

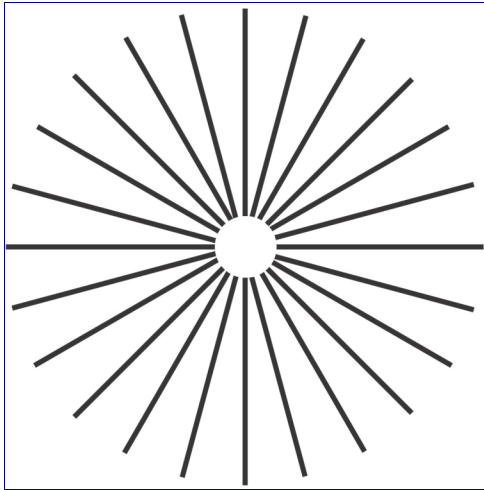
# INSTRUCTIONS FOR ASTIGMATISM SELF TEST AND ASTIGMATISM TECHNIQUES

The following is a brief outline of the instructions for the Astigmatism Self Test and the techniques to practice with the charts. Both are described more completely in the accompanying audio and transcript that are part of the *Easily Erase Astigmatism Program*.

Please make sure to listen to the audio and/or read the transcript for a fuller understanding of how to benefit from what follows.

In addition, there is a wealth of additional information in the audio and transcript that will help you and your vision. Re-reading and re-listening are highly recommended.

# ASTIGMATISM SELF TEST

**Purpose:**

To determine the **Angle and Degree of Astigmatism** in this moment.

## AT NEAR POINT

**Instructions:**

1. Cover your left eye with your cupped left palm or an eye patch. Keep the covered eye open.
2. Hold the Astigmatism Self Test Chart 12 to 16 inches away from you with the center dot at eye level, directly in line with your left eye.
3. Look at the center white circle and become aware of the lines radiating out from the center.
4. Note which lines appear blacker, which appear grayer or less distinct, and which appear wavy or less clear.
5. Repeat steps 1 to 4, with your right eye covered and the chart in line with your left eye.

## AT FAR POINT

1. Attach the Astigmatism Self Test Chart to the wall so the center white circle is about eye level, and then stand 3 to 4 feet away.
2. Cover your left eye with your cupped left palm or an eye patch (keeping the covered eye open); making sure that the center dot is directly in line with your uncovered eye.
3. Look at the center white circle and become aware of the lines radiating out from the center.

4. Note which lines appear blacker, which appear grayer or less distinct, and which appear wavy or less clear.

The lines that go in the direction of the **least clarity** – distorted, blurry or gray - reflect your **Angle of Astigmatism**, at least for now.

5. Repeat steps 2 to 4, for your other eye.

**What To Watch For In Both Tests:**

1. Notice the difference between the lines with the least clarity and those with the most blackness. You may see a range of lines that are blacker and a range of lines that are grayer, or least distinct, blurry or wavy. Or there may be a smooth gradation from the blackest to the grayest.

2. The **Angle and Degree of Astigmatism** can be different for each eye, different at different distances, and different from one Self Test to the next. That's why we recommend that you keep a record of what you are seeing each time you perform the Astigmatism Self Test so you can track and monitor your changes.

# NEAR CHART TECHNIQUE



## Before You Begin:

First, perform a quick Astigmatism Self Test to determine your **Angle of Astigmatism** at the moment before you start this practice session.

## Instructions:

1. Cover your left eye with your cupped left palm or an eye patch. Keep the covered eye open.
2. Hold the Near Chart 12 to 16 inches away with the center dot at eye level, directly in line with your right eye.
3. Find the text that is grayest, blurriest or least clear. Don't try to read the words.
4. On the inhaled, look at the first letter on your grayest line, the "S" in "Scan" and then - at the momentary pause right before you exhale - shift to the letter "c" and exhale on that letter, pause and shift to the letter "a", inhale, pause and shift to the letter "n" and exhale; doing it in a rhythm.
5. Continue scanning across the entire line of astigmatism, going across the center white dot and ending at the "e" in "breathe" on the other side; again, keeping a rhythm.
6. Do this for 3 minutes for each eye.
7. Repeat steps 1 to 6, with the left eye.

