

SEE

CLEAR

LETTERS

IMAGINE

ONE PART

OF A LETTER

BEST

AT A TIME

SEE MOTION

ALL DAY LONG

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Suggestions
By Emily Bates

While sitting, do not look up without raising your chin. Always turn your head in the direction that you look. Blink often.

Do not make an effort to see things more clearly. If you let your eyes alone things will clear up by themselves.

Do not look at anything longer than a fraction of a second without shifting.

While reading do not think about your eyes but let your mind and imagination rule.

When you are conscious of your eyes while looking at objects at any time it causes discomfort and lessens your vision.

It is very important that you learn how to imagine stationary objects are moving without moving your head or moving your body.

Palming is a help to you, and I suggest that you palm for a few minutes many times during the day, at least ten times. At night just before retiring it is well to palm for a half an hour or longer.

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