

HOW TO USE THE "POINTER"

The toothpick, the stake is a great help to regain centralization, that is the ability to focus the eyes and the mind in a very precise way. Particularly in very close visual work.

WITH FINE PRINTS

Get help from the pointer to focus one word at a time, or even one letter at a time. Breathe and blink frequently.

WITH LABYRINTHS

Many people get "lost" in mazes, in the sense that they cannot maintain precise focus, and jump without noticing it onto a nearby track. The toothpick clearly helps.

LEARN "SKETCHING"

Outlining is a typical activity of the Bates method, difficult for those who do not centralize well. The eyes make uncontrolled movements, jumps, go back, freeze etc. Keeping attention on the tip of the pole helps to move the eyes in a coordinated way.

PERCEIVE THE APPARENT MOVEMENT OF THE LETTERS

When we read, the letters should be felt to move (apparently) in opposite direction to the movement of the eyes (and head). This is often difficult to perceive. But if we keep our attention on the tip of the toothpick, while we move it under the letters, their "movement" becomes evident.