## What To Watch For:

1. The rhythm of your breathing is an important key. Time your breathing to your eye movements.

2. The degree of clarity of the overall chart or of the letters is not important. What's important is that you see changes and notice the difference in the degree of clarity. Some lines of text will be blacker, more distinct and clearer than others. If you're doing this correctly you'll notice increasingly frequent changes in how the letters look. Don't try to control these changes.

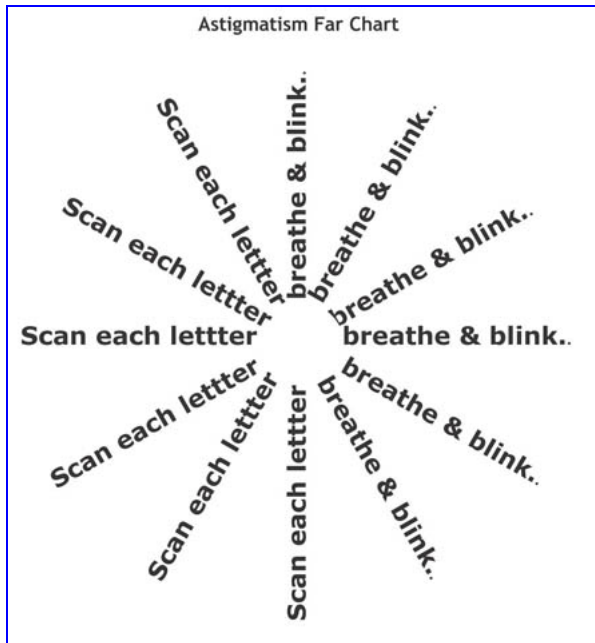
3. Watch for gray lines to become blacker or less wavy and distorted.

4. Watch for ghost-like images to disappear or decrease in number.

5. Watch for your eyes seeming to "jump out of control." They might jump ahead or back, or jump to the right or left or just fall off the letter. Be aware there is jumpiness. You can record that, too, and monitor it over time.

6. You might find that your **Angle of Astigmatism** changes, so the line you started out with is now blacker and there's another line that's grayer. You work, then, with that new line that has become the grayer or most distorted one. There may be 2 or 3 lines that are equally gray and distorted, so you can fluctuate from one to the other.

# FAR CHART TECHNIQUE



## Before You Begin:

First, perform a quick Astigmatism Self Test to determine your **Angle of Astigmatism** at the moment before you start this practice session.

[Essentially this is the same exercise as the Near Chart, but at a different distance.]

## Instructions:

1. Attach the Far Chart to the wall so that the center dot – that center white circle – is about eye level, and then stand 3 to 4 feet away.
2. Start with your right eye, so palm over your left eye, or use an eye patch. Remember; keep the covered eye open.
3. Find your **Angle of Astigmatism** – that line that is the least clear or grayest.

At this distance you may notice there is a different **Angle of Astigmatism**, so you're working on a line of text that flows in a different angle than what you worked with in the Near Chart.

4. Start with "S" in "Scan." On the inhale, look at that letter and then at the pause – the momentary pause right before you exhale – shift to the letter "c" and exhale on that letter, pause and shift to the letter "a", inhale, pause and shift to the letter "n" and exhale; doing it in a rhythm.
5. Continue scanning in this manner across the entire line of astigmatism, going across the center white dot and ending at the "k" in "blink" on the other side; again, keeping a rhythm.
6. Do this for 3 minutes for each eye.
7. Repeat steps 2 to 6, with the left eye.

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**What To Watch For:**

1. The rhythm of your breathing is important. Learn to time your breathing to your eye movements.
2. The degree of clarity of the chart or letters is not important. What's important is that you see changes and notice the difference in the degree of clarity. Some lines of text will be blacker, more distinct and clearer than others. If you are doing this correctly you'll notice increasingly frequent changes in how the letters look. Don't try to control these changes.
3. Watch for gray lines to become blacker or less wavy and distorted.
4. Watch for ghost-like images to disappear or decrease in number.
5. Watch for your eyes seeming to "jump out of control." They might jump ahead or back, or jump to the right or left or just fall off the letter. Be aware there is jumpiness. You can record it and monitor it over time.
6. You might find that your **Angle of Astigmatism** changes, so the line you started out with is now blacker and there's another line that's grayer. You work, then, with that new line that has become the grayer or most distorted one. There may be 2 or 3 lines that are equally gray and equally distorted, so you can fluctuate from one to the other.

