

ANAGLYPHS!

Red-cyan (= blue-green) goggles have long been used to create the illusion of three-dimensionality. But we mainly use them to strengthen a weak eye, or rather, to help the brain find a better connection with it. Which then leads to a better coordination in the use of the two eyes.

HOW ARE THEY USED WITH RED WRITINGS ON A WHITE BACKGROUND?

Put the red lens in front of the eye that sees best. If they seem to see equally, choose the eye of the side where you have your dominant hand (if you are right, right eye). Then read for a few minutes. Better if you do it by walking slowly in a quiet place.

What happens?

The eye looking through the cyan lens (the weaker one) will see the letters with higher contrast. While the one that sees through the red lens will see them more faded. The result is that the brain will spontaneously give more attention to the eye that it usually neglects. That is, it operates a rebalancing.

HOW ARE THEY USED WITH CELL TABLES?

Here it is indifferent where the red or cyan lens is placed. Alternate from time to time. Here the cells of one color are best seen by one lens, while the others are best seen by the other lens. Reading all the letters therefore means that the brain must alternate its attention between one eye and the other. It's a bit like the Melissa principle, only here contrast is the leading mechanism.

HOW ARE THEY USED WITH PYRAMIDS?

Of course, I mean the pyramid bags. These ones can be: red, green or mixed colors. If they are red, put red on the eye that sees best. If they are green, put green on the eye that sees best. If they are red-green, it doesn't matter. Play alone or with a partner. Catch and Toss.

HOW LONG?

In all of these activities, do 5-10 minutes modules. Always remember to look around from time to time and / or play a little with the pyramids even without goggles. You can also alternate these activities, but do not exceed a total of 10 minutes. And before beginning a second round, practice Palming for a few minutes.

ARE YOU LOOKING FOR "PSYCHEDELIC" EXPERIENCES?

If you practice in a park, you will find that there are colors that seem to "sparkle", "shine" or "flash".

Even when you look at the cell tables some colors seem to be very "unstable". Accept this phenomenon, indeed have fun.

BATESIAN EXPERIENCES?

Whenever you take off these goggles and look around, please remember to:

- blink very often and breathe.
- keep moving around! Let your feet and your eyes move.

ALWAYS finish with a palming.

WHAT COULD HAPPEN?

You may find that you have a better 3D perception than usual.

Your color sensitivity can also be increased. And also the sharpness. If you feel a little strange, palm a little longer.

WHERE ARE THEY?

The small kit with these items can be purchased at

<https://www.naturalvision.it/scheda.php?lang=en&ID=93>