

## 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...

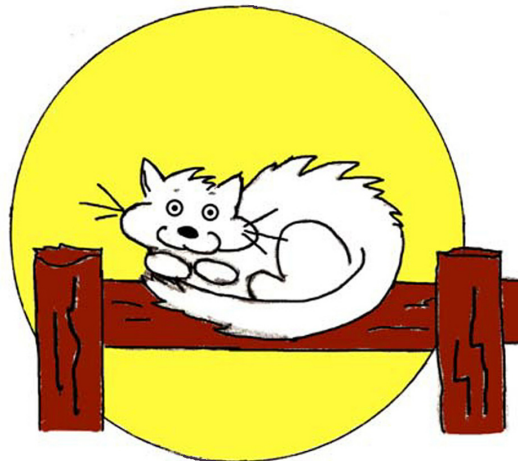
Switch back and forth on any objects, any distances, close, middle, far, in any order.

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...



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.

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.

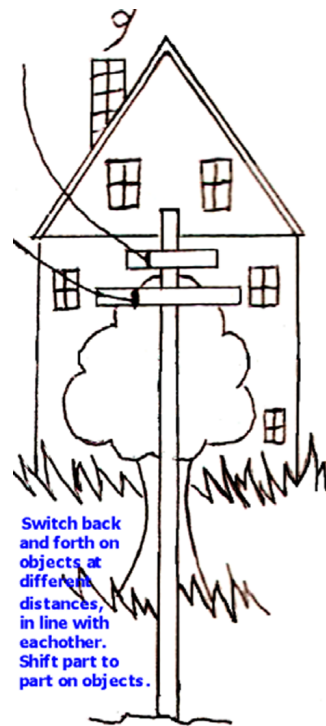
Switching, shifting... at night video;

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

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



Switch, shift, central-fixation on objects at different distances, close, middle, far, in a straight line with each other.



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

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 56.

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.

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.

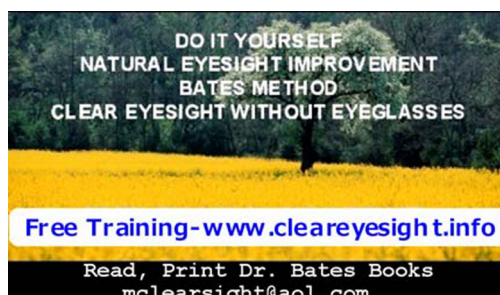
Shift left to right > on the letter - the letter moves, 'swings' to the left <.

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.

Videos - Most of the Authors 58+ YouTube videos show switching, shifting, central-fixation examples. Scroll through the Videos to find Switching Training;

<http://www.youtube.com/watch?v=r5JxOFVi3hc&feature=channel>  
<http://www.youtube.com/watch?v=lkQ9KEpA8zE&feature=channel>  
<http://www.youtube.com/watch?v=n1MWGeF0iU4>  
<http://www.youtube.com/watch?v=lkQ9KEpA8zE&feature=related>

**School Children**  
**By Emily C. Lierman**

**Davey**

(Switching, Shifting Example)

Davey, eight years old, was very near-sighted, and the glasses he was wearing, made him nervous and irritable. His father had been told about the Bates Method and what could be done to restore perfect sight without wearing glasses. Davey's father brought the boy to me, although he was skeptical and his mother was even more so. I could tell by the little boy's attitude toward me that the Bates Method had been much discussed in the home circle, and that I was considered a sort of mystic worker.

The first question Davey asked me was, "What are you going to do to me?"

I answered, "I am not going to do anything to you, but I will try to do a whole lot for you. I will help you to get rid of your thick glasses that I am sure you don't like."

His answer was, "O, yes, I would like my glasses if I could see out of them. Father said that if you don't help me, he will try to find other glasses that will help."

I let the little fellow talk for a while, because I thought it would help me to understand him better. I told him I was especially interested in children and that it was always my delight to give school children better sight. I said I would not interfere with him, if glasses were what he wanted most. He said that he was afraid to play baseball or other games which might not only break his glasses, but perhaps hurt his eyes.

I tested his vision with his glasses on, and found that at ten feet from the regulation test card, he could see only black smudges on the white, but no letters.

Then I placed the card six feet away. All he could see at that distance was the letter on the top of the card, seen normally at two hundred feet. I then had him take off his glasses to see what he could read without them. He could not see anything at all on the card. I asked him to follow me to the window and to look in the distance and tell me what he could see. To the right of me, about one hundred feet away, there was a sign. The letters of this sign appeared to be about three feet square. One word of the sign had four letters. The first letter was straight and the last was curved, and had an opening to the right. I explained this to Davey, as I told him to look in the direction in which I was pointing, and then to a small card with fine print that I had given him to hold. I told him to read what he could of the fine print. He read it at two inches from his eyes. Under my direction, he alternately followed my finger as I pointed to the fine print and then to the building sign. He told me he could not see anything in the distance. Davey felt very uncomfortable because of his poor sight and became rather restless. I told him to hold the fine print card closer, and not to read the print this time, but to look only at the white spaces between the sentences, and to blink often. He shifted from the white spaces of the fine print to the sign in the distance, watching my finger as I pointed, first to the near point and then to the distance. Suddenly, he got a flash of the first letter of the first word on the sign. This practice was continued for twenty minutes, and then we had a rest period. Davey sat comfortably in a chair and palmed his eyes. Children are very apt to become bored with anything that takes time and patience, and I know that Davey had little patience with anything regarding his eyes.

