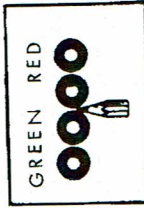


INSTRUCTIONS
BASE OUT
TRAINING



1. Hold a pencil centered between the bottom circles. Look intently at the tip of the lead. Observe the circles on either side without looking directly at them.
2. Slowly move the pencil toward your nose (always looking at the lead and keeping it centered) until you see FOUR CIRCLES, or more than two.
3. Continue moving your pencil. Observe the inner two circles approach each other until you see them overlap, superimpose. You will then see THREE CIRCLES: one red, one green and one in the middle under your pencil. STOP MOVING YOUR PENCIL AT THIS POINT.
4. Slowly TURN YOUR HEAD from side to side, an inch or so, while you keep the middle circle single. If it tends to double, or the circles go to four or two, stop turning your head; look more intently at the lead to form three circles again. Continue to turn; then turn slowly up and down, then in a small circle, clockwise and counterclockwise.
5. Through concentration keep BOTH COLORS present in this middle circle. If it turns green, the center of your left eye is not seeing; if red your right eye is not seeing. Concentrate; make both colors appear at the same time, a mixture of color, a darker color all over.
6. Next, try to CLEAR THE LETTERS. While you continue to maintain a mixture of both colors in the middle circle, concentrate on holding the letters clear. See the letters without looking away from the pencil tip.
7. Now, repeat steps 4 through 6 on each of the sets. Notice the letters which are nearer and further than the other letters.
8. By this time you have learned to turn your eyes inward while you focus further away. Now, on the bottom set of circles try removing the pencil after Step 3 and repeat Steps 4, 5 and 6. The middle circle should appear to float where your pencil was, between you and the card, in space.

HINTS: Set up a definite schedule for practice; at least three times a day. Practice a minute or less each session if it is uncomfortable. Increase the time, as it becomes easier, to 4 or 5 minutes.



Additional Instructions for Opaque Colored Circles

In step 4, described on the card, the eyes must move as the head turns. It is these movements which develop new instructions to the eye muscles from brain and new habits are formed. The purpose is not to strengthen muscles but to change the pattern of impulses to the muscles. As the movements continue, both colors will begin to be seen (step 5) and the letters can usually be cleared (step 6).

If the letters don't clear, try slowly moving the card further or closer. Or, try moving the tip of the pencil directly in line with each of the letters, rather than seeing them peripherally when the pencil tip is in the center of the middle circle.

By this time you have learned to turn your eyes inward while you focus further away. When you try removing the pencil (step 8), and repeat steps 4, 5 and 6, the middle circle should appear to float where your pencil was, between you and the card, in space. The third circle only exists in brain and you are mentally projecting it to the point in space where your eyes meet, where the pencil was. Some project it further or nearer and need to accurately project it where the eyes cross. Learn to locate it in space by pointing at but not touching it with the pencil tip, below or underneath the circle, without looking at your pencil. It should appear nearer and smaller. See the space (air) between the middle circles of each set of circles, a 3D effect. Try looking at each of the middle circles of each set of circles, one after another. Which is closest; which is smallest? Notice the transparency of the middle circle and try locating with your pencil and checking the distance of each of the letters. Slowly move the card closer and further while being aware of the change in the 3D effect.

To introduce the factor of balance and integrate it with peripheral vision, stand while performing steps 4 through 8, plus the above.

When this level of skill is attained, STOP practicing. The lenses prescribed by your optometrist for near seeing will help maintain the skills learned. If not worn consistently, the skills may deteriorate to the original inefficient level.

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If you are unable to produce and see three circles at any time, you may not be able to converge your eyes inward to the pencil and maintain that eye posture, or you may be mentally suppressing one eye, or both. In either case, do not practice with the card until you can perform the following, designed to teach you how to use both mentally, simultaneously:

- Step 1. Look at a small object across the room (a door knob will do). Extend your arm toward the object, your forefinger pointed upward with the tip level and in line with the object. Looking at the object, move the finger an inch or so to the left, or right, and try to see two fingers; carefully adjust the finger(s) so there is one on each side of the object, equally spaced and level. Seeing two fingers is normal.

If you consistently see one, with the other hand cover first one eye, then the other, without moving your head or extended finger, showing yourself that the right eye sees the finger to the left and the left eye sees the finger to the right. If you still see only one, try to think about, don't look over at, but try to make the missing one appear, thus "turning on" both eyes mentally, simultaneously. If this is not accomplished, substitute a penlight for the finger. Some patients suppress one eye so consistently that the penlight must be pointed directly at the eyes before two lights are seen.

When two fingers (or lights) are seen, slowly move the finger toward your nose, keeping the eyes fixed on the distant object; keep the finger level with it and the two fingers equally spaced on either side. If one finger disappears at any point, stop moving the hand; do not look away from the distant object but concentrate and think about the area to the side where the finger was that disappeared and make it reappear. As soon as you see two, continue moving the finger inward until it touches your nose. Then extend the arm slowly, to arm's length, seeing two fingers, level, equally spaced on either side of the object, stopping when one disappears and bringing it back through concentration. Practice this several times a day until the fingers never disappear. If you had to use a light, repeat using your finger.

- Step 2. Starting as before, look at the tip of your finger on the extended hand. You should see one finger and two distant objects, level with your finger tip, equally spaced on each side of the finger. If you see two fingers, you are not crossing your eyes and pointing at the finger. Cover first one eye and then the other, showing yourself that you can turn each eye inward. Hence, the problem is not in eye muscles but in control of muscles. Note that the object on the left side is seen with the left eye, and vice versa. Put more attention on the finger; place a pencil mark on your finger if necessary, whatever it takes to make you point both eyes at the finger, to see one finger and two distant objects.

When you can see one finger and two distant objects, equally spaced and level with the finger tip, start slowly moving the finger toward your nose, as before. The objects will appear to separate, slowly. If at any point one object disappears, stop moving and don't look away; think about the area of space and make the object to the side reappear. If the finger doubles and the objects move together, you've let go of the finger with your eyes. Put more concentration on the finger and again produce one finger with two distant objects. Continue practicing, short periods and often, until you can turn eyes inward to within a few inches of your nose, always seeing one finger, two distant objects, equally spaced on either side and level, with no disappearing. Then try the life saver card again.