

# **The Shape of the Sky**

**Six Seeing Stories & Ten Eye Games**

**By**

**David Cook, Clinical Associate OEPF**

Dr. David Cook



# The Shape of the Sky

Eye Games and Seeing Stories for  
Discovering Depth in a Flat World

Published by



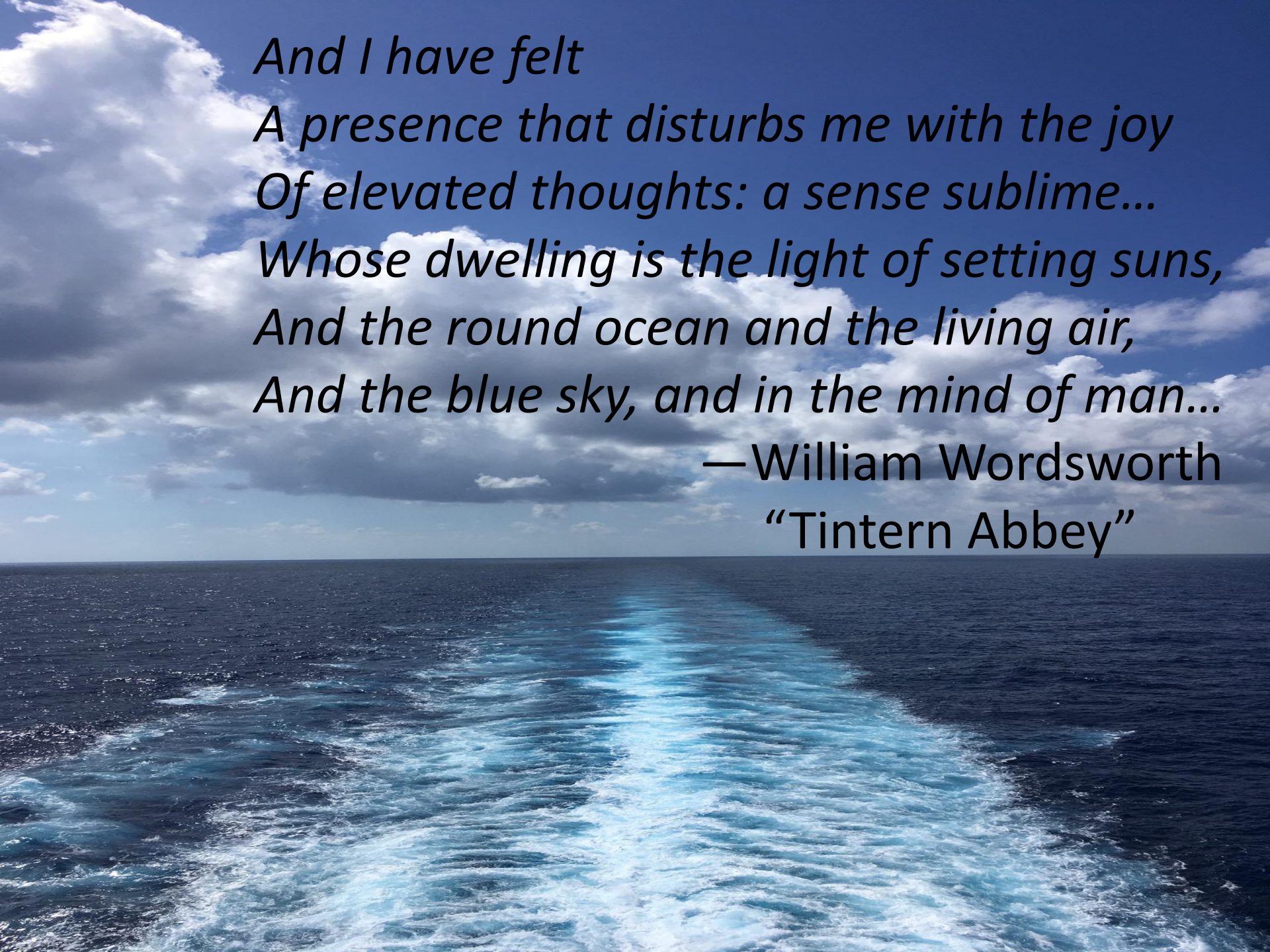
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# Acknowledgements

“Indeed, John [Abbondanza] and Eric [Hussey] have been trying to expand my viewpoint for years. So, if there is anything about the book you do not like, blame these two.”

*And I have felt  
A presence that disturbs me with the joy  
Of elevated thoughts: a sense sublime...  
Whose dwelling is the light of setting suns,  
And the round ocean and the living air,  
And the blue sky, and in the mind of man...*

—William Wordsworth  
“Tintern Abbey”



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# ***The Shape of the Sky* by David Cook**

- “In the epigraph from Wordsworth’s ‘Tintern Abbey,’ we reencounter the association between the shape of the sky and the shape of the sublime. No wonder. For most of us, the limits of the sky provide our closest perceptual approach to true immensity, to limitlessness, to the infinite.”

