



**Astigmatism test. Test with both eyes together, then one eye at a time.
(Look at one line at a time and move 'shift' relaxed from line to line. Blink.)**

**Eyes with clear sight see all the black and white lines clear, solid and straight.
If astigmatism is present; the color black might appear lighter, the white greyish..., lines
are blurry, wavy, distorted. With relaxation, shifting and other Bates Method practice, the
lines become clear, solid, straight and astigmatism is removed.**

Imagine the white lines are
pure white, normal shape.

Imagine the black lines are
dark black, normal shape.

Do this with the eyes open,
then in the imagination,
memory with the eyes closed,
then with the eyes open again.

