eyes, shoulders, and breathing feel. That brief check-in helps your brain link the exercise with the feeling it produces.

WHY IT WORKS

Your eyes get a break. Close focus keeps the ciliary muscle inside each eye contracted. At about 20 feet, that muscle relaxes.

You practice directed attention. You choose the point instead of your notifications choosing for you. Fixing attention on a single point is the same core ingredient James Braid used in 1841 when he first explained hypnosis as focused attention.

> **A quick caution:** If you feel dizzy or have eye pain, stop. If you have a vision condition or recent eye surgery, check with your eye doctor first.

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For information only. Not advice to engage in any specific physical or mental activity.
Consider whether these ideas are right for you, and always confer with your health professionals.