# **Susan R. Barry, PhD**

**Author of *Fixing My Gaze: A Scientist's Journey into Seeing in Three Dimensions***

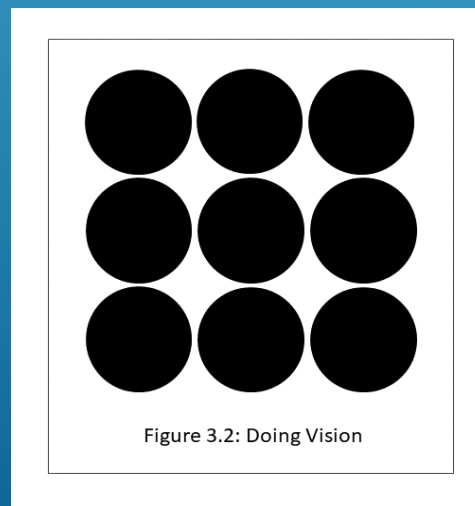
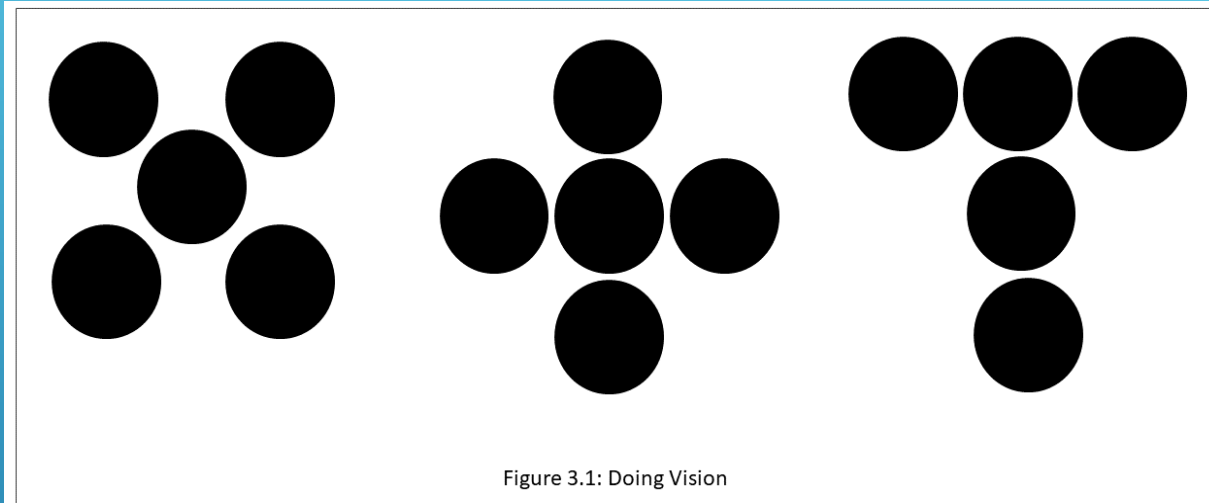
*“When I learned to see in 3D, I grew frustrated with the general clinician’s view of stereopsis which involved little more than passing a stereovision test in which one tiny image in near space could be seen in front or behind another.*”



# Seeing Story 1

Vision is something we do, not something that happens to us.

# Eye Game 1: Doing Vision



## Seeing Story 2

Vision falls on a continuum between expectation and exploration.

# Eye Game 2: The Expectation/ Exploration Continuum.

# Education



# Seeing Story #3: Value Fuels Vision

- We see what we value and are blind to what we do not.
- Action is the pursuit of value.
- Meaning depends on value.
- Language announces value. That a word exists suggests that someone once valued something enough to take notice: good, bad, or indifferent.

Loves

Hates

Appraisals of Worth

Delights

Detestations

Attention

Attractions

Aversions

Admirations

Passions

Action

# Reflections of Value

Desires

Likes

Dislikes

Fears

Meanings

Intensions

Significances

Beliefs

Purposes

# Value

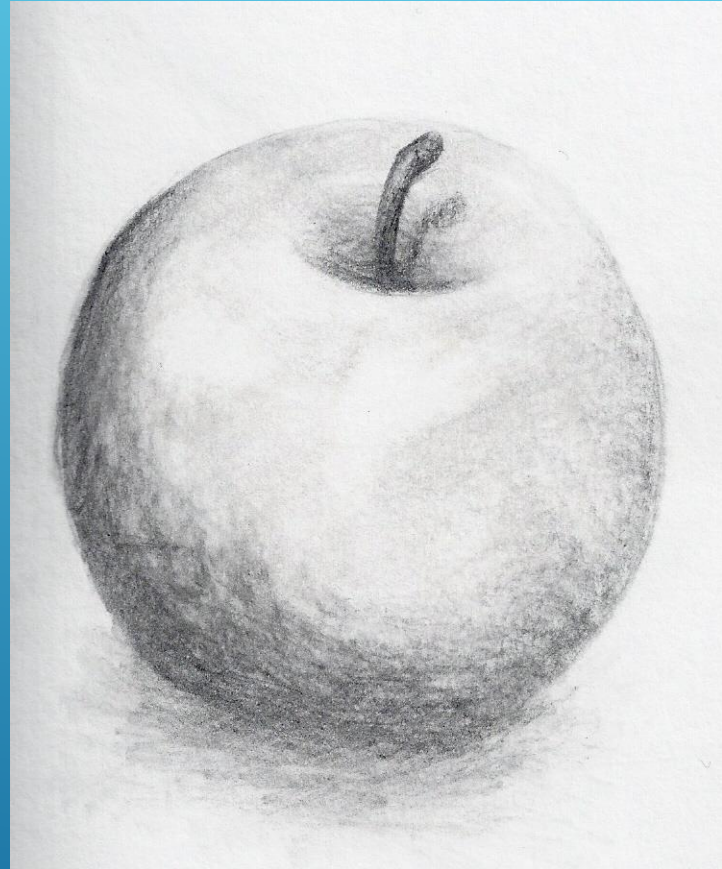
Apple lovers,  
when viewing  
the luscious fruit,  
see what is  
valued: crunch,  
fragrance, and  
juicy tang.





# Value

An artist, drawing the same apple, sees form, shade and contour: the features that must be valued to transfer three dimensions into two.



# Value

An archer sees (values) the apple's position, not its taste or color.



# Eye Game 3: Value

What does this sentence mean?

**Fax Oz between the very quick glad jumps.**

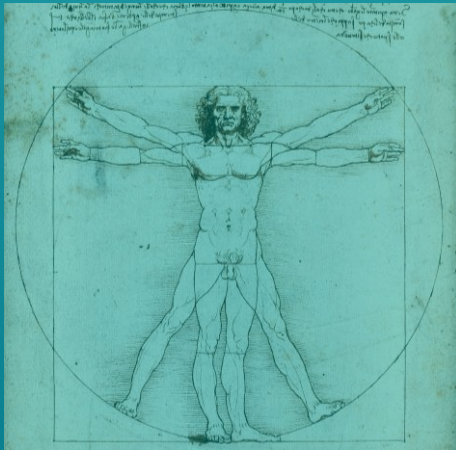
## **Eye Game 3: Value**

**What letter does not appear in this sentence?**

**Fax Oz between the very quick glad jumps**

# Seeing Story 4: Space

Space consists of bodies, objects, and that which surrounds and separates them.

