

Eye, Brain, Fusion Artificial 3-D Image Test - Examples and Warning

Due to Clark Night and a few other Natural Vision Improvement students experiencing double vision, convergence, divergence impairment after practicing the 3-Cups and other Artificial Fusion 3-D Image Eye Exercises taught by some Vision Improvement Teachers and Behavioral Optometrists; I have added these advanced instructions and warning to the Fusion Eye charts: See picture examples of Artificial 3-D Illusion Fusion Images on the right >

In 2009 I was practicing the 3-Cups Fusion Exercise. For the next 2 days my close vision was double: when I looked at my desk to write, my eyes, visual focus was 'stuck' converged in space before the desk causing double vision. The problem cleared up in 2 days after stopping the exercise.

This year, Sept. 2010 I was doing a similar Fusion 3-D Image eye exercise on and off for 3 days. I found it in a Natural Vision Improvement book by a well known teacher. I developed eye divergence impairment with double distant vision and slow, skipping images and other visual disturbances for 10 days and continue to have some vision impairment from this but so far is getting back to normal vision after discontinuing the exercise.

I may have had an abnormal or exaggerated reaction to the exercise due to a neck injury, tension on the nerves, muscles in my neck from a bad chiropractic treatment 12 months ago, but last year when I experienced the problem after doing the 3-Cups exercise I presumed my neck was ok.

Maybe I got the reaction of double vision, divergence problem because my neck muscles, nerves are still injured, and I had a migraine, sinus headache, inflammation & working 6-10 hours a day on the computer without the best posture. If so: the 3-D Image Test alerted me to these conditions or: doing the 3-D exercises impaired the vision during a time of lowered health.

Because these exercises are taught by some Natural Vision Improvement Teachers and Behavioral Optometrists and there are people that claim the 3-D Image exercises (when done correct) have improved their vision, convergence, divergence: I am leaving the 3-D Fusion Image Eyecharts in this book. I place the Eye, Brain Fusion Test in this book so students can know what 3-D Eye Fusion Tests are. It is best to practice this only with a Bates Method Optometrists, Ophthalmologists guidance.

Because I was trained by a strict True Bates Method Natural Vision Improvement Teacher to never do 3-D Image Eye Exercises, I am placing a warning that the exercises can disrupt the eyes function, cause eye muscle tension, dysfunction and its best to stay with the Bates Method only and avoid these Fusion Artificial 3-D Image exercises.

As a Bates Student, Teacher; I do not advise doing the exercises. True Bates Method Natural Vision Improvement Teachers do not teach 3-D Fusion Image methods and will not allow students to practice with 3-D Eye Images as a test or exercise.

If a student decides to try this exercise;

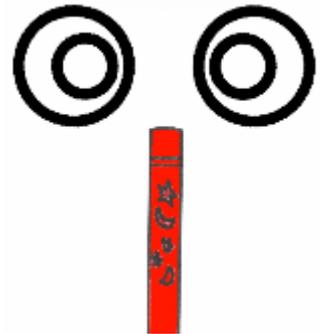
Do it as a quick test only! Only one time for a few seconds to see if the brain and eyes are communicating, working together. Do not do this repeatedly as an eye exercise. Doing this as a exercise can cause double vision at close and far distances, convergence, divergence dysfunction especially if there is any type of slight or advanced fusion, convergence/divergence imperfection, strabismus or similar condition in the eyes, brain, visual system, impaired or different brain function, pinched nerves in the neck, mis-aligned neck vertebrae, chronically tense muscles in the neck, arms, shoulders, eyes... Do not practice the exercise if the eyes have any amount of imperfect convergence, divergence. This is to be done only under guidance by a Bates Method Behavioral Optometrist, Ophthalmologist.

Before I had neck tension, nerve injury, vertebrae mis-alignment caused by the chiropractor, I could do these exercises as a quick test with no problems and I enjoyed it. I could do it longer, 20-30 seconds without vision impairment. I remember doing fusion exercises like these in the past in 1996 when studying a book but no longer use them.

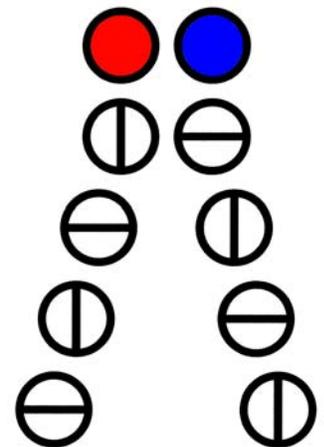
Placing a pen (or other object) to look at in front of the 3-D image, eyes looking directly at, shifting part to part on the pen helps to prevent strain, tension, vision impairment when practicing the 3-D Image as a test.

