

**Pages from Dr. Bates book
Perfect Sight Without Glasses and
Some Basic training for Clear Eyesight.**

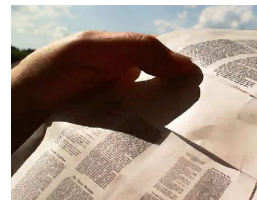
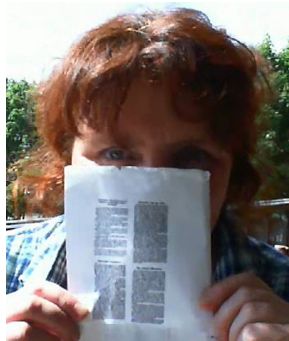
that they are made more or less color-blind by them, and in a shop one may note that they remove them when they want to match samples. If the sight is seriously defective, the color may be seen better with glasses than without them.

That glasses must injure the eye is evident from the facts given in the preceding chapter. One cannot see through them unless one produces the degree of refractive error which they are designed to correct. But refractive errors, in the eye which is left to itself, are never constant. If one secures good vision by the aid of concave, or convex, or astigmatic lenses, therefore, it means that one is maintaining constantly a degree of refractive error which otherwise would not be maintained constantly. It is only to be expected that this should make the condition worse, and it is a matter of common experience that it does. After people once begin to wear glasses their strength, in most cases, has to be steadily increased in order to maintain the degree of visual acuity secured by the aid of the first pair. Persons with presbyopia who put on glasses because they cannot read fine print too often find that after they have worn them for a time they cannot, without their aid, read the larger print that was perfectly plain to them before. A person with myopia of 20/70 who puts on glasses giving him a vision of 20/20 may find that in a week's time his unaided vision has declined to 20/200, and we have the testimony of Dr. Sidler-Huguenin, of Zurich,¹ that of the thousands of myopes treated by him the majority grew steadily worse, in spite of all the skill he could apply to the fitting of glasses for them. When people break their glasses and go without them for a week or two, they

¹ Archiv. f. Augenh., vol. lxxix, 1915, translated in Arch. Ophth., vol. xlv, Nov. 6, 1916.



Eyeglasses cause strain, tension and increase visual blur.



Read Fine & Microscopic print without eyeglasses. Read it daily in the sunlight with relaxation, the Bates Method. See it clear in dimmer light. This keeps the eyes healthy and eyesight clear for life.

Also avoid contacts, sunglasses, tinted, colored, UV blocking lenses.

frequently observe that their sight has improved. As a matter of fact the sight always improves, to a greater or less degree, when glasses are discarded, although the fact may not always be noted.

That the human eye resents glasses is a fact which no one would attempt to deny. Every oculist knows that patients have to "get used" to them, and that sometimes they never succeed in doing so. Patients with high degrees of myopia and hypermetropia have great difficulty in accustoming themselves to the full correction, and often are never able to do so. The strong concave glasses required by myopes of high degree make all objects seem much smaller than they really are, while convex glasses enlarge them. These are unpleasantnesses that cannot be overcome. Patients with high degrees of astigmatism suffer some very disagreeable sensations when they first put on glasses, for which reason they are warned by one of the "Conservation of Vision" leaflets published by the Council on Health and Public Instruction of the American Medical Association to "get used to them at home before venturing where a misstep might cause a serious accident."¹ Usually these difficulties are overcome, but often they are not, and it sometimes happens that those who get on fairly well with their glasses in the daytime never succeed in getting used to them at night.

All glasses contract the field of vision to a greater or less degree. Even with very weak glasses patients are unable to see distinctly unless they look through the center of the lenses, with the frames at right angles to the line of vision; and not only is their vision lowered if they fail to do this, but annoying nervous symptoms,

¹ Lancaster: Wearing Glasses, p. 15.

Dr. Bates prefers his patients to STOP WEARING EYEGLASSES. This prevents impairment of the vision and eyes' health.

For patients who cannot see without glasses; Bates Method teachers state that **only reduced weaker and weaker** eyeglass lenses, 'usually 20/40 clarity' (no contacts) can be used. And, they are **temporary**, used only when **absolutely necessary** for driving, safety at work... as the vision is improving with practice of the Bates Method. Example; a person with -3.00 eyeglasses for myopia might reduce to -2.50 or -2.00. The eyechart will show 20/40 clarity with the glasses on. Avoid glasses as much as possible. Keep practicing the Bates Method. Continue to reduce the lenses until seeing clear without glasses. A person with +3.00 eyeglasses for presbyopia, farsight might reduce to +2.50 or +2.00 and continue to reduce. If the eyeglasses have uneven lens strength for the left and right eyes; get the lens strength equal, the same number. See the eyeglasses webpage; <http://cleareyesight-batesmethod.info/id36.html>

If the Eyeglasses have Uneven Prescription Strength in the Left and Right Eyeglass Lenses - How to Reduce ;

To improve vision easy, faster; Change the eyeglass lenses to equal strength. **Do NOT** use the stronger lens from the less clear vision eye's eyeglass lens because it will impair-lower the vision in the best-clearst vision eye. Use the **weakest eyeglass lens** from the best **clearest vision** eye and place it in both left and right eyeglass lens' frame. Then; reduce (weaken) both the left and right lenses strength equally. Ask your eye doctor for the number; maybe reduce 0.50 or 1.00 diopter. + or - depending on the prescription. Some people reduce more; 2.00... The clearest vision eye will see 20/40 clarity through it's reduced eyeglass lens. (20 feet, number 40 eyechart line.) Smaller letters-lines below 20/40 will be unclear. The less clear vision eye has the same strength eyeglass lens, but it must improve it's vision to see 20/40 through it's lens, see equal-as clear as the clearest vision eye sees through the glasses.

The clearest vision eye will also be improving as you practice Natural Eyesight; so do some extra Bates Method practice (shifting, switching...) with the less clear eye, **without glasses**. The goal is to get the clarity of vision improved and equal in the left and right eyes when not wearing glasses. Then, when the eyeglasses with the reduced, equal strength left and right lenses are worn; the two eyes will see at a equal level through the eyeglass lenses. If the lenses are too weak or too strong; vision through the eyeglasses will be **too blurry** and will cause strain, effort to see, headache. Find a balance where the glasses are weaker, **not 20/20** clarity 'so they enable some relaxation and room for vision to improve' and are comfortable to see through. (See reduction example-pictures on pg. 86)

(More eyeglass information continued on bottom of next page)

such as dizziness and headache, are sometimes produced. Therefore they are unable to turn their eyes freely in different directions. It is true that glasses are now ground in such a way that it is theoretically possible to look through them at any angle, but practically they seldom accomplish the desired result.

The difficulty of keeping the glass clear is one of the minor discomforts of glasses, but nevertheless a most annoying one. On damp and rainy days the atmosphere clouds them. On hot days the perspiration from the body may have a similar effect. On cold days they are often clouded by the moisture of the breath. Every day they are so subject to contamination by dust and moisture and the touch of the fingers incident to unavoidable handling that it is seldom they afford an absolutely unobstructed view of the objects regarded.

Reflections of strong light from eyeglasses are often very annoying, and in the street may be very dangerous.

Soldiers, sailors, athletes, workmen and children have great difficulty with glasses because of the activity of their lives, which not only leads to the breaking of the lenses, but often throws them out of focus, particularly in the case of eyeglasses worn for astigmatism.

The fact that glasses are very disfiguring may seem a matter unworthy of consideration in a medical publication; but mental discomfort does not improve either the general health or the vision, and while we have gone so far toward making a virtue of what we conceive to be necessity that some of us have actually come to consider glasses becoming, huge round lenses in ugly tortoiseshell frames being positively fashionable at the present time, there are still some unperverted minds to which the wearing of glasses is mental torture and the sight of them upon others far from agreeable. Most human

Uneven strength left and right eyeglass lenses and uneven vision cause imbalance, tension in the visual system, brain, eyes, retina, eye muscles, causes blur, strabismus, astigmatism and slows vision improvement. Correcting this and removing bifocal, multi-section, astigmatism, prism, UV blocking, tinting, coating... from the eyeglass lenses enables easy, faster vision improvement. It helps reverse addiction to glasses and is less harmful to the eyes' health than glasses with multiple and strong prescriptions are. No eyeglasses is the healthiest option. Glasses, level of clarity with and without glasses must be legal, safe for driving, work...

If you cannot get the left and right eyeglass lens strength equal; it's still important to reduce the strength of each lens. Getting the lenses equal and reduced is the best option, but some people have a large difference in the left and right eyes' clarity and state that equal eyeglass lenses feel uncomfortable, at first, so they prefer to reduce only. An option is to buy 2 pair of glasses; the reduced only and the equal and reduced. Then; work your way into the equal and reduced as the vision improves.

When buying; reduce the strength of the equal and reduced glasses a bit more to fit improvement in the vision. All glasses need more reduction as the eyesight improves and the lenses become too strong. Before glasses give 20/20; its time to reduce again.

No bifocal! If you need glasses for far and close vision; buy two pair of eyeglasses; one equal-reduced for far. One equal-reduced for close. Wear them around your neck on a string. One higher to prevent scratching. Use glasses as little as possible. See pg. 86.

The P.D., centering and height of the left and right eyeglass lenses, exact fit of the frames, handles... must be placed in the prescription. Here's an optician that teaches about the P.D., height and other eyeglass settings that some on-line opticians don't tell you; <https://www.youtube.com/watch?v=7Hc81FJTMaw&list=UURZDLUHjkNwkm-4QMqyTNA>

Choose a doctor, optician carefully. P.D., eyeglass lens, frames measurement; <http://cleareyesight-batesmethod.info/id36.html>

Most people can function without glasses when the vision is clear at 20/70 to 20/50. Some at 20/100 or more unclear do not wear glasses. They experience a removal of tension when using their natural vision without glasses. NO glasses = the eyesight improves faster and advanced eye health problems heal easier, reversal back to a normal healthy state is completely enabled. (Always stay legal, safe for driving, work, hobbies...) Eyeglasses are permanently removed as soon as possible. It is best to stop use of eyeglasses immediately. If the prescription is strong, the eyes contain cataract, detached retina, any retina or optic nerve problem, glaucoma, conical cornea, cornea ulcers, potential for these or any eye health problem; STOP WEARING EYEGLASSES! Eyeglasses and contact lenses, prisms cause and increase the eye-vision problems listed above, including; torn-leaking blood vessels and capillaries in the eye and retina, detached vitreous, astigmatism, strabismus, sensitivity to light, neck tension and most all eye health-vision problems. (Strong prescriptions greatly increase these eye-vision problems.) Eyeglasses can interfere with healing of an eye injury.

beings are, unfortunately, ugly enough without putting glasses upon them, and to disfigure any of the really beautiful faces that we have with such contrivances is surely as bad as putting an import tax upon art. As for putting glasses upon a child it is enough to make the angels weep.

Up to a generation ago glasses were used only as an aid to defective sight, but they are now prescribed for large numbers of persons who can see as well or better without them. As explained in Chapter I, the hypermetropic eye is believed to be capable of correcting its own difficulties to some extent by altering the curvature of the lens, through the activity of the ciliary muscle. The eye with simple myopia is not credited with this capacity, because an increase in the convexity of the lens, which is supposed to be all that is accomplished by accommodative effort, would only increase the difficulty; but myopia is usually accompanied by astigmatism, and this, it is believed, can be overcome, in part, by alterations in the curvature of the lens. Thus we are led by the theory to the conclusion that an eye in which any error of refraction exists is practically never free, while open, from abnormal accommodative efforts. In other words, it is assumed that the supposed muscle of accommodation has to bear, not only the normal burden of changing the focus of the eye for vision at different distances, but the additional burden of compensating for refractive errors. Such adjustments, if they actually took place, would naturally impose a severe strain upon the nervous system, and it is to relieve this strain—which is believed to be the cause of a host of functional nervous troubles—quite as much as to improve the sight, that glasses are prescribed.

It has been demonstrated, however, that the lens is not

Example of the Destruction and Misery Eyeglasses Cause and the Courage of a Man Enduring Blindness

A man who wore strong glasses for many years beginning in his youth started to see flashing blue lights. He told his eye doctor. The eye doctor increased the eyeglass strength, prescribed the strongest glasses the man ever wore in his life. Within 2 weeks he saw more blue lights, had a bout of temporary blindness. The doctor told him to keep wearing the glasses. Then more blue and other colored light, a strange dark/purple like shade appeared. This was followed by blindness. A blood vessel burst in his retina, glaucoma came back and black cataract in both eyes. Doctor stated the optic nerve is completely damaged. Eye surgery was performed on the broken retina blood vessel. It did not bring the vision back. (Nothing was said, done about a old implanted tube that is causing many injuries in, around the eye.)

