

Relax, Smile, and Enjoy the View!

Natural Relief for Eyestrain from Computer Use and Other Activities

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Foreword

This book is a compilation of notes, research, and personal experiences I started collecting in 1986 when as a computer professional I noticed my eyesight blurring after long hours of computer work. My studies began when I was in a metaphysical bookstore one day in 1986 and noticed a flyer from The School of Better Eyesight advertising a way to correct and restore vision naturally without the use of glasses, contact lenses, or surgery. I called the number, attended a few classes, corrected my vision, and subsequently signed up for the instructor's training course so I would know how to help other people improve their vision too. I spent the following 2-1/2 years doing exactly that.

The methods I studied and researched are based on the work of Dr. William H. Bates (December 23, 1860 - July 10, 1931). He developed natural methods for correcting eyesight from experiences in his own ophthalmology practice. Today, his methods are practiced and taught by many people throughout the world.

In his practice, Dr. Bates noticed that vision fluctuates daily and looked for the circumstances that cause vision to fluctuate towards normal and the circumstances that cause vision to blur. He concluded that normal vision requires healthy visual habits, and that people with blurred vision can consciously learn and practice these habits to normalize their vision. Because of his success in his research and work, Dr. Bates concluded that vision is really 90 percent mental and only 10 percent physical.

Important Notice

While the information in this book is considered safe, it is not intended to be medical or assistive advice. It is your sole responsibility to determine the suitability of the information for your own purposes and assume all risks and liabilities that result from applying the techniques and recommendations in this book including any and all claims for direct or consequential damages.

Related Materials

- *The Bates Method for Better Eyesight Without Glasses*, W.H. Bates, M.D., Henry Holt and Company, Inc., 1971.
- *Help Yourself to Better Sight*, Margaret Darst Corbett, Wilshire Book Company by special arrangement with Prentice-Hall, Inc., 1949.
- *The Art of Seeing*, Aldous Huxley, Creative Arts Book Company, 1982.
- *Improve Your Vision without Glasses or Contact Lenses: A New Program of Therapeutic Eye Exercises*, The American Vision Institute: Dr. Steven M. Beresford, Dr. David W. Muris, Dr. Merrill J. Allen, Dr. Francis A. Young, Simon & Schuster, 1996.
- [Eye charts](#) for practicing the techniques described in this book.

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Vision and Relaxation

1

Is your vision blurry?

Is your vision blurry? Is it blurry all of the time, or does it only become blurry after several hours of very concentrated activity? If you work at a computer, have you noticed a gradual blurring in your vision since you started using the computer regularly? If you answered yes to any of these questions, you probably have eyestrain. The good news is there are a number of things you can do to alleviate the eyestrain and clear your vision naturally.

Eyestrain occurs when the mind is in an unrelaxed state and unconsciously tries too hard to see. Rather than letting images flow through the eyes and into the mind where they are passively perceived, an unrelaxed mind unconsciously grabs at and holds onto images. If your mind is not relaxed, any activity that requires concentration can cause eyestrain and ultimately blur your vision.

If your eyesight is blurred, your mind and eyes are probably straining in one or more of the following ways:

- You focus at the same distance for many hours at a time.
- You try to take in everything you see at once and at the same level of detail rather than centralizing your mind and accepting your vision.
- You sit or stand in one position for long periods without moving your body, head, or gaze.
- You become completely absorbed in what you are doing and lose the sense of yourself in the world and a sense of space around you.

The theory and techniques presented in this book teach you how to relax your mind and establish the healthy habits of seeing that can relieve eyestrain and clear vision.

Do You Need or Wear Glass Now

If you wear glasses or contact lenses, the information in this book does not replace your eye doctor, but goes with the care you are already receiving. If you do not wear glasses or contact lenses and have noticed changes to your vision, you might want to have your eyes checked for medical problems and measured for refractive errors by a professional.

If you need and choose to wear corrective lenses, the methods described in this book work best if you get glasses rather than contact lenses because glasses can be removed more easily. The techniques are practiced using your eyes without glasses and the more often you practice, the better and faster the results.