Using a red (or any color) pen placed in front of the 3-D image lowers the strain, tension (see directions on the 3-D chart pictures) but, tension, strain can still occur because the eyes, brain are still noticing, (bringing attention to without looking directly at) the circles in the distance while looking at the pen and the eyes, brains attention is now on 2 different objects at the same time-the pen and 3-D image. This also causes tension, strain.

True normal relaxed vision occurs when the eyes, brains attention is on one object, one distance at a time. The eyes shift, switch around, back and forth from object to object, distance to distance, looking directly at the object, distance of visual attention, seeing one object at a time.



3-D Fusion Image



An advanced method to this test: the 3-D Image card has a horizontal hole cut in the card along under the bottom of the circles, a window to look through to the distance. The person looks at the pen placed behind the card or other object behind/beyond the card in the distance to merge the circles on the card.

This tests fusion at a variety of other distances.

See a Bates Method Behavioral Optometrist, Ophthalmologist for doing these advanced tests.

I speculate that Behavioral Optometrists use these artificial 3-D Image eye exercises for students that have extreme blurred vision and the eye muscles are so tense, rigid, 'frozen in place' for years that the eyes cannot converge, diverge, move. These exercises, if not overdone, and if done correct, may break this tension and get the eyes moving. Then the student can stop the exercises and stay with only completely normal eye function: The Bates Method.

Try the True Bates Method first: Plain old fashioned relaxed switching, shifting & central fixation on objects at close, middle, far distances, looking directly at the object of visual attention. This has kept my vision clear and convergence, divergence at close and far distances perfect for 40 years.

I never had a convergence, divergence impairment (double close and distant vision, images slow to merge...) until after using the 3-cups and other 3-D image fusion tests repeatedly as an eye exercise for a few days.

I still suspect my neck injury by the chiropractor has weakened the nerves, muscles in the neck and these do branch out to, affect the function of the nerves, eye muscles in the head, eyes. This may be the reason that these fusion exercises disrupted my vision. The body has its own way of healing, adapting. Many people may have a little mis-alignment of the spine, neck vertebrae without any health problems occurring from the condition: the body, nerves, muscles adapt, can align the bones naturally without chiropractic treatment and create a good state of health even with some imperfect alignments. The nerves, muscles that connect, travel to the eyes create a workable balance that ensures clear vision, healthy eyes.

Artificial 3-D Image Fusion Exercises Activate Abnormal Eye/Brain Function

Notice that when doing the 3-D test that the eyes, (visual attention) is not truly placed, focused, fused on the 3-D object & and distance the object is at. It is focused in space before or beyond the object. The 3-D image of the object that appears is normal for the eyes, brain to produce, but: making that image your point of visual attention without looking directly at it, not looking at the object/distance it is truly at is abnormal eye, brain function and strains the visual system.

This exercise is against The Bates Method because it prevents fusion, central fixation, shifting, binocular vision directly on the object and distance the object is at. This results in: eccentric fixation, confusion, diffusion, tension, strain in the brain, eye muscles, eyes and can cause double vision and blur at close and far distances, strabismus and other visual disturbances due to disrupting the eyes/brains function of convergence, divergence, fusion. This then impairs accommodation, un-accommodation (which functions with convergence, divergence) lowering the clarity of vision further.

3-D Images on paper, computer, television screens... are not true 3-D vision. It is a illusion of 3-D.

3-D Computer games and televisions cause eyestrain, headaches, fast vision impairment.

This test using 3-D Images is not necessary. The Bates Method has better & safe ways to test the visual system.

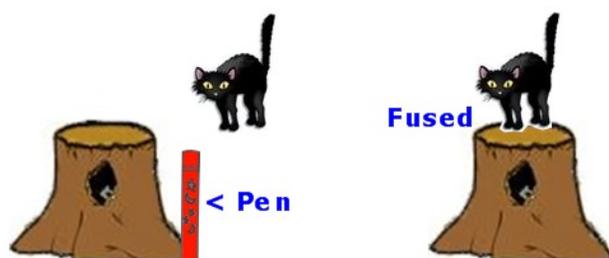
It is best to practice the True Bates Method: shifting, central fixation, tracing, switching directly on objects at close, middle, far and infinity distances as described in this book in the switching chapter. Look directly at the object of visual attention, at its true distance and shift on it. Then switch to a object at another distance and shift on it... This is normal Fusion.

