

Magic Image viewing instructions

Christmas is a truly special and magical time – so let's try looking at some magical pictures using science of course!

There are several methods for doing this, try them out until you find one that works for **you**.

The basis of the method is to deconverge your eyes when looking at the autostereogram, so although they focus fairly close on the image, your eyes deconverge at thought you were looking at a distant object.

- 1) Hold the centre of the printed image *right up to your nose*. It should be blurry. Focus as though you are looking *through* the image into the distance. *Very slowly* move the image away from your face until it starts to give a 3-D effect. Once you perceive the hidden image and depth, you can look around the entire 3D image. The longer you look, the clearer the illusion becomes. The farther away you hold the page, the deeper it becomes. Good Luck!
- 2) Look at a very distant object, keep looking there as you bring the picture up into your line of vision at more or less comfortable viewing distance (experiment with this distance). Your eyes should refocus but (hopefully) not converge unless you concentrate.
- 3) Look at the image, try to reflect a distant object in the shiny surface of the image. Look at the distant object and then into the image.
- 4) Try this first reading a book. Imagine that it is late and that you are tired. Let your eyes relax and you should find that you now have two blurred images of the page, as you relax more the images move further apart. Now try this with the magic picture. Resist the urge to focus on any one bit of the image. As soon as you begin to get a sort of 3-D effect, go carefully! Once you've got the idea, you'll find that you can look around inside the image! It's quite a magical experience!

N.B. Don't get too frustrated, not everyone can do this!

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