Wear your glasses only when you absolutely need them such as for driving. Find ways to wear your glasses less often. For example, you can use a magnifying glass to read, and sit where you can see the white board or presentation without glasses during meetings.

If you work at a computer, change the font size for the print on your monitor. You can also choose background and foreground colors that provide good contrast, and make sure your work space has the appropriate lighting to minimize screen glare.

If you have very poor vision, you might have trouble removing your glasses at first because your mind has to learn to think in a new way without the glasses. As you practice the techniques in this book and begin to go without your glasses more, you will gradually become accustomed to the new you and your new way of thinking without glasses.

Understanding Diopters

Vision is measured at 20 feet. The reading 20/40 means that you see at 20 feet what a person with normal sight sees at 40 feet. The reading 20/10 means you see at 20 feet what a person with normal sight sees at 10 feet.

Diopters refer to the amount of correction needed in the glasses or contact lenses to restore vision to 20/20. The number of diopters is never the same for every person with the same vision. A person with 20/200 vision may need 2 diopters correction, while another person with 20/200 may require 4 diopters correction.

How Glasses Affect Your Mind

Everyone's vision has natural fluctuations. Some days the vision is better than others, and some people have better vision at certain times of the day. Corrective lenses keep your vision at the level it was when you were tested for the lenses. There is no opportunity for fluctuation in your vision as long as you wear the lenses.

When your vision is prevented from fluctuating, your mind goes into a mental stare. Your mind and your vision are very closely connected and when the natural behavior of one is affected, the natural behavior of the other is also affected. The higher the prescription, the greater the mental stare.

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You can reduce the mental stare and restore the natural fluctuation in your eyesight by reducing your prescription and wearing your glasses as little as possible. The relaxation and vision building techniques described in this book use the natural fluctuation of the eyes and mind to alleviate eyestrain and clear vision.

I worked with a man in the summer of 1987 to help him relieve eyestrain and improve his vision. He was a computer programmer with an extreme case of nearsightedness. Over the summer, he came twice a week for lessons. One day he came to me and related this story:

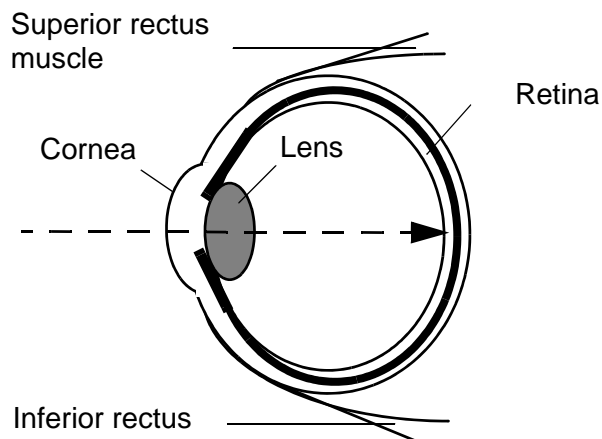
“Last night I was in a very happy mood for hours going about the house and doing many things. Some hours later I went into the bathroom to prepare for bed and saw my glasses sitting in the soap dish where I had apparently left them when I showered earlier in the evening. All of a sudden, my vision blurred when I realized I was not wearing my glasses! Up to that time I could see everything perfectly without my glasses!”

My comment to him was, “That is a great experience because now you know it is possible to be free of eyestrain and to see clearly without your glasses!”

