

SIDE 1: Fine Print As an Aid to Eyesight www.ImproveEyesightNaturally.ca

During his thirty-eight years of research Dr W. H. Bates made many remarkable discoveries about the prevention and cure of imperfect sight without the aid of glasses. Among the most important of these discoveries, and one that he proved again and again, is the following:

Fine print is a benefit to the eyes.

Instructions

It is impossible to read microscopic or very fine print by making an effort to see it. It can only be read when the mind and eyes are relaxed.

The following is written in very small type. At first it may seem difficult to read the fine print, but by looking at it without trying to read it, the print will become discernible.

Some people find it beneficial to imagine the white spaces between the lines to be whiter than the margins. When one imagines the white spaces to be pure white, the print becomes very black and legible in contrast.

Large print is detrimental to perfect sight because the eyes try to see the whole letter at once instead of looking at small details.

Small print encourages the eyes to shift rapidly from one detail to the next rather than trying to see too much at once.

When one is looking at an object, a chair for instance, the object blurs if one attempt to see the whole thing at once. You cannot possibly see the arms, legs, back and body of a chair all at once. You see either the back first, or the seat. This is Centralization - seeing best where you are looking.

Looking at or reading Fine Print or microscopic type is an excellent way to practice Centralization and when we centralize we see more clearly.



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#206-8135, 102 St. Edmonton, AB
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Fundamentals *(modified by the NVIC)*

by W. H. Bates MD

1. Breathe. Blow your belly up like a balloon. (14)
2. Centralization: the object, or part of the object regarded is always seen best at one central point. The eyes shift this central point with rapid movements in order to see a whole object clearly. (13)
3. Shifting: For clear acuity, the eyes always move. If our eyes were to stop moving we would be blind within 3 seconds. (12)
4. Swinging: When the eyes move slowly or rapidly from side to side, stationary objects appear to move in the opposite direction (11)
5. Variable Swing: Hold a finger six inches from your right eye and about the same distance to the right. Look straight ahead and move your head from side to side. The finger appears to move. (10)
6. Stationary objects appear to move: By moving the head and eyes a short distance from side to side, being sure to blink, one can imagine stationary objects to be moving. (9)
7. Light: The eyes and mind must be relaxed to receive nourishment from sunlight. Light through the eyes stimulates and regulates many body systems such as blood oxygen levels. More light = more serotonin = more energy. (8)
8. Memory: Improving the memory of letters and other objects improves the vision for everything. (7)
9. Imagination: We see only what we think we see, or what we imagine. We can only imagine what we remember. (6)
10. Mental Pictures: As long as one is awake one has all kinds of memories & mental pictures. If these pictures are remembered easily, perfectly, the vision is benefited. (5.5)
11. Palming: cover the eyes with the palms of both hands and allow heart energy to flow upward. (5)
12. Blinking: The normal eye blinks or closes and opens very frequently. (4)
13. Rest: All cases of imperfect sight are improved by closing the eyes and resting them. (3.5)
14. Strain: All cases of blurred eyesight are a result of mental strain (3)



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