# COMBINATION CHARTS TECHNIQUE

## Before You Begin:

First, perform a quick Astigmatism Self Test to determine your **Angle of Astigmatism** at the moment before you start this practice session.

## Instructions:

1. Attach the Far Chart to the wall with the center dot at eye level, stand 3 to 4 feet away and hold the Near Chart in your hand 12 to 16 inches away.
2. Palm over your left eye with your cupped left palm and, this time, in the rhythm with your breathing, shift back and forth from the Near Chart to the Far Chart, always inhaling on the Near Chart and exhaling on the Far Chart.

If you start at the near point, look at one letter then inhale. Right at that pause, before you start to exhale, shift your focus to the correct letter on the line of astigmatism in the distance, and exhale. Then inhale and shift up close, and then exhale on that close letter, and then shift focus to the far, and back and forth.

3. Practice 3 to 5 minutes with each eye for a total of 6 to 10 minutes.

If you find your eyes getting tired, practice between 3 to 5 minutes.

## What To Watch For:

1. Inhaling on the Near Chart and exhaling on the Far Chart.
2. Remember, your **Angle of Astigmatism** could change and you may need to work with a different line. Always follow the movement and the changing line of your **Angle of Astigmatism**.

## Variation on Shifting Back and Forth

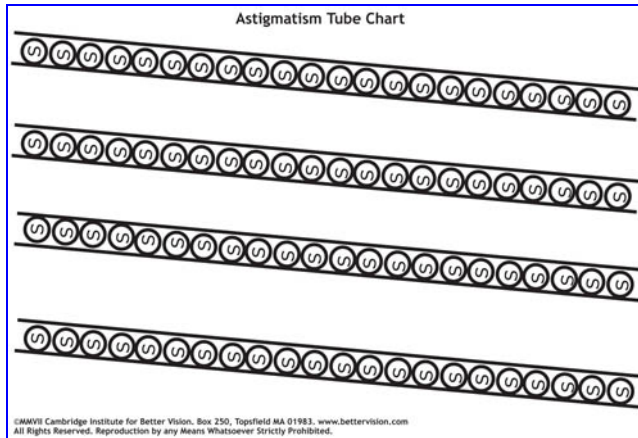
Instead of one letter at a time, you can do 3 or 4 letters before you make the shift.

Inhale at the Near Chart and just before you exhale, shift to the Far Chart, looking at the 3 or 4 letters quickly in that momentary pause between the inhale and the exhale.

You might wind up going up and down your line of your astigmatism numerous times.



# TUBE CHART TECHNIQUE



## Before You Begin:

First, perform a quick Astigmatism Self Test to determine your **Angle of Astigmatism** at the moment before you start this practice session.

## Instructions:

1. Cover your left eye with the palm of your cupped left hand or an eye patch.
2. Hold the Tube Chart 12 to 16 inches away so the center of the page is at eye level, directly in front of your right eye.
3. Rotate the Tube Chart so that the lines fall right into your **Angle of Astigmatism** - where the lines, circles and symbols appear grayer - and hold it at that angle.
4. Start by scanning up and down the 2 straight lines that border each of the 4 strips, tracing the straight lines, going along each of them, through all 8 lines, 3 or 4 times.
5. Then trace the circles one time all the way through all of the circles.

You might notice while you're doing this that within each circle you see different parts of the circle as being grayer or blacker than others.

6. Then, trace the symbol inside each circle one time through the entire chart.
7. Repeat steps 1 to 6, with your left eye.

## What To Watch For:

1. If your **Angle of Astigmatism** changes during the practice session, you may need to rotate and move the chart so that the lines match up to your **Angle of Astigmatism**, the grayest or most distorted portion.
2. There is no breathing rhythm, but be conscious of your breathing and breathe in a relaxed, steady way.
3. Notice if your eyes jump or if they don't go up and down each line smoothly. Watch and monitor that and see how it changes from week to week as you work with the Tube Chart.

