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Brock String

General Instructions: Hold one end of the string to your nose and tie the other end to something that is a little lower than your eye level, perhaps a doorknob. Make sure the hand holding the string to your nose is not blocking your view. Keep the string tight and place one bead at the far end, one in the middle and one 16 inches (normal reading distance) from your nose. The bead closest to your nose may be moved closer by slowly moving it toward your nose and stopping just before the bead becomes double.

Try turning on your radio to help you enjoy this activity.

Watch this youtube.com video for a demonstration. <http://youtu.be/EGlCVTdNqfw>

Skills

(1) Trombone Three Beads: Shift focus from one bead to the next. Distance bead to intermediate bead to near bead to intermediate bead and back to distance bead then start over again. Repeat this cycle three times. Say aloud “ONE” when you make it through one cycle, and “TWO” after your second cycle and “THREE” after your third cycle.

Make sure each bead you focus on is completely single! If you have difficulty keeping the near bead single simply move it one inch further away from your nose. If still difficult move it another inch further away and on and on till you reach a point where you can maintain a single bead. If it is easy to keep all beads single, you can challenge yourself by moving the near bead one inch closer to your nose. Continue to challenge your ability to converge after each cycle of three by moving the near bead one inch closer to your nose. Eventually you will reach your limit of convergence. Be aware of this distance. Our goal, which may take months to achieve, is to make your limit of convergence reach your nose.

Goal: to be able to keep the near bead single while it is touching your nose. Do not stop here. Keep doing this for another 2 weeks (or more) to ensure you keep this ability to converge.

(2) Walk The Bug: Move all the beads to one end of the string. Pretend there is a bug crawling on the string. Wherever you focus (the middle of the “X”), that is where the bug is. Now slowly move your focus from one end of the string to the other. Walk the “bug” from the far end of the string to your nose, and then walk the bug back to the end again. The walk should take no less than one minute each way. Walk this bug very very slowly. Feel your eyes cross and uncross. See your eyes cross and uncross by noticing the X of the string.

Your eyes are truly directed at the crossing point of the strings.