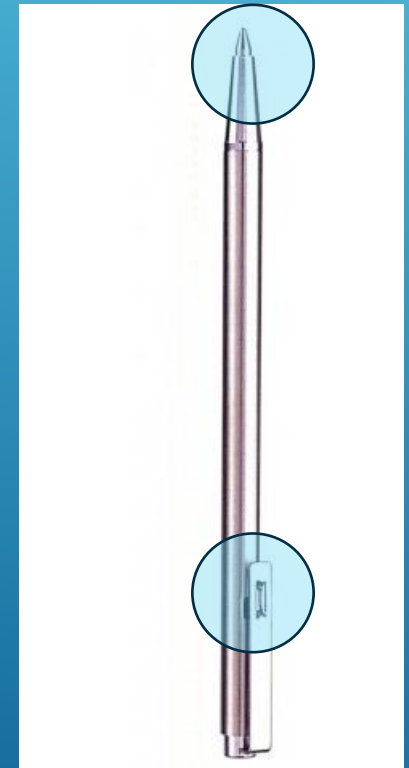
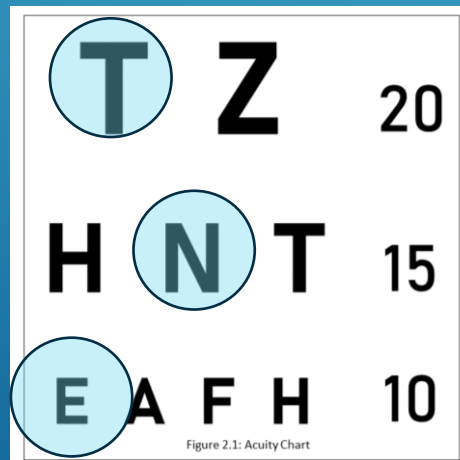
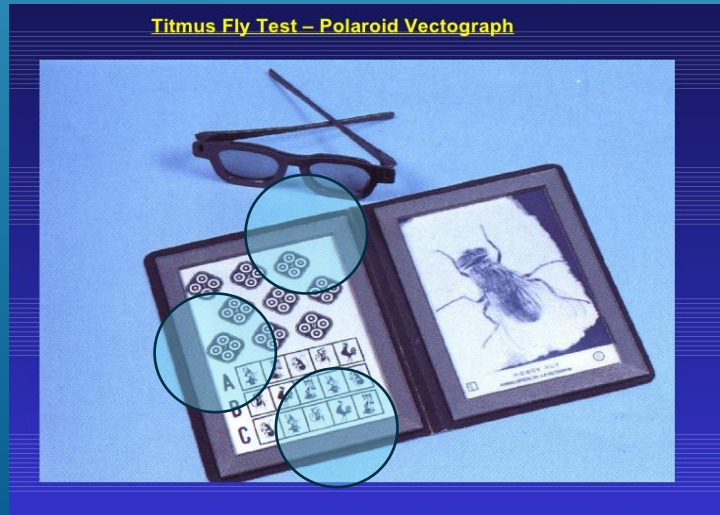


# Seeing Story 4

To do vision we select an area of space for meaning and action—which is to say that we select an area for value. This selection is also known as “centering.”

# Seeing Story 4

We select **small** areas of space to see **sequentially**:



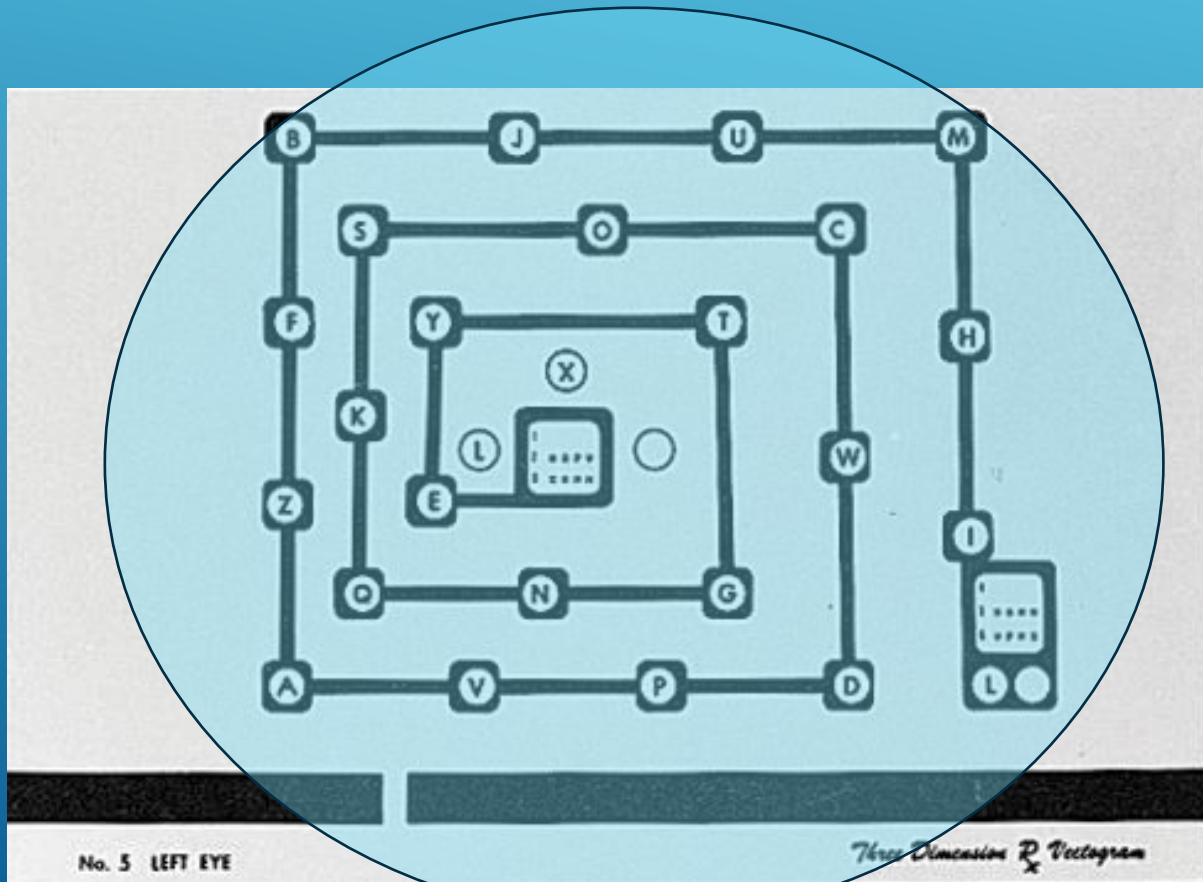
# Seeing Little: Sequential Seeing





# Seeing Story 4

Or we select a **big** area of space to see **simultaneously**

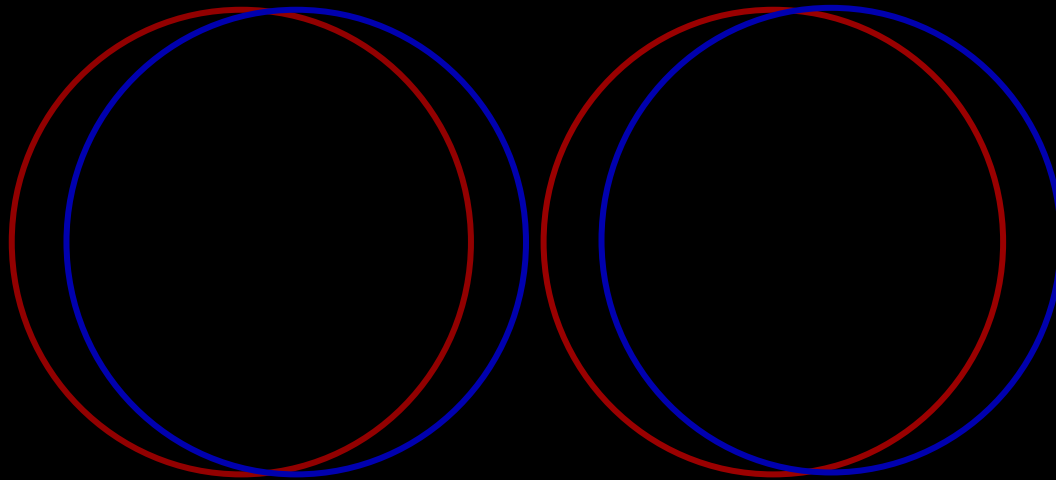


# Seeing Big: Simultaneous Seeing

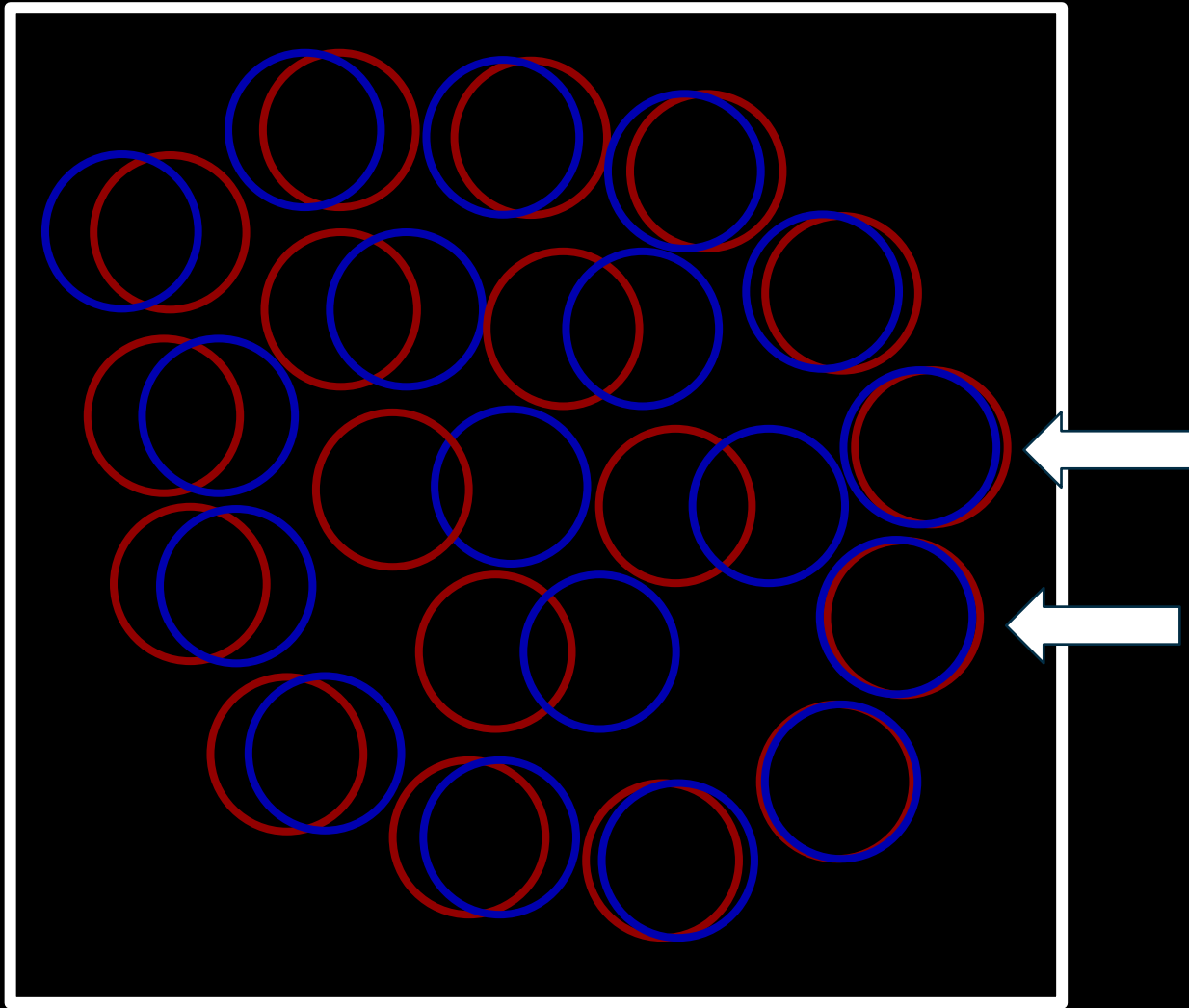


# Eye Game 4: Little versus Big Stereo

(Stereo Acuity versus Egocentric Stereopsis)



