Nuclear Vision

Audio: Activity Disc 3 Track 2

Purpose:

- To bring the mind's attention and centralized saccadic vibrations together to allow the cone packed fovea centralis (the heart of the macula lutea) to receive as much of the incoming light as possible.
- To increase our awareness of the difference between the sharp clarity of central, foveal vision and blurry peripheral vision.
- Stimulates the brain in its reception and interpretation of foveal cell input to maximise clarity, colour, texture and depth.

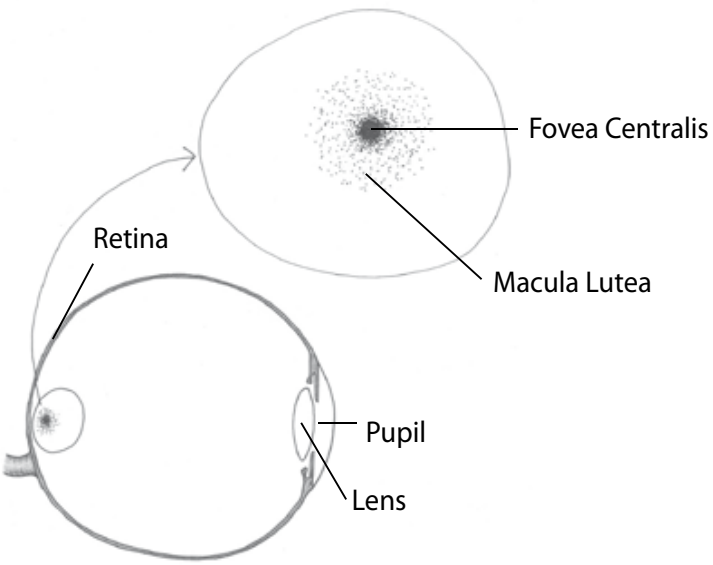
Benefits:

- Activates sharp details at all distances.
- Helps to remove the tension of 'trying to see everything clearly' by allowing the eyes and brain to relax into the centralised manner of seeing they were designed for.

There is a very high level of cone cells (the retinal cells that receive colour and detail) packed in the fovea (16 to 20 million), and the brain has allocated 35 times more space to processing the input from those cells, then to the remaining areas of the retina. This is why when vision is centralized we can achieve incredible visual acuity.

Your vision is the small but wondrously clear central circle in a larger field of blur. This clear circle moves easily and smoothly with your attention as you look around.

Begin your nuclear vision activities where you see best. If you have blur at all distances start at your reading distance. After you have begun to practice this activity, your central clarity will start to become active all on its own. Enjoy the excitement of your nuclear vision flashes, and sustain them by staying relaxed.



How?

1. Begin to discover your 'Nuclear Fingers' by holding your index fingers up in front of you, about 25cm (10-12 in) away from you and 25cm apart. Draw your right hand finger with your Magic Nose Pencil. First, notice how this finger is clear (unless you have blur here, in which case notice the difference in the blur as you go on), and distinct. It is defined, textured and colourful.

2. Keeping your 'focus' and attention on that right finger, now notice that the left finger is fuzzy, dull and blends into the background. Congratulations! You have achieved centralised, foveal or nuclear vision on your right finger.

3. Switch your attention over to the left finger. Notice how this finger, previously so dull and boring, is now alive with colour, texture and depth. Your right finger now blends in with the background of blurred and dulled objects.

4. Go back and forth a few times, allowing yourself to be amazed by the incredible change in the visual quality of the fingers as your attention shifts. Practice with your eyes closed and imaging the contrasts between bright and dull. Bring your fingers closer together and go back and forth, enjoying the amazing sensation of being able to make things bright and clear, or dull and blurred in your visual field. Wherever your attention goes, objects become alive and light up in the nucleus of your vision. This process is an automatic and inherent part of relaxed seeing. Practice it with enjoyment to help your eyes and brain light up and bring into sharp focus every object that holds your attention in any given moment.

Things to remember when practicing Nuclear Vision

- We have started by practicing Nuclear Vision games in your 'comfort zone', the area where you see clearly. After becoming comfortable here, take it to your area of challenge.
- If you have blur in the distance, go outdoors and give your attention to large objects, the clouds, the hills and the houses. Choose one object and as you draw it with your Magic Nose Pencil tell all the other large objects in your field of vision to 'blur off'. Play with each large object then swap for others. Remember to close your eyes and visualize as well as play with your eyes open.
- If your blur is up close, start with several different small objects placed apart from each other, in the palm of your hand or on a table in front of you. You might use buttons or beetles. Begin by practicing Nuclear Vision on these individual small objects, enjoying how your close clarity increases as the single small objects jump out at you with this specific visual attention. As your proficiency increases bring the objects closer together.