# TUBE CHART TECHNIQUE VARIATIONS

So far you've been working with flat pieces of paper - 2 dimensions - and astigmatism is a condition that manifests in 3 dimensions - height, width and depth.

This time not only will your eyes move on a flat plane, but also in and out as they follow the curves, the lines, the circles and the symbols inside the circles.

## Before You Begin:

1. Perform a quick Astigmatism Self Test to determine your **Angle of Astigmatism** at the moment before you start this practice session.
2. Print the Tube Chart out on a transparency (a clear plastic sheet). Make the chart a tube and tape it together. You will see the strips running up and around and back again.

## VARIATION ONE

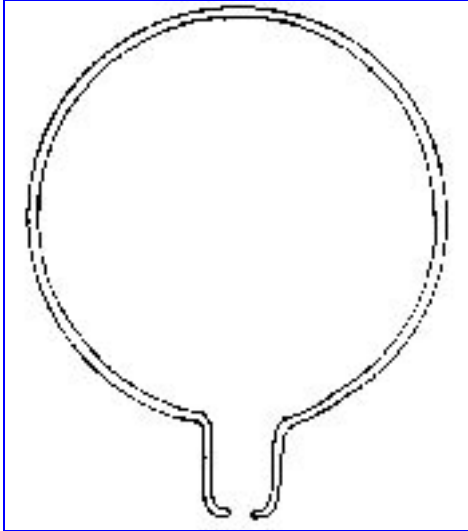
### Instructions:

1. With your left eye covered (and open), hold the Tube Chart up to your nose at your **Angle of Astigmatism** – long side from right to left, so the curve of the tube is going up and around, in front of you, then back again on the bottom.
2. Start by scanning up and down the 2 straight lines that border each of the 4 strips, tracing the straight lines, going up and down each of them, through all 8 lines, 3 or 4 times.
3. Then trace the circles one time all the way through all of the circles.

You might notice while you're doing this that within each circle you see different parts of the circle as being grayer or blacker than others.

4. Then, trace the symbol inside each circle one time all the way through the entire chart.
5. Repeat steps 1 to 4, with your left eye.

## VARIATION TWO



### Before You Begin:

Perform a quick Astigmatism Self Test to determine your **Angle of Astigmatism** at the moment before you start this practice session.

### Before You Begin:

Instead of the Tube Chart, you can use something like a coat hanger or a long piece of wire and make a hoop.

Then take the hoop and put it on the tip of your nose and turn it at the angle that reflects your **Angle of Astigmatism** in the present moment.

### Instructions:

1. Follow along the line of the hoop, going out and coming in, going up and then coming around and down and back up, and then switch the direction, so you start by going down and around and up and back.
2. Work the right eye first, and then the left, cupping your palm (or using an eye patch) over the eye you're not working. Keep the covered eye open.

### What To Watch For:

1. Because the diameter of the coat hanger is larger, this exercise stretches your eyes more. Relax and breathe. Notice where there may be tension or the movements feel stiffer.

## VARIATION THREE

Do the Tube Chart in your imagination, when you are falling asleep.

With both eyes closed, imagine holding the Tube Chart at your **Angle of Astigmatism**. Your attention is on one eye first, and do the routine, and then you switch your attention to the other eye.

### Instructions:

1. With the first eye, imagine yourself holding the Tube Chart in your **Angle of Astigmatism**, drawing and following the lines, circles and symbols at your **Angle of Astigmatism** in your imagination, doing it both in the diameter of the Tube Chart and then also doing it in the diameter of the larger circle that you make with a hoop.

### What To Watch For:

1. You obviously are not covering one eye or the other. Both eyes are closed, but you pay attention mentally as if you were doing it with one eye, and then when you're done you do it paying mental attention to your other eye.

2. You'll find in your **Angle of Astigmatism** that you cannot imagine yourself drawing a smooth, round circle. It will be distorted or it'll look more like a football than a circle. That inner representation is exactly what's happening with your outer eyes, so doing it in your imagination is valuable. Re-train your mind's eye to see a smooth circle – that changes the inner patterns, making it easier for the physical to change.