

of both feet toward you.”

Response (b): “I feel that both feet are pulled equally. In fact, I am getting more feeling of movement in the left foot which I could not get before now. There was a time when I could not lift my legs equally like this since the left one always lagged behind.”



In the above diagram, one can see the difference between gross physical exercise and the eidetic exercise. In the Crescents Image exercise, when the Crescents Image is brought to mind involving (1), the image simultaneously lifts the arch (2) while also partly lifting the area of the foot between the toe and arch (3), and the toe area is pressed downward (4).

In the original gross physical exercise, Nancy’s left foot tended not to respond in the same positive manner as with