I asked him questions about his school work, and what subjects he liked best. He said he just loved arithmetic. I asked his father to give him an example to do while he palmed. The little fellow thought this was great fun, and without hesitation he gave his father the correct answer for each example. This gave Davey a rest period of fifteen minutes. His mother remarked that this was the first time she had ever noticed him sit quietly for so long a time.

**Long Swing and Sway**

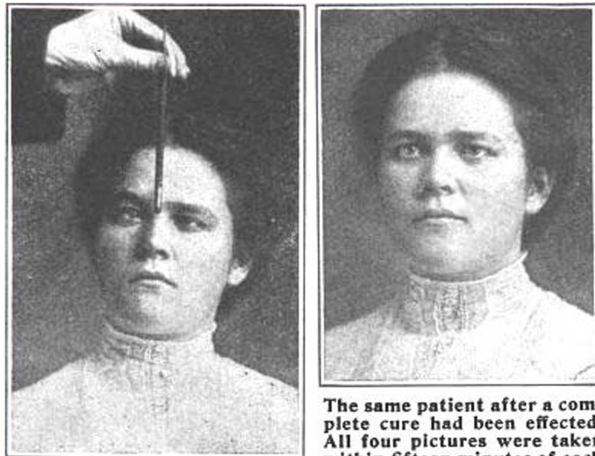
Davey was then shown how to swing, by moving his body slowly from left to right, and getting only a glimpse of the letters on the card, at six feet. When he looked longer than an instant at the card, he leaned forward and strained to see better, but failed each time. **When he learned not to stare, but to shift and blink while he swayed, his vision improved to 6/50.** We returned to the window. I told him to shift from the white spaces of the fine print, which I held close to his eyes, then to the distant sign, and he became able to read all of the sign without any difficulty.

Much had been accomplished in one treatment and both parents were grateful. Davey was given a card with instructions for home practice. He returned three days each week for further treatment. Every time he visited me, I placed the test card one foot further away. Eight weeks after his first treatment, he read all of the test card letters at ten feet. This was accomplished by reading fine print close to his eyes, then swinging and shifting as he read one letter of the card at a time.

This boy has sent other school children to me as well as a school teacher with progressive myopia, who practiced faithfully until she was cured. Every week, she sent me a report about her eye treatment and the progress she made. Her pupils noticed that she had discarded her glasses, and after school hours she invited some of them, who had trouble with their eyes, to practice the Bates Method with her. In eight weeks' time, her vision became normal, and all her pupils, with the exception of three, are improving their vision without the use of glasses.



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.



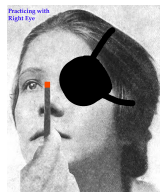
The same patient after a complete cure had been effected. All four pictures were taken within fifteen minutes of each other, the patient having learned to reproduce the conditions represented voluntarily.

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.

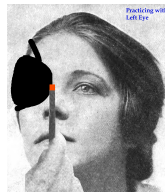
1-Both Eyes



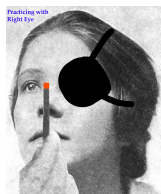
2-Right Eye



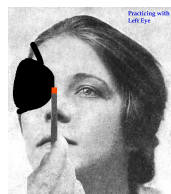
3-Left Eye



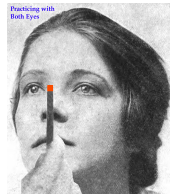
4-Right Eye



5-Left Eye



6-Both Eyes



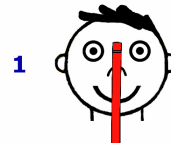
See complete practice on the right >

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

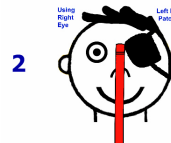
**A - Eight Steps for Switching Close and Far with Both Eyes Together and One Eye at a Time with the Pen and Far Object Between the Left and Right Eyes, at Eye Level in the Two Eyes One Central Field.** Shift on the close object, then on the far, then close, then far... Shift on middle distance objects. Practice this with the 8 steps below. (Picture is of a person facing you.) The 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 feet, 5, 10, 25, 40, 300... Do not wear eyeglasses, contact lenses, sunglasses.

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

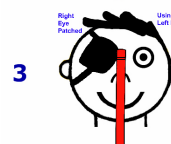
Right Eye Left Eye



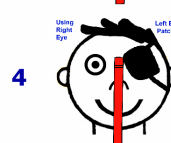
#1 -Practice with both left and right eyes together. 30 seconds to 2 minutes... as is comfortable.



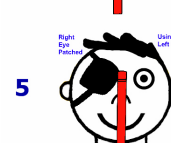
#2 -Practice with One Eye at a Time; Practice with the Right, clearest vision eye first to get the clearest visual, mental picture of the close and far objects stored in the brain, memory. (Patch the Left eye)



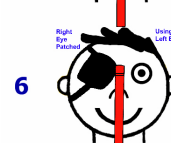
#3 -Practice with the Left, less clear vision eye. (Patch the Right eye)



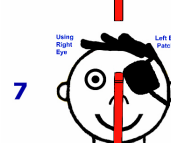
#4 -Practice with the Right clearest vision eye again. (Patch the Left eye)



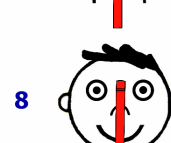
#5 -Practice with the Left, less clear vision eye. (Patch the Right eye)



#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)

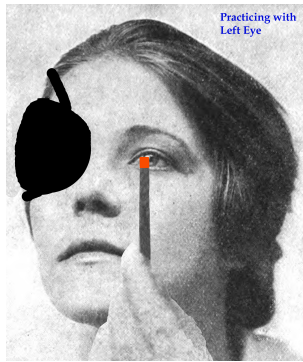
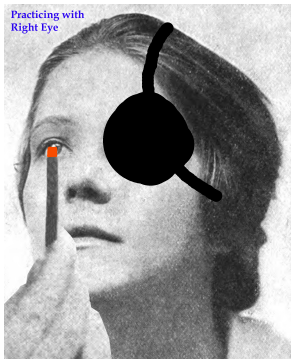


#8 -End; Practice with both left and right eyes together again for equally clear, balanced vision in the left and right eyes at all distances, close, middle, far.

Repeat Steps # 1-8

Now; practice the 7 'Secret Switching' steps on the next page. Then return here and repeat these steps # 1 to 8.

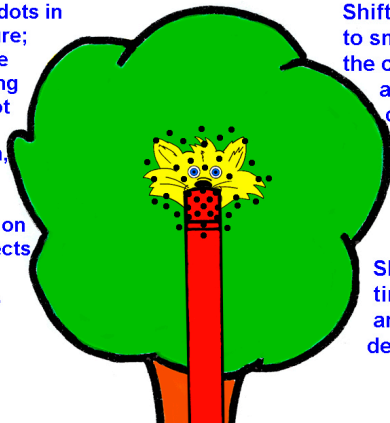
## B - Seven Steps - 'Secret Switching' with Pen in Front of One Eye



### 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 above show an additional practice, 7 Steps for 'Secret Switching': changing 'switching' the eyes focus, visual-mental attention back and forth on close and far objects with the pen in front of one eye. (Done only with one eye at a time. Never do this with the pen in front of one eye with both eyes together. Doing it wrong causes crossed, wandering eyes and unclear vision.)

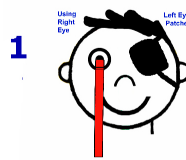
Done correct, it specifically improves, 'perfects'; lens, eye muscle function, accommodation, un-accommodation, central-fixation, shifting., circulation, clarity better than 20/20 in each individual eye.

See Steps # 1-7 on the right. >

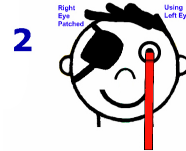
Place the pen top and a distant object in line with each other in front of the eyes pupil-in that one eyes exact central field. Move the pen top down a bit so you can see the far object. Shift part to part on the close pen top. Then shift on the far object that appears in line with the pen top. Then back to the pen, then far again, then pen... Repeat. Blink and relax. Switch to middle distance objects to/from the close and far objects.

#7; Begin and end the practice with both eyes together, pen between the left and right eyes; repeat the A - #1-8 Steps on the previous page. These switching practices produce perfect clear eyesight in the left and right eyes at all distances and helps correct Strabismus.

Right Eye      Left Eye



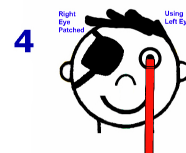
#1 -Practice with One Eye at a Time; Practice with the Right, clearest vision eye first to get the clearest visual, mental picture of the close and far objects stored in the brain, memory. (Patch the Left eye)



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



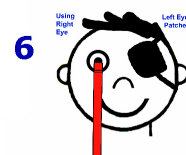
#3 -Practice with the Right clearest vision eye again. (Patch the Left eye)



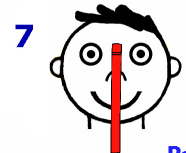
#4 -Practice with the Left, less clear vision eye. (Patch the Right eye)



#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, far.

Pen is always between the left and right eyes when using both eyes together.

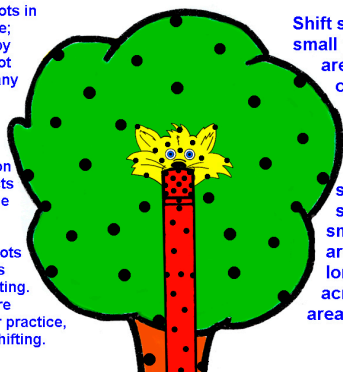
Avoid eye muscle surgeries; Dr. Bates states that the true cause of most Strabismus (Crossed, Wandering Eyes) is a tense eye muscle pulling the eye in the direction it is crossed or wandered toward. Dr. Bates uses relaxation of the mind (the brain, positive thoughts, emotions), body and eye muscles, correct use of the eyes 'your vision' to cure the condition. The muscle on the opposite side of the eye is not weak or lazy and must not be cut! (Do not cut any muscles.) It might not be being activated correct by the brain to relax, contract normally. The tense muscle on the other side of the eye might be due to strain in the mind/brain, incorrect function with the brain. These conditions can be corrected naturally without surgery, using; left and right brain hemisphere activation, integration (the long swing, cross crawl, figure eight-infinity swing, juggling...), the bead string, moving pictures/lights, color, correct posture, relaxed neck, shoulders, central-fixation, shifting (relaxed correct vision habits) and other practices. Other causes of strabismus can also be corrected naturally.