It is normal to see a double image of objects in the distance when looking at a close object and a double image of close objects when looking to the distance. When the eyes, brains visual attention switches to the double object: the two objects move together and merge, fuse into one object: the object the eyes are looking directly at, directly at the distance the object is at. This is the normal process of fusion, normal images, vision and is healthy for the eyes, clarity of vision. This is true 3-D (Three Dimensional) vision with true depth, distance, perception. It relaxes the eyes, visual system. See the chapter and videos on Switching Close, Middle, Far. Practice Palming, Relaxation, Shifting, Blinking, Movement, all Bates activities. I have used the True Bates Method for 40 years and it has always given me perfect clear vision, close and far, perfect, fast convergence, divergence.

The picture below is a old fashioned Behavioral Optometry fusion eye/brain test.

Old Fusion Game

Place a pen in front of and between the eyes, between and a little below the cat and tree stump. Look at the pen, move it close and far from the eyes and see the kitty in the distance move onto the tree stump. Do it once only.



Eye, Brain Fusion Artificial 3-D Image Test

Look at the center of the white space between two circles, placed at eye level, between the left and right eyes, 12-20 inches away. Example; between circles A & B on any row. (The bottom row, circles close together are easiest to merge.) Place a up-righted pen in front of the eyes (between the left and right eyes, eye level, between the left and right circles. Move the pen down a bit to see the white space/circles beyond it.) Look at, shift the visual attention part to part on the pen and move the pen slowly in and out, close and far from the eyes. Blink, relax. Let the eyes cross and uncross as the pen moves in and out causing the circles on the left and right sides to move toward eachother and merge together into one circle, a 3rd circle with a + cross in the middle between the two other circles. Practice on one row at a time with the chart at a variety of close and far distances.

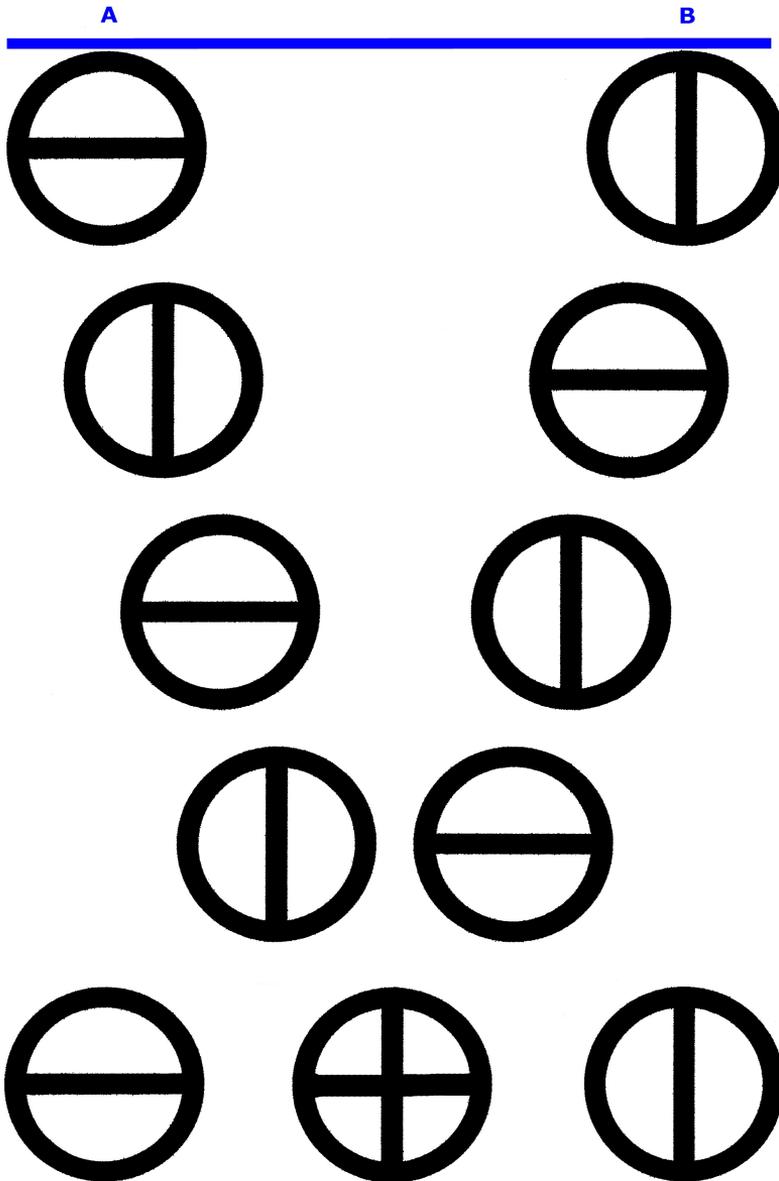
This is not the Bates

Method. The Bates Method teaches to look directly at the object you want to see, at the true distance the object is placed at, place it in the center of the visual field and to shift 'move' the visual attention part to part on the object.

