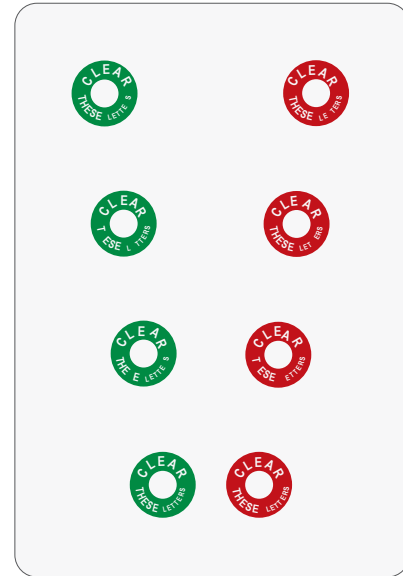




# Hendrickson Transparent Lifesaver

Part Number: 108500, 108600



The purpose of this optometric visual training procedure is to let you learn how to aim your eyes further beyond the object of regard, while focusing nearer, always using both eyes and seeing depth when using the lenses prescribed by your optometrist, so you can take in and process more visual information over a larger area in less time with less effort.

1. While seated, hold the transparent sheet vertically, parallel to your face, at a reading distance and at eye level. Look through the bottom set of circles at a small target object. That target object may be a spot at arm's length on a blank wall (not wallpaper), which is well lighted and white, or lightly filtered. Do not look directly at the circles, and keep your hand level at all times. Wear the lenses prescribed by your optometrist, or use the special lenses provided.
2. Depending on the distance of the target sheet and degree of the tendency of your eyes to cross or turn inward, nearer than the object of regard, the lower set of circles should now form THREE CIRCLES. If three are seen, slowly move the sheet (right, left or up, down) until you can see the target object through the center of that middle circle. The middle circle becomes "the object of regard." Without looking over at them, you should also see a green circle to the left and a red one to the right. If instead of three circles, you see two overlapping middle circles (A red and a green one), make them form one by either 1) moving the sheet nearer or further from your eyes, or 2) shifting the sheet downward to another set of circles which will form three, or 3) moving closer to the wall and object, or further away. Once you see three circles, hold that distance and position. If the middle circle tends to double up and down, tilt the sheet clockwise or counterclockwise until the circles superimpose and form one middle circle. It at any time the target object doubles, or the middle circle doubles sideways, look more intently at the target object and regain three circles with the target object in the center of the middle circle.
3. Slowly TURN YOUR HEAD from side to side, an inch or so, while you keep the middle circle single. If it tends to double, or the circles go to four or two, stop turning your head, look more intently at the target object to fuse three circles again,

and continue to turn your head from side to side. Then turn slowly up and down, then in a small circle, clockwise and counterclockwise. If one of the side circles disappears (the red or the green), stop moving your head. The disappearance tells you the peripheral area of one eye has turned off. Without taking your eyes off the target object, through concentration on where that circles was in space, make it reappear. Then continue to turn your head.

4. The middle circle should appear darker than the right and left circles, i.e., a mixture of red and green. Through concentration KEEP BOTH COLORS present in this middle circle. If it turns green, the center of your right eye is not seeing; if red, the center of your left eye is not seeing. Think about and concentrate on the missing color and make both colors appear at the same time, a mixture of color, a darker color all over, not half and half split down the middle.
5. Next, try to CLEAR THE LETTERS. While you turn your head and continue to maintain a mixture of both colors in the middle circle, concentrate on holding the letters clear. See the letters without looking away from the target object. Then try looking directly at the letters, still keeping the target object centered in the middle circle even if it blurs, which is expected.
6. Continue Steps 2 through 5, and notice that the middle circle, which only exists only in your brain, appears to be larger and floats in space, beyond the sheet. Try to ESTIMATE THE DISTANCE from you. Try verifying that distance by touching the bottom of the middle circle with the far end of a yardstick held in the other hand.