

### Eccentric Circles - Divergence

**Purpose:** To improve the ability to coordinate the aiming and focusing of the eyes. This procedure is prescribed because of a mismatch in where the eyes are aimed relative to where they are focused. Improving this skill will enhance the ability to do close more comfortably and more efficiently.

**Materials:** Set of eccentric ring cards

#### **Procedure:**

##### **Step A**

1. Hold the cards side by side, level and apart so that the "B"s are overlapping each other and on the bottom.
2. Look between the two cards at some distant object. Be aware (with indirect vision) of the rings. You should see 3 sets.
3. Now move the cards slowly together (toward each other) until you notice the central set of rings superimpose or fuse together and you see three sets of rings. Your eyes are now aimed at a point beyond the rings and you will have to look thru the cards in order to see this properly.
4. When you see the three sets of rings you should notice that the smaller ring in the center set seems to be further from you than the larger ring.
5. Try to get the circles in clear focus and maintain the 3-D. When you can do this, look directly at the cards for a few seconds and then back to the distant point so that you can regain the three sets of rings.
6. Continue as in (5), first fusing the three sets of rings to get both 3-D and clarity and then releasing to the cards only to return to far again with the clear, fused 3 dimensional target.
7. Try to fuse and clear the rings as quickly as you can each time you look alternately from cards to far and back.
8. Now reverse the cards so that the "A"s are together, and practice in the above manner. This way the smaller circle should appear closer.
9. As you do this try to be aware of other objects in the room.

##### **Step B**

1. Obtain the three sets of rings in the manner described in Step A.

2. While you maintain the three sets of rings, clearly and in 3-D, slowly trombone the cards inward toward your eyes.
3. You should notice that the middle set of rings appears to get larger as the rings approach your eyes. Look off to the distance again and move the cards out to arm's length and repeat the procedure.
4. Remember to be aware of other objects in your field of view as you practice.

### **Step C**

1. Hold fusion as you walk around the room, being aware of your full field of view.

### **Step D**

1. Hold the cards with the "A"s together at arm's length in both hands. Fuse the cards to obtain three sets of rings as you have learned.
2. While maintaining the centrally fused rings, move the cards side to side, up and down, and then rotate them slowly in a circle about 18" in diameter in front of your eyes.
3. While following the rings with your eyes be aware of other objects in your field of view.
4. Practice both clockwise and counter-clockwise rotations.
5. Be sure to keep the central fused image clear and single as you follow the rotations.
6. When you can perform the activity easily at arm's length trombone the cards slowly toward your eyes and then away from them as you rotate them.

### **Goals:**

1. Balanced posture at all time.
2. Constant awareness of fusion, depth, and clarity.
3. Ability to build ranges over which all of the above can be maintained.
4. Ability to do above while retaining awareness of visual surroundings and moving through them.
5. Ability to do all above while talking or doing something unrelated to the task itself.



A

B



B

A



B

A



A

B