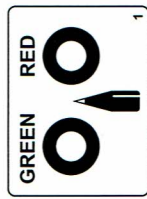
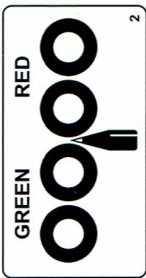


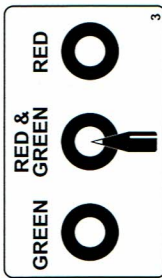
LIFE-SAVER INSTRUCTIONS - BASE OUT TRAINING



1. Position the card approximately 16 inches in front of the eyes. Using a pen, position the tip of the pen so that it is located in the center of the gap between the two bottom circles on the card. It should be resting against the card, as shown in the picture to the right. Focus on the tip of the pen. While keeping your attention on the tip of the pen, notice the two circles on each side of the pen tip, but do not look straight at them.



2. While holding the card still, maintain focus on the pen tip by slowly moving it toward your nose. Ensure that you are maintaining its position in the center of the two circles as you bring it toward your nose. As it moves closer, you should see **FOUR** circles appearing.



3. While maintaining focus on the pen tip, continue to bring the pen tip closer to your eyes until you see the two inner circles overlap, or fuse together as one. When you see them combine, stop moving the pen tip. At this point you should see **THREE** circles: a red circle, a green circle and then a circle in the middle that is a combination of the two colors.

4. While the circles are fused, slowly move your head from side-to-side in small increments, while maintaining fusion of the middle circle as a single circle. If the middle circle tends to double, or break as one, then stop moving your head. If you lose the fusion on the circle, then focus on the tip of the pen to restore the three circles. Keep working on moving or turning your head slowly up and down, then try moving in a small circle both clockwise and counterclockwise, all while maintaining fusion.

5. If the middle circle appears to be green in color while fused, then the center of your left eye is not seeing. Conversely, if the circle appears to be red in color then your right eye is not seeing. The goal is to focus both eyes so that both colors are appearing in the middle circle at the same time, creating a mixture of the two.

6. Once you have accomplished maintaining fusion, then the next level is to maintain fusion of the letters on the circles which read **CLEAR THESE LETTERS**. To accomplish this, focus on the tip of the pen so that the circles in the back are fused and that the lettering appears clear. Try to see the letters without shifting your focus from the tip of the pen.

7. Once the letters appear clear, repeat steps 4 thru 6, only instead of focusing on the colors put your focus on the lettering and observing whether the letters appear to be coming closer to you, or going away from you, in respect to the other letters.

8. After you have accomplished clearing the letters, then you have attained the ability to turn your eyes inward while you focus at distance further away. The next step is to repeat step 3 on the bottom circle, then attempt steps 4 thru 6 without using the tip of the pen to focus. The middle circle should appear to float in space where your pen tip was between you and the card.

Note: It is recommended to practice this activity at least 3 times per day. Each session, try to start by practicing for at least a minute with the goal of practicing for up-to 5 minutes once the activity becomes easier.

