



BASIC RULE

How Much and How Often?

Training your visual system is like training the rest of your body: time and consistency both matter. Here's what we recommend:

10-20 MINUTES/DAY

4-5 TIMES/WEEK HERE'S THE REALLY IMPORTANT PART!

How you do those 10 – 20 minutes is up to you. We really do mean this. You can do them in sets of one minute, sets of two minutes, or all in one block. In fact, we are going to suggest that over time that you vary your schedule and see what works best for you with regards to your goals and lifestyle.

Glasses or No Glasses?

This is probably the most common question asked by people as they are getting started with vision training, "What about glasses and contacts? Should

I wear them when I am doing The Vision Gym?" Because our goal for most clients is ultimately to discard their glasses or contacts, it is generally best to do the drills without them. One thing that comes up for some of our clients is that without their lenses they really cannot see ANYTHING clearly. In most cases that's perfectly ok. Simply doing the exercises, even if it's blurry, will begin to make a difference.

However, if the blurriness is really bothersome to you, here's the basic rule. Once you begin the drills, if everything is really blurry and you're having a difficult time seeing with clarity, wear your glasses for the first two weeks of training. After your second week of exercises, begin weaning yourself off of them as you do the drills. You may find that you use your contacts/glasses for some drills and not for others, and that's perfectly o.k. Over time, as your visual system improves, your ultimate goal is to perform all the drills without any corrective lenses – because you no longer need them.

EYE MASSAGE

As we get into the training section of this program, the most important thing we are going to discuss is the Visual Reset Training. We mentioned earlier that RELAXED EYES are one of the big keys to improved visual function. We want you to use the following drills to relax your eyes while you work through the different Vision Gym exercises AND during the course of your day when you notice eye fatigue setting in. There are 4 different visual reset drills in this program.



EYE MASSAGE (FOUR AREAS)



DIRECT PRESSURE (TAKE 2-4 BREATHS AND RELAX)



RAPID BLINKING (5-10 SECONDS)



PALMING

Throughout the course of the rest of training you will periodically be asked to do one or several of these drills. But please remember to use these drills throughout your day when your eyes grow tired – the long-term benefits are amazing!