Would all of this have happened if the man refused to wear the glasses? (Eyeglasses cause and increase outer and inner eye muscle tension. The tense-tight muscles press on the eye, lens causing pressure, tension, pulling, stretching on and inside the eye, retina and lens. This also alters the eyes' shape. Unclear vision, eye damage occurs.) In the past the man limited use of glasses for two years and stopped glasses 100% for one year and used the Bates Method. He cured cataract in both eyes and 80% of the glaucoma. Myopia was reversing.

Then he had a lot of stress in his life, lost his wife and house. He moved into a apartment, lived alone. The stress lowered his vision. *Dr. Bates states that stress-strain, unhappy emotions can cause unclear vision. The vision returns to perfect clarity if glasses are avoided and relaxation of the mind is restored.* Unfortunately the man followed his eye doctor's advice and went back to glasses after he thought the Bates Method was taking too long to get to 100% clear vision. This is when the trouble started, strong glasses prescribed which lead to the blindness. He is now staying away from glasses *forever* and is working on restoring his eyesight naturally. He avoided surgery for the cataracts because many of his eye problems occurred years ago due to eye surgery 'the tube placed in his eye', so he's reluctant to trust doctors, its hard to find a good one. Update Aug., 2015: He recently went to a new eye doctor (ophthalmologist) to ask him to remove the tube the previous doctor placed in the eye trying to drain eye fluids. The tube caused a large tumor, scar tissue, debris around the eye, in the eye socket and other problems. It did not help treat the glaucoma. The tube greatly impaired the eyes' movement. The new doctor said the tube should have never been placed in the eye, it was impairing many of the eyes' functions. The honest eye doctor successfully removed the tube and tumors... In about one day the eyes' movement *shifting* improved for the first time in years! The blind man is allowed cataract surgery if he begins to see light. The doctor says the law allows him to perform surgery only if there is evidence it will restore the eyesight. The black cataracts are blocking the light. The man is using the Bates Method to reverse the cataracts. If allowed, he might get the surgery so he can quickly obtain light, enjoy eyesight in his senior years. Years of low vision, glasses, blindness impaired his memory of objects, the brain's *mental pictures*. Memory is a main function necessary for clear eyesight. The blind man says he used Dr. Bates directions for shifting on/swinging a small black period and other Bates practices to prevent pain. He did not need to use the pain medicine given him.

The man has a strong religious faith, is close to God. His spirit, mind and heart persevere so he may be cured and help others.

More pictures, true stories are in Dr. Bates Better Eyesight Magazine and Medical Articles. Where are Dr. Bates' patient medical, office records? Were they destroyed by dishonest people who want to hide his effective natural method? Did honest doctors or Bates teachers preserve his records; all the different eye-vision conditions he treated, the natural treatment, practices he applied. Are they hidden in Ophthalmology colleges or... due to laws, doctors still trying to hide the Bates Method?

Glasses are often prescribed unnecessarily or 'too strong' (over-corrected) due to temporary nervousness, pressure to hurry, limited eye, head, neck, body movement, looking into test equipment during an eye exam. Eye doctors also prefer to prescribe an 'extra strength' to the eyeglass lenses. All eyeglasses, especially strong eyeglass lenses cause fast, increased vision/eye impairment and prescriptions for stronger and stronger lenses.

Some years ago an English gentleman wrote to me that his glasses were very unsatisfactory. They not only did not give him good sight, but they increased instead of lessening his discomfort. He asked if I could help him, and since relaxation always relieves discomfort and improves the vision, I did not believe that I was doing him an injury in telling him how to rest his eyes. He followed my directions with such good results that in a short time he obtained perfect sight for both the distance and the near-point without glasses, and was completely relieved of his pain. Five years later he wrote me that he had qualified as a sharpshooter in the army. Did I do wrong in treating him by correspondence? I do not think so.

After the United States entered the European war, an officer wrote to me from the deserts of Arizona that the use of his eyes at the near-point caused him great discomfort, which glasses did not relieve, and that the strain had produced granulation of the lids. As it was impossible for him to come to New York, I undertook to treat him by correspondence. He improved very rapidly. The inflammation of the lids was relieved almost immediately, and in about four months he wrote me that he had read one of my own reprints—by no means a short one—in a dim light, with no bad after effects; that the glare of the Arizona sun, with the Government thermometer registering 114, did not annoy him, and that he could read the ten line on the test card at fifteen feet almost perfectly, while even at twenty feet he was able to make out most of the letters.

A third case was that of a forester in the employ of the U. S. Government. He had myopic astigmatism, and

suffered extreme discomfort, which was not relieved either by glasses or by long summers in the mountains, where he used his eyes but little for close work. He was unable to come to New York for treatment, and although I told him that correspondence treatment was somewhat uncertain, he said he was willing to risk it. It took three days for his letters to reach me and another three for my reply to reach him, and as letters were not always written promptly on either side, he often did not hear from me more than once in three weeks. Progress under these conditions was necessarily slow; but his discomfort was relieved very quickly, and in about ten months his sight had improved from 20/50 to 20/20.

In almost every case the treatment of cases coming from a distance is continued by correspondence after they return to their homes; and although the patients do not get on so well as when they are coming to the office, they usually continue to make progress till they are cured.

At the same time it is often very difficult to make patients understand what they should do when one has to communicate with them entirely by writing, and probably all would get on better if they could have some personal treatment. At the present time the number of doctors in different parts of the United States who understand the treatment of imperfect sight without glasses is altogether too few, and my efforts to interest them in the matter have not been very successful. I would consider it a privilege to treat medical men without a fee, and when cured they will be able to assist me in the treatment of patients in their various localities.

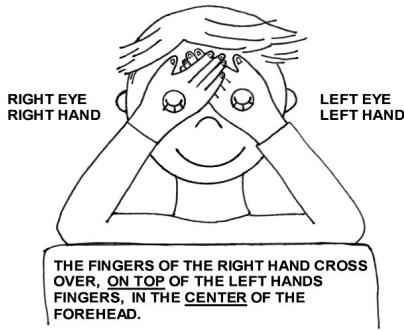
The Basics of Natural Eyesight Improvement taught with easy to learn steps, picture directions. Obtain Fast Clear Eyesight-Practice the 10 steps and see clear, often in a few minutes to 1-2 days practice!

1-Relaxation 2-Shifting 3-Central Vision 4-Blinking 5-Breathing
6-Movement 7-Memory, Imagination 8-Switching 9-Sunlight

10-Fine Print
Read Fine Print
ALL of our imperfect sight is just the result of our using our eyes wrong, and permitting bad habits to grow on us. Staring is only a bad habit, but it causes a great deal of trouble. When it is stopped and the eyes are rested by palming and blinking, the sight is immediately benefited.

By Clark Night, ClearSight Publishing Co.
Better Eyesight Magazine Articles, Training By:
Ophthalmologist William H. Bates.

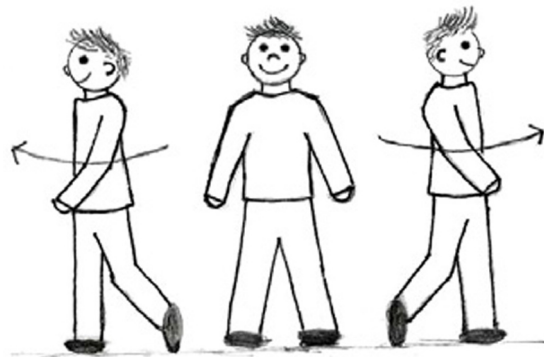
TO COVER THE CLOSED EYES WITH THE PALMS OF THE HANDS WHILE RELAXING AND THINKING SOMETHING PLEASANT.



THIS PICTURE SHOWS THE LEFT AND RIGHT HANDS/EYES OF A PERSON FACING THE READER. TO SEE HOW THE READERS HANDS ARE PLACED; VIEW THIS PICTURE IN A MIRROR OR PLACE THE PICTURE OUTWARD ON THE CHEST AND LOOK DOWN AT THE PICTURE FOR A SECOND.

PALMING RELAXES THE MIND, BODY, NECK, EYE MUSCLES, EYES, AND WHEN COMBINED WITH SUNNING IMPROVES THE EYES/RETINA, BRAIN AND BODY'S ACTIVATION/REACTION TO SUNLIGHT AND ABSORPTION, USE OF SUNLIGHT. THIS IMPROVES FUNCTION, HEALTH OF EYES, BRAIN, BODY.

THE LONG SWING



TURN AND SWING RIGHT CENTER TURN AND SWING LEFT.

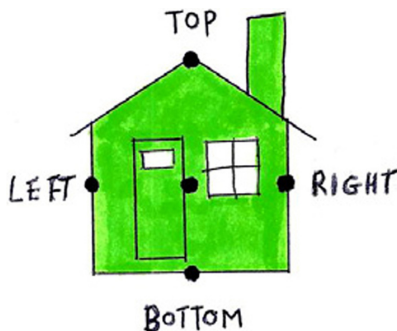
See page 163, 170-172 & 207 for the Long Swing & Sway (Rock) Examples-Directions.

SHIFTING 'EYE MOVEMENT' - The Eyes (Visual/Mental Attention) SHIFT 'MOVE' continually from part to part on a object and from object to object. It is easy to see clear by shifting from one small part to another small part on an object, seeing one small part at a time clearest as the eyes, (macula/fovea in the center of the retina, 'the central field') move upon each part, one at a time. Blink, Breathe, and Relax. The macula/fovea contains many cones 'light receptors' which produce very clear vision. In reality; The EXACT CENTER OF THE VISUAL FIELD, the eyes *FOVEA's center* moves POINT TO POINT upon the object as the eyes shift from part to part. This occurs subconsciously, automatic and enables the eyes to see very tiny parts, fine details crystal clear at any distance, close or far. Use it consciously, relaxed, without effort to improve the vision. The fovea may be on a small part (point) for only a fraction of a second before moving to another part. During that time, that part is in the central field and seen clearest. The eyes shift continually, easy moving the macula/fovea (central field) from object to object, part to part on an object causing the entire visual field, all objects, all parts of objects to appear perfectly clear. In reality, the part the eyes are looking directly at, in the central field is most perfectly clear, better than 20/20. The part of the macula, fovea around the fovea's center produce the central area of the visual field that is very close to the exact central field. Those areas are also very clear. The eyes-brain pick it up along with the entire visual field. *The fovea, exact center is most clear.* Look at a street sign 100 feet away. Look 1 foot to the side of it; it's not perfectly clear. Look directly at it; it's seen perfectly clear. Shift.

Shifting is combined with Central-Fixation. Look at a tiny object; a small letter E. Notice the eyes (fovea) continue to move 'shift' upon that small E. Try keeping the eyes immobile (staring) and note that tension begins, leads to strain and unclear vision. Let the eyes (where you are looking) move. Blink. Note relaxation and clarity occurs. See the central best! Read about Central-Fixation in this book.

Practice shifting... then DONT PRACTICE; Let the eyes move, function completely natural on their own. Notice vision is very clear when you are not thinking about the eyes, clarity of vision. Practice Dr. Bates methods relaxed, no effort. Eyes-vision work as the sense of touch, taste, as the heart beats, lungs breathe automatic 'on their own'. This is the optimum visual system, eyes, mind, body function.

SHIFT ON THE HOUSE, DOT TO DOT.

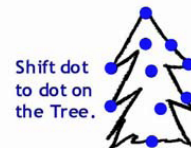
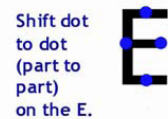


Shifting on the dots in the pictures is only to learn shifting. When looking at real objects; do not imagine dots on the the object. Shift on the object in any direction, pattern from one small part to another small part. Blink and relax.

SHIFT IN ANY DIRECTION/PATTERN.



THE DIAGRAM ABOVE SHOWS A EXAMPLE OF THE NATURAL SHIFTING PATTERN OF THE EYES.. NOTICE THE EYES MOVE FREELY ON THE HOUSE IN A VARIETY OF PATTERNS, DIRECTIONS.



Blink, Relax



SHIFT, TRACE, CENTRAL-FIXATION WITH THE NOSEFEATHER

THE NOSEFEATHER



Shift part to part on the house. Shift on small parts; the window, window pane, door, small window on top of the door, chimney... Practice shifting from dot to dot on the picture. Blink, a few gentle relaxed deep breaths.

The dots on the green house are only to learn, practice *shifting with central-fixation* (fovea vision). Do not imagine dots on objects when practicing shifting on real objects or pictures without dots printed on them. Shift on your own, without the dots from one small part to another small part. Shift on other pictures and objects in your environment. If shifting on a black object or letter; you can imagine it is composed of hundreds of tiny black dots and shift from dot to dot.