Why Relaxation Clears Blurred Vision

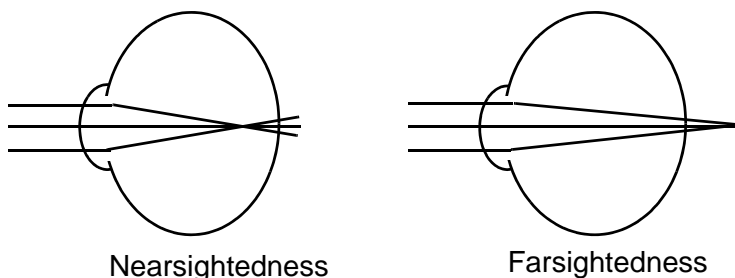
Clear vision requires light to pass unobstructed through the cornea and lens, and focus precisely on the retina. For the light to focus precisely on the retina, the six extraocular muscles that control eyeball movement must be relaxed. Emotional, mental, or physical stress tenses the extraocular muscles which can change the shape of the eyeball and cause the image to focus in front of or behind the retina.

The figure shows a simplified eyeball anatomy including the superior rectus and inferior rectus extraocular muscles. Consult an anatomy book for a more detailed anatomical diagram and explanation, and for the names and locations of the other four extraocular muscles.



Nearsightedness and Farsightedness

The following illustration shows the difference between nearsightedness and farsightedness. Nearsightedness is when the eye focuses the incoming image in front of the retina, and farsightedness is when the eye focuses the incoming image behind the retina.



Corrective lenses for nearsightedness and farsightedness make images strike precisely on the retina in spite of the amount of tension in the extraocular muscles. By learning to relax when you see, you can relax your eye muscles and let light strike precisely on the retina without corrective lenses or laser surgery.

Relaxation is the key to improving vision because the normal state of the senses is at rest. Your eyesight is best when your sense of sight is completely relaxed. Tense eye muscles put the mind into a mental stare. When the mind is in a mental stare, the eye muscles cannot relax. The relaxation and vision building techniques presented in this book both relax the eye muscles and break the mental stare to clear blurred vision.

Relaxed Acceptance

The first step to relaxation is to accept your vision for the way it is now. Take off your glasses and pay attention to details. Notice what you do see; not what you do not see. Be aware of images flowing through your eyes and into your mind. Do not judge the images as blurry or clear, but just let them flow into your mind without effort. After doing this for awhile, you might find that no matter what your current vision is, you actually see quite a lot already!

Accepting your vision for the way it is also means accepting the fact that you do not see the same level of detail at every distance. It is common for people to blur their vision by straining to see the same level of detail in an object far away that they would see if it were up close.

One afternoon in 1988 I was sitting at my dining room table with two friends discussing these exciting ideas in vision improvement.

One of my friends is extremely nearsighted with astigmatism and I asked him to take off his glasses. We talked about the techniques and I had him take a few deep breaths, massage his face around his eyes, blink, and accept his vision for how it is right now without glasses. As we all continued to talk about the relationship between relaxation and vision, he must have been listening very carefully because he suddenly exclaimed that he had experienced a flash of clear vision and then everything went blurry again, but not nearly as blurry as it was when he first removed his glasses.

Relaxed Breathing

Breathing brings motion into the body and breaks up the mental stare. When you are under stress, your breathing becomes shorter and shallower. This is also true if you strain when seeing. Deep breathing increases the oxygen to the body, and oxygen relaxes the nervous system. Learning to take long, deep breaths relaxes your mind and creates a mental and physical environment beneficial to improving eyesight.

➤ **To relax your body and mind with deep breathing:**

1. Throughout the day, pause, remove your glasses, and notice your breathing.
2. Drop your shoulders, and let your hands and arms rest loosely at your side.
3. Inhale slowly to a count of 5 and exhale to a count of 10.
4. Then, release all thoughts as you exhale, and take in warm, clear sunlight as you inhale.
5. Take about 5 of these deep breaths increasing the inhalations to the count of 8 and the exhalations to the count of 15.
6. Once you increase the length, take 5 more deep breaths.

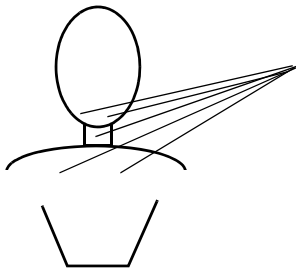
Massage

Your body stores physical and mental tension caused by things like poor posture, lack of movement, or a poor home or work environment. These tensions tend to collect in your neck, upper back, and the areas in your face around your eyes. You can relieve the tension by massaging the critical areas.