Face directly at two objects in the central field; a close object and a far object in line with each other. Example; looking at the pen and cat with both eyes together; they are in the central field and in line with each other. Practice shifting, switching on the pen and cat, tree. Practice A-#1-8 Steps; with the pen, cat between the left and right eyes using both eyes together and one eye at a time. Practice B-#1-7 Steps with the pen, cat in front of one eye using one eye at a time.

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.



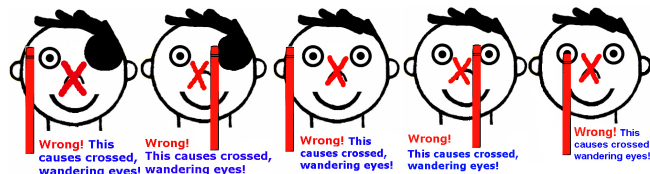
Shift small part to small part on any areas of the close pen and distant cat, tree.

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



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

Modern teachers include 'Phoria Directional Swings' to relax and gently coax a crossed or wandering eye to move correct, into normal position; the strabismic eye follows the movement of a light or brightly colored picture as it moves toward and onto the object of visual attention. The Bead String placed in the central field is a useful device. (See directions next page and page 245.) Playing catch, pointing to objects, juggling, left and right brain hemisphere activation and integration 'synchronization', movement, posture and other activities, relaxation of the neck muscles, alignment of the spine, hips, neck vertebrae and skull/eye-socket bones, jaw, the teeth are effective. **Warning;** Many people are being crippled, had strokes, balance, hearing, vision problems, develop strabismus due to Chiropractic treatments. It's become corrupt, doctors placing the bones out of alignment so they can sell more treatments! Even a honest chiropractor's treatment can result in injury. It is dangerous. It's best to seek alternative methods; natural body movements, massage, physical therapy, yoga... (professional only, every field has dishonest or inexperienced doctors that injure the spine, neck.) Artificial 3-D TV and computer screens-video games, dominance of one brain hemisphere, one eye from 3-D, schoolwork, stress, strain at school, a job... can cause strabismus, unclear vision. Dr. Bates cured many cases of strabismus with the Bates Method only, relaxation of the mind, visual system, eye muscles.



When using both eyes together or one eye at a time with the pen between the left and right eyes and when practicing with the pen in front of one eye using one eye at a time; do not move the pen and far object out, in to the left, right... away from, to the side of the eyes, eye or face. Main rule; eyes (when using both eyes), eye (when using one eye) faces the object you are looking at.

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

(See pictures above ^ for wrong placements of the pen.)

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

When using one eye with the pen in front of that one eyes pupil, that eyes central field; (Do not place the pen and far object left, right... away from the eye, face. Keep objects in that eyes central field.) The eye switches to, shifts on a far object that appears in line with the pen and can also shift on other far objects in the scenery. (Head moves with the eye, look directly at, shift on the objects.) This gives the eye freedom, more movement. Before returning to the pen, move to the object that is in line with the pen or line up a new object with the pen (eye, it's central field). Then 'switch' back to the pen. Shift on the pen.

Another practice is to move the pen close and far while shifting on it using the steps on the previous pages; A- #1-8, pen between the eyes and B- #1-7, pen in front of one eye. Repeat A- #1-8. Keep correct pen placement as described.

Try walking close and far-forward and backward as you shift on objects.

See the E-books for more pictures, practices with close and far objects.

When using both eyes together, pen and far object between the two eyes; When looking at the pen, the far object in line with the pen will appear double. When covering one eye the far object will appear to not be in line with the pen, but in reality it is, so; switch to that object from the pen and from that object back to the pen. This keeps normal convergence, divergence, accommodation, un-accommodation, left and right eyes working together.

When looking at the pen with both eyes, far objects appear double.

When looking at the far object with both eyes, the pen appears double.

When using both eyes, there are no double images when all objects are far, beyond about 20 feet. There are no double images at any distances when using one eye. When using one eye with the pen in front of that eye; the pen and far object in front of that eye appear in line with each other. These are all normal images, indicates correct eye, vision, eye muscle and brain function.

For normal eye-visual system function, the head and two eyes naturally turn-face the object of visual attention but they do not always stop to align objects as done in these exercises. (unless applying some kind of mental-visual measurement, comparison, depth, distance... 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 min. a day and skip some days. After it brings clear vision it's rarely needed. The practices taught here are a type of an exercise, works the eyes, lens, eye muscles, brain. Do it relaxed, integrate shifting, central-fixation and other Bates Method practices to keep the exercise as natural as possible. Use no effort, force. The true perfect natural vision function is when we stop practicing and let the eyes, vision work 'on their own'. Practice, then don't practice; relax, forget about the eyes, vision and the clarity will increase to better than 20/20 at all distances!**

Always start and end the pen in front of one eye practice on the previous page with A- #1-8 Steps for practicing with the pen between the left and right eyes using both eyes together and one eye at a time as shown in the picture below. This maintains perfect, equally clear vision, coordinated eye movement in the left and right eyes and balanced brain hemisphere function with the eyes, eye muscles. Bates Method practices and the exercises also remove astigmatism.