THE MAN IS TRACING AROUND THE EDGE OF THE TREE WITH THE IMAGINARY NOSEFEATHER.
 THE END OF THE FEATHER EXTENDS OUT FROM THE END/CENTER OF THE NOSE AND BENDS UP TO EYE LEVEL TO TOUCH THE PART OF THE OBJECT THE EYES ARE LOOKING AT IN THE CENTER OF THE VISUAL FIELD.
 THE FEATHER IS VERY THIN AND THE END FORMS A VERY SMALL POINT WHICH IS THE SIZE OF THE EXACT CENTER OF THE VISUAL FIELD PRODUCED BY THE FOVEA CENTRALIS IN THE MACULA, CENTER OF THE EYES RETINA.
 MOVE THE POINTED END OF THE NOSEFEATHER AROUND THE EDGE OF OBJECTS AND PARTS OF OBJECTS.
 THE EYES, END OF THE NOSEFEATHER, HEAD/FACE AND BODY MOVE TOGETHER, IN SYNCHRONIZATION; SAME TIME, SAME DIRECTION.
 THE NECK IS RELAXED AND MOBILE.
 BLINK, BREATHE ABDOMINALLY, RELAX.
 THE NOSEFEATHER IS ALSO USED TO SHIFT FROM POINT TO POINT (SMALL PART TO SMALL PART) ON A OBJECT.
 THE NOSEFEATHER IS USED TO SWITCH FROM CLOSE OBJECTS TO DISTANT OBJECTS AND DISTANT TO CLOSE, MIDDLE...
 THE FEATHER BECOMES LONGER WHEN LOOKING TO THE DISTANCE AND SHORTER WHEN LOOKING AT CLOSE OBJECTS.
 THE NOSEFEATHER ACTIVATES EASY USE OF CORRECT VISION HABITS; SHIFTING (EYE MOVEMENT), CENTRAL FIXATION, MOVEMENT OF THE HEAD/FACE, BODY WITH THE EYES, RELAXATION AND MOVEMENT OF THE NECK.
 THE FEATHER CAN BE IMAGINED AS BEING INVISIBLE.
 THIS ALLOWS THE BRAIN TO IMAGINE, REMEMBER THE OBJECT THE EYES ARE LOOKING AT CLEAR WITHOUT BEING DISTRACTED BY THE IMAGE OF THE FEATHER.



The Big Fluffy Nosefeather sweeps upon objects. The person just relaxes and sweeps the feather over trees, houses, scenery... This brings movement to the eyes, head, neck, body. Great relaxation of the mind, eyes, neck and body. Option; to use a tiny pointed end of one 'central piece' of the feather to touch, shift, trace on objects with Central-Fixation or let the eyes do central-fixation on their own.

Try imagining a nose pencil or light ray beam. Choose a lightweight, soothing, easy moving object.



Middle size Nosefeather with Central-Fixation point on the end.

Trace, Shift, Central-Fixation with the Nosefeather

TRACE OBJECTS AND PARTS OF OBJECTS WITH THE NOSEFEATHER
TRACE ALONG THE DASHED LINES ON THE DIAGRAM AND THEN ON ANY PARTS.
SHIFT FROM PART TO PART ON OBJECTS WITH THE NOSEFEATHER.

TRACE ON THE LETTER E

TRACE, SHIFT ON BIRDS, AIRPLANES, BOATS ON THE WATER

TRACE ON/ALONG THE OUTSIDE AND INSIDE EDGE OF THE E

OUTSIDE → ← INSIDE

TRACE ON, AROUND THE EDGE OF THE MOON COUNTER CLOCKWISE AND CLOCKWISE

TRACE AROUND THE EDGE OF THE TREE WITH THE NOSEFEATHER

SHIFT FROM PART TO PART WITH THE NOSEFEATHER. LEFT AND RIGHT, TOP AND BOTTOM, DIAGONALLY, MIDDLE AND TO ANY PART IN ANY ORDER, DIRECTION. TRACE AND SHIFT ON SMALL PARTS; LEAVES, BRANCHES, BARK.

TRACE SMALL OBJECTS AND SMALL PARTS OF OBJECTS; FLOWER - CLOSE DISTANCE. THE MOON - FAR DISTANCE.

TRACE LEFT AND RIGHT

DIAGONALLY

TRACE UP AND DOWN

FLOWER

STONE

GRASS

TRACE ON/ALONG THE EDGE OF THE HOUSE WITH THE NOSEFEATHER. TRACE/MOVE THE END OF THE FEATHER ALONG THE DASHED LINES AND ON ANY AREAS. TRACE THE SIDES, ROOF, DOOR, WINDOWS, WINDOW PANES, CHIMNEY, BRICKS IN THE CHIMNEY. SHIFT ON PARTS. COMBINE TRACING AND SHIFTING.

TRACE AND SHIFT WITH THE NOSEFEATHER ON SMALL OBJECTS AND SMALL PARTS, FINE DETAILS OF OBJECTS.

TRACE AND SHIFT ON LARGE, MEDIUM, SMALL OBJECTS AND PARTS OF OBJECTS AT CLOSE, MIDDLE, FAR DISTANCES. BLINK, BREATHE ABDOMINALLY, RELAX

Practicing shifting, central-fixation and all Correct Vision Habits is the act of *imitating normal eye, vision function*. With a little practice the eyes do this 'on their own', automatically and vision is clear. Practice, then don't practice; let the eyes work *Completely Natural, On Their Own* for perfect Vision.

CENTRAL-FIXATION

BIRD IS SEEN CLEAR BY PLACING IT IN THE CENTER OF THE VISUAL FIELD



When looking at the bird;
Place it in the center of the visual field.
Shift part to part on the bird, moving the exact center of the visual field part to part.
Do this for any object the eyes look at; shift part to part on the object. Blink, relax.
Move the head/face, body with the eyes, in the same direction.
The center of the visual field moves with the eyes from object to object, part to part.
Use perfect, exact central fixation; shift small point to small point on objects and small parts of objects.

SUNNING



Face the sun with the eyes closed and move the eyes, head/face & body slowly side to side, left and right.



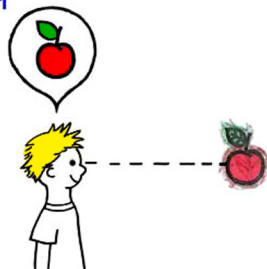
White cloth over the head, face with eye, nose, mouth holes. For sunning without getting a sunburn on the face.

MEMORY AND IMAGINATION – CLEAR MENTAL PICTURES

REMEMBERING, IMAGINING OBJECTS CLEAR IMPROVES FUNCTION OF THE BRAIN WITH THE EYES AND CLARITY OF VISION.

EYES OPEN
APPLE SEEN UNCLEAR.
APPLE IN MIND,
IMAGINATION IS CLEAR.

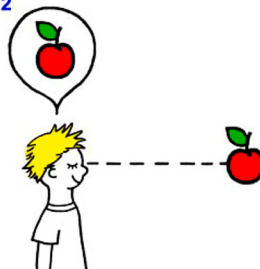
1



REMEMBER, IMAGINE THE APPLE CLEAR.
SHIFT FROM PART TO PART ON THE UNCLEAR APPLE AND REMEMBER, IMAGINE THE APPLE CLEAR.

EYES CLOSED
APPLE IN MIND,
IMAGINATION IS CLEAR.

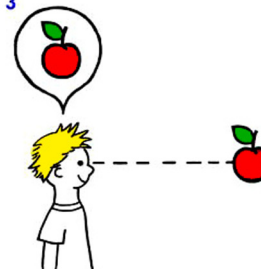
2



SHIFT FROM PART TO PART ON THE APPLE IN THE MIND, IMAGINATION AND REMEMBER, IMAGINE THE APPLE CLEAR.

EYES OPEN
APPLE IS SEEN CLEAR
APPLE IN MIND,
IMAGINATION IS CLEAR.

3



SHIFT FROM PART TO PART ON THE APPLE AND REMEMBER, IMAGINE AND SEE THE APPLE CLEAR.
REPEAT STEPS # 1,2,3.

USE THE IMAGINARY NOSEFEATHER WITH STEPS # 1,2,3. (SEE NOSEFEATHER, CHAPTER --)
REMEMBER, IMAGINE, SEE THE APPLE CLEAR WITH THE EYES OPEN, CLOSED, OPEN WHILE SHIFTING FROM PART TO PART ON THE APPLE WITH THE NOSEFEATHER. TRACE AROUND THE EDGES OF THE APPLE, STEM, LEAF WITH THE END OF THE FEATHER. TRACE SMALL PARTS OF THE APPLE.
PRACTICE STEPS # 1,2,3 WITH BOTH EYES TOGETHER, THEN ONE EYE AT A TIME, THEN BOTH TOGETHER AGAIN.
PRACTICE ON ANY SIZE OBJECT; LARGE, MEDIUM, SMALL, TINY AT CLOSE, MIDDLE, FAR DISTANCES.

Remembering, imagining any pleasant object, scene, happy memory, fantasy relaxes the mind, body, eye muscles, eyes resulting in clear vision.

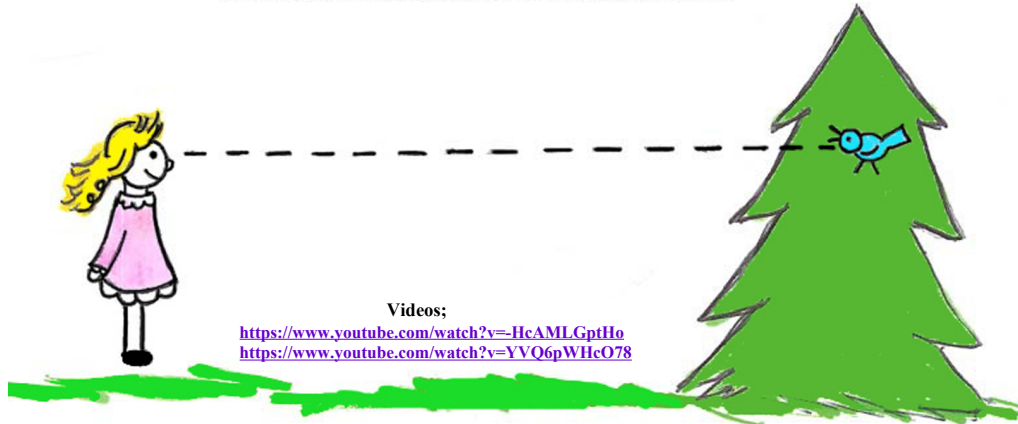
Remembering, imagining the objects, scene clear while relaxed, easy, without effort improves the clarity of vision. If the boy remembers, imagines a different object, any happy memory, image, scene (playing baseball, a favorite adventure...) with the eyes open looking at the apple, shifting on it and when the eyes are closed shifting on the imaginary image: when the eyes are opened - the apple will be seen clear. He can remember, imagine the apple or any pleasant object clear, shift on it in his mind and the apple will be seen clear.
Palming with the eyes closed combined with the memory imagination activity brings clear vision.

Memory

By W. H. BATES, M.D.

When the sight is normal, the memory is perfect. The color and background of the letters or other objects seen, are remembered perfectly, instantaneously, and continuously.

GIRL LOOKING AT BLUEBIRD.
BIRD IS IN THE CENTER OF THE VISUAL FIELD.



Videos;

<https://www.youtube.com/watch?v=-HcAMLGptHo>
<https://www.youtube.com/watch?v=YYO6pWHcO78>

Central-fixation is a Correct, Natural Vision Habit, (the normal, relaxed function of the eyes) that produces very clear fine detailed vision.

Central-fixation = to see clear by using the center of the visual field.

To place the object the eyes are looking at in the center of the visual field.

The center of the visual field is between the left and right eyes, at eye level.

The center is the clearest area of the visual field, clearer than 20/20.

The center of the visual field is produced by the fovea centralis, macula in the center of the eyes retina.

The fovea and macula produce the clearest vision, clearer than 20/20.

The center of the visual field, (central Field) moves with the eyes, visual attention; from object to object and part to part on objects. See one small part of a object clearest at a time, in the center of the visual field. Move the central field from part to part. Each new part the eyes shift to, look at is in the center of the visual field and is seen clearest. The new part is clearest while the central field is on that part. Then, when the eyes (central field) move to a new part, that part will be seen clearest. The eyes move continually from part to part, seeing one part at a time clearest, in the central field.

In the picture above the girl is looking at the bluebird in the tree.

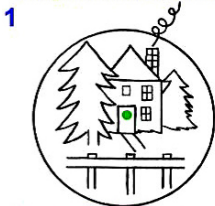
The bird is in the center of the visual field and is seen clear.

