

How to use the "pseudo-shifter"

I admit that this is a not very generous name for an extremely useful tool. We call it that way because it still has some analogy with the Shifter: it is extremely useful for stimulating shifting, that is the very rapid movements of the eyes. Today we would insist on the fact that in particular micro-saccadic movements are stimulated, which in turn play a central role in focusing and therefore in the sharpness of vision.

Method of use n ° 1: "grating".

The sheet is placed horizontally (and therefore with the lines in a vertical position) at a distance of 20-30 cm from the eyes. You look at the paper without trying to focus on it and move it from right to left with a not too slow movement (1-2 seconds to go from D to left and the same to go back. Go on for about a minute, then check how well you see from near or far according to your problem. You may notice noticeable improvements. It is a kind of quick fix of the rigidity of the gaze. In this way the eye receives a kind of visual massage, very stimulating, provided that you:

- keep your gaze relaxed, passive, without trying to focus or "grasp" what you see.
- Blink languidly with each movement.
- Never stop breathing.

Second method: outline (sketch), or paint it black

Again, with a horizontal sheet, this time at your best focusing distance (closer for the nearsighted, further away for the presbyopic). Slowly follow each line with your eyes smoothly, as if you were repainting it black with an (imaginary) brush attached to your nose. It goes from top to bottom on one line and from bottom to top on the next one. At the same time, you keep counting each line . If you lose the count, start over again.

Here too it is necessary to:

- keep your gaze relaxed and fluid, without trying to "grasp" what you see. As if the look painted
- Blink languidly at the end of each movement, before moving on to the next line.
- Never stop breathing.
- Don't be in a hurry!!

Finally, when you observe (very briefly) something near or far: you should notice a better focus.

There are countless other ways to use this leaflet. A visual educator will be able to show you many. But you too can discover new ones.