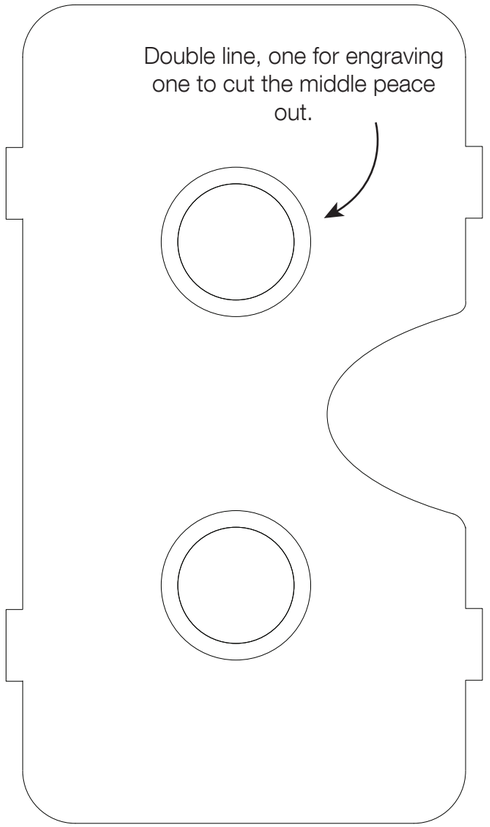
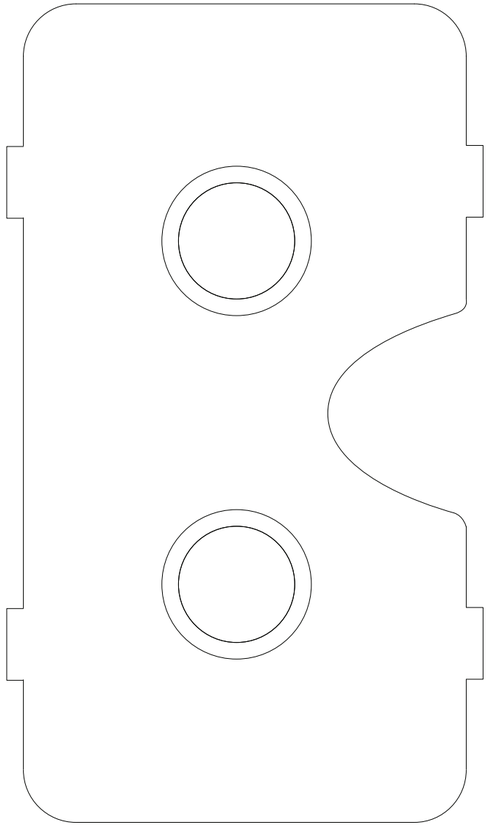
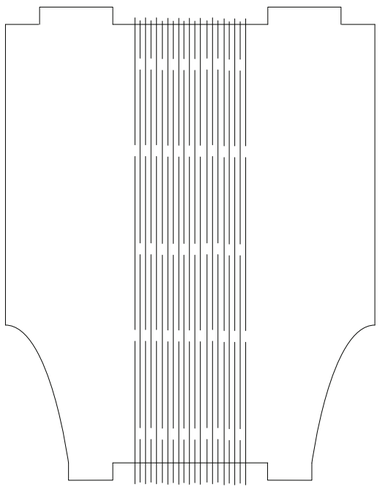
245mm x 465mm plate
3mm (birch) plywood

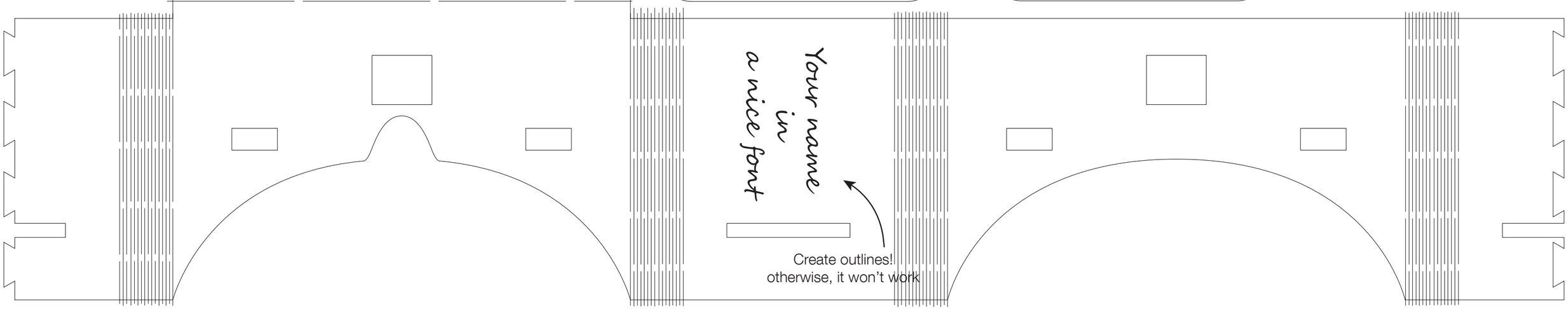
Double line, one for engraving one to cut the middle peace out.

Or another nice image you want in front of your VR glasses









Create outlines!
otherwise, it won't work