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Cross your eyes to clear this print. Hold a pen, point up, half-way to this page. Look at the point. Notice the dots above. See four? Move the pen nearer or farther to see three. To learn to hold three dots without a pen, look at the middle dot and bring the pen slowly to your nose. Is this clearer with crossed eyes?

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If you cannot read this fine print, do not strain. The more you strain the worse you'll see. The secret to better vision is relaxation. Excess tension in eye muscles stops circulation and makes vision inflexible and insensitive. To clear this print, cross (converge) your eyes as above. Can you see the print through either dot while converging? Can you read it?

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You can overlap these eight paragraphs seven ways by converging at different distances. Hold your pen closer to converge more or further to converge less. Do you have to converge more to clear this print? Notice the depth in the center paragraphs as you change convergence. Breathe!

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Relax while clearing this tiny print. Learn to wait for the letters to clear. If you see blurred images, ghost letters or black or white lines, do nothing. Allow the image to change by itself. Don't strain to see. Breathe, blink and practice letting go in your feet, legs, pelvis, stomach, hands, shoulders, neck, jaw, and eyes. Breathing should not be forced. Try rapid and slow blinking. This new way to focus will become stronger and more automatic. Eventually you will see clearly without converging.

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