

THE CENTRAL EXERCISES

At best – go outside where things are moving and changing, randomly... surprisingly... sit down for stability, and take off any glasses.

Seeing

Find a boring, neutral, and motionless area straight ahead, a blank wall, or a monotonous area of sky, anything which has no focal point, and look at it.

Then, don't move your head, or your eyes to focus on anything, but pay attention all around the periphery of your field of vision. Then just wait and watch anything and everything happening within the entire oval field of vision.

Listening

Listen-out for changes. Listen-out for sudden sounds. This is pre-emptive listening, ready and waiting for the first sign of anything new.

It's often useful to listen-out for children and dogs. You might not hear them, that's irrelevant, listening-out for them is the vital part.

Going Panoramic

At first, do the listening and seeing separately. Then combine them.

Do these two exercises as well as you can, for just one minute at least once a day, and repeat frequently, whenever you think of them.

It may be more practical to do it for five minutes a day. Do it once, have a cup of tea, and then do it again.

Short periods of intense practice replicate the immediacy animals feel. The repetitive impulse of short regular periods of stimulation will act as a catalyst: they are the best way to tell your subconscious "it's time to remember".