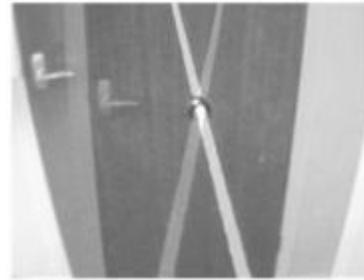




Instructions for use of beads on a string

1. Attach the looped end of the string to something at eye level or slightly below, such as a hook on the wall.
2. Hold the knotted end of the string to the tip of your nose.
3. Move one of the beads to the middle of the string and look at it.

You should see one bead with two strings running towards your eyes and crossing at the bead, (see picture).



Where the strings appear to cross is exactly where your eyes are pointing. Ideally they should both be pointing at the bead.

If you only see one string when you are looking at the bead, try blinking rapidly a few times, jiggling the string, or moving the bead.

- If the string crosses **behind** the bead, move the bead **away** from you and concentrate until the string crosses through the middle of the bead.
- Now move the bead **towards** your nose very slowly and try to keep the string crossing in the middle of the bead.
- If the string crosses **behind** the bead, and you cannot make it come back to the centre of the bead, move the bead **back** and start again.
- If the string crosses **in front** of the bead, move the bead **towards** you and concentrate until the string crosses through the middle of the bead.
- Now move the bead **away from** your nose very slowly and try to keep the string crossing in the middle of the bead.
- If the string crosses **in front** of the bead, and you cannot make it come back to the centre of the bead, move the bead **closer** and start again.

Try and do the exercises for 5 minutes a day until you are able to look at a bead anywhere along the string, and make the string appear to cross at that point quickly and with little effort.

Advanced exercises. Train your eyes to make quick and accurate movements.

When you find following one bead easy, try looking rapidly from one bead to another but only change your gaze when the strings cross perfectly in the middle of the bead.

You can attempt to speed your eye movements up more with the following exercise:

Set two beads on the string.

When you look at the near bead, you will notice there are two images of the far bead, and the further away from you the far bead is, (or the nearer the near bead), the bigger the separation between the two images of the far bead. You may be able to use the separation between the two images to judge your eye movements when you look from one bead to the other.

The aim is to be able to look from one bead on the string to the other and for your eyes to line up immediately (the strings to cross at the new bead as soon as you look at it).

When you find this easy, make sure you can do the exercises with your head pointing in different directions and you can make quick and accurate eye movements between all three beads anywhere on the string.

You can also try moving your head around while looking from one bead to the other, or ask someone to move the string. Move your head while they move the string.

Now that you can accurately line up your eyes looking at the bead, see if you can control them to converge smoothly by imagining that the bead is a bug walking up the string towards your nose. You should see the cross of the string move slowly towards you.

When it reaches the tip of your nose, watch the imaginary bug travel back to the end of the string. The 'bug' should take about one minute to walk to your nose and back.

For the ultimate in eye control try imagining the bug without using the string. Don't forget to practice. You might be asked to show how well you can do the exercise at your next appointment.