

## Seeing Stereo Anyone?

Are you seeing stereo anyone? That's right, not hearing but seeing stereo. We have two eyes with two separate viewpoints. The body synchronizes in stereo.

In fact, do we see upside down? Yes we do. The brain reverses that image. It is amazing how much processing our eyes do for us in life. In fact, they have discovered much of the processing of the eye is done right behind the retina. It is like a computer chip. Most computer chips today have special computers to process the screen to do the image magic and take that work off of the main central processing unit. Our body does the same thing.

Our body has this scanner for all of the senses that runs at about 40 megahertz. Our eyes are scanning at a different rate. They scan at 60 megahertz or 60 beats per second. How can we tell that? Well, watch a hummingbird. As you watched the hovering of a hummingbird wings, you have probably noticed their wings look like they're moving in slow motion. That's because hummingbird wings move at about the same rate that we scan with our eyes. So we see them moving slowly.

It is amusing to watch a cat come upon a hummingbird feeder and try to catch the hummingbird while the hummingbird is eating. As the cat's paw comes through, the hummingbird backs out and the paw misses them. The hummingbird returns immediately right back to eating because they're moving so fast.

That is the nature of our eyes. It is important for restoring our sight. It is all about seeing stereoscopically and scanning. The key is realizing we can scan with our eyes, we can stereoscopically view with our eyes. We can isolate these skills and begin seeing again.

Piano keys are a good example of a scan. Look across the piano keys to see black and white keys. Many vision specialists use a piano board with the image of the keys. They run the image up and down, side to side, and to the diagonals. This improves scanning. Next, they teach the patient to nose draw. Nose draw around the room using distance that is close, mid range and far away. Then come back to mid range and back to close. Nose draw circles, triangles, squares, rectangles, and all kinds of shapes. Pretend the nose extends and can draw each shape. That's very important. It also improves the scanning.

The mind plays an important part in our sight, hearing, tasting and smelling.

Seeing stereoscopically is often done with a rope where you are a foot away. Follow a pen along the rope and you see it — V V V V A. Work that slowly each day adding a foot to the rope until you can see out about 25 feet.

For close up vision one can use a macrame ring. Take a 10-12 inch ring with painted flat black and add one inch shiny white dividers. One inch black, one inch white and so forth. As your eyes look outward, put that ring next to your nose. Your eyes follow the ring around two or three times and then reverse it the other way around. You're forcing your eyes to see stereoscopically up close. That is the perfect way to restore sight.