



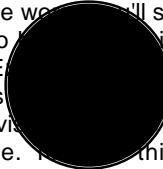
C**r****o****s****s**
your eyes to
clear this
print. Hold
a pen, point up, half-
way to this page.
Look at the point. Notice
the dots above. See
four? Move the pen nearer
or farther to see three. To
learn to hold three dots
without a pen, look at the
middle dot and bring the pen
slowly to your nose. Is this
clearer with crossed eyes?

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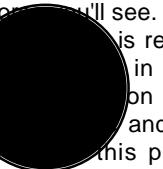
If you cannot read this fine print,
do not strain. The more you
strain the worse you'll see. The
secret to better vision is relaxation.
Excess tension in eye
muscles stops circulation and
makes vision inflexible and
insensitive. To clear this print,
cross (converge) your eyes as
above. Can you see the print
through either dot while con-
verging? Can you read it?



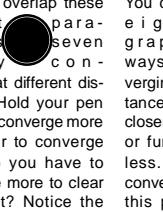
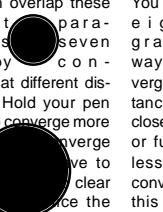
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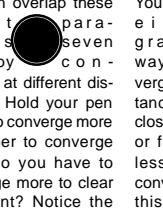
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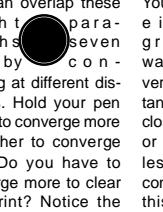
You can overlap these
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seven ways by con-
verging at different
distances. Hold your pen
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or further to converge
less. Do you have to
converge more to clear
this print? Notice the
depth in the center para-
graphs as you change
convergence. Breathe!



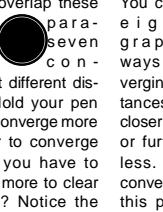
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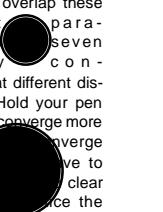
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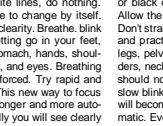
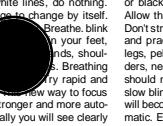
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Relax while clearing this tiny print.
Learn to wait for the letters to clear. If
you see blurred images, ghost letters
or black or white lines, do nothing.
Allow the image to change by itself.
Don't strain to clear it. Breathe
and practice letting go in your feet,
legs, pelvis, stomach, hands, shoulders,
neck, jaw, and eyes. Breathing
should not be forced. Try rapid and
slow blinking. This new way to focus
will become stronger and more automatic.
Eventually you will see clearly
without converging.



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