

## **THE BARS**

A simple tool to stimulate memory & imagination

Dr Bates was convinced that working on memory was a way to induce a state of attention and relaxation at the same time. And that this had an immediate effect on vision, sometimes causing a Clear Flash, that is, an episode of totally clear vision.

### **How to play with a partner**

Share 5 bars each. You need a sort of a lid, made of cardboard or whatever.

1. A player drops 3, 4 or 5 bars on a plane. He leaves them as they are for a second or two and then covers them.
2. The other player, based on his memory, reconstructs in a few seconds with his bars a composition equal to the one he saw.
3. The covered bars are uncovered and the reconstruction is compared with the original. Then the second player restarts the game.

It is possible to play alone

### **Warnings •**

- Memory must be immediate: the longer you wait, the more you “think about it” and the less likely it is that the game will succeed.
- “Reasoning” is useless, we want to stimulate an immediate and spontaneous mechanism.
- Competition doesn't help. Indeed, the more you relax the better.
- Breathe, blink, stretch often.
- Do not use glasses. Sharpness is not needed. And the glasses inhibit spatial perception.

Where are they? Simple, they come with a shifter: they are the "windows" you pull out.