**Soft Eyes Practice**

First download the spatial model and save it for further practice. Begin the exercise by staring with "hard eyes" looking directly AT the central dot of the center spiral. Everything stops moving....
Now, "soften" your eyes, looking AT nothing, but seeing the whole. The spirals begin to whirl. Practice stopping and restarting the movement until you can "see" every spiral
spinning at the same time. Now you know the eye muscles to use to enable you to "look at nothing, but see everything"!

[Soft Eyes Model](http://www.tarheelbmwcca.org/soft%20eyes.gif)