Relaxation, shifting and central-fixation are the 3 main Correct Vision Habits that keep the vision clear. Practice them in a relaxed, easy, effortless manner.

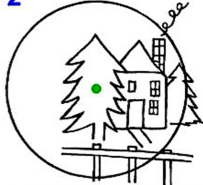
Avoid staring, eye immobility, becoming stiff, immobile when placing a object in the center of the visual field. Relax, blink and move.

Central-fixation is combined with shifting = shift, move the eyes (visual attention, center of the visual field) from part to part on the object. The eyes, head/face, neck and body are relaxed and move freely. Blink, relax and move.

Looking at the middle area of the door



2 Looking at the middle of the tree on the left.

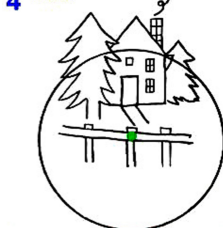


3 Looking at the middle of the tree on the right.

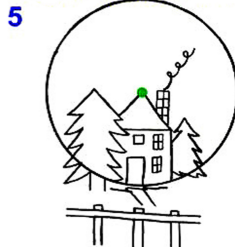


SHIFT FROM PART
TO PART ON THE
BIRD AND APPLE

4 Looking at middle rung of the fence.



5 Looking at the top of the house roof



6



Shift from part to part (dot to dot).



SWITCHING, SHIFTING CLOSE, MIDDLE AND FAR

Switching Close, Middle, Far on objects at different distances is a type of Shifting that improves the clarity of vision at all distances.

Switching; to switch (change) the visual attention from one distance to another distance.

Example;

+Look at a object at a close distance, the cat on the fence. Shift part to part on the cat. Blink, Relax.

+Then switch to a object at a far distance - trees, mountains, sky. Shift part to part on the far objects.

+Then switch back to the close object - cat. Shift part to part on the cat.

+Switch back and forth; cat, trees, mountains, sky, cat, trees, mountains, sky, cat... Shift on each object the eyes look at, one object at a time.

+Switch to the middle distance; cat to house, house to cat, cat to house... house to trees, mountains, back to house, trees...

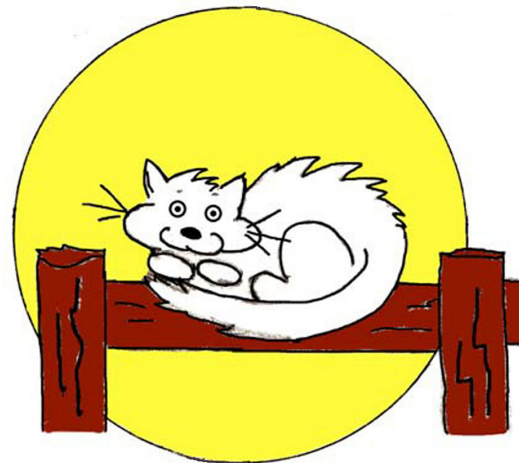
Switch back and forth on any objects, any distances, close, middle, far, in any order. Let the eyes move, shift freely from object to object and part to part on objects; shift along the fence, grass, flowers, truck, dog, house, owl, trees, mountains, sky, birds. Shift on small parts, tiny details on objects; shift part to part on the windows in the house, window panes, chimney, bricks in the chimney. Shift on the owls face, eyes, ears, wings, claws. Central-fixation: shift point to point on tiny parts. No effort to see. Blink, breathe deep, relax.

Trace on/along the edge of objects, parts of objects with the Nosefeather; mountains, hills, trees, house, fence, any object.

Switch on objects at close, middle, far distances that are in a straight line, row with eachother.

In the picture of the kitty on the fence, house, mountains; To practice switching, shifting on the objects; the person stands with the cat, fence at eye level. Height of the cat, fence is in front of the persons face. This causes some distant objects (house, trees...) to be directly beyond the cat, fence. The objects are aligned with eachother. Placing a few objects in a straight line with eachother greatly improves accommodation, un-accommodation and convergence, divergence when looking close, middle and far, switching back and forth on the cat, house...

Practice with; both eyes together, then one eye at a time. If the vision is less clear in one eye; do an extra 20-30 seconds switching, shifting practice with that eye. Then practice with both eyes together again.



Shift on the kitty, then on the distant moon, then on the kitty, then moon, kitty... Blink, relax.

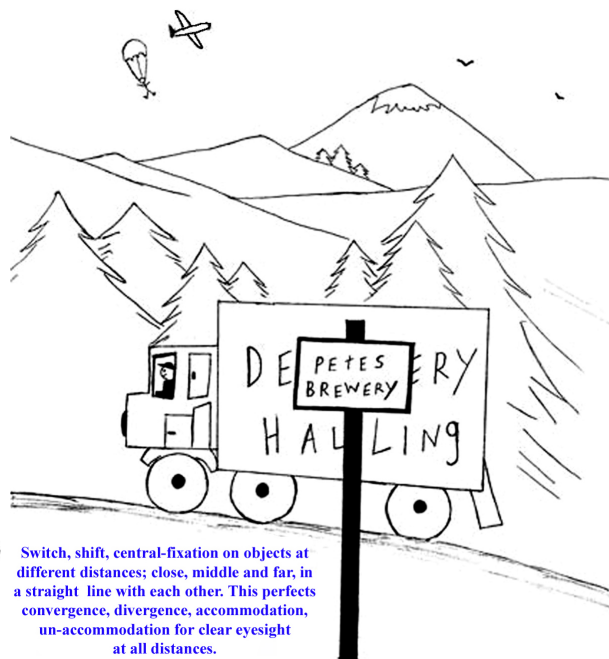
This improves the clarity of vision.

Example: See the picture of the kitty and moon. The kitty and moon are in a row, aligned.

Shift part to part on the kitty, then switch to the distant moon and shift on the moon, then back to the kitty, then moon, kitty... See the pictures below; The man switches, shifts close, middle, far on 5 telephone poles aligned with each other, in a straight line down the side of the street. He shifts, traces on the poles, one at a time.



Switch, Shift, Trace on objects at different distances in a straight line with each other to perfect: accommodation, un-accommodation, convergence, divergence, clarity of vision. Practice with: both eyes together, then one eye at a time, then both eyes together again.



Switch, shift, central-fixation on objects at different distances; close, middle and far, in a straight line with each other. This perfects convergence, divergence, accommodation, un-accommodation for clear eyesight at all distances.

He then does the Rock; moves the eyes, head, face, body side to side and notices oppositional movement of the poles; Poles at different distances appear to move against each other in opposite directions as he rocks side to side. The close pole moves opposite his eyes, head, body moment and the far distant pole appears to move with him in the same direction.

He also switches, shifts on the houses along the side of the street. He gets a good view of the houses aligned by standing where the kitty is by the edge of the house.

The 2 other pictures show more objects in a straight line.

Example: Shifting part to part on the Pete's brewery sign, then on the truck beyond it, then back to the sign, then to the truck, then to the trees, back to the truck, then trees, sign, trees, truck... Switch to and shift on the fields, mountains, airplane, parachute, birds. Switch to any object, any order and shift on it.

(Switching is not done only on objects in a straight line. Switching is also practiced on objects at a variety of locations; left, right, up, down, diagonally... to give the eyes complete freedom of shifting movement. This is the normal, natural function of the eyes. Straight line switching is only practiced a short time to 'tune up' the eyes function, visual clarity.) More examples for switching in a straight line are in the 'Pens in a Row' section in this chapter.

Switching, shifting... at night video;

<http://www.youtube.com/watch?v=r5JxOFVi3hc>



Switch back and forth on objects at different distances, in line with each other. Shift part to part on objects.

Practice switching, shifting, central fixation... on real objects in your environment. (Switching cannot be done on these pictures because they are on a flat surface, all are at

one distance so changes in convergence, accommodation, divergence, un-accommodation do not occur when looking at objects that appear at different distances on the paper.) Shifting, central-fixation can be done on the pictures with benefit.

When looking at a object; shift on it, even when looking at the object for only a few seconds. Shift from part to part.

Central-fixation - keep the object the eyes are looking at in the center of the visual field. The center of the visual field is clearest, clearer than 20/20. Placing the object (part of the object) the eyes are looking at in the center of the visual field keeps the object clear.

The center of the visual field moves with the eyes as the eyes move, shift from part to part on a object and from object to object keeping every object, every part of a object the eyes look at perfectly clear. The head, face and body move with the eyes, at the same time, in the same direction. The eyes, head/face, neck and body are relaxed and move freely, easy. Blink and relax.

Keep the eyes moving, shifting easy, relaxed from part to part and object to object. Look at a object and shift on it. Then look at a different object, shift on it, then look at another object, shift on it. Eye movement keeps the mind, eyes relaxed and vision clear.

With practice the eyes shift 'on their own', automatically, without the person thinking about it, the true natural function of the eyes.

Practice switching back and forth on objects at close, middle and far distances with; Both eyes together, then with one eye at a time, then, both eyes together again.

If vision is less clear in one eye, practice a little more with that eye to get the vision equal and perfectly clear in the left and right eyes at all distances. When the vision is equal in the left and right eyes, the vision quickly improves to perfect clarity. The memory, imagination, left and right brain hemispheres work with the eyes. Their function improves when the vision is equal in the left and right eyes. Brain function with the eyes, visual system, all brain functions and clarity of vision improve.

Keep the objects in the center of the visual field, between the left and right eyes, at eye level when using both eyes together and when using one eye at a time.

The eye that is not in use is covered with a eye patch and the eye is kept open under the patch. (Closing one eye causes eye muscle tension and blur so keep both eyes open when using one eye at a time). Both eyes close when the eye in use is closed. Leave a little space between the eye and patch so some light gets in to keep both eyes, left and right brain hemispheres activated.

Practice switching, shifting, tracing, central fixation on objects, parts of objects with the Nosefeather.

Switching improves convergence and accommodation of the eyes when looking at objects at close distances - (20 feet and closer) for clear close vision and improves un-convergence (divergence) and un-accommodation when looking at objects at far distances (about 20 feet and farther into the distance) for clear distant vision.



The author of this book learnt switching and shifting from reading Aldous Huxley's book 'The Art of Seeing' in high school, 1974 and regained 20/20 clear distant vision in 5 minutes and clearer vision in one day and threw away her glasses. Close and distant vision continues to be clear at age 58 in Mar., 2015. I practice with fine and micro print.

Window pane bars (wood surrounding a window pane) can be used to practice switching close and far.

The bar is the close object. The objects outside the window (tree, birds, house...) are the distant objects.

Switch back and forth, close and far, on a window bar and a distant object in line with the bar.

Then, move the eyes, (visual attention) throughout the scene, looking at, shifting on any objects, at any location. Shift on the close and far objects, use central-fixation, shift on small objects, parts. Blink.

Practice with; both eyes together, then one eye at a time, then both eyes together again. Extra practice with a eye that has less clear vision.

Place a close and far object in the central field-between the eyes. When looking at the far object; the close object in line with it appears double, its 2 images appearing in the peripheral field on the left and right sides of the far object. The images are equally spaced. When looking at the close object; the far object appears double. Example; *Plain Switching* on page 409 and picture bottom left on page 411; Use both eyes. When looking at the far cat in the tree; the close red pen appears double. Look at the close pen; the far cat appears double. The width of the spacing of the double image in the peripheral field changes with the distance of the pen and far cat. The amount of the eyes' convergence, divergence also changes with the distance the close and far objects are at.

A open window is best, bringing full spectrum sunlight onto the face, eyes and a perfect view, unobstructed by glass. Open the window and hang a pencil vertically on a string in the center of the window for the close object. (Cap the pointed end of the pencil for safety.)

Switch, shift back and forth on the pencil and distant objects beyond the pencil.

Hang a few more pencils or other objects in the window so the eyes, head/face, body have more movement, more close objects (pencils...) to look at.

Objects can be hung on a rope at close, middle, far distances outside in the sunlight.

See The Illusion of Oppositional Movement

Rock the body side to side, left and right, while facing the window bar and distant objects and see oppositional movement, 'The Swing';

- + When the eyes, head/face, body move to the left < the window bar (close object) appears to move in the opposite direction, to the right. >
- + When the eyes, head/face, body move to the right > the window bar appears to move in the opposite direction, to the left. <
- + Notice that the house (distant object) appears to move with the eyes, head/face, body in the same direction.
- + Notice that the window bar (close object) and the house (distant object) appear to move against each other, in opposite directions.

Do not lock the eyes/visual attention on any objects when moving left and right; just relax and let the objects move. Don't try to see anything clear.

This activity relaxes the mind, body, eye muscles, eyes and improves the clarity of vision.

When the eyes can move, shift on small and tiny objects and see oppositional movement-the eyes function is perfect and vision is most clear; Practice shifting on and seeing 'The Swing' of a small tiny object=fine print letter or tiny flower.