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, far.

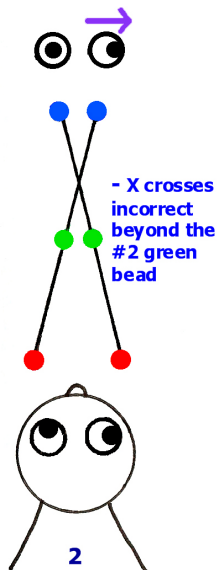
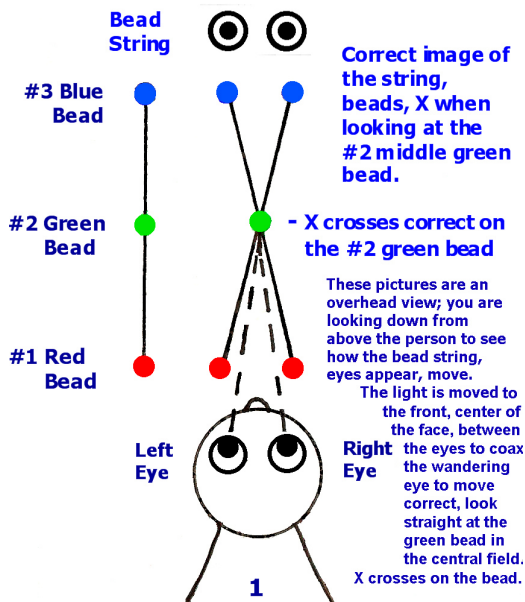
Pen is always between the left and right eyes when using both eyes together.



# Phoria Directional Swings

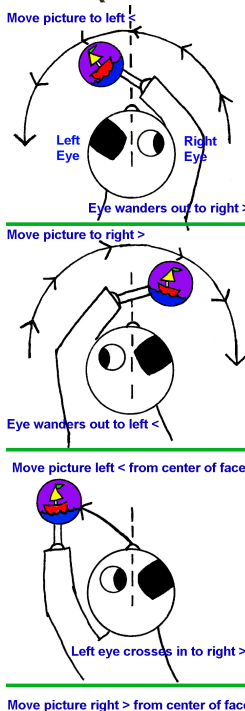
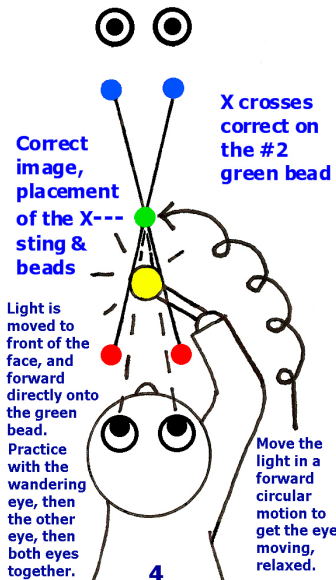
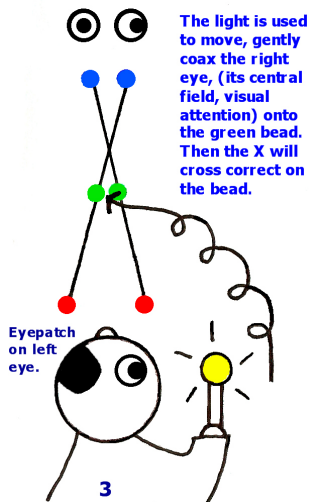
Eyes normal, in correct position, looking at the green bead, in the center of the visual field.

Right eye wanders out to the Right.



A Moving Light is used to gently, with relaxation, coax the right eye to move to correct position.

Right eye has moved correct, to the center of the visual field, looking at, shifting on the #2 green bead with the left eye.

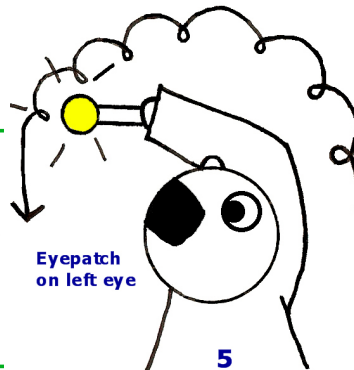


A typical case of convergent squint or "cross eyes."



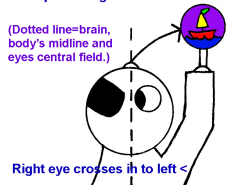
The same patient cured by rational methods of eye training.

Practice without the bead string; move the eye all the way to the left. Practice with and without the patch; strabismus eye, then both eyes. Practice moving the eye, eyes with the light as it moves left <, right >, up ^, down v, diagonally, circular, close, far... Practice steps 1, 2, 3, 4 without the bead string; place any object in the central field and move the eye, eyes to the central field and shift on the object.



Move a small light in front of the center of the face, at eye level to coax a wandering, crossed eye to look at, move with the light to correct position. Start by placing the light in the position the wandering/crossed eye is in and move the light in front of the face, into the eyes central field, between the left and right eyes, at eye level. When using the bead string; move the light onto the bead which is placed in front of the face, in the central field.