Of course, there is nothing like a professional massage from a certified therapist. But you can provide relief for yourself at any time by learning these simple techniques of self-massage.

➤ **To relax your body and mind with self-massage:**

1. Find a comfortable sitting position and remove your glasses.
2. Take a few deep breaths with long exhalations, drop your shoulders, relax your jaw muscles, and become aware of the floor your feet are resting on.
3. Reach around with your right hand to your left neck and shoulder areas and massage the muscles. Do the same with the left hand on your right neck and shoulder areas.



View of back of head,
neck, and shoulders and
areas to massage

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This next set of self-massage techniques are commonly used by school children in China.

1. Massage the inside eyebrow corners with your thumbs, and use your other fingers slightly curled against your forehead to massage your forehead.



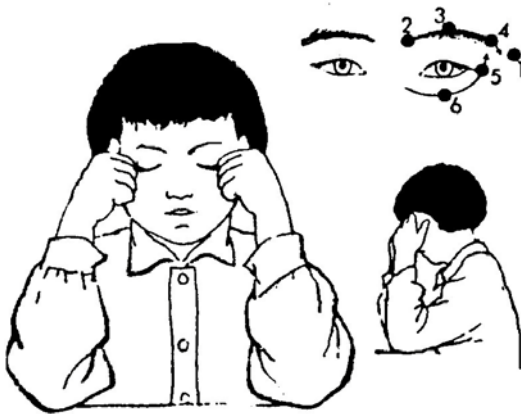
2. Use your thumb and index finger to massage the bridge of your nose by pressing downward, then upward.



3. Place your thumbs on your lower jaw and place your index and middle fingers against both sides of your nose near the nostrils. Use your index and middle finger to massage these areas.
4. Lower your middle fingers and massage the same areas with your index fingers.



5. With your fingers curled under and your thumbs on each side of your forehead, use the sides of the index fingers to run outward following the pattern 2-3-4-6-5.



Blinking

Blinking keeps the eyes lubricated, clean, and moist. Blinking also relieves pressure and prevents the mind from going into a mental stare. It is very important to blink when you work at a computer because the heat and light emitting from the monitor can dry your eyes and cause redness and irritation.

If your work requires long hours of concentration, you can go for long periods of time without blinking. When you stop blinking, your mind goes into a mental stare. When your mind is in a mental stare, you stop blinking. It is easy to break the mental stare by getting into the habit of blinking frequently. People with normal vision blink frequently and irregularly

Eye Drops

If your eyes are dry, red, or irritated due to allergies, air conditioning, heating, or the heat and light emanating from your computer monitor, use eye drops for extra lubrication. The extra lubrication helps you to blink more.

There are many good over-the-counter lubricating eye drops on the market. Make sure you get one you can use as often as you like. Read the package to be sure there are no warnings that frequent use of the eye drops can cause eye irritation or redness.

Blink Frequently

Practice blinking whenever you can. For example, while waiting for a meeting to begin, waiting for a computer connection, while on hold on the phone, during television commercials, walking anywhere, walking up stairs. If you find yourself in a mental stare with blurred vision, take some time out and blink rapidly for a few minutes.

➤ **To get into the habit of blinking.**

1. Find a comfortable sitting position, relax, and remove your glasses. Take a few deep breaths with long exhalations and drop your shoulders.
2. Count an irregular rhythm and blink whenever you count. For example, 1,2,3 pause 4,5 pause 6,7,8, 9, and so on.
3. Blink rapidly for several minutes.
4. Cover one eye with one hand and bring the other hand towards the open eye. Imagine a cushion of air is being pressed against the open eye by the hand. When your hand gets very close, let the air cushion push your eye closed. Pull your hand slowly back and allow the air cushion to suction the eye open. Repeat with the other eye.

Leave yourself a note on your monitor, on your desk, at home, and in your car to remind yourself to practice blinking.