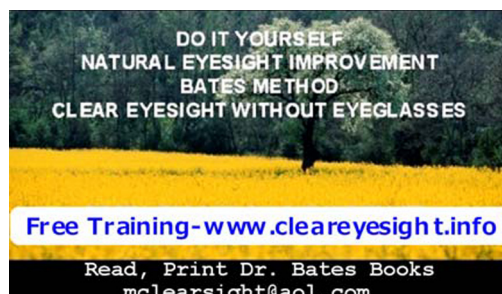
Shift left to right > on the letter - the letter moves, 'swings' to the left <.

Shift right to left < on the letter- the letter moves, 'swings' to the right >.

Blink and relax. No effort to see the letter or the swing. This brings very clear, fine detailed vision.

Practice shortening the rock, eye, head/face, body movement; shift on a small object; letter, fine print and see a small swing of oppositional movement. This activates saccadic eye movements, perfect central fixation and very clear vision. Small eye shifts, seeing tiny details clear with relaxation.

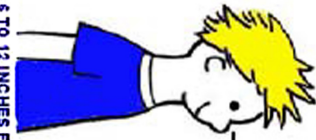
Switching, shifting on objects and seeing oppositional movement can be done most anywhere throughout the day and at night. There are always close and far objects in the visual field to practice on. Just a little practice, couple minutes a day or two, three days week will improve the vision. Once vision is clear, practice only if needed to bring the vision clearer than 20/20 in times of normal fluctuations. Keep natural, normal eye, visual system function as a healthy habit.



The business cards showing the San Francisco Bridge in California, USA and the field, trees can be given to people that need vision improvement. Pictures on the cards are pleasant to look at, induce a positive, happy state of mind, relax the mind, body and eyes. The person presenting the card can be a Natural Vision Improvement Teacher and give the person a quick, easy lesson by describing how to switch the visual attention back and forth on objects at close, middle and far distances; bridge at close distance, sea at middle distance, city of San Francisco and skyline, clouds far distance. Describe shifting from object to object in the visual field, shifting part to part on objects, moving the head/face, body with the eyes, central-fixation; placing objects, parts of objects in the center of the visual field, seeing the central field clearest, seeing small fine details clear at close and far distances, relaxation, memory, imagination. Place your website, contact information on the card for in person training.

Close the eyes and imagine looking close and far; shift on a close object, then a far object, then close, far... The eyes converge inward when looking close and diverge out when looking far *even when practicing using the memory-imagination with the eyes closed*. This can also help the blind; get the lens and eyes moving. When the eyes accommodate (look close) the lens and eye change shape to focus light rays correct. As the lens changes shape, the eye lengthens. When looking far the lens returns to its previous shape and the eye returns to its round shape. The movement keeps the lens flexible, hydrated, nutrients flow in, waste moves out. Circulation in the eyes is improved. This can help to reverse cataract, unclear eyesight.

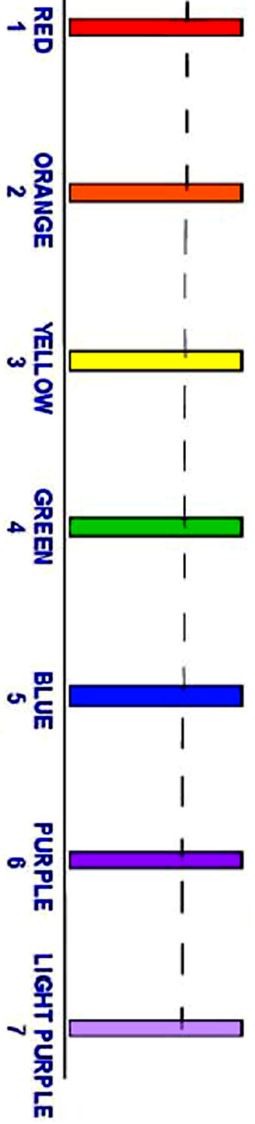
SWITCH ON THE SEVEN COLORED PENS PLACED AT CLOSE, MIDDLE AND FAR DISTANCES



CLOSE
LESS THAN 20 FEET AND CLOSER

MIDDLE
20 FEET

FAR
ABOUT 20 FEET AND
FARTHER INTO THE DISTANCE



RED ORANGE YELLOW
ACTIVATES THE LEFT BRAIN
HEMISPHERE AND CLEAR CLOSE
VISION

GREEN
ACTIVATES AND INTEGRATES THE
LEFT AND RIGHT BRAIN
HEMISPHERES AND CLEAR CLOSE,
MIDDLE AND FAR VISION.

BLUE PURPLE LIGHT PURPLE
ACTIVATES THE RIGHT BRAIN
HEMISPHERE AND CLEAR DISTANT
(FAR) VISION

ACTIVATES AND INTEGRATES THE
LEFT AND RIGHT BRAIN
HEMISPHERES AND CLEAR CLOSE,
MIDDLE AND FAR VISION.
GREEN, THE MIDDLE DISTANCE, IS
THE BALANCING COLOR AND
REPRESENTS THE CENTER/MIDLINE
OF THE BRAIN WHERE THE LEFT AND
RIGHT HEMISPHERES MEET.
COMMUNICATE, SWITCH BACK AND
FORTH.

DIRECTIONS

+SWITCHING BACK AND FORTH: CLOSE TO FAR, FAR TO CLOSE AND TO/ FROM THE MIDDLE DISTANCE TO/FROM CLOSE AND FAR ACTIVATES AND INTEGRATES THE LEFT AND RIGHT BRAIN HEMISPHERES AND CLEAR CLOSE, MIDDLE, DISTANT/FAR VISION.

COLOR IMPROVES BRAIN FUNCTION AND CLARITY OF VISION.
+ SWITCHING ON THE COLORED PENS: RED, ORANGE, YELLOW (CLOSE DISTANCES) TO BLUE, PURPLE, LIGHT PURPLE (FAR DISTANCES) AND TO GREEN (MIDDLE DISTANCE) INCREASES ACTIVATION AND INTEGRATION OF THE LEFT AND RIGHT BRAIN HEMISPHERES AND CLARITY OF VISION.
EXAMPLE: RED, CLOSE (LEFT BRAIN HEMISPHERE) TO BLUE, FAR (RIGHT BRAIN HEMISPHERE) ACTIVATES AND INTEGRATES THE LEFT AND RIGHT HEMISPHERES AND CLEAR CLOSE AND FAR VISION.

MIDDLE DISTANCE VISION IS AUTOMATICALLY IMPROVED. SWITCHING TO AND FROM THE MIDDLE DISTANCE GREEN TO/FROM THE CLOSE AND FAR DISTANCES WILL INCREASE ACTIVATION AND INTEGRATION OF THE BRAIN HEMISPHERES, CLARITY OF CLOSE, MIDDLE AND FAR VISION.

SWITCH CLOSE, MIDDLE, FAR IN ANY ORDER ON THE 7 PENS:
RED TO BLUE - BLUE TO RED RED TO LIGHT PURPLE - LIGHT PURPLE TO RED RED TO GREEN - GREEN TO RED
RED TO BLUE, TO GREEN, TO YELLOW ORANGE TO GREEN - GREEN TO ORANGE PURPLE TO BLUE, PURPLE, RED...
SHIFT ON EACH PEN THE EYES LOOK AT, LOOK AT A PEN AND SHIFT ON IT TO PREVENT STARING, AVOID STARING, EYE IMMOBILITY, SQUINTING, TRYING TO SEE CLEAR.

SHIFT ON THE PEN FROM PART TO PART, TOP AND BOTTOM LEFT AND RIGHT, DIAGONALLY, TO MIDDLE AND TO ANY DIRECTION, PART, MOVE THE HEAD/FACE WITH THE EYES, SAME TIME, SAME DIRECTION.
THE EYES, HEAD, FACE, NECK AND BODY ARE RELAXED AND MOBILE.
BLINK, BREATHE, RELAX. PRACTICE OUTSIDE IN THE SUNLIGHT, PRACTICE WITH BOTH EYES AND ONE EYE AT A TIME. USE THE MEMORY AND IMAGINATION, SEE COMPLETE DIRECTIONS ON TOP PICTURE. TRACE AROUND THE EDGES OF THE PENS WITH THE NOSEFEATHER.

SWITCHING, SHIFTING ON THE PENS AND USE OF CENTRAL FIXATION KEEPS THE EYES RELAXED, IMPROVES CONVERGENCE, ACCOMMODATION AT CLOSE DISTANCES, UNACCOMMODATION AT FAR DISTANCES.
CENTRAL FIXATION, PLACE THE PART OF THE PEN THE EYES ARE LOOKING AT IN THE CENTER OF THE VISUAL FIELD, BETWEEN THE EYES AT EYE LEVEL. THE CLEAR CENTER OF THE VISUAL FIELD MOVES WITH THE EYES AS THE EYES SHIFT FROM PART TO PART ON THE PENS.



COLORLED TOOTHPICKS

Note; Do not do Secret Switching #1 and #2 (page 410, 412, 413, 414) with the; Pens in a Row, the Bead String (pg. 245) and the Correct, Relaxed Natural Vision Habits Card (pg. 196). For them; Use only Plain Basic Switching A - Steps # 1-8 on page 409 with the close, middle, far objects between the eyes.

SPACE THE PENS FARTHER APART OR CLOSER TOGETHER TO PRACTICE SWITCHING AT A VARIETY OF DISTANCES CLOSE AND FAR.
AT VARYING CLOSE DISTANCES THE PENS SIZE MAY BLOCK THE VIEW OF OTHER PENS.
COLORED TOOTHPICKS CAN BE USED IN PLACE OF THE PENS WHEN SWITCHING AT VARYING CLOSE DISTANCES. ALL TOOTHPICKS WITHIN 8 INCHES FROM EYES...
SEE DIAGRAM BELOW.
BE CAREFUL WHEN LOOKING AT THE TOOTHPICKS CLOSE TO THE EYES; KEEP ENDS AWAY FROM EYES.

Plain, Basic Switching;

A - Eight Steps for Switching Close and Far with Both Eyes Together and One Eye at a Time with the Pen and Far Object Between the Left and Right Eyes, at Eye Level in the Two Eyes One Central Field. Shift on the close object, then shift on the far, then close, then far... Shift on middle distance objects. Practice this with the 8 Steps below. (Picture is of a person facing you.) This person has 20/50 vision in the right eye and 20/100 (less clear) vision in the left eye. Practice brings the vision to equal, perfect 20/20 and clearer in both eyes at all distances. Practice with the close pen and far object at a variety of distances; 2 to 7 - 20 inches from the eyes. 2 feet to 5 -10, 25, 40, 300... feet into infinity. Do not wear eyeglasses, contact lenses, sunglasses.



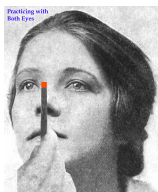
A case of divergent vertical squint ultimately cured by educational methods. In the picture at the left the right eye turns out and up, while the left eye looks straight. At the right the patient has learned to look straight with the right eye, while the left turns down and out.



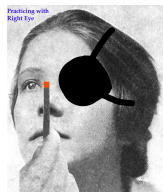
The same patient after a complete cure had been effected. All four pictures were taken within fifteen minutes of each other, the patient having learned to reproduce the conditions represented voluntarily

A part of the treatment. The patient has learned to turn both eyes in by looking at a pencil held over the bridge of the nose. Later she became able to turn them in without the pencil, or to turn either eye in while the other remained straight.

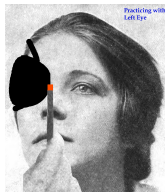
1-Both Eyes



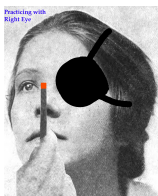
2-Right Eye



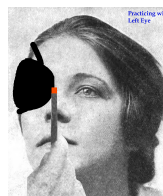
3-Left Eye



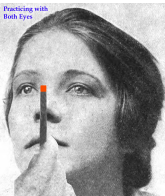
4-Right Eye



5-Left Eye



6-Both Eyes



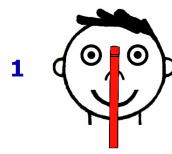
NOTE;
If Plain, Basic Switching on this page brings clear eyesight; Secret Switching #1 and 2 on the following pages are not needed. They are optional.

See complete practice on the right >

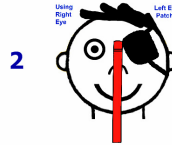
After using the pen, practice with any close object; a t-bear, ring, flower in your garden...

See the main book chapters for descriptions, directions for Shifting, Switching, Central-Fixation...

