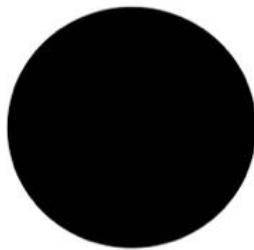




Below is supplemental information from the 100-day Ancient Secrets Training course. This is provided for educational purposes only. [See disclaimer.](#)

Step 1: Print and cut out the following focus dot and area.



Step 2: The exercise is simple overall, but difficult to master! 😊 Place the focus card at around 1 meter/3 feet (arm's length) distance on a level surface. It is best to not hold the card as the effort over time on your muscles will take away from the effectiveness of the exercise.

Step 3: Close your eyes and perform the "third eye marma" as follows 6 times:

- On the inhale through the nose: With your right index finger, press on your third eye area (between eyebrows and slightly up) and place your left palm on the back of your head at the same time.

- On the exhale through the mouth: Gently release both hands so they are slightly lifted off and no longer touching your body.

Step 4: After performing the inhale/exhale steps 6 times each, open your eyes and stare at the focus card **WITHOUT BLINKING!** Your eyes may water, your mind may wander and that is okay! Just bring your mind back to the card. When you blink, that is okay too! Just perform Step 3 again 6 times and try again.

Notes:

You will see that at first it might be only a few seconds you can stare without blinking. As you progress, it will steadily increase and becomes minutes! Start with just 3-5 minutes of practice each session and steadily increase as is comfortable.

Practicing when you first wake up and as you fall asleep (during the [hypnogogic state](#)) is a very effective way to speed up the training and help it sink into the subconscious mind.

Once you have some initial skill built, practicing during times where there are distractions (noise, movement, etc.) would help build up real world skills toward being able to focus intently and be present during communication with others.

***Medical disclaimer:**

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Our purpose is simply to share education about the ancient art and science of Siddha-Veda for improving your wellness, as it has done for thousands and thousands of people from around the world for thousands of years. We hope you enjoy your experience with us, and that you enjoy learning about the principles of the Ancient Siddha-Veda Secrets.