Healthy Mind and Body

Vision problems can be made worse by poor nutrition, lack of sleep, and insufficient exercise. You need a healthy, well-rested mind and body on which to build your new habits of seeing presented in this book. Check your local health food store, book stores, and health clubs for information on eating properly, getting enough sleep, and exercising regularly.

Eating

Always take a meal break during your work day. If you cannot leave your office, at least sit away from the desk or computer so you are not tempted to eat and work at the same time. The break will relax your mind, body, and eyes and promote better digestion. If you are stumped over a problem, the solution might come to you as you relax and take your mind away from the problem.

Avoid snacking on junk food while you work. Keep healthy foods like apples, carrots, or crackers and cheese around if you must snack.

Sleeping

Avoid staying up late working. It can be hard to go to sleep, or your sleep might not be restful. You should stop working early enough so that you have time to unwind and be with loved ones before going to sleep.

Exercise

Aerobic exercise and/or weight training are important to combating the mental and physical tension that comes from sitting in one position for long periods of time. Try to incorporate regular physical activity into your life. Some companies have fitness centers or provide access to public fitness centers and health clubs for a discount. Take advantage of this important benefit, if possible.

If you do not like to exercise, get into the habit of moving your body more. For example, you can move your legs while you sit and stretch your arms in the air and arch your back. You can also walk rather than drive, get an exercise machine to use at home while on the phone or while watching television.

Mental Stress

Mental stress can result from environmental pressures such as job, fast pace of life, deadlines, juggling work and family responsibilities. Mental control has to be regained to handle the stress effectively. Try to identify stressful areas in your life and change them or your attitude towards them so they are less stressful. Learn to slow down, prioritize, and take things as they come.

For example, if you find you do not have enough time to accomplish everything that causes you mental anguish, take a class in time management. If certain people aggravate you, take a course in handling difficult people or arrange your life so you do not encounter these people very often.

Healthy Habits of Seeing

2

Learn and incorporate into your daily life

People with normal vision experience eyestrain on occasion, but generally have clear vision. If their eyesight becomes blurry, it soon clears when they practice the healthy habits of seeing again. The healthy habits of seeing make the eyestrain go away. People who have clear vision most of the time are usually quite unconscious of this process.

If you learn and incorporate the healthy habits of seeing into your daily life, you can relieve your eyestrain and clear your vision too. The techniques in the rest of this book show you how to learn and practice the healthy habits of seeing. [Integration into Daily Life](#) on page 66 and [Workplace, Computer, and Television Eyestrain](#) on page 67 provide advice on how to incorporate the healthy habits of seeing into your daily life.

Relaxed, Centralized, and Aware

A relaxed and centralized mind combined with an awareness of motion form the healthy habits of seeing.

Relaxed Mind

A relaxed mind lets images flow through the eyes and into the mind with no mental effort. A relaxed mind does not want to hold onto or grab at the images. True relaxation involves a centralized mind and an awareness of motion.

Centralized Mind

A centralized mind sees by focusing with interest on one tiny point best and moves quickly to the next point. A mind not centralized attempts to take in everything at the same time and with the same degree of focus. A centralized mind is fully relaxed and perceives motion.

Your eyes are designed to see a series of small details in succession, and not take in large chunks of visual information. The part of the retina with the most visual acuity is the fovea. The fovea is a very tiny indentation in the central portion of the retina. Because of its size, the fovea can receive only one small point of light at a time, but receives the point with acute clarity.

The fovea sends an impulse to the mind once and is ready for the next impulse. If you train your mind to relax, shift, and see small points with interest, the light strikes precisely on the retina. Then, the fovea receives numerous points of light and sends the impulses directly to the mind in succession with extreme clarity.

Awareness of Motion

A mind that perceives motion is aware of objects falling away in the opposite direction as the physical body moves through space. This sense of motion is an illusion, but is a very necessary component for clear vision. A blur results whenever the mind tries to stop motion in much the same way a photograph blurs when a camera uses too slow a shutter speed to capture a still image of a moving object. People with normal vision have an unconscious perception of motion all the time because a perception of motion is everywhere whenever the body moves. Any attempt to mentally stop motion creates eyestrain and blurs the vision.