When both eyes are in correct position, looking at the bead; a X will cross on the bead. Shift on the bead. Blink. Pictures #1 to 5 show how to correct a right eye that wanders outward.



This picture shows how to use a colorful moving picture of a boat to attract the eyes, mind's attention, induce correct eye movement for 4 different types of Strabismus.

Practicing without the bead string; The right wandering eye has moved correct with the light across the center of the face from right <. Blink and relax. (The pictures are an overhead view.)

After working with the strabismus eye; always work with the other normally moving eye (with the strabismus eye patched). Then, end by working with both eyes together. This keeps the eyes, eye muscles, vision and brain-visual cortex, left and right hemisphere function with the left and right eyes balanced.

For previous page; When the strabismus eye moves correct, to the central field; practice switching, shifting... on close and far objects to get the vision clear in that eye. A crossed, wandering eye will move correct when the vision in that eye becomes clear or clarity is improving and vision is equal in the left and right eyes.

## Central-Fixation-Central, 'Fovea' Vision

**CONES - LIGHT RECEPTORS IN THE RETINA.**  
PRODUCE VERY CLEAR FINE DETAILED VISION AND BRIGHT COLOR PERCEPTION.

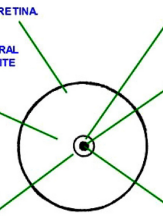
**RODS - LIGHT RECEPTORS IN THE RETINA.**  
PRODUCE LESS CLEAR VISION.  
RODS PERCEIVE LIGHT/ DARK, BLACK/GREY AND WHITE COLOR.  
RODS DETECT MOTION, OBJECTS MOVING IN THE VISUAL FIELD.  
EXAMPLE: A BIRD... MOVES IN THE PERIPHERAL FIELD, THE RODS DETECT IT AND THE PERSON TURNS AND LOOKS DIRECTLY AT THE BIRD, PLACING IT IN THE CENTER OF THE VISUAL FIELD TO SEE IT CLEAR.  
RODS ALSO CONTINUE TO FUNCTION IN VERY DIM LIGHT, ALMOST COMPLETE DARKNESS.

**FRONT VIEW OF THE BACK OF THE EYES RETINA, LOOKING IN THROUGH FRONT OF THE EYE.**

**OUTER PERIPHERAL FIELD OF RETINA.**  
MANY CONES - FEW RODS.  
PRODUCES MOST UNCLEAR VISION IN THE OUTER PERIPHERAL FIELD. ONLY GREY/BLACK/WHITE COLOR PERCEPTION.

**MIDDLE PERIPHERAL FIELD.**  
CONES AND RODS - MORE RODS, LESS CONES.  
PRODUCES CLEARER VISION THAN THE OUTER PERIPHERAL FIELD AND LESS CLEAR VISION THAN THE CENTER OF THE VISUAL FIELD.

**INNER PERIPHERAL FIELD.**  
CONES AND RODS - MORE CONES.  
VISION CLEARER THAN THE OUTER AND MIDDLE OF PERIPHERAL FIELDS BUT NOT AS CLEAR AS THE CENTER OF THE VISUAL FIELD.

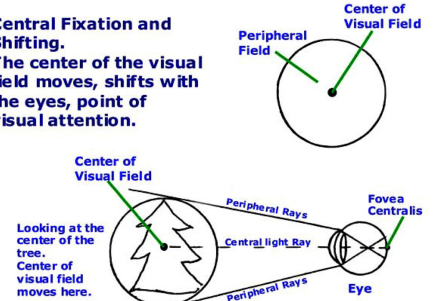


**MACULA - CENTER OF THE RETINA.**  
MANY CONES - FEW RODS.  
PRODUCES VERY CLEAR VISION, CLEARER THAN 20/20 AND BRIGHT COLOR IN THE OUTER AREA OF THE CENTER OF THE VISUAL FIELD.

**FOVEA CENTRALIS - CENTER OF THE MACULA IN THE CENTER OF THE RETINA.**  
MANY CONES - VERY FEW RODS.  
PRODUCES VERY CLEAR VISION, CLEARER THAN 20/20, (CLEARER THAN THE MACULA PRODUCES) AND BRIGHT COLOR IN THE CENTER OF THE VISUAL FIELD.

**CENTER OF FOVEA CENTRALIS.**  
MANY CONES - HIGH CONCENTRATION OF CONES. NO RODS.  
PRODUCES THE CLEAREST VISION, MUCH CLEARER THAN 20/20; 20/10, 20/5, 40/5... AND BRIGHT COLOR IN THE EXACT CENTER OF THE VISUAL FIELD.

**Central Fixation and Shifting.**  
The center of the visual field moves, shifts with the eyes, point of visual attention.



Looking at the center of the tree. Center of visual field moves here.

Looking at the top of the tree. Center of visual field moves here.

Looking at the bottom of the tree. Center of visual field moves here.

Eyes, center of visual field move up.

Eyes, center of visual field move down.

The head/face body move with the eyes, same time, direction.

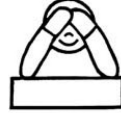
Since small objects cannot be seen without central fixation, the reading of fine print, when it can be done, is one of the best of visual exercises, and the dimmer the light in which it can be read and the closer to the eye it can be held the better. Read fine print in the sunlight daily. No eyeglasses!