THE DRILLS

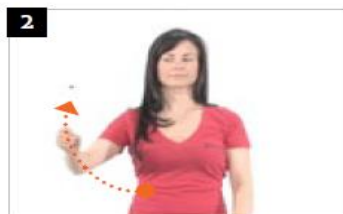
EYE ISOMETRICS



Eye Isometrics

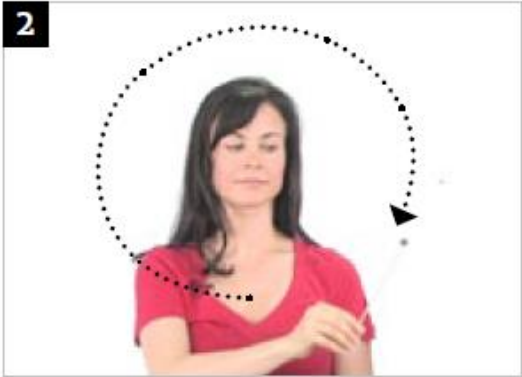


EYE CIRCLES



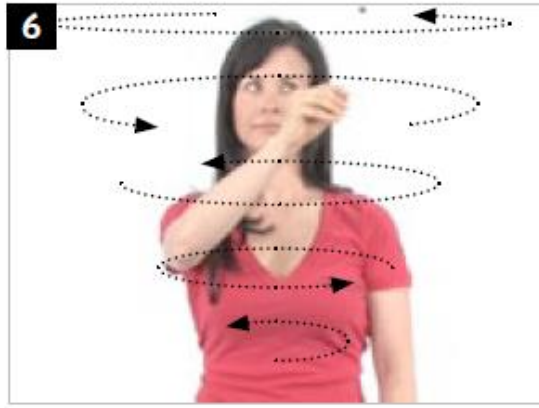
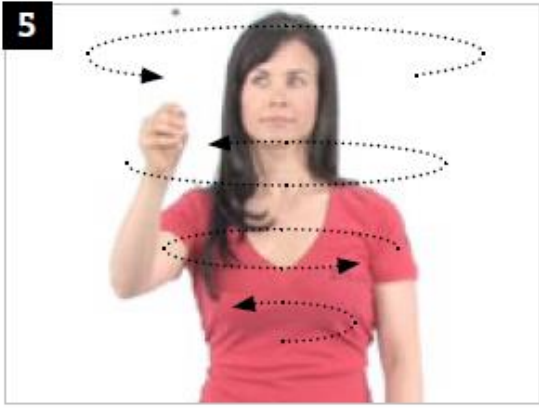
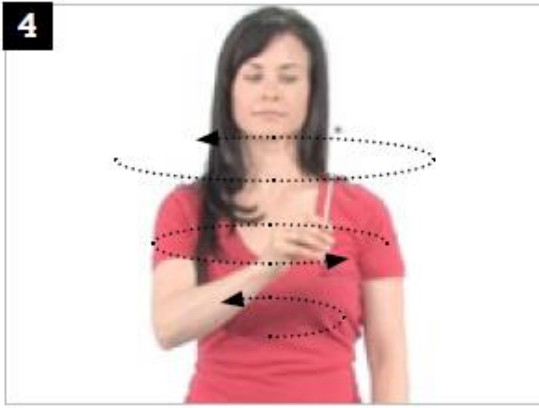
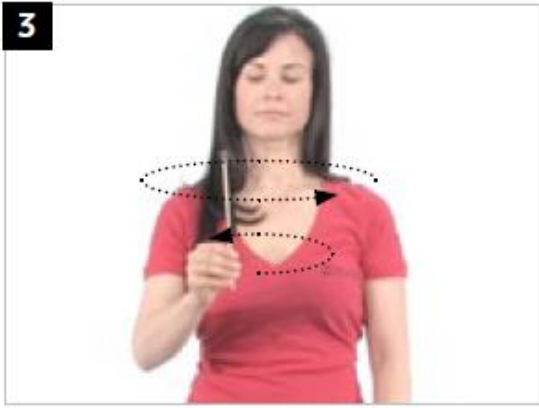
COMPLETE FULL CIRCLE

Eye Spirals - In and Out

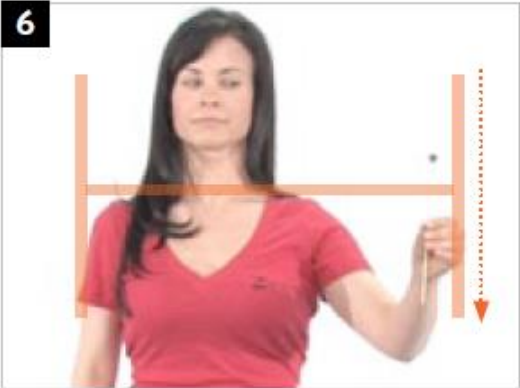
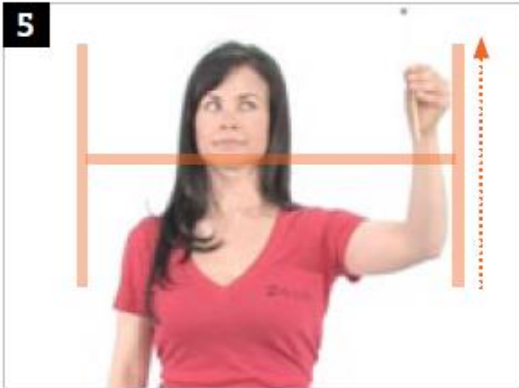