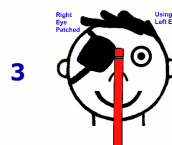
Right Eye Left Eye



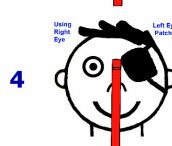
#1 -Practice with both left and right eyes together. 30 seconds to 2 minutes... as is comfortable.



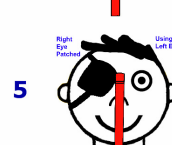
#2 -Practice with One Eye at a Time; Practice with the Right, clearest vision eye first to get the clearest visual, mental picture of the close and far objects stored in the brain, memory. (Patch the Left eye)



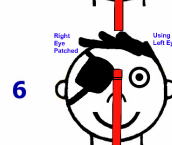
#3 -Practice with the Left, less clear vision eye. (Patch the Right eye)



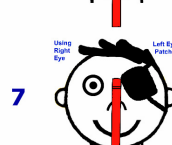
#4 -Practice with the Right clearest vision eye again. (Patch the Left eye)



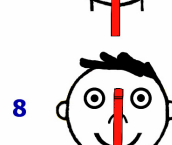
#5 -Practice with the Left, less clear vision eye. (Patch the Right eye)



#6 -Practice extra time 10 - 30 seconds... with the Left, less clear vision eye. (Patch the Right eye)



#7 -Practice with the Right, clearest vision eye again, a short time, 2-5 seconds. (Patch the Left eye)

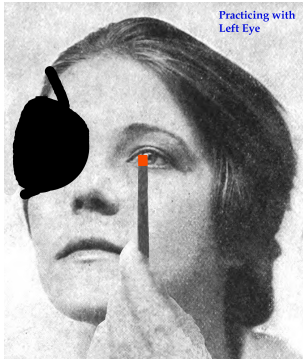
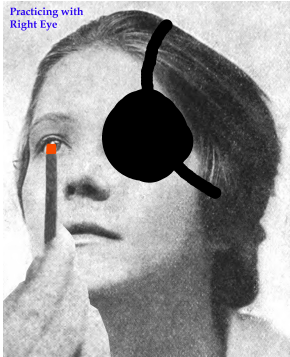


#8 - End; Practice with both left and right eyes together again for equally clear, balanced vision in the left and right eyes at all distances-close, middle and far.

Repeat Steps # 1-8

Next; practice B - 7 Steps Secret Switching #1 on the next page 410. Or; practice Secret Switching # 2 on page 412-414. Then return here and repeat these A - Steps # 1 to 8.

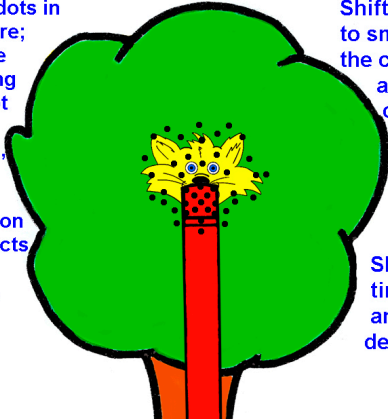
B - Seven Steps - Secret Switching #1
with Pen & Far Object in Front of One Eye



Switching Close & Far

The Pen and Yellow Kitty are aligned with each other in the one eyes central field, in line with the eyes pupil.

Use the dots in the picture; Practice by shifting dot to dot in any direction, pattern. Then; practice on real objects without the dots.



Shift; small part to small part on the close pen and the far cat, tree near and around the top of the pen.

Shift on tiny parts and see fine details clear.

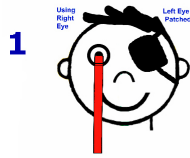
The pictures on this page show another type of Switching; 7 Steps for Secret Switching #1; changing 'switching' the eyes' focus, visual-mental attention back and forth on close and far objects with the close and far objects in front of one eye. *(Done only with one eye at a time. Never do this with the close pen and far object in front of one eye with both eyes together because that will disrupt convergence, divergence and cause crossed, wandering eyes and unclear vision.)*

Done correct, it specifically improves 'perfects' the eye's lens and eyeball's accommodation, un-accommodation (shape change), the lens and it's ciliary eye muscle function, outer eye muscle function, lens and eye circulation, central-fixation, shifting and clarity of vision to better than 20/20 in each individual eye. See picture above; Switching on the close red pen and far yellow kitty. Practice Steps # 1-6 on the right. >

Patch the eye not in use. Work with the non-patched eye; Place the red pen top and a far object (cat) in line with each other, in front of the one eye, in front of the eye's pupil - in that one eye's exact central field. Move the pen top down a bit so you can see the far object. Shift part to part on the close pen top. Then switch to and shift on the far object (cat) that is in line with the pen top. Then back to the pen, then far again, then pen... Repeat. Blink and relax. Switch from the close and far objects to a middle distance object also in line with the eye, pen.

Next; practice with the other eye. (Use steps # 1-6 above.)
 Step #7; Begin and end the practice with both eyes together, the pen and far object between the left and right eyes; repeat A - # 1-8 Steps on page 409. All 8 Steps. The switching practices produce perfect clear eyesight in the left and right eyes at all distances and helps correct Strabismus. See page 412, 413, 414 for Secret Switching #2.

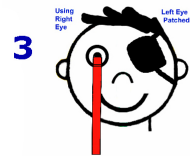
Right Eye **Left Eye**



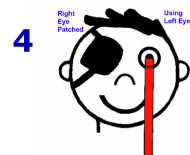
#1 -Practice with One Eye at a Time; Practice with the Right, clearest vision eye first to get the clearest visual, mental picture of the close and far objects stored in the brain, memory. (Patch the Left eye)



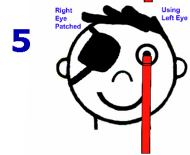
#2 -Practice with the Left, less clear vision eye. (Patch the Right eye)



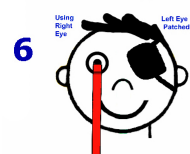
#3 -Practice with the Right clearest vision eye again. (Patch the Left eye)



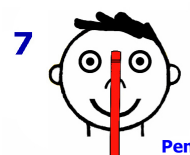
#4 -Practice with the Left, less clear vision eye. (Patch the Right eye)



#5 -Practice extra time 10 - 30 seconds... with the Left, less clear vision eye. (Patch the Right eye)



#6 -Practice with the Right, clearest vision eye again, a short time, 2-5 seconds. (Patch the Left eye)



#7 - End; Practice with both left and right eyes together again for equally clear, balanced vision in the left and right eyes at all distances -close, middle and far.

Pen and far object are always between the left and right eyes when using both eyes together.



Secret Switching #1 - Steps 1 to 6 above with one eye at a time. Pen and cat in the tree are in front of one eye.



Using the Right > Eye. Eye, pen and cat are aligned in a straight line. Pen, cat are in front of the one eye's pupil.



Blink and relax. No tension. Do it nice and easy. Allow movement.

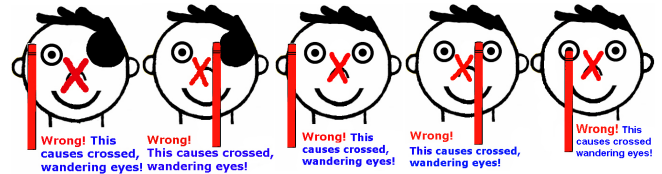


Using the Left < Eye. Eye, pen and cat are aligned in a straight line. Pen, cat are in front of the one eye's pupil.

More Switching Pictures, Examples;

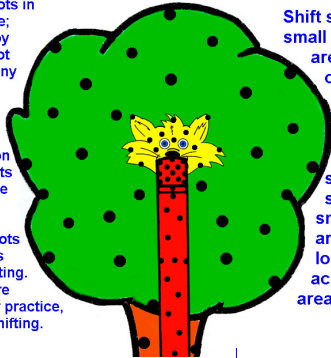
Face directly at 2 objects at different distances in the central field; a close object and a far object in a straight line with eachother. Example; looking at the close red pen and far cat with *both eyes together*; they are in the central field and in line with eachother. Pen; 4 inches to 20 feet. Cat; 50 to 200+ feet.

Practice shifting, switching on the pen and cat, using; A-#1-8 Steps on pg. 409; with the pen and cat between the left and right eyes, using both eyes together and one eye at a time. Also shift on the tree. Then; when returning to the pen; move to the cat in line with the pen; then switch from the cat back to the pen. Blink. Then do B-#1-7 Steps on pg. 410; with the pen, cat in front of one eye using one eye at a time. (At #7; place the pen, cat between the eyes).



Use the dots in the picture; Practice by shifting dot to dot in any direction, pattern.

Then; Practice on real objects without the dots. Do not imagine dots on objects when shifting. The picture is only for practice, to learn shifting.



Shift small part to small part on any areas of the close pen and distant cat, tree.

Practice small, tiny shifts on small parts, areas and longer shifts across larger areas of objects.

When using both eyes together or one eye at a time with the pen between the left and right eyes:
Do not place the pen and far object to the left or right away from the central field. Do not place them to the side of the eyes, face. Keep the objects between the left & right eyes, in the central field, at eye level. If the nose is not crooked; align objects perfectly with the center of the nose. Then move them up to eye level, between the left and right eyes. If the pen blocks view of the far object; move the pen top down a bit below the eyes pupil's center.

When practicing with the pen in front of one eye, using one eye at a time:
Do not place the pen and far object to the left or right... away from the eye. Do not place them to the side of the eye or face. Keep the pen and far object in that one eye's central field.

Main rule; the eyes (when using both eyes), eye (when using one eye) faces directly at the object you are looking at. (See pictures above ^ for wrong placements of the pen. Avoid it.)

Never place the pen and far object in front of one eye when using both eyes together.

When using both eyes together or one eye at a time with the pen between the left and right eyes: Shift on the close pen, then switch to and shift on a far object in line with the pen, that is between the left and right eyes as the pen is, in the central field. Switch back to the pen. Shift on it. Then to the far. Shift on the far, then switch to the pen, then far. The eyes (eye, when using one eye) may then also shift on other far objects. The head moves with the eyes, (eye if using one eye) keeping objects in the central field. Blink. When returning to the pen; line up a far object with the pen first, place it between the eyes, pen and far object in the central field, look directly at it and then move 'switch' from that far object back to the close pen.

When using one eye with the pen and far object in front of that one eye's pupil, that eye's central field: The eye shifts on the pen, then switches to and shifts on a far object that is in line with the pen, eye. Back to pen. To far. Then; the eye can also shift on other far objects in the scenery. (The head moves with the eye, look directly at-shift on the objects. Allow the eye to place the far objects between the left and right eyes.) This gives the eye freedom, more movement-natural function. Before returning to the pen; move to the original far object that is in line with the pen or line up a new far object with the pen (that one eye, it's central field). Then switch back to the pen. Shift on the pen. Blink. Repeat looking close and far.

Another practice with the pen between the eyes, using both eyes and one eye at a time; Move the pen close and far while shifting on it. Blink, relax. Allow relaxed body movement.

Walk close and far-forward and backward as you shift on a close, middle or far object.

See pg. 404+ and the E-books for more pictures, practice with close and far objects.

When using both eyes together, pen and far object between the eyes:

When looking at the pen, the far object in line with the pen appears double.
When using one eye; the far object is single and appears to not be in line with the pen, but it really is. So; switch to that far object from the pen and from that far object back to the pen. This keeps normal convergence, divergence, accommodation, un-accommodation, left & right eyes working together. (See pictures on < left and top left pg. 412. Other info. pg. 228, 404.

When looking at the far object with both eyes, the pen appears double.
When looking at the far object with one eye, there are no double images when all objects are far, beyond about 22-25 feet. There are no double images at any distances when using one eye.

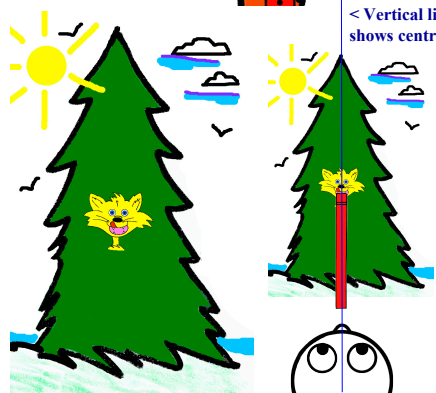
When using one eye with the pen and far object in front of that eye; the pen and far object are in line with eachother and they show that image. See pictures bottom right pg. 410. These are all normal images, indicates correct eye, vision, eye muscle and brain function.

For normal eyes-visual system function; the two eyes and head naturally move together to face the object you are looking at, but they do not always stop to line up objects as done in these switching practices. (unless applying a certain mental-visual measurement, comparison, depth, distance, time... determination.) These Switching Methods are only extra practices to improve the eyes' function, coordination and clarity of vision. Do not do it all the time. Start with 5-10 minutes 2x a day and skip some days. After it brings clear vision it's rarely needed. Switching is a type of an exercise; works-moves the eyes, lens, eye muscles, brain and vision. Do it relaxed and integrate shifting, centralizing, memory, imagination and other Bates Method practices to keep the exercise as natural as possible. Use no effort, no force.

