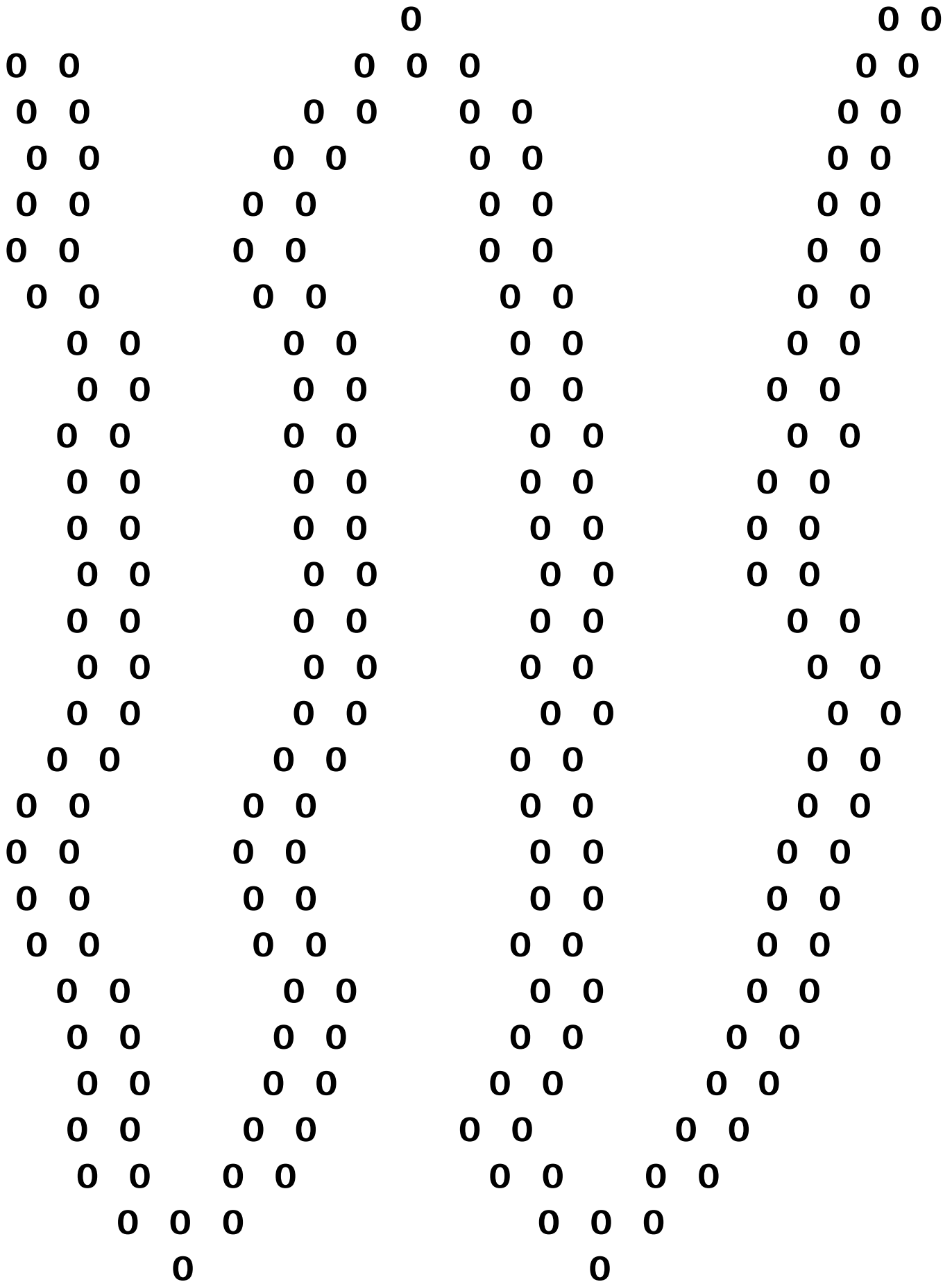


## STRING OF PEARLS CHARTS

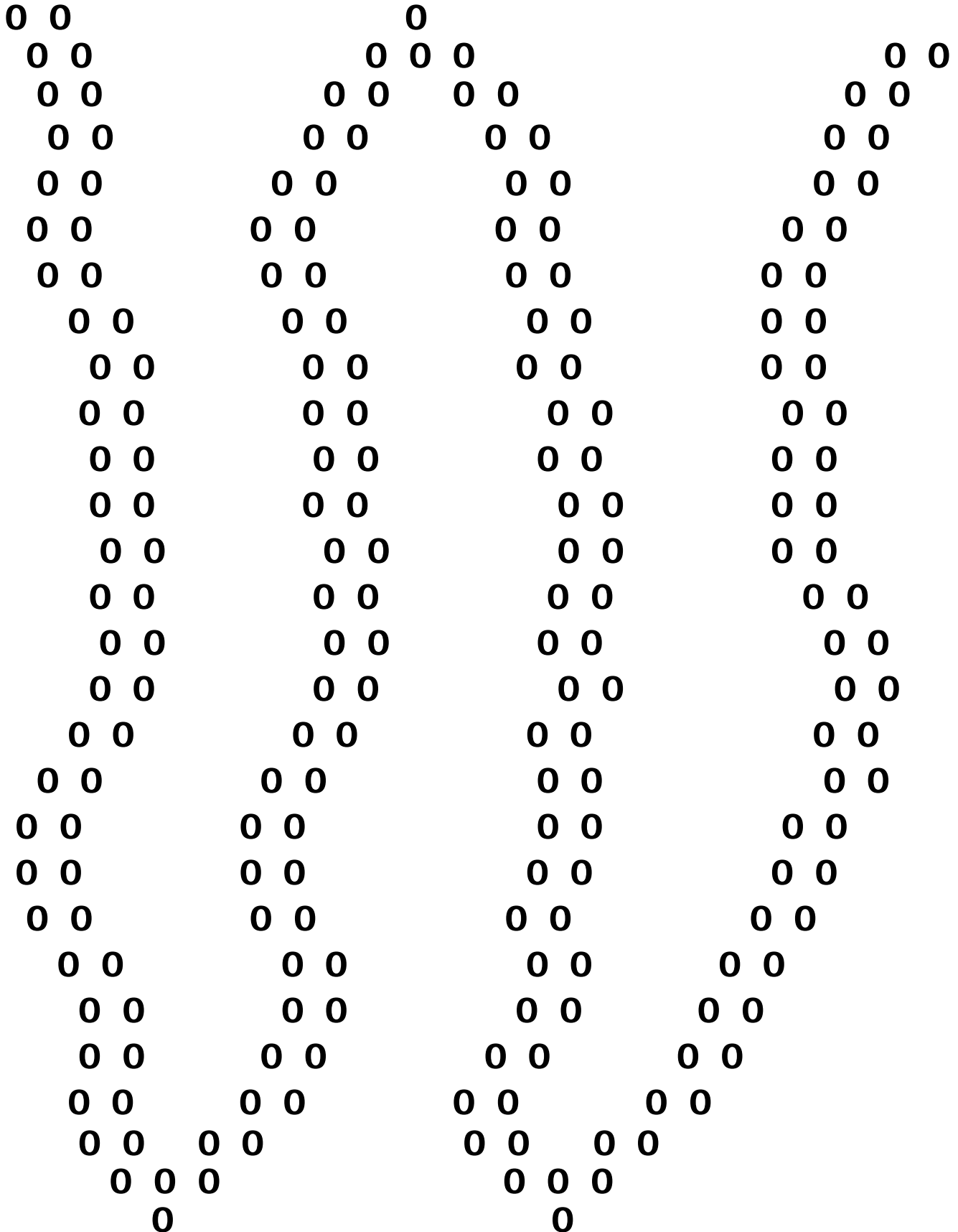
Advanced fusion training procedure to be done after mastering the larger convergence charts.

- Purpose:** To develop fine convergence/divergence control and 3D awareness.
- Equipment:** String of Pearls Convergence charts starting with the largest.
- Set up:**
1. Hold the chart at normal reading distance parallel with your face.
  2. Keep it level.
  3. Don't strain. Keep breathing and blinking.
  4. Practice with and without wearing your glasses if possible.
- Convergence:**
1. Look at the top left pair of circles. Converge to make three. This is tricky, and requires relaxation and fine control. Look at a small target (needle or unfolded paper clip) near the page just below the O's.
  2. Depth awareness is the secret to holding small amounts of convergence. The center circle should float towards you. Hold a pen or pin near the page to increase the 3D illusion.
  3. Follow the string of pearls, slowly, moving one-by-one along its whole length. Count the pearls as you go. Be aware of depth as you move from point to point. Spread your stereo awareness to see a raised line of circles down the middle. Move your eyes in a steady flow from the beginning to the end of the string. If you lose convergence, start again at the beginning.
  7. When you succeed, speed up, following the raised string of pearls.
  8. Practice closing and opening your eyes or looking away and back. Try to regain fusion and the 3D illusion as quickly as possible.
  9. Move the chart closer & farther, up & down, in a circle, Can you walk around the room while following the raised string of pearls?
- Divergence:**
1. Diverge to make three O's by looking slightly beyond the page. Make a transparent xerox and practice looking at a small target an inch or less beyond.
  2. See the depth -- the middle circle should project away, as if behind the page. Depth awareness is the secret to holding small amounts of divergence.
  3. Repeat steps 3-9 while diverging.
- Advanced Procedures:**
1. Repeat the whole procedure with the smaller String of Pearls charts.
  2. Repeat alternately diverging and converging each pair of O's along the string.
- Keys to Improvement:**
1. When you see three and hold the tiny amount of convergence or divergence.
  2. When you can see 3D.
  3. Increasing awareness to see 3D along the length of the whole string.
  4. Moving your eyes along the pearls until you succeed all the way.
  5. When you can blink, breathe, and succeed without effort and feel your eyes, body and mind relax.
  6. When you can move the page and walk around without losing the illusion.
  7. When you can succeed at even the smallest separations.

String of Pearls -1



String of Pearls – 2





String of Pearls - 4

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# String of Pearls – Four Sizes