## Palming

**Palm**  
Palm and remember, shift on a favorite object: flower, colorful stone, jewelry, tree, land, old house... Improving the memory, imagination of clear mental pictures relaxes the mind, body, eyes and improves the vision.



**Palm and imagine drifting down a river.**  
See objects in color, clear, motion. Movement of the boat, water, wind, birds flying, sun shining, sparkling on the river, animals walking on the shore, colorful dragonflies... Imagine all the senses; touch, warmth of sun, feel the breeze, hear the water, birds, wind, taste your favorite drink...



**Palm and remember a sunset, blue sky, white cloud... and shift part to part on the objects and from object to object.**  
Then, it is easy to remember a clear, black letter o. Place the o on the white cloud and shift on the o and see it move, 'swing' opposite the shift of the eyes. Open the eyes, vision is clear.

**Remember pleasant objects, favorite scene, adventure, activity... Remember, imagine objects clear, in color, motion: Birds, butterflies flying about, wind blowing the tall grass, flowers, sun sparkling on the mountain tops, river. Shift on the objects. Shift on, see in the mind small fine details clear.**

**Sunlight and Sunning daily**  
Sit in the sun, eyes open looking at the bright sky, then eyes closed facing the sun and move the head side to side, up and down...



**Remembering, Imagining clear mental pictures improves the memory, imagination, relaxation and clarity of vision.**  
The girl palms and thinks of her doll, (a favorite thing), remembers, shifts part to part on her doll seeing on a part best at a time (Central Fixation). Doll is imagined clear, in color. This improves the memory, imagination and clarity of vision for other objects.  
Remembering mental pictures of a pleasant object, subject relaxes the mind, eyes, improves the vision. She shifts on a clear mental image of her kitty cat. See it in motion, playing.

The eyes face directly at the object of visual attention, placing the center of the fovea centralis/visual field directly on the part of the object the eyes are looking at.  
The eyes, head/face, center of visual field are directed at the part of the object the eyes are looking at.  
The center of the visual field moves with the eyes (& head, face) as the eyes move 'shift' from part to part on the object and from object to object.

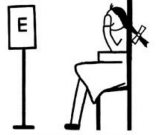
The Central light ray from the part of the object the eyes are looking directly at/center of visual field focuses on the exact center of the fovea centralis in the center of the macula, eyes retina.  
Peripheral rays focus on the peripheral areas of the retina.  
Vision is perfectly clear.

Shift left and right on the E and see it move in the opposite direction.  
+Shift to the dot on the left, the E moves right.  
+Shift to the dot on the right, the E moves left.



**Palming**  
Palm and imagine black or any pleasant object, scene... Think happy thoughts. Shift on objects in the mind, see them clear, in color, motion.

Girl palms and remembers her doll, color of its dress... Opens the eyes and Eye chart letters are seen clear.



Perfect mental pictures, relaxation = clear vision.

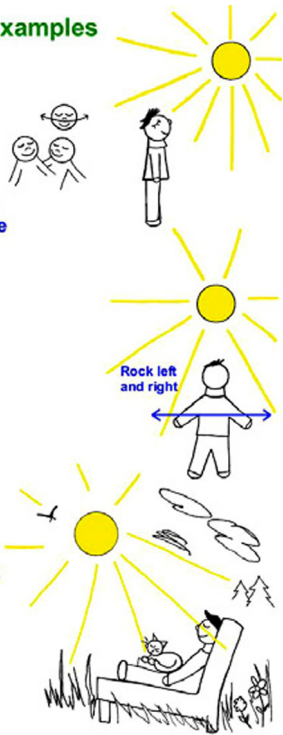
Sway, dancing to music improves clarity of vision and straightens the eyes, gets them moving together.

## Sunning Examples

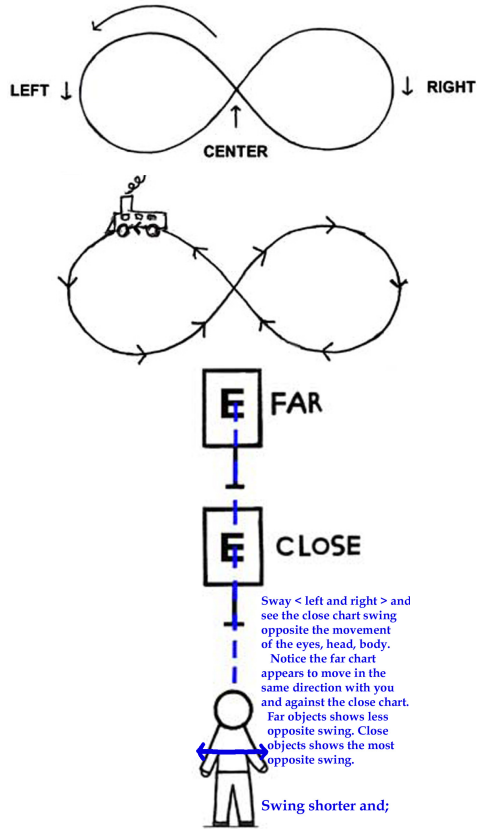
Face the sun with the eyes closed and move the head/face slowly, relaxed side to side; left, right, left, right... Feel and see the sun move across the face/closed eyes. Then, move the head/face up and down, then circular; trace around the sun counter clockwise, clockwise. The eyes, head/face (and body) move together, at the same time, in the same direction.