The true perfect natural vision function is when we stop practicing, when we let the eyes, vision work 'on their own'. Practice, then don't practice. Relax, forget about the eyes, state of clarity. Just Blink, Breathe, Shift and Move. The level of clarity will increase to better than 20/20 at all distances! When practicing and when not; put the mind on something happy, fun.

Always start and end the pen in front of one eye practice (on the previous page #410) with A - #1-8 Steps for practicing with the pen and far object between the left and right eyes, using both eyes together and one eye at a time as shown in the picture below and pg. #409. This maintains perfect, equally clear vision, coordinated eye movement in the left and right eyes and balanced brain, brain hemisphere function with the eyes, retina, eye muscles.

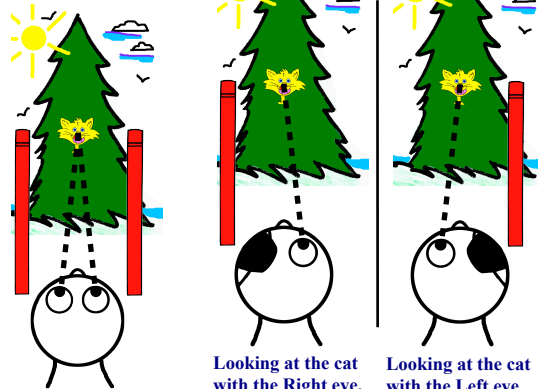
These exercises and the entire Bates Method also removes astigmatism, cataract... The pen's distance from the eyes is varied; 2 - 24 inches to 20+ feet. Far object; any distance beyond the pen. See page 412, 413, 414 for Secret Switching #2 using one eye with the far object in a different placement; to the left or right. Helps to bring fast vision improvement.



< Alignment; Using Both Eyes. Close pen and cat in the far tree are lined up in the central field, between the left and right eyes, at eye level.

Shift on the cat, the tree, grass, sky, scenery... Blink, relax. Shift point to point on small parts, see fine details clear.

Images are accentuated for easy view; The double image of the pen does not really appear to the side of the head as in the pictures. > It appears in front of the face, near the left and right sides of the nose, up at eye level. The width of the space between the 2 pen images changes as the pen is moved close and far.

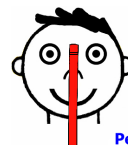


Looking at the cat with the Right eye. Pen 'appears' to be to the < Left.

Looking at the cat with the Left eye. Pen 'appears' to be to the Right >.

Pen & cat between the left and right eyes; in the central field. Looking at Yellow Kitty in the far tree with both eyes; The close pen appears double in the peripheral field, images spaced evenly on the left and right sides of the cat. The cat-tree shows one single image. Next; look at the close pen; now the far cat-tree appears double. The pen is single. This is normal vision.

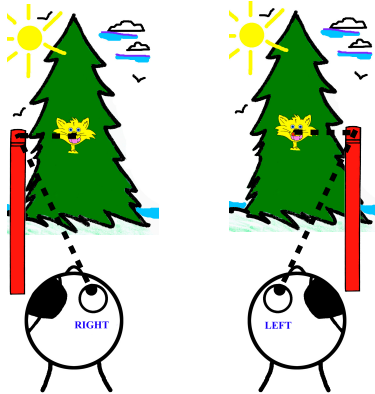
When using one eye, with the pen and cat between the left and right eyes; When looking at the cat in the far tree; the close pen 'appears' to be to the side of the cat as shown in the two pictures above. But; the pen & cat are really in a straight line, between the left and right eyes, in the central field. Keep the pen and cat between the left and right eyes. Continue to face straight ahead and; switch from the close pen to the far cat and from the cat back to the pen. The eye will converge inward to see the pen and move outward straight to see the cat. See pictures, follow the dashed - - - line on next page.



Final Step; Practice with both left and right eyes together again for equally clear, balanced vision in the left and right eyes at all distances - close, middle and far.

Pen and far object are always between the left and right eyes when using both eyes together.

Continued from page 411, using Plain Switching A - # 1-8 Steps on page 409; Pictures below this paragraph show how to switch from the close pen to the cat in the far tree and from the cat to the pen when; using one eye, with the pen and cat between the left and right eyes, in the central field. The eye continues to shift, switch on the pen, then the cat, pen, cat... even when they 'appear' to be out of alignment 'side by side' when using one eye.



Using the Right Eye

Pen is between the left and right eyes, in the central field, but 'appears' to the < left. Switching from the pen to the cat in the tree. Follow the dashed line.

Using the Left Eye

Pen is between the left and right eyes, in the central field, but 'appears' to the > right >. Switching from the pen to the cat in the tree. Follow the dashed line.

Follow the dashed line when switching from the cat back to the pen. Remember to shift on the object you are looking at. Blink. When switching with the pen, cat between the left and right eyes using one eye; the eye will naturally converge inward when looking at the close pen and un-converge (diverge) out straight when looking at the far cat. Just as the eye does when using both eyes together. The head-face is kept straight ahead facing the true position of the pen, cat; same as the head-face is placed when using both eyes together. This maintains and improves normal convergence, divergence, accommodation, un-accommodation, eye-lens movement.

Secret Switching # 2: Switching back and forth on close and far objects with one eye, with the pen and cat in the tree between the left and right eyes.

The eye switches to another far object that is seen beyond the pen top. The object is to the left or right of the cat as shown in the pictures on the right. >

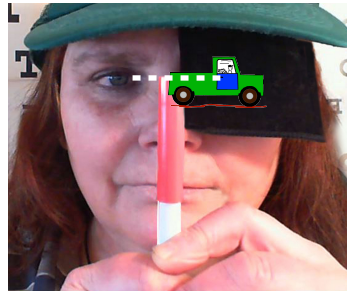
Done correct, this specifically improves, 'perfects'; the eyes' lens and eyes' function, movement, accommodation, un-accommodation (shape change), the lens' ciliary eye muscle function and eyes' outer oblique eye muscle function, central-fixation, shifting... circulation and clarity of vision to better than 20/20 in each individual eye.

When practicing Secret Switching #2; a bit of convergence, divergence also occurs. The main action, improvement is accommodation, un-accommodation of the lens and eye and shifting.

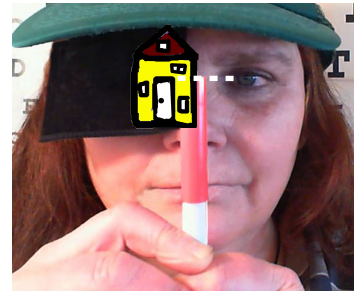
Vary the pens' distance for all of the switching practices; 2 - 20 inches to 7ft. - 20, 40+ ft. Other objects can replace the pen; a street sign, it's pole, tree branch. A picture of all the steps to use when doing Secret Switching #2 for equally clear 20/20 eyesight in the left and right eyes is on page 413.

Use both eyes together to align the close and far objects (pen, cat) in a straight line. When looking at the cat (far object); the double images of the close pen are equally spaced on the left, right sides of the cat. When looking at the pen (close object); the double images of the far cat are equally spaced on the left, right sides of the pen. This indicates the objects are in a straight line with each other and are in the central field, between the left and right eyes. (If one or both eyes has strabismus (wander out or cross in), or even if a slight imperfection in the convergence, divergence exists; the spacing of the double images might appear uneven. Fix it; set the objects up between the eyes using a straight rope connected to 2 poles in perfect alignment. Look at one object at a time and imagine the 2 images of the other object appear correct; are equally spaced, even height, not tilted. Then; imagine this with the eyes closed. Open, repeat. Shift, switch on the objects. Switching cures strabismus; the goal is to improve the vision in the wandering, crossed eye. Then central-fixation occurs, the eye will naturally move to correct position. Do the Phoria Swings on pg. 415. Even if the eye moves normal for only a couple seconds; quickly apply a switching practice to improve the eye's vision. For keeping objects at eye level; when looking around at objects in the scenery as described on page 411; when looking at a object, the head/face will move with the eyes placing the object in the central field. Example; if you look up to the top of a tree; the head moves up with the eyes to place the top of the tree in front of the eyes-face, in the central field, between the eyes, at eye level; that is what eye level means. Just face the object. This helps to keep perfect central vision and relaxed, flowing eye, head and body movement-coordination. Switching Videos; https://www.youtube.com/watch?v=05z_KIBh1t4 <https://www.youtube.com/watch?v=VULxwponv0> <https://www.youtube.com/watch?v=knHMjB7T39A>

The pictures below and on pg. 413, 414 show the 3rd type of switching; Secret Switching # 2. Done with one eye. The pen (close object) and cat-tree (far object) are between the left and right eyes. The far object the eye is switching to is in another placement; it is to the side of the far cat-tree, is seen directly beyond the top of the pen at the position the eye is facing-converged toward. Secret Switching #2 is done only with one eye at a time. Never do it with both eyes together because that will impair convergence, divergence, eye shifting movement and cause strabismus 'crossed, wandering eyes'. The two pictures of the lady in the green hat are a front view of her practicing Secret Switching #2 with one eye. Switching to the far object (Right eye; truck. Left eye; yellow house) that is seen beyond the pen top. These are the images seen for Plain Switching A - # 1-8 Steps on the < left. Secret Switching # 2 is added to A - # 1-8 Steps by allowing the eye to also switch to the object that is seen beyond the pen top. See dashed line below. Pictures on bottom of this page and pg. 414 show how the objects appear to your eyes.



Using Right Eye. Switching from the pen to a far object (dog in truck, on the left) that is seen directly beyond the pen top.



Using Left Eye. Switching from the pen to a far object (yellow house, on the right) that is seen directly beyond the pen top.

For Secret Switching # 2 shown in the 2 pictures above ^ and 2 below; the pen is between the left and right eyes; keep it there. Do not move the pen to the left or right away from the nose. Pictures below show how the objects appear to you when using one eye; the image of the pen 'appears' to be on the left or right side of the cat-tree, but it is really between the left and right eyes as shown in the pictures above. The pen is aligned in a straight line with the cat in the far tree which is also between the left and right eyes. DO NOT move the pen away from the center of the face. Keep it between the eyes.

The truck and yellow house are not between the eyes. They are in the far distance to the left and right of the cat-tree. One of those objects is in line with the one eye's pupil when the eye is converged-facing, looking at the pen top. For Secret Switching #2; the eye stays converged and looks beyond the top of the pen to the far truck or house (depending on which eye is used).

DO NOT look out of the side of the face, eye to do this. Just aim the eye at the object that is beyond the pen top. See dashed line in pictures. (Do this only using one eye at a time); Switch back and forth-close and far on the pen top and far object that is seen beyond the pen top. Practice with one eye, then the other eye. Patch the eye not in use. If vision is less clear in one eye; practice 15 to 30 seconds EXTRA with that eye.

In the picture below a blue pine tree is in the visual field. It is NOT between the eyes. The pen and flag are between the eyes. The Right Eye is using Secret Switching #2, switching on the pen top and tree.



Secret Switching # 2

From the one eye's view; the far tree is seen directly beyond the red pen top. Switch back and forth on the close pen and far tree with that one eye.

Then; patch that eye and use the other eye; find a object that is seen directly beyond the pen top and switch, shift on the pen and that far object. (Do not do this with both eyes together.)

Pen and flag are in the central field, between the eyes. Then; switch back and forth on the pen and far flag with both eyes together, then with one eye at a time. (Plain Switching)

Practice Secret Switching # 2;

Use both eyes to line up the cat and your finger; stand 2 feet in front of the picture on the < left. Place the cat in the tree into the central field, between the eyes, at eye level. Place your finger in front of the cat, closer to you, between the eyes. Look at the cat



Using Right Eye

and move the finger close and far until the left and right double image of the finger top line up with the truck and house. (like the red pen is.)

Then; Use one eye at a time; Patch the left eye. Use the Right Eye to switch back and forth on the finger top and the truck. Then patch the right eye. Use the Left Eye to switch on the finger top and yellow house.

Next; practice switching on a close red pen (or any close object) and far objects; street signs, poles, trees, tree branches, leaves, buildings. See pictures ^. Also practice at night.



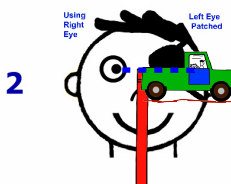
Using Left Eye

Secret Switching # 2. Get the Eyesight Equal in the Left and Right Eyes, Improve it to 20/20 and Clearer at All Distances - Close, Middle and Far. Pictures below show; Order of Steps for Secret Switching #2 on page 412, 413, 414. (Images below; a person facing toward you, same as pictures on the top of page 412.)

