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Stereograms:

Exercise 1:

1. Hold the card with the two pictures at arms length.
2. Hold a pencil just in front of the card near the bottom, midway between the two pictures.
3. Move the pencil forward, watching the pencil. As you move the pencil forward, the pictures at the back will go double.
4. Move the pencil forward until you see 3 pictures at the back (about midway between your nose and the pictures).
5. Continue moving the pencil forward until you see 4 pictures.
6. Then move the pencil back until you see 3 pictures again.
7. Hold the pencil there keeping the pictures as 3 for 20 - 30 seconds.

Exercise 2:

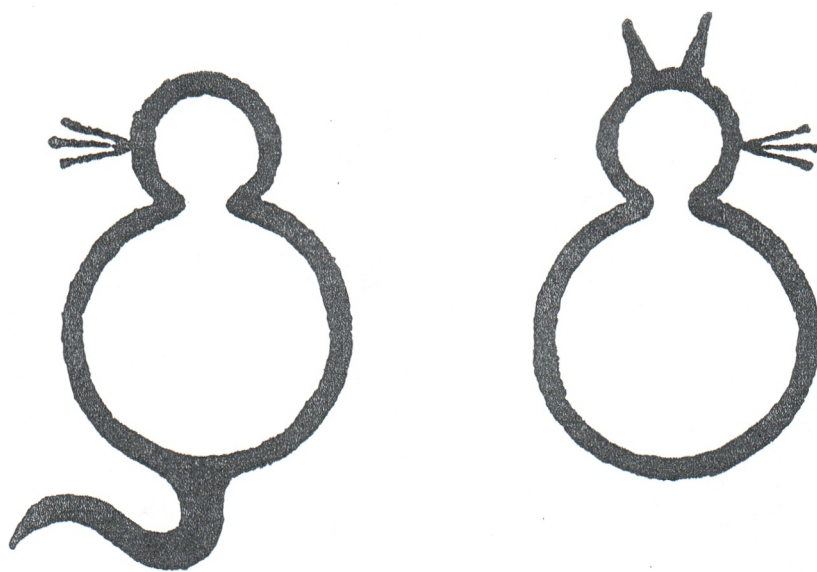
1. Put a pencil up (about midway between the pictures and your nose), then adjust the pencil until you see 3 pictures, (WATCHING THE PENCIL).
2. Hold the pictures as 3 for 20 - 30 seconds.
3. Then look slightly above the pencil (at an imaginary ball balancing on the top of the pencil) and try to keep the pictures as 3.
4. When you can do this, keep watching the "imaginary spot" and remove the pencil altogether.
5. When you can keep 3 pictures without the pencil, move the card slowly towards you keeping the pictures as 3.
6. When the card is as close as you can get it to your nose (while still seeing 3 pictures, about 3 - 6 inches) then move the card back out to an arms length away.

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Stereograms:

Exercise 3:

1. Cut the card in half so that one picture is on each half.
2. Hold the two halves together at an arms length away.
3. Get the pictures into 3 without using the pencil.
4. Now separate the halves, keeping the pictures as 3.
5. When you have moved the cards as far apart as possible slowly move them together again.



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