Do the rock while sunning; Face the sun with the eyes closed and rock the entire body side to side, left and right. Do the long swing.

Sit facing the sun, relax, eyes closed and daydream pleasant thoughts. Occasionally move the head/face side to side.



## THE FIGURE EIGHT

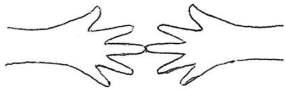


Sway < left and right > and see the close chart swing opposite the movement of the eyes, head, body. Notice the far chart appears to move in the same direction with you and against the close chart. Far objects shows less opposite swing. Close objects shows the most opposite swing.

Swing shorter and;

Switch, shift on letters on two identical eyecharts placed at close and far distances.

## THE FIGURE EIGHT - INFINITY SWING

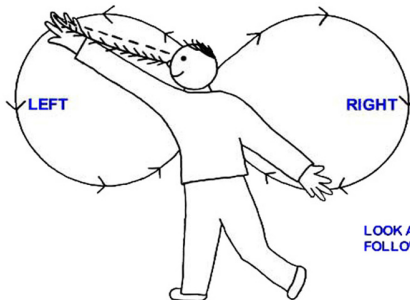
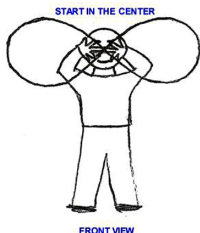


THE FINGERTIPS OF THE 3RD FINGER OF THE LEFT AND RIGHT HANDS TOUCH WITH THE PALMS FACING IN TOWARD THE FACE. THIS IS THE START POSITION AT THE CENTER OF THE FIGURE EIGHT.

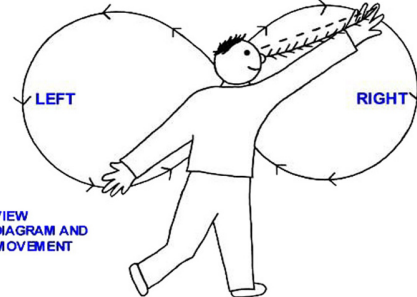
DRAW THE FIGURE EIGHT WITH THE EYES, HAND AND END OF THE NOSEFEATHER WHILE DOING THE LONG SWING. FOLLOW THE ARROWS - START IN THE CENTER AND DRAW UP THE CENTER AND TO THE LEFT FIRST. DRAW THE LEFT SIDE AND BACK UP THE CENTER. THEN DRAW THE RIGHT SIDE; DRAW LEFT, RIGHT, LEFT, RIGHT...

DRAW THE LEFT SIDE FIRST WITH THE LEFT HAND. SWING, TURN LEFT AND LIFT THE HEEL OF THE RIGHT FOOT. EYES LOOKING AT/SHIFTING ON AND MOVING WITH THE CENTER FINGERTIP OF THE LEFT HAND AS THE HAND DRAWS THE EIGHT. THE END OF THE NOSEFEATHER AND EYES (VISUAL ATTENTION) ARE ON AND MOVING WITH THE LEFT HANDS CENTER FINGERTIP. PALM OF HAND IS FACING IN TOWARD THE FACE WHEN IN THE CENTER, THEN MOVES OUT STRAIGHT WITH THE ARM AS THE HAND DRAWS THE LEFT SIDE..

DRAW THE RIGHT SIDE WITH THE RIGHT HAND. SWING, TURN RIGHT AND LIFT THE HEEL OF THE LEFT FOOT. EYES LOOKING AT/SHIFTING ON AND MOVING WITH THE CENTER FINGERTIP OF THE RIGHT HAND AS THE HAND DRAWS THE EIGHT. THE END OF THE NOSEFEATHER AND EYES (VISUAL ATTENTION) ARE ON AND MOVING WITH THE RIGHT HANDS CENTER FINGERTIP. PALM OF HAND IS FACING IN TOWARD THE FACE WHEN IN THE CENTER, THEN MOVES OUT STRAIGHT WITH THE ARM AS THE HAND DRAWS THE RIGHT SIDE.



LOOKING, MOVING LEFT WHEN DRAWING THE LEFT SIDE ACTIVATES THE RIGHT BRAIN HEMISPHERE AND CLEAR DISTANT VISION.



LOOKING, MOVING RIGHT WHEN DRAWING THE RIGHT SIDE ACTIVATES THE LEFT BRAIN HEMISPHERE AND CLEAR CLOSE VISION.

MOVING BACK AND FORTH: LEFT, RIGHT, LEFT, RIGHT AND PASSING ACROSS THE CENTER OF THE EIGHT (MIDLINE/CENTER OF THE BRAIN AND BODY) ACTIVATES AND INTEGRATES THE LEFT AND RIGHT BRAIN HEMISPHERES, CLEAR CLOSE AND DISTANT VISION AND EQUALLY CLEAR PERFECT VISION IN THE LEFT AND RIGHT EYES.

DRAWING THE FIGURE EIGHT RELAXES AND BRINGS MOVEMENT TO THE EYES, HEAD/FACE, NECK, BACK AND BODY AND ACTIVATES CORRECT VISION HABITS. THIS ALSO IMPROVES THE CLARITY OF EYESIGHT.

## The Figure Eight - Infinity Swing