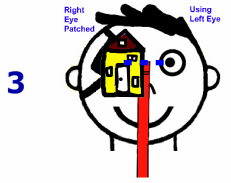
Right Eye **Left Eye**



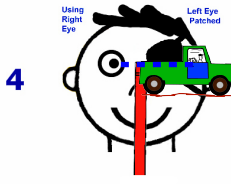
#1 -Practice with both left and right eyes together. 30 seconds to 2 minutes... as is comfortable. Also practice this with one eye at a time.



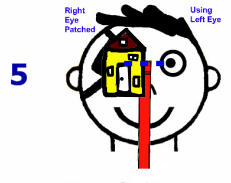
#2 -Practice with One Eye at a Time; Practice with the Right, clearest vision eye first to get the clearest visual, mental picture of the close and far objects stored in the brain, memory. (Patch the Left eye)



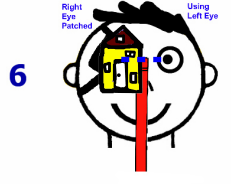
#3 -Practice with the Left, less clear vision eye. (Patch the Right eye)



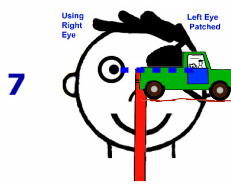
#4 -Practice with the Right clearest vision eye again. (Patch the Left eye)



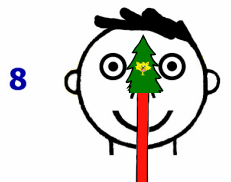
#5 -Practice with the Left, less clear vision eye. (Patch the Right eye)



#6 -Practice extra time 10 - 30 seconds... with the Left, less clear vision eye. (Patch the Right eye)



#7 -Practice with the Right, clearest vision eye again, a short time, 2-5 seconds. (Patch the Left eye)



#8 - End; Practice with both left and right eyes together again for equally clear, balanced vision in the left and right eyes at all distances-close, middle and far. Also practice this with one eye at a time.

In this Example; Far Vision is Less Clear in the Left Eye. When using one eye, he starts with the Right (clearest vision) Eye.

Number 1 and 8 are practiced with both eyes together and one eye at a time with the close red pen and a far object (Yellow Kitty in the tree) between the left and right eyes using A - Steps # 1-8 on page 409.

Number 2 to 7 (Secret Switching # 2) are practiced with the close pen between the eyes. The far object (truck, house) is seen to the left, right (depending on which eye is used) beyond the pen top when the eye is converged looking at the pen top. The eye (where you are looking) switches from the pen top to that far object.

#1; Switching on the close red pen and yellow kitty in the far tree with both eyes together and one eye at a time; with the pen and yellow kitty between the left and right eyes, in the central field. (A - Steps # 1-8 on page 409. All 8 Steps.)

Then; do Steps # 2 to 7 below using Secret Switching # 2 as shown on page 412, 414 and pictures on the < left;

#2; Using Right Eye; Switching on the close red pen and far truck that is seen to the left, directly beyond the pen top.

#3; Using Left Eye; Switching on the close red pen and far yellow house that is seen to the right, directly beyond the pen top.

#4; Using Right Eye; Switching on the close red pen and far truck that is seen to the left, directly beyond the pen top.

#5; Using Left Eye; Switching on the close red pen and far yellow house that is seen to the right, directly beyond the pen top.

#6; Using Left Eye; Switching 10 to 30 seconds extra on the close red pen and far yellow house that is seen to the right, directly beyond the pen top.

#7; Using Right Eye; Switching 2 to 5 seconds on the close red pen and far truck that is seen to the left, directly beyond the pen top.

#8 (Repeat #1); Switching on the close red pen and yellow kitty in the far tree with both eyes together and one eye at a time; with the pen and yellow kitty between the left and right eyes, in the central field. (A - Steps # 1-8 on page 409. All 8 Steps.)

Each eye has it's own central and peripheral field. The two eyes merge their central and peripheral fields into one large field with it's central field in the center, between the left and right eyes (as the red pen and yellow kitty are in pictures #1 and #8 on the < left and page 411).

When using one eye; that eye uses it's one visual field independently. The eye's central field is in the center of that eye's field. The eye places it's central field between the eyes. It's central field moves with the eye, directed to where the mind-eye 'you' are looking. The head moves with the eye.

When doing Secret Switching #1 and #2; the one eye's central field is not always between the eyes. The eye's central field moves to where the eye-mind are directed, 'looking'. Example; Secret Switching #1, pg. 410; the eye's central field is in front-center of that one eye when switching from the pen to the far object. For Secret Switching #2, pg. 412, 413, 414; it's central field is in front-center of the eye and is directed toward the object the eye is converged to when switching on the pen and far object (truck or house) beyond the pen top. See dashed line in pictures #2 to 7 on the < left; - - - from the eye's pupil to the pen top, then to the far truck or house.

Secret Switching #2; using one eye, looking to the object that is to the left or right, seen directly beyond the pen top is not the complete natural way the eyes-vision function because; the far object is not in the TWO EYES one combined central field-between the left and right eyes as it would be when using the eyes-vision normally. But; when using Secret Switching #2; the far object beyond the pen IS in line with the one eye's central field and the red pen top when the eye is converged to-looking directly at the pen top & beyond it.

Secret Switching #1 and 2 are short extra practices. They are very effective, can correct strabismus, astigmatism and blurry vision, but, do not overdo it.

The main practice to use is A - Steps # 1-8 on page 409, with all objects in the central field-between the left and right eyes. That is the normal way the eyes, eye moves when practicing looking close and far on objects in a straight line with both eyes together and one eye at a time. This keeps perfect, balanced convergence, divergence, accommodation, un-accommodation, eye muscle function in the left and right eyes, the two eyes moving together, synchronized.

Secret Switching #1 and 2 are for extra perfection of accommodation, un-accommodation 'movement-shape' of the lens and eyes. Remember to also do A - Steps # 1-8 on page 409 to keep the two eyes, all eye muscles, vision, visual system and brain hemispheres balanced. The eyes-brain work together; even when one eye is patched; the patched eye moves 'converges, diverges' in the same direction that the un-patched eye moves to. The brain, thoughts, mental pictures, your interest, objects, moving objects (bird, butterfly flying, wind...) in the visual field, sound, touch, smell... activate the mind, eye movements.

(Note; For strabismus; some forms of crossed, wandering eyes might need a variation of Secret Switching #2 or other practices. Ask a Bates eye doctor. Or; use only A - Steps # 1-8 on page 409 and the Phoria Swings on pg. 415.)

The amount of convergence, divergence is different depending on the distance the objects are at, distance the eye is switching to, from. It changes the most when doing Plain Switching A - #1-8 Steps on page 409. Secret Switching #1 and #2 produce a little change in convergence, divergence. Accommodation and un-accommodation change a lot for all 3 types of switching; Plain and #1, #2 Secret Switching. *These diagrams are simplified for easy viewing.* Example; In the top right picture on pg. 412, looking at the house beyond the pen; the house is really farther to the side as is seen in the picture on the bottom of the page. I left it as is on the top picture to show how the house appears beyond the pen top.

These 4 pictures show how the pen is truly placed; between the left and right eyes.

When using one eye; the pen will 'appear' to be to the < left of the far central object when using the right eye. The pen 'appears' to be to the right > of the far central object when using the left eye.

See pictures on page 412, top left.



Plain Switching - Pg. 409 > Using the Right Eye

Switching on the close red pen and area of the far house window that is aligned with the pen, between the left and right eyes, in the central field.

The eye converges in when looking at the close pen and un-converges out straight to look at the window on the far house.

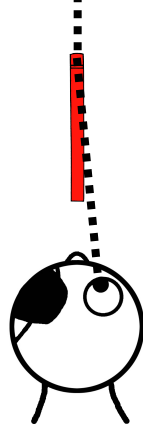
This is the same practice as doing; A - # 1-8 Steps, page 409 when using one eye. It can also be done with both eyes together.

In pictures # 1, 2 above ^ the right eye is used.

Next; patch the right eye and use the left eye; Switch as shown in picture #3 >

Then do #4; Switch on a far object (cat) that is seen beyond the pen top when the eye is converged, looking at the pen. See dashed line from the left eye ---- to the pen, ----- to the cat.

Continue to keep the pen in the central field, between the left and right eyes as in the picture.



Pictures on the < left show Plain Switching with one eye. Pictures on the right > show Secret Switching #2 with one eye. The close pen is between the left and right eyes. The far object is between the left and right eyes when doing Plain Switching. When doing Secret Switching #2; the far object the eye is switching to is NOT between the left and right eyes. It is to the left or right (depending on which eye you are using) of the far central object and is seen beyond the red pen top. It is in line with the one eye's pupil, direction the eye is turned to when converged to look at the pen. The eye looks from the pen top to that far object that is seen beyond the pen top.

Keep the pen between the eyes, in the central field.

Switch back and forth; close, far, close, far on the pen top and the far object that is seen beyond it; Shift on the pen, then shift on the far, pen, far...

Shift on each object a few seconds or more; 5 to 10 seconds... Blink. Relax, move; avoid tension, immobility when switching, shifting on objects.

3rd Type of Switching < Secret Switching #2; Using the Right Eye

Switching on the close red pen and the boy in the far house window that is to the < left of the central field and is seen directly beyond the top of the red pen, in line with that eye's converged view. See the dashed ---- line.

The eye converges in when looking at the close pen and remains converged to look directly past the pen top to the boy in the window on the far house.

The eye, it's central field is directed at and shifting part to part on the boy. DO ONLY with one eye at a time.

Never do this with both eyes together.

Include Centralizing (Central-Fixation) when doing any switching practice, shifting on close and far objects.

Example for Secret Switching #2; Look at the pen top and shift on tiny parts. Then; switch from the pen top to a small area of the far object that is close to the top edge of the pen.

Shift on tiny parts on that area of the far object and on other areas. Then back to the pen top. Repeat.



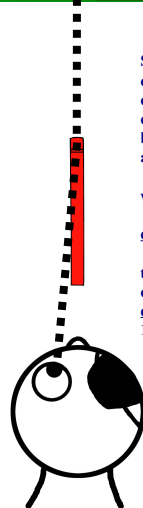
Plain Switching - Pg. 409 > Using the Left Eye

Switching on the close red pen and area of the far house window that is aligned with the pen, between the left and right eyes, in the central field.

The eye converges in when looking at the close pen and un-converges out straight to look at the window on the far house.

This is the same practice as doing; A - # 1-8 Steps, page 409 when using one eye. It can also be done with both eyes together.

To prevent tension in the hand, arm, tension traveling into the shoulders, neck, head and eye muscles and to enable free movement, relaxation; place the pen upright on a table at eye level or hang it on a string.



After switching back and forth-close and far a few times; Switch to the far object; then you can move around 'shift' on other far objects. Shift from object to object and part to part on objects. Blink. The head-face moves with the eye, placing each object you look at between the eyes, in the central field by using Plain Switching with one eye as shown on page 409 and pictures on the < left. Before moving back to the pen;

For Plain Switching; move to the far object that is in line with the pen, between the eyes; then switch back to the pen.

For Secret Switching #2; look at the far object that is seen directly beyond the pen top; then switch back to the pen.

Make Secret Switching #2 Easy; just place the pen between the left and right eyes, in the central field, at eye level. Cover one eye; then switch on the pen and any far object that is seen directly beyond the pen top. The pen distance is varied; 2 to 10 inches to 20 inches and 2 feet to 10, 20, 30, 100+... feet.

Always begin and end the Secret Switching #2 practice with A - #1-8 Steps on page 409; Plain Switching with the pen and far object between the left and right eyes, in the center of the visual field, using both eyes together and one eye at a time.

Use Switching occasionally and switch with the Correct, Relaxed Natural Vision Habits Card (end of the book), read fine-microscopic print daily and shift as a habit for clear eyesight and healthy eyes.

3rd Type of Switching < Secret Switching #2; Using the Left Eye

Switching on the close red pen and the cat in the far tree that is to the right > of the central field and is seen directly beyond the top of the red pen, in line with that eye's converged view. See the dashed ---- line.

The eye converges in when looking at the close pen and remains converged to look directly past the pen top to the cat in the far tree.

The eye, it's central field is directed at and shifting part to part on the cat. DO ONLY with one eye at a time. Never do this with both eyes together.

See Dr. Bates' Squint Chapter on page 221 and his Better Eyesight Magazine for crossed, wandering eyes, double vision cures with switching, shifting... directions and pictures.

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Clark Night - Mary I. Oliver
Pages from a new book to be released soon.