# Eye Game 5: Little versus Big Stereo



# Eye Game 6

Little versus Big Stereo



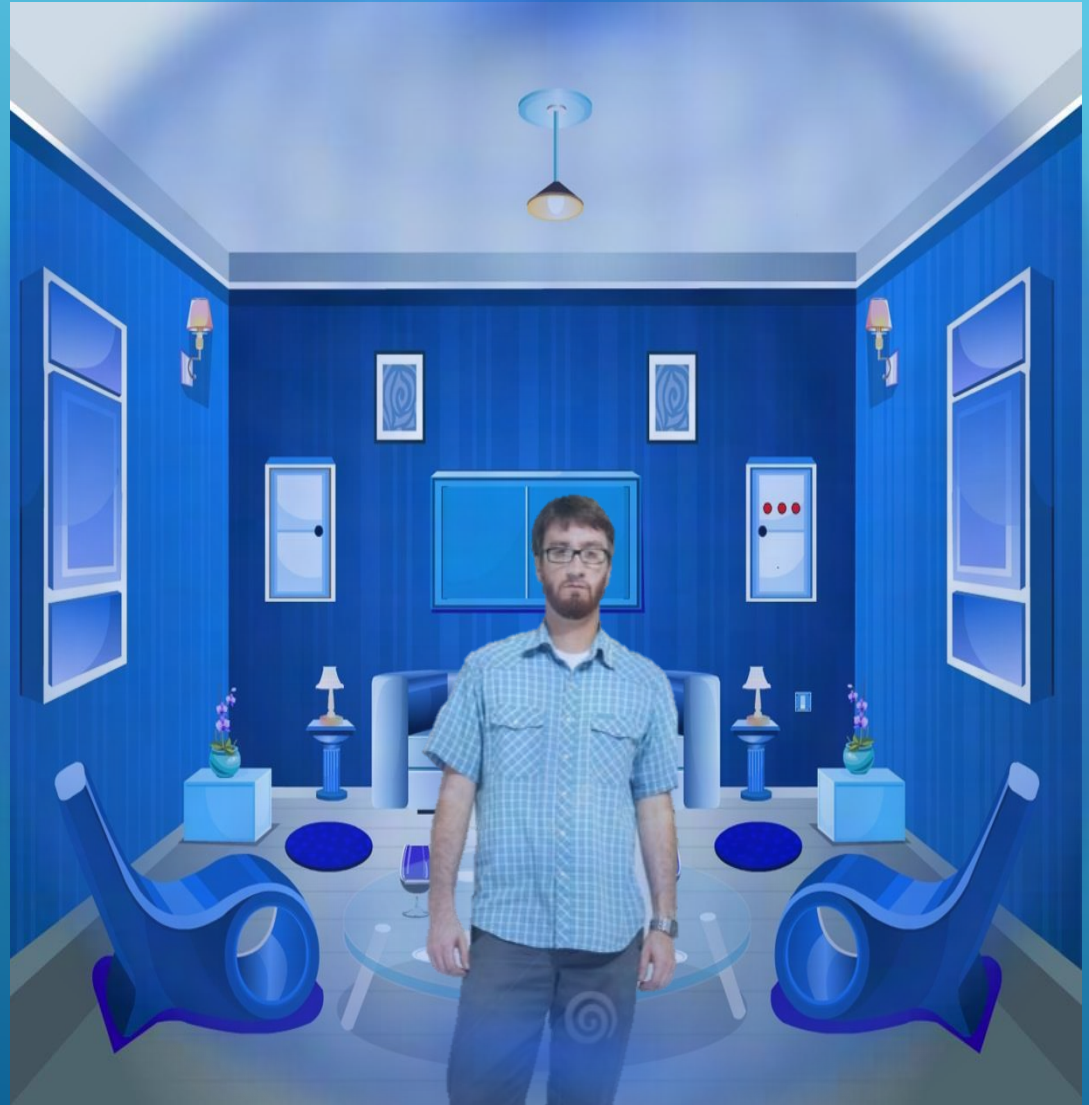
# Seeing Story 4: ZOSA

The area of space selected for simultaneous viewing I have dubbed **“Zone of Simultaneous Awareness” (ZOSA)**.

# ZOSA—Seeing Little



# ZOSA—Seeing Big





# ZOSA—Seeing Little



# ZOSA—Seeing Big

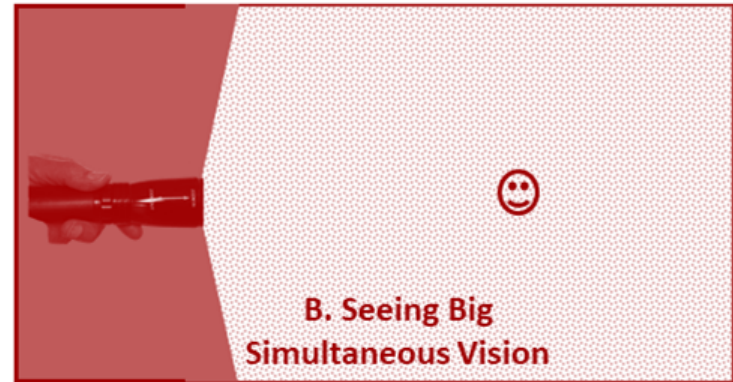


**ZOSA**

The key word in the phrase *Zone of Simultaneous Awareness*:

***Simultaneous***

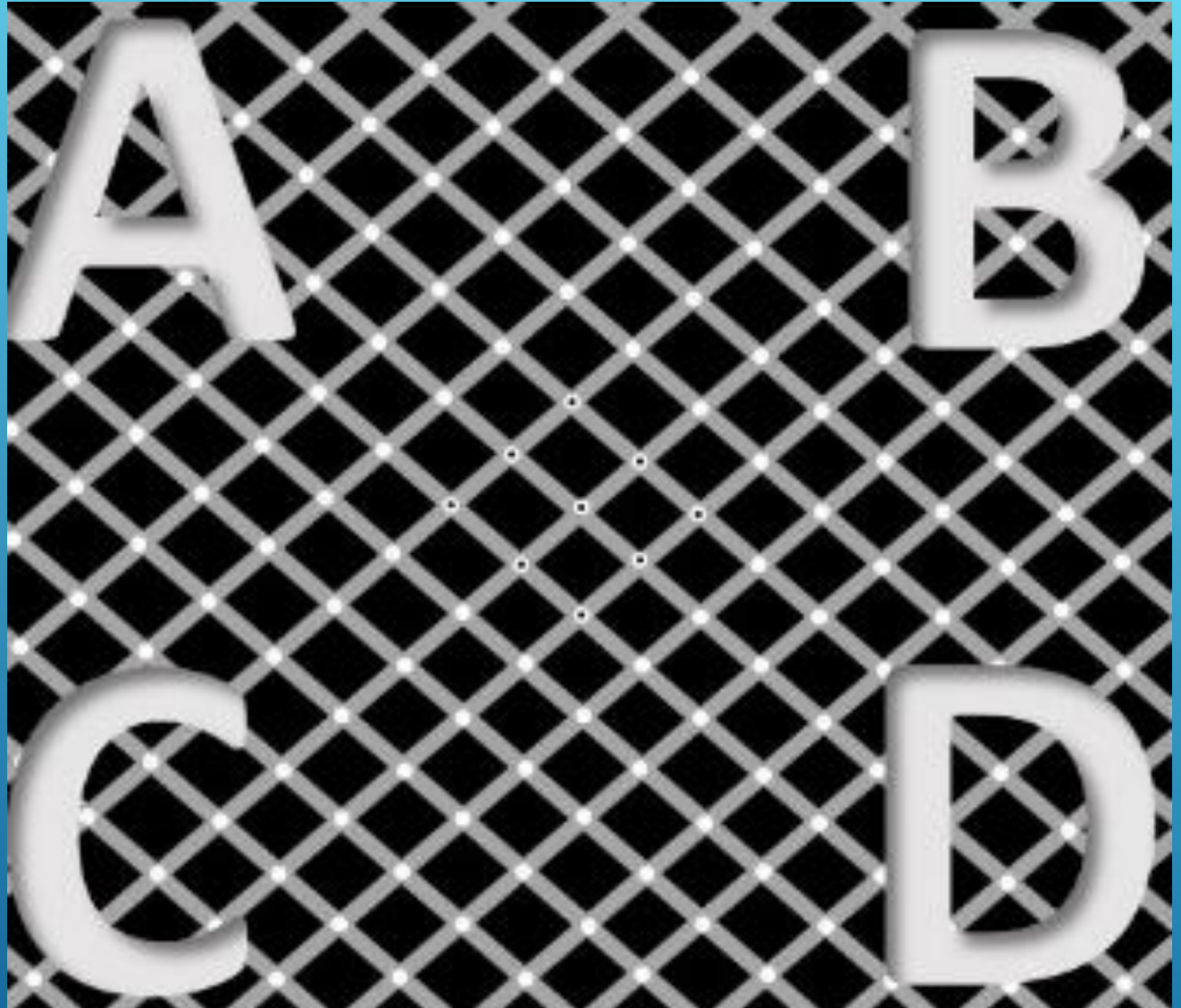
# Zone of Simultaneous Awareness



# ***Sequential Awareness***

***Vision is something we do, a continuum between exploration and expectation fueled by value and built on learned agreements between eye, brain, body, action, word, and world.***

# Eye Game 7



Modified McDonald Card

# Seeing Story 5: Three Tools For Expanding The ZOSA

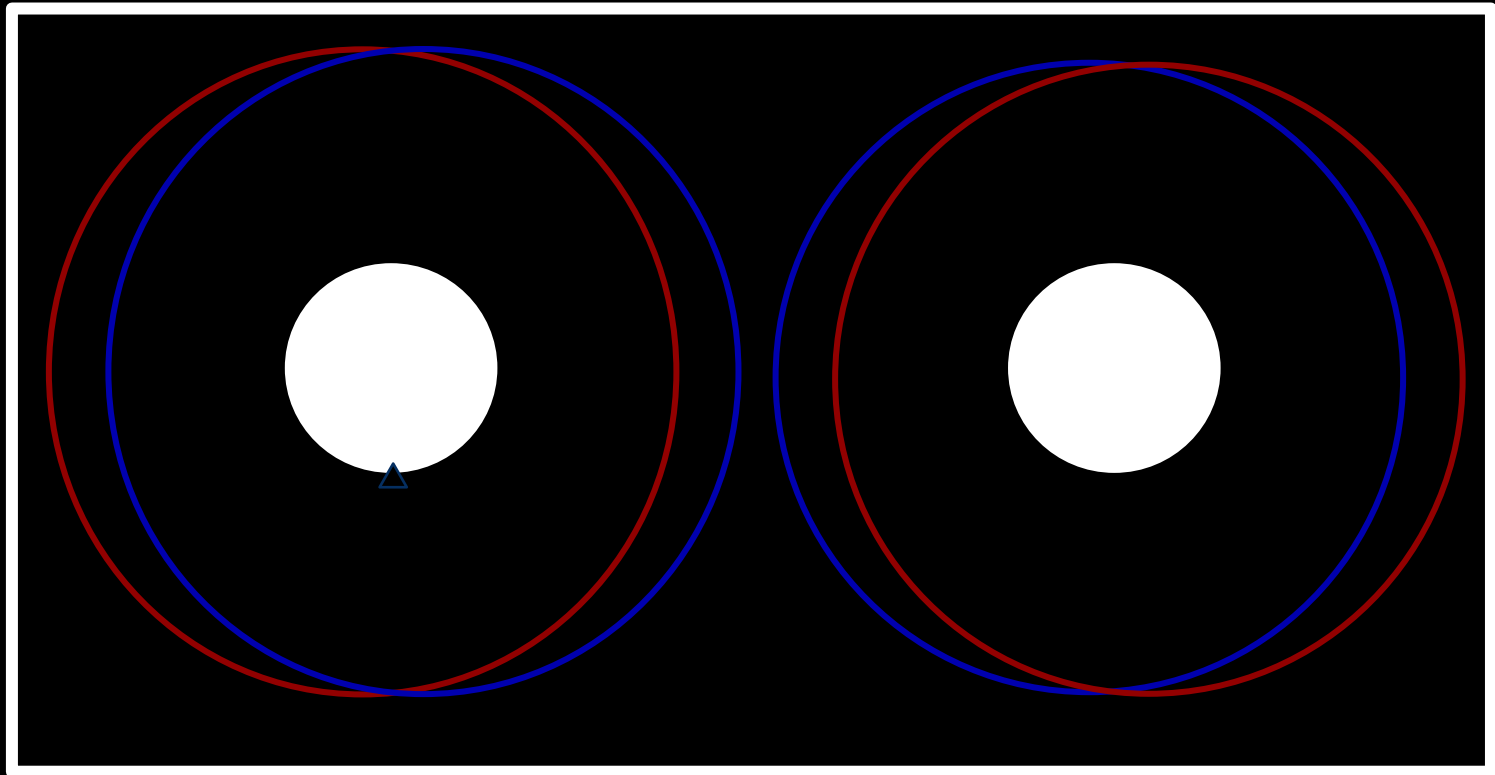
1. Divided Attention—See both sides of room, or see floor and ceiling at the same time.
2. Gestalt Seeing—See object (or floor) as a “Business card.”
3. Egocentric Seeing—See distance between self and target.

