



Local Family Run with Traditional Values

## CONVERGENCE EXERCISES

- 1 Hold two different colour pencils straight in front of you (one at arm's length and the other 15cm/6 inches nearer) against a plain background. Look at the distant pencil. (It should be seen singly). The nearer pencil should appear double, one image seen either side of the far pencil. Now focus on the nearer pencil so that it is single. The further pencil should now appear to be double, one image on either side of the front pencil. Now repeat the exercise with the 2 pencils closer to your nose.

Repeat the exercise until the nearest pencil is within 15cm/6 inches of your nose.

- 2 Use a string on which a number of small beads have been threaded. Hold the string so that one end is touching the tip of your nose and the other end is at arm's length, tied to the back of a dining chair. The nearest bead should be about 15cm/6 inches from your nose. Focus on the farthest bead. (It should be seen singly). The string should appear as 2 strings of beads, which meet at the bead you are focussing on. Now focus on the next bead up the string. The double images of the string should appear to cross through the single focussed bead and double again beyond it. Step by step focus on the next bead in, until you can see the nearest bead singly, with the 2 strings diverging beyond it.

A similar technique uses a card on which a line and a series of dots have been drawn as an alternative to the string and the beads.

These exercises need to be practised for 2 to 3 minutes each morning and evening for 4 to 6 weeks.