Eye and Mind Coordination

A relaxed and centralized mind that perceives motion in the world around is coordinated with the eyes. Eye and mind coordination means the mind is present and interested in what it is looking at. It never becomes stuck on a past or present moment by holding onto or grabbing at images, but lets visual images flow through the eyes and mental thoughts flow through the mind without effort. As soon as you try to hold onto or grab at the images or thoughts that come into your mind, your eyes and mind are not coordinated. These attempts at control only make your ability to see and your mental processes less efficient. The eyes and mind are designed to register a single image or thought instantly and then go on to the next image. Holding onto and grabbing at images and thoughts gets in the way of the natural workings of you eyes and mind.

The reason you try to hold onto and grab at visual and mental images is that you are unconsciously either sticking in the past or jumping into the future. If your attention is easily divided between two activities to the point that you lose your sense of being present in the world, your eyes and mind are not coordinated and you cannot practice the healthy habits of seeing. This is because the division puts your mind into an tense and non-centralized state. Not being present makes it impossible for you to perceive the illusion of motion as your body moves through space.

Human beings are complex creatures. They can let visual images flow through their eyes and into their mind while mental thoughts flow into the mind. Sometimes the mental thoughts are stimulated by the images flowing in, and sometimes the mental thoughts seemingly come from nowhere. Your mind and eyes can lose coordination if your mind is taken away by the mental or visual images. As long as you remain present and aware of your surroundings, eye and mind coordination exists regardless of the number of images and thoughts flowing through your mind.

When you are taken away with your thoughts, you lose the physical sense of being in the world. A good way to bring your mind back and coordinate it with your eyes is to become aware of your body in the world. If you maintain this awareness while you think and see, your eyes and mind will remain coordinated and you are not taken away by your thoughts.

➤ **To be present and maintain eye and mind coordination throughout the day:**

- Remove your glasses and take a few deep breaths.
- Sit in a comfortable chair with your feet firmly on the floor.
- Be aware of the floor beneath your feet.
- Keep the awareness of the floor and add an awareness of the chair you are sitting on. Feel the seat beneath you and the backrest behind you.
- Put your arms on the armrest (if there is one) and notice how the armrest feels holding your arms.
- Do some deep breathing and think of something pleasant or listen to music while you keep a sense of your feet on the floor and how it feels to sit in the chair.
- Transfer this technique to a standing position by feeling the floor beneath your feet. Do this whenever you are standing in line or standing and waiting for someone or something.

Joy

The value of joy in your life cannot be underestimated. Joy opens your heart and mind, increases your energy, and brings wonderful feelings. Mental tensions and negative emotions like anger and animosity cannot be present when joy is present. The mind cannot fix on anything because joy is movement.

When you are in a joyful state, you are present in the world in a happy way. Seek out activities and people who make you feel joyful. If you can transfer a feeling of joy to how you practice the techniques presented in this book, you will make better progress than you would without a feeling of joy. A joyful mind is coordinated with the eyes and happily accepts images without tension or judgment.

➤ **To feel joy:**

1. Think of something that brings you joy – grandchildren, music, dancing, a favorite restaurant, special people, singing.
2. Take a few deep breaths.

Eyestrain leaves you immediately as you achieve a restful and happy state of mind through joy. Let the feeling of joy infiltrate your mind and body.

3. Use the Long swing described in [Long Swing](#) on page 33 to get your body and mind into a happy and joyful state.

Joy is awakened by motion and music which are the major components in the Long swing technique.

Shifting

When the mind is in a restful state of interest and happiness, the eyes have a natural and pleasing sparkle and the eyeballs have a smooth shifting motion. Shifting is the involuntary movement of the eyes that allows you to scan an entire scene and pick out the minutest details. The normal eye shifts 70 to 100 times per second to see all details in a scene clearly. With eyestrain and blurred vision, the shifting of the eyes has an erratic, sticking or jumping motion that causes details to be missed and indicates an unfocused state of mind. Shifting breaks the mental fixing and jumping of the mind.