CONTD >>>

Eye Spirals - Up and Down



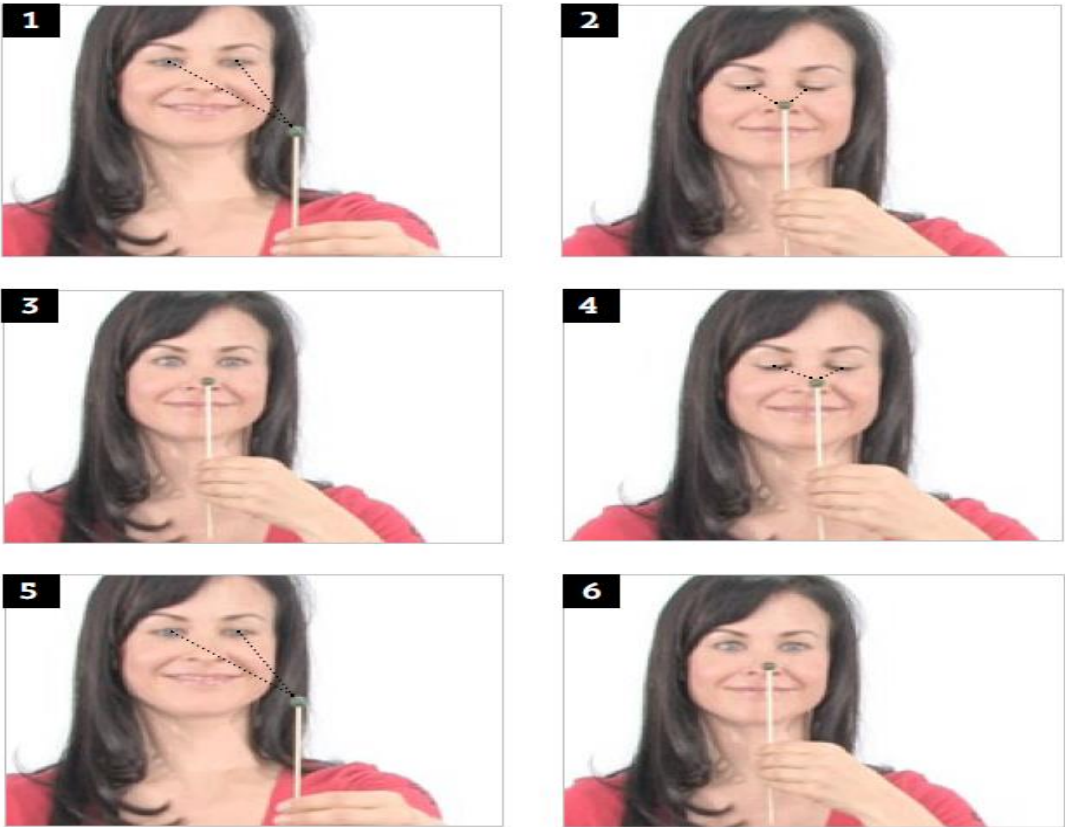
The Big "H"



