Can you find your blind spot?

At the place where the optic nerve enters the eyeball there is a little blind spot only a few millimetres in diameter. You can find this blind spot by a very simple experiment. Draw a black dot on a white sheet of paper and about 5 cm to the right draw a black cross. Close your left eye and stare steadily at the black dot with your right eye, while the sheet rests on the table. Now pick the sheet up and move it slowly towards your eye while still staring at the dot. You will find a point where the image of the cross to the right will disappear. You can find the blind spot of your left eye by closing the right one and staring at the cross. When the book is brought near your eye, the black spot will disappear.