

SHIFTER

The idea is that the shifter can powerfully stimulate stiff or even partially sighted (lazy eyes) eyes, and teach them to regain saccadic movements

With eyes closed:

- 1) Practice Sunning (= look towards the sun) and let the shifter sway horizontally in front of your eyes, at a medium speed. This will cause "flashes" and a feeling of movement.
- 2) You can focus the stimulus on one eye only, covering the other with one hand, and moving the shifter right / left, up / down or diagonally. No more than a couple of minutes at a time.
- 3) ALWAYS practice palming immediately afterwards for a few minutes.

With your eyes open:

- 1) Observe a detail (eg a letter on a test chart) and pass the shifter horizontally in front of the eyes, at a medium speed. Keep your eyes soft, blink and breathe. After a minute or two, look without the shifter and notice the sharpness and sense of three-dimensionality, which could be improved.
- 2) Observe a detail at eye level (eg a leaf on a branch) and pass the shifter horizontally in front of the eyes, at a medium speed. Make sure that behind the object you can perceive a more distant background (for example other trees). After a minute or two, observe if the sense of three-dimensionality has increased, either with or without the shifter.
- 3) Practice palming and remember what you saw and the sensations you felt.

<https://www.naturalvision.it/scheda.php?lang=en&ID=61>