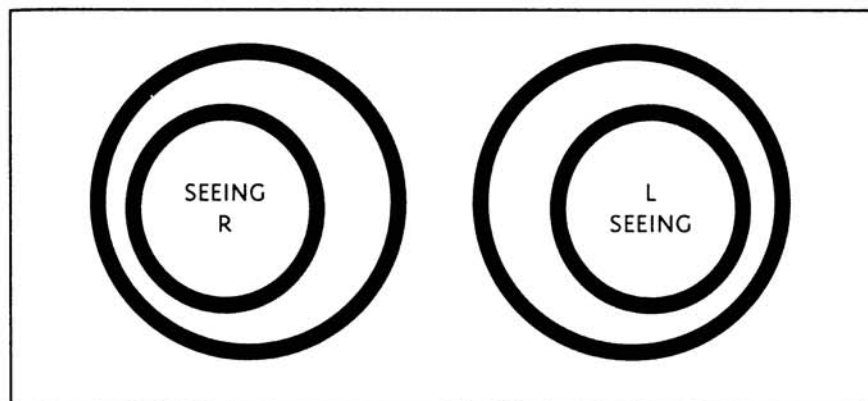


## Circle exercise

Some times there might be a problem turning your eyes inward, so that your eyes can fuse the images from the left and right eyes together. You will experience this as blurriness or the letters will look hollow. The problem is that your outer eye-muscles are a little too tense, preventing your eyes from turning in. While reading, your eyes have to converge on the surface of the paper as well as sweep across the line to read the text. The circle exercise is designed to develop proper fusion at the reading distance.



Place the circle diagram very close to your eyes. You will see a third circle created in your mind by fusing the right and left images together in the middle. The circles have to be perfectly overlapping. Any divergence indicates a problem.

Slowly begin to move the page away, while keeping the circles perfectly overlapping. If they begin to separate, then stop and allow your mind to send signals to your eyes to correct and develop complete fusion.

**You should be able to see the three circles all the way from close up to arm's length.**

Finally, look at the perfectly formed circles. Look away, and look at the circles again. You should be able to instantly see the three perfectly formed circles any time you switch your eyes back to the diagram.

This exercise may be difficult in the beginning and it may also cause soreness, even cause the onset of a headache. So go slow and make it a game. Eventually, you will be able to read with ease in almost any condition.

This is what you should see:

