

E

HT

A E R B

D N A K N I L B

O T Y R T E S A E L P

S T L U S E R T S E B R O F

Y R T O T E U Q I N H C E T T S E B E H T

tnirpezissihddaarotelbaebtonyamuoy

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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 relax-

ation. Excess tension in eye

muscles stops circulation and

makes vision inflexible and in-

sensitive. 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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You can overlap these eight paragraphs seven ways by converging at different distances. Hold your pen closer to converge more or further to converge less. Do you have to converge more to clear this print? Notice the depth in the center paragraphs as you change convergence. Breathe!

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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 for clarity. Breathe, blink 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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