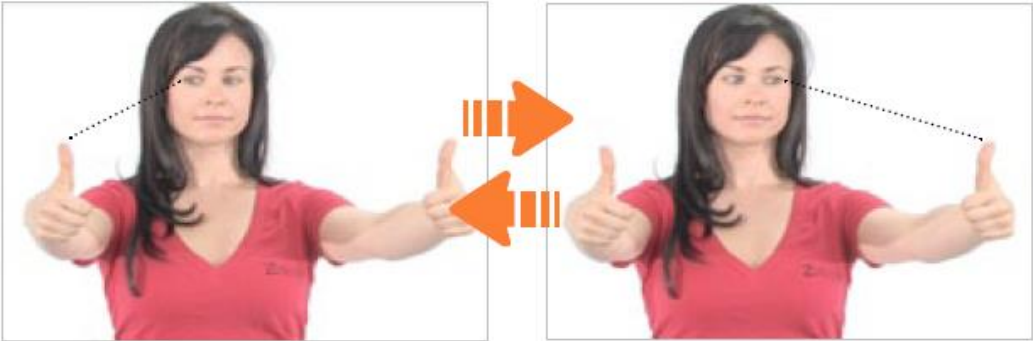
Pencil Pushup #1 - Standard Version



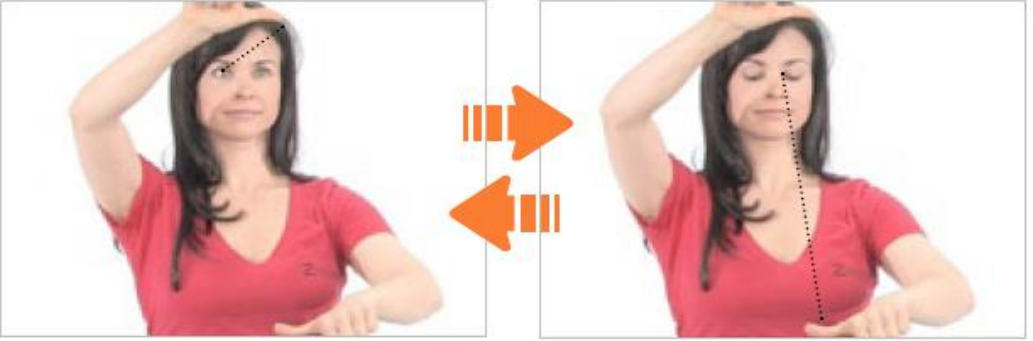
Pencil Pushup #2 – Near/Far Version



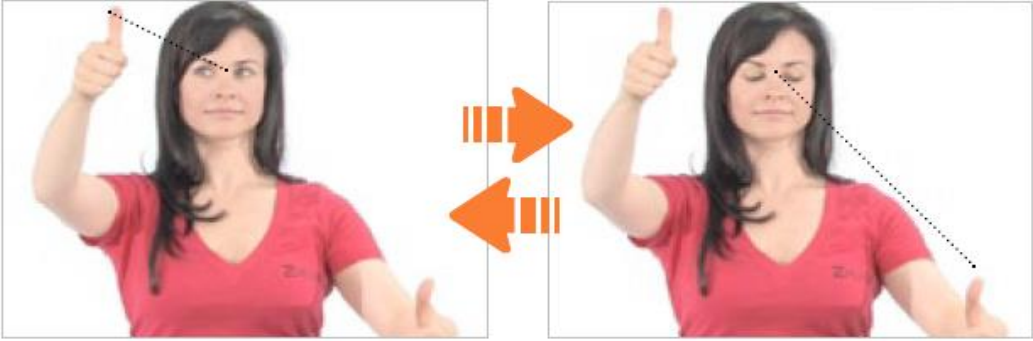
Eye Switches



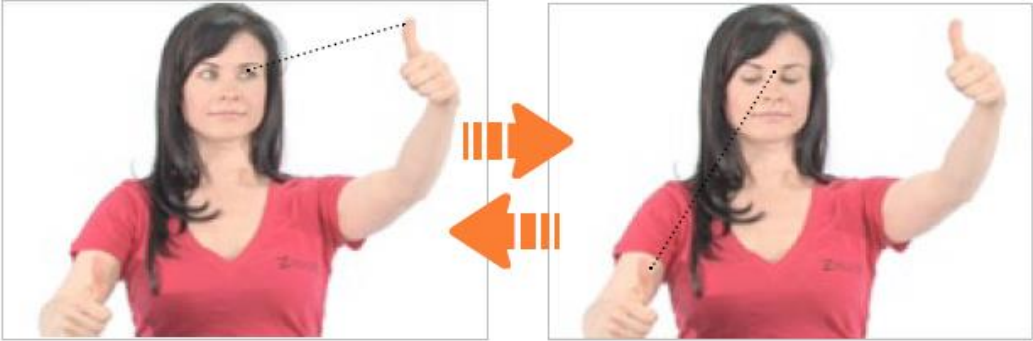
Horizontal



Vertical

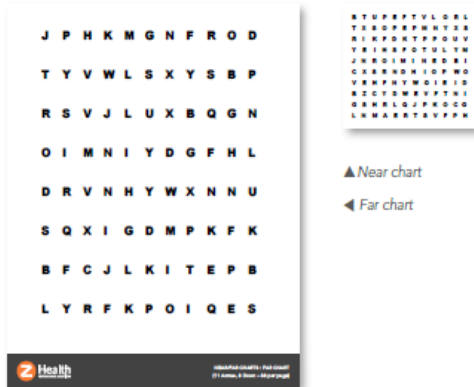


Diagonal:
upper right
and lower left



Diagonal:
upper left
and lower right

Near/Far



1. Place the large letter chart on a wall.
2. Move back away from the large letter chart as far as you can and still see the letters comfortably. Stop at this point and take one giant step forward TO-WARD the large letter chart and stand in a comfortable, relaxed position.
3. Hold the small letter chart approximately 4-6 inches from your face, or as close as you can and still read the letter most clearly. It will need to be held off to the side (either right or left) slightly so that you can still see the large letter chart.
4. Starting with the small chart, read the first 3 letters. Then look at the far chart and read the first three letters.
5. Return to the near chart for the next three, and then look at the far chart.
6. Repeat this process until you finish the chart or your eyes begin to fatigue.

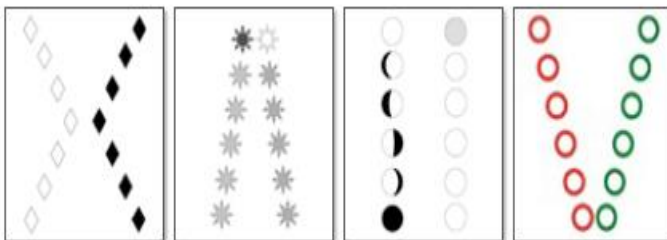
Convergence

Convergence is the simultaneous movement (teaming) of your eyes inward/to-wards each other.