This 3-D merging circles test prevents shifting, central fixation on the circles and the eyes are not truly looking directly at the circles, not at the true distance, and area the circles are placed at, the eyes are not looking at a object in the central field: the eyes are merging the two images of the circles in the peripheral field to appear as one and 'appear' to be, but is not truly in, the central field. This can strain, tense, confuse the visual system, brain, eyes, eye muscles and impair convergence, divergence.

When the eyes look at, shift on the pen in front of the circles: it reduces the tension, strain because; the eyes are now looking directly at, shifting, central fixation directly on a object: the pen in the center of the visual field at the distance the pen is at. The merged 3rd circle is seen in the distance beyond the pen by the eyes, brains peripheral vision, peripheral fields. This is a normal image, eye function; but, it still causes strain, tension because the brain, eyes do not normally bring the attention to two different objects, distances at the same time.

Correct Image > Example: when looking at, merging two circles.



Brain Exercise:

When the two circles are merged into one with the cross in the middle: Notice that when the brain thinks of the horizontal line of the cross that it can appear without the vertical line. When thinking about the vertical line: that line appears and the horizontal line disappears. When the brain, visual system moves 'shifts' attention back and forth on the two lines, (which can occur quickly), both lines appear and the cross is seen. Color one line red, the other blue to enhance this function.

Some people that had extremely unclear vision, frozen stiff eye muscles for years state that this exercise caused their tense, rigid eye muscles to release their tension, start to move: shift and converge, diverge the eyes, and then, they were able to quit this exercise and stay solely with the Bates Method, natural eye function and gained clear vision. Others state it impairs their convergence, divergence, causes double vision.

Correct Fused Image: Cross in the center of the merged circles; circles, lines forming the cross are even, straight, perfectly aligned, merged, equally clear. Means the left and right eyes are aligned, even, moving together correct and working correct with the brain. Exercise is not to be done all the time. It's just a quick test for fusion.

(Persons with crossed, wandering eyes must not do this without specific training by a Behavioral Optometrist.)

Now try the Bates Method: Do not fuse any circles. Look directly at a circle: Notice when looking directly at, shifting on the picture above, (the middle circle with the cross): it is easier to see, relaxing, no strain. This is because it is a true image in the central field and the eyes are looking directly at it, in the center of the visual field, at the true distance the circle is at with correct, perfect convergence, divergence, accommodation, un-accommodation for that specific, true distance. True 3-D, fusion, binocular vision, depth, distance perception. Persons with crossed, wandering eyes can practice the Bates Method.

Eye, Brain Artificial 3-D Image Fusion Test

This is another version of the Fusion Chart and 3-Cups 3-D Image test.

Place the red and blue circles at eye level, the space between the circles between the left and right eyes, center of the visual field, 12-20 inches away.

