

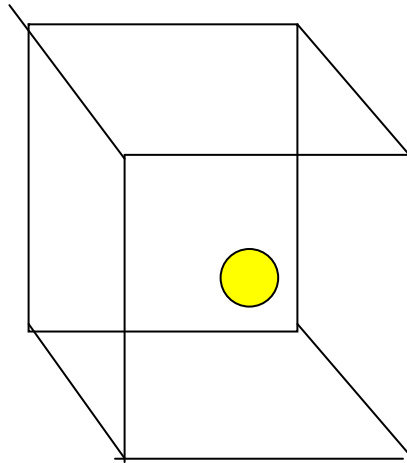
## BLIND SPOTS

X

O

Hold paper with right hand. Close left eye. Fixate on the X. Move the paper slowly to and fro along the line of vision and watch the O spot disappear. Keep the paper at a distance of between 12 and 14 inches from your face. Keep your attention on the X, maintain eye-paper distance and move paper slowly back and forth until the O remains invisible.

## MIND-SETS



This box is an example of how the mind can view things in one set way when in fact the box exists on two levels simultaneously. See if you can see the two levels, shifting back and forth from one to the other.