Count the black dots! :o)
How many legs does this elephant have?
FOCUS ON THE DOT IN THE CENTRE AND MOVE YOU HEAD BACKWARDS AND FORWARDS.
Look at the chart and say the **COLOUR** not the word

```
YELLOW  BLUE  ORANGE
BLACK   RED   GREEN
PURPLE  YELLOW  RED
ORANGE  GREEN  BLACK
BLUE    RED    PURPLE
GREEN   BLUE   ORANGE
```

Left – Right Conflict
Your right brain tries to say the colour but your left brain insists on reading the word.
Keep staring at the black dot. After a while the gray haze around it will appear to shrink.