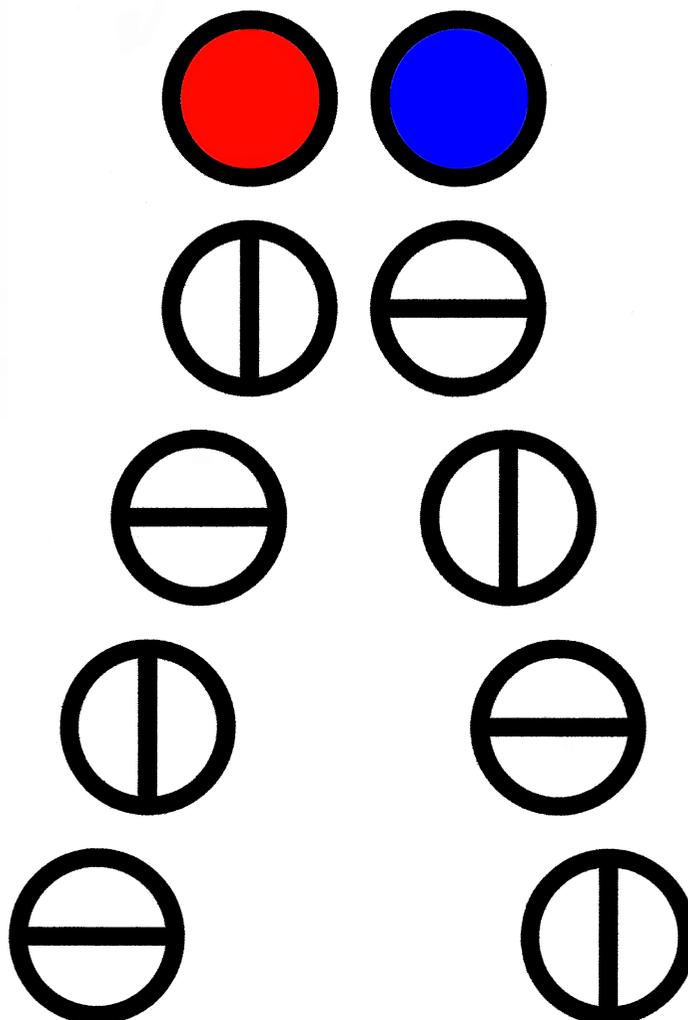
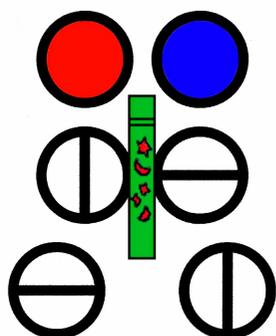
Place a pen below and between the two top circles, between the left and right eyes. (See picture below.) Look at and shift on the pen while moving it close and far from the eyes. Merge the 2 circles into a 3rd circle in the middle of the 2 circles. The circles are merged evenly, in perfect alignment.

Then: while looking at the pen directly below the 3rd circle: Think red and the red circle appears. Think blue and the blue circle appears. If these images are seen, this indicates that the eyes are even, balanced, the brain and eyes are working together, communicating correct.

Now practice on the circles with the vertical and horizontal lines. Do 1 line at a time. Practice with the chart at various distances. Practice on each line only for 1-3 seconds and only once. Relax, no strain.

If any strain, tension is felt, do only 1 line or none. Circles close together on the top line are easiest to merge.

Same directions and precautions as for the 3-Cups Test; Do not do this as a eye exercise. Do it only once. Bates Teachers do not advise this test. It can impair the eyes convergence, divergence, fusion if done as a repeating eye exercise or if there is a fusion, convergence, divergence or other imperfection in the eyes, visual system. See the other charts for more directions. A Bates Method Behavioral Optometrists, Ophthalmologists guidance is necessary for further use of the test.



When the 3rd, middle image of the circle is seen: It is a Artificial 3-D (3-Dimensional) image. It is not true normal 3-D vision. Maintaining this artificial 3-D image by staring into space before the distance the image is at strains, tenses, confuses the visual system. It is not the normal function of the brain, eye muscles, eyes.

Placing a pen between, before, below the two circles and looking at, shifting on the pen while merging the two circles to produce the 3rd circle beyond the pen helps to prevent some of the strain, tension this test produces.

See picture on the right with the green pen placed in the middle of, below the circles.

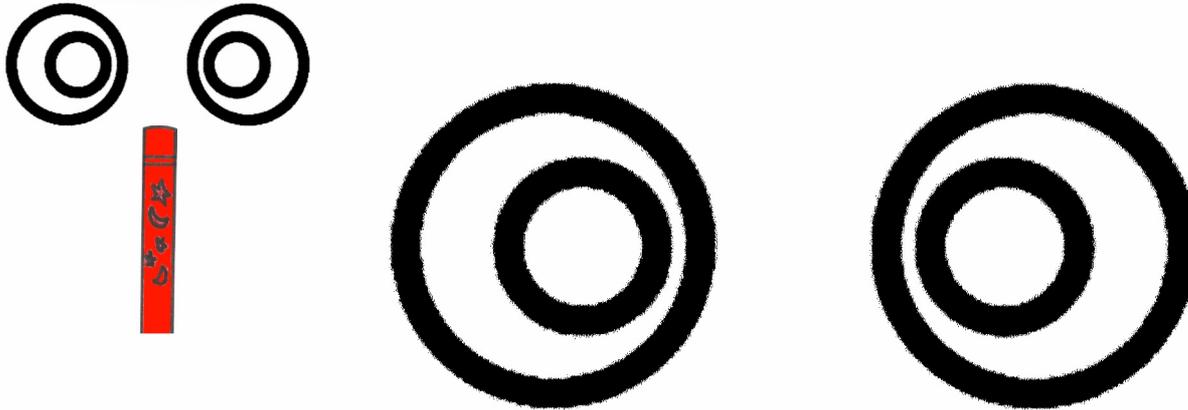
Notice that when doing this exercise without looking at the pen that the eyes, (visual attention) is not truly placed, focused, fused directly on a object, distance the object is at. It is focused in space before or beyond the object (circles) to produce the merged 3rd 3-D illusion of the circle created by combining two circles from the left and right peripheral field. This is against The Bates Method because it prevents normal fusion, central fixation, shifting, binocular vision directly on the object and distance the object is at. This results in: confusion, diffusion, eccentric fixation, tension, strain in the brain, eye muscles, eyes, double vision at close and far distances, strabismus and other visual disturbances due to disrupting the eyes, brains function of convergence, divergence, binocular vision, fusion, left and right brain hemisphere function...

