

**PUT
JONTY DE WOLFE
IN YOUR HEAD.**

- 1) STARE AT THE SMALL CROSS IN THE MIDDLE OF THE PICTURE, TRY NOT TO BLINK.**
- 2) WHILST STARING, COUNT FROM 0 – 30.**
- 3) CLOSE YOUR EYES & WAIT FOR ME TO APPEAR.**
- 4) WHEN I APPEAR, TOUCH YOURSELF GENTLY.**

