

Fixed Point Gazing

This focusing activity uses shapes and colors to train your brain to go where you tell it too. This practice is particularly good for those who find their attention doesn't always listen. This meditation will help exercise your frontal lobe to better influence your concentration for longer periods of time with consistent practice of the course of a few months.

Summary:

- Using this image in full screen mode [Sri Yantra](#) You will start by casually gazing or putting your attention to the red dot in the middle of the image. You are not straining, just aim your eyes at the red dot. Some people try to avoid blinking. You will find that your eyes will try to close to rehydrate or from the strain, so counteract this by closing to a half-lidded gaze. (listen to your body's signal and don't strain if you feel significant discomfort).
- Then progressively expand your peripheral awareness out to the next set of shapes. Once you have taken in the whole image.
- Close your eyes to notice the screen of your mind. With a relaxed focus hold the after image in your mind

Guided Sequence:

1. Close your eyes first, sit up straight, and take a deep breath in and out. Calm down first.
2. Slowly open your eyes and focus on the red dot in the center. Avoid looking at anything else.
3. Then as more time passes, while staring at the red dot, let your focus and attention "spread to the yellow triangle."
4. After each few deep breaths, let your focus expand out to the next set of triangles.
5. Green triangles, black triangles, red triangles, blue triangles, red petals, yellow petals.
6. As you take your final deep breath after the yellow petals, you can close your eyes, and notice the afterimage as you close your eyes.
7. Look at the center of the afterimage with your eyes close, and you can even spread your attention from the center of the after image as well
8. It will be hard to keep the image in your mind, but if you relax your gaze the image can come back. If you hold on to the after image too tightly or strenuously then it will float away.
9. Finally after some time, put your hands together, rub vigorously to generate some heat, and cup your hands over your eyes as you breathe in and out. Rest in the awareness of the sensations.
10. Let you hands down and slowly open your eyes.