# Divided Awareness





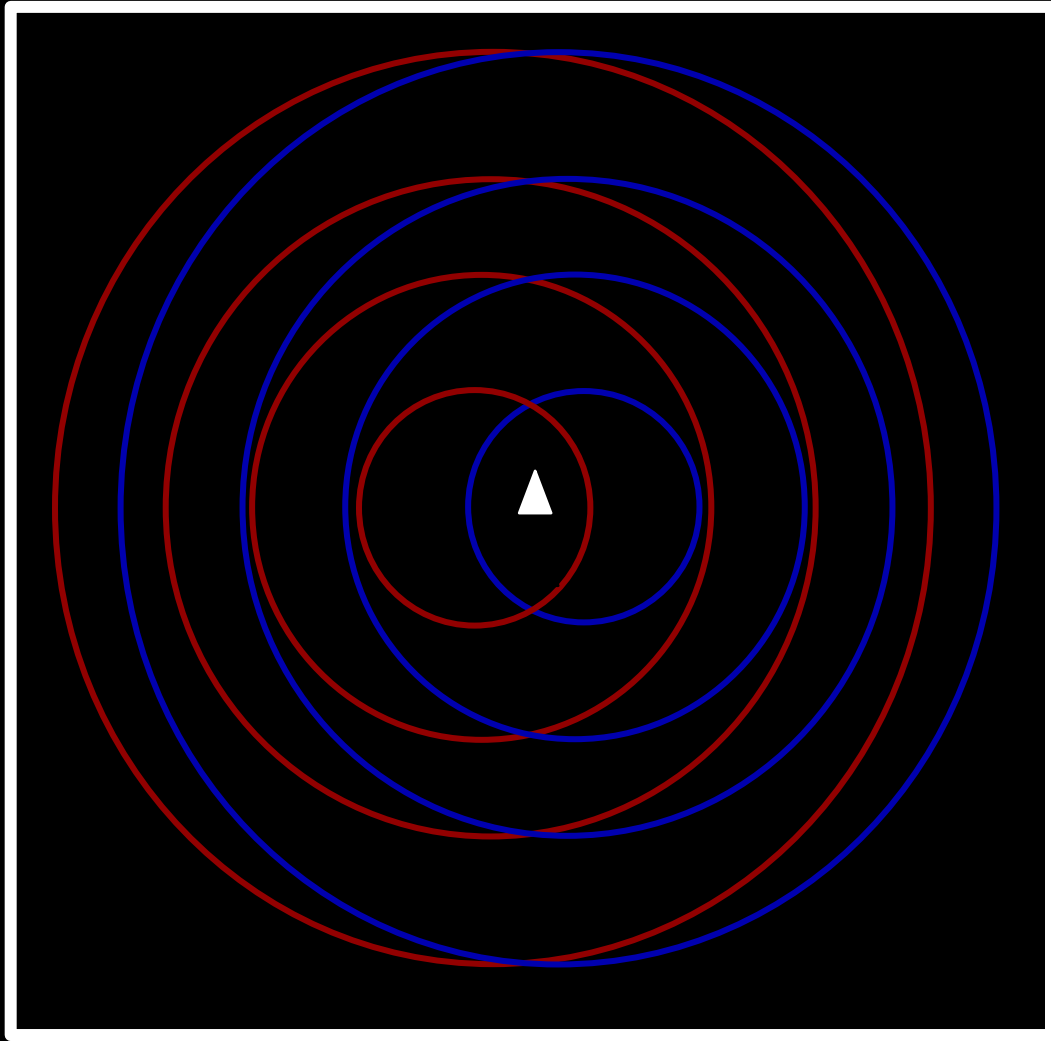
# Eye game 8: Divided Awareness



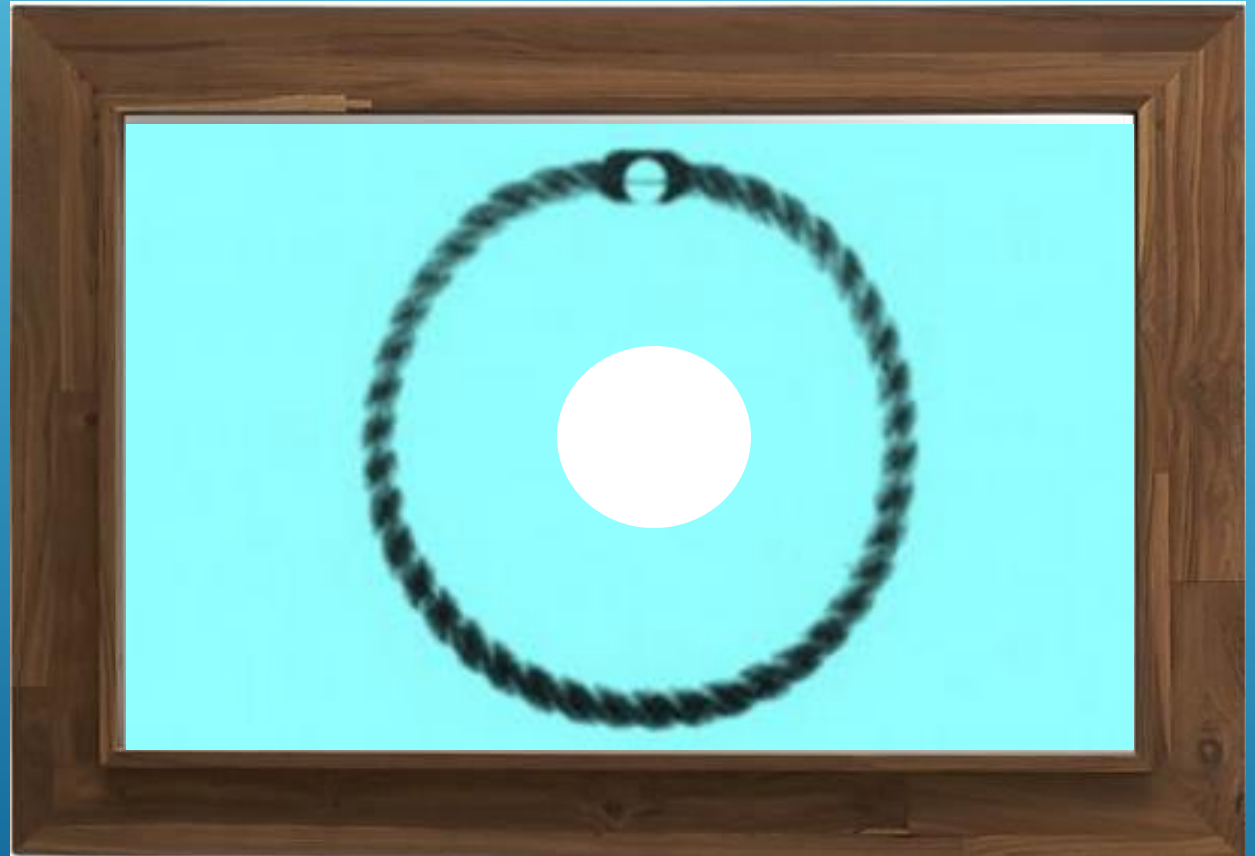
# Egocentric Awareness



# Eye Game 9: Egocentric Awareness



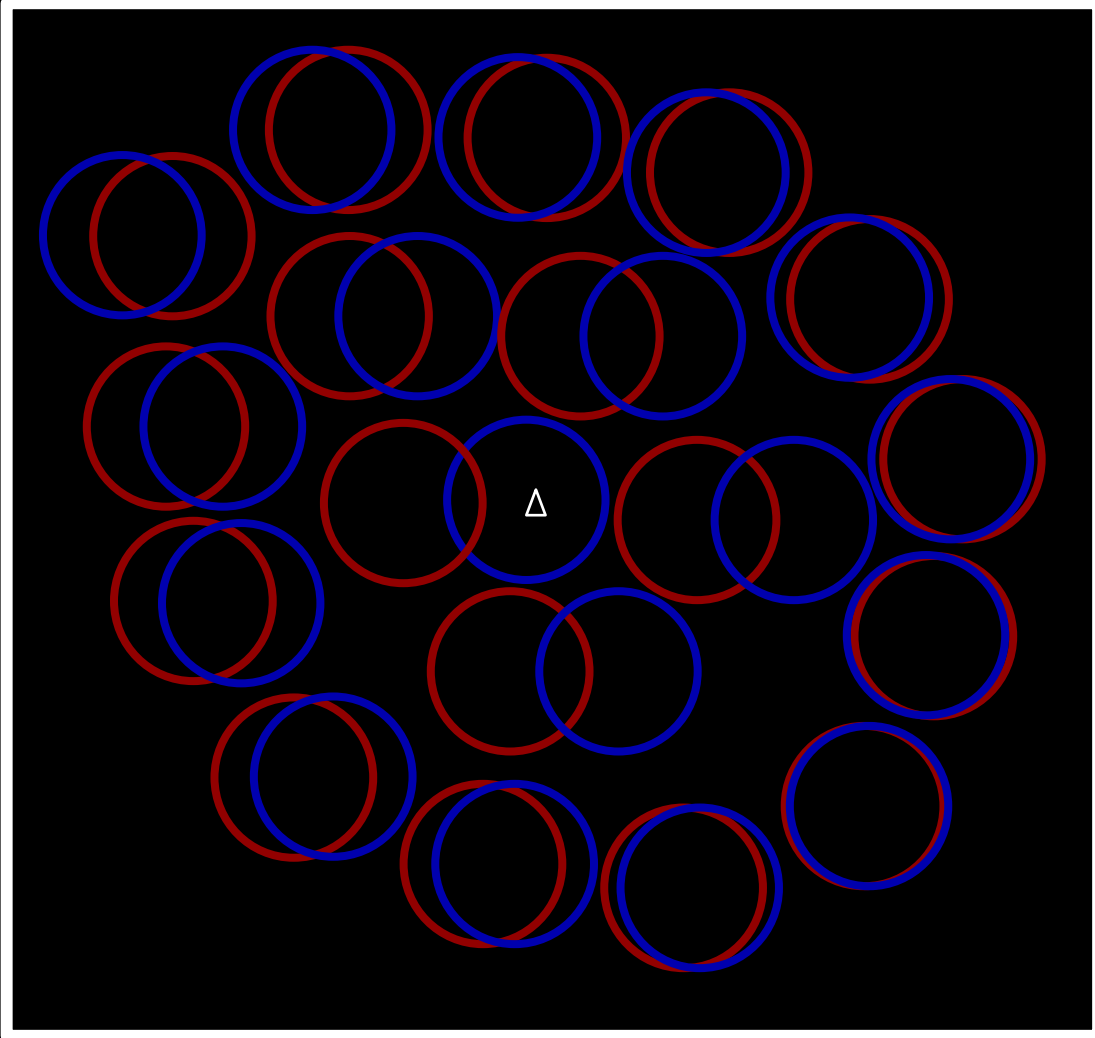
# Gestalt Awareness



# Gestalt Awareness



# Eye Game 10: Gestalt Awareness



# Big Stereo in the Real World

Our goal is not to master visual illusions in the therapy room but to align eyes and see space in the world.

# Seeing Story 6: The Shape of the Sky

**Gestalt Awareness**

**Egocentric Awareness**

**Divided Awareness**





“The shape of the sky: it begins with the touch of the eye. It begins with you!”

—David Cook

# Susan R. Barry, PhD

**Author of *Fixing My Gaze: A Scientist's Journey into Seeing in Three Dimensions***

*"I was thrilled to read The Shape of the Sky, in which Dr. David Cook demonstrates that, when looking far and wide, stereovision impacts not only the way we see but the way we experience space and ourselves within it. Dr. Cook challenges us to abandon our old perceptual habits, look beyond the close, flat, world of our screens and devices, and see the ever-changing volumes of space around us."*

# ***The Shape of the Sky* by David Cook**

“The visual process and the human process, it seems, mirror one another. To contemplate vision is to contemplate life. Still, vision ... remains a mystery. To repeat Skeffington’s words, ‘Vision is unique. No one knows from where it operates, nor what the operation is.... Yet we know the total organism is involved...’ But even so, we can do vision and experience the caress of space by value cushioned by light. We can become one with the timeless depth inflating the shape of the sky.”

Dr. David Cook



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