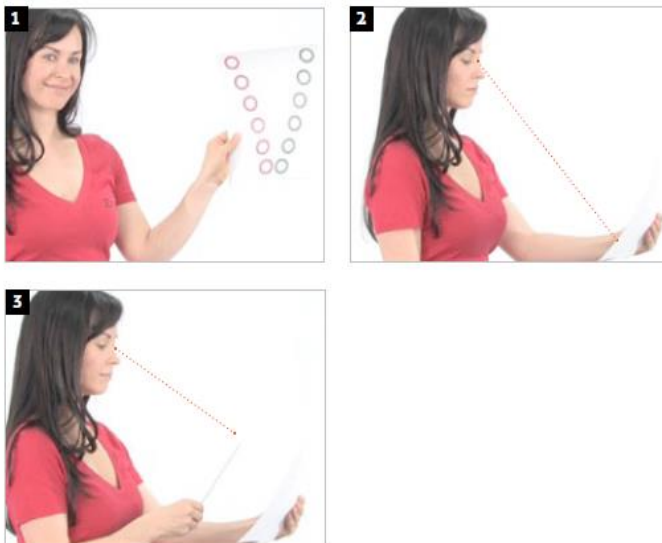
1. Choose one of the several convergence charts you downloaded and printed from the online version, or one provided with your DVD.
2. Hold the chart at a normal reading distance, but at a height that is level with your eyes.
3. Begin with the closest set of objects on the chart and converge your eyes

(cross your eyes slightly) to bring the two objects towards each other until they overlap/merge in the middle. When you do this correctly, it will create a 3-D image in the center.

4. Once you find your converged focus point with the merged 3-D image, relax, breathe and maintain the convergence and image clarity.
5. After you can accomplish this with the closest objects, work your way up the chart. The drill becomes more difficult as the distance between the two objects increases.
6. Practice this process for 1 minute.
7. Give yourself time and permission to get better at this skill. It takes practice!



▲ Convergence and Divergence charts



HELPFUL TIP:

If you are having a difficult time visually understanding or accomplishing this drill, try this simple trick:

Hold the chart the same as before with one hand and hold a stick or pen with the other hand between you and the chart in between the rows of objects.

Now, instead of looking at the paper, look at the stick and bring it towards your nose just as you did in the Pencil Push Up exercise.

While watching the pencil come closer, maintain your awareness of the objects on the paper you are trying to converge.

As long as your eyes stay focused on the pencil and converge, you will see the objects on the paper begin moving together.

Once that happens, try to gently transfer your focus from the pencil to the paper.

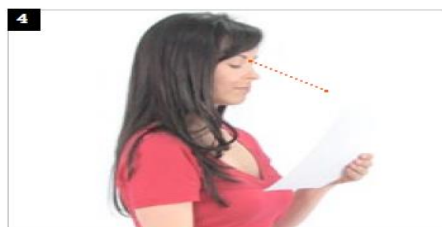
Divergence

Simply put, divergence is the opposite of convergence in terms of visual skills. Instead of moving your eyes inward as a synchronized team to see things that are close as you do when converging, you will be moving them as a synchronized team outward/away from each other for distance vision. It does not look as dramatic as what happens during convergence (crossed eyes) but it is just as essential a skill.

We have provided both Divergence Charts and Stereograms to use for your Di-vergence skill training in your product package.

1. Choose one of the several divergence charts you downloaded and printed from the online version, or provided with your DVD.
2. Hold the chart at a normal reading distance, but at a height that is level with your eyes.
3. Begin with the closest set of objects and diverge your eyes by imagining that you are looking far away beyond the paper.
4. While you do this, remain aware of the objects on the page.
5. Just as in the convergence drill, as your eyes adapt, you will notice the images coming together in the center.
6. As they merge and you are able to relax your eyes they will create a 3-D im-age in the center.
7. After you can accomplish this with the closest objects, work your way up the chart. The drill becomes more difficult as the distance between the two objects increases.
8. Practice this process for 1 minute

Stereogram charts ▼



Multi-Size Font

We first introduced you to this chart as one of our baseline assessment tools. It also happens to function amazingly well as a drill. Once you understand the drill, you can perform it with virtually any text (you won't need the chart), which means you can train anywhere, anytime, and with almost anything!

Using the Multi-Size Font Chart as a drilling tool works like this:

1. Hold the chart at a comfortable reading distance.
2. Find the smallest font you can still read clearly.
3. Look at the next smallest font size below what you are reading and note how well you can see it.
4. Now choose one letter from the line you can see clearly and focus on it.
5. While focusing **ONLY ON THAT LETTER** slowly move the paper closer while maintaining clarity.
6. Note how close you were able to bring the paper and still see the letter clearly.
7. Now, move the paper away from you until you begin to lose clarity on that letter. Note the distance.
8. Repeat steps 2 – 6 but see if you can move the paper both slightly closer and slightly farther away while maintaining visual clarity on the letter you've chosen.
9. Finish the drill by shifting your focus to the line you chose in #3 (the smaller font than you could see clearly). Notice if you can now read it or if it was clearer than it was previously.



◀ Multi-Size Font Chart