3 Cups Eye, Brain Artificial 3-D Image Fusion Test

Test to See if the Brain, Eyes are Working Together, Communicating Correct.

Place the space between the 2 cups at eye level, between the left and right eyes, center of the visual field, 12-20 inches away. Place a pen below and between the 2 cups. (See picture with red pen below.)

Look at the pen, shift on it while moving it close and far from the eyes until a 3rd cup in the center of the 2 cups appears, is created from the merged peripheral images of the 2 cups. Do not stare at the 3rd cup. Let this 3-D illusion of the 3rd cup appear in the distance without straining to see it. Keep the eyes, brain, visual attention directly on the pen and shift, move the visual attention part to part on the pen. Blink, relax.



Do this only once, for 1-3 seconds to test the brain, eyes ability to produce the image. Then, do not repeat it, do not do this as a repetitive eye exercise. Do not do this at all if you have any type of convergence, divergence imperfection or other eye condition. This test can strain, confuse the eye muscles, brain if done as a repeating eye exercise resulting in impaired convergence, divergence and other visual disturbances.

Strain, tension, impaired convergence, divergence, other visual disturbances can occur when this test is done incorrect or if there is any underlying abnormal eye condition because; the eyes, brain are trying to keep the attention on two different objects/distances at the same time: the close pen and distant 3rd cup. The brain/eye muscles are trying to converge, diverge, accommodate, un-accommodate the eyes at the same time, exact same moment for two different distances. This causes diffusion, confusion, tension, strain in the brain, eye muscles, eyes.

Some teachers state to remove the pen after the 3rd cup appears and to stare in space to maintain the illusion of the 3rd cup but this causes even more strain, tension because the eyes, brain must stay with their focus, attention in space, before the cup, not at the true distance the cup is at, while also placing mental, visual attention on the 3rd cup in the distance and, shifting, central fixation is prevented in order to maintain the 3-D illusion of the 3rd cup. The brain, eyes visual attention are still placed at two different distances and not truly focused on any object. Eyes are staring into space.

By keeping the red pen before the cup, with the eyes shifting on the pen: the brain, eyes, visual attention are mainly on the pen and shifting, central fixation on the pen occurs. The eyes are looking directly at, shifting on a real object in the center of the visual field at a specific distance: the pen. The brain is just aware of the 3rd cup in the distance: This is normal eye, brain function, a normal image: just as the brain, peripheral vision are aware of objects in the distance when looking at a closer object. Less strain, tension occurs when the eyes, visual attention remain on the pen, shifting part to part on it but, some tension will still occur as the attention is directed to the 3rd cup while also looking at the pen and because the two objects are at different levels, the pen unnaturally a bit below eye level.

True relaxed vision occurs only when the brain, eyes, visual attention is directed to one object/distance at a time in the center of the visual field. I place this test here because it and similar tests are taught by some Natural Vision Improvement Teachers and Behavioral Optometrists. True Bates Teachers do not teach it, they advise against it. It is placed here mainly for the student to know the difference between these tests and the Bates Method. Remember, if you want to try Artificial 3-D Fusion: do it only once for a second to test the visual system and preferably under direction of a Bates Method Behavioral Optometrist. These 3-D tests are not necessary for Bates Students.

Old Fusion Game

Place a pen in front of and between the eyes, between and a little below the cat and tree stump. Look at the pen, move it close and far from the eyes and see the kitty in the distance move onto the tree stump. Do it once only.