Shifting occurs when you let your head move and allow your eyes to follow your nose, so you are in effect looking with your nose. People with clear vision never try to see. If they cannot see a point, they shift to another point. They move from point to point while the mind notices and registers what is in front of their eyes. Shifting is an unconscious process for persons with clear vision, and can be consciously learned by others.

Shifting techniques teach you to let your eyes follow as your body, head, and nose move to look at something. This method breaks the mental tendency to hold onto and grab at incoming visual images and increases shifting.

Your eyes contain a vitreous fluid similar to lymph. In the same way that muscle action moves lymph through the lymph nodes and cleanses it, shifting moves the vitreous fluid in the

eyeballs. The more you move your body and let your eyes follow your nose, the more you shift. When there is a lack of shifting, the vitreous fluid becomes sluggish and the result can be blurred vision.

The following simple technique gives you a beginning idea of what shifting involves. The techniques that follow build on the basic ideas you learn here and provide additional ways to increase shifting.

***Note:** Do not practice any one technique presented in this book for so long you become tired and strain on the technique. Have fun, relax, and stay interested because relaxation and interest are critical to maintaining good vision. If you are not making progress with a particular technique, return to short periods of sunning, palming, shifting, and swinging (described below) to restore the relaxed state, and find a different technique to try.*

➤ **To increase the shifting of your eyes and mind:**

1. Remove your glasses and take a deep breath.
2. Extend your arm and hold your index finger in front of your face.
3. Move your head from side-to-side.
4. Notice how your finger moves to the right as your head turns left, and moves to the left as your head turns right. Do not let your eyes stick on your finger, but follow your nose as your head swings in either direction.
5. Continue doing this for several minutes until you are comfortable with it.

Hints:

- Elongate your head and neck to reduce the strain on your head, neck, and spine.
- Do not stick on the object as you shift past it.
- You might tend to lead with your eyes when you move your head, or let your eyes hang behind. Follow your nose to counteract these tendencies.
- Practice this several times a day. Put a note in an easy place to see to remind you to practice shifting.

Shifting at Your Computer

After practicing the shifting technique above, apply it to your computer.

➤ **To increase the shifting of your eyes and mind at your computer:**

1. Remove your glasses and take a deep breath.
2. Look at a corner of your monitor and move your head from side-to-side.
3. Notice the corner move the right as your head goes left, and move to the left as your head goes right.
4. Take another deep breath and rock your body from side-to-side so your head and body move together.

Relax, Smile, and Enjoy the View!

5. Keep the awareness of the corner of the monitor moving in the opposite direction from the direction of your head and body.
6. Take another deep breath, keep your body rocking, and move your head letting your eyes follow to the computer desktop.
7. As your body, head, and eyes move, notice individual items on your computer desktop.
 - Notice the background color.
 - Notice the foreground color.
 - Notice the shapes and colors of the icons.
 - Notice the applications you have running.
 - Do not pause on any item, but let your gaze continue around the desktop by moving your head and letting your eyes follow.

Hints:

- Interest and relaxation are the keys. If you keep your interest in the individual objects on the desktop as you shift over the desktop, you will counteract the tendency to take in the entire desktop – or large chunks of the desktop – at once.
- Elongate your head and neck to reduce the strain on your head, neck, and spine. Do not stick on the object as you shift past it.
- You might tend to lead with your eyes when you move your head, or let your eyes hang behind. Follow your nose to counteract these tendencies.
- Practice this several times a day. Put a note on your monitor to remind you to practice shifting.

Long-Term Vision Improvement

If you are like many people, you probably found that shifting and incorporating the healthy habits of seeing – relaxation, centralization, and motion – are very different from how you normally see. The challenge is to make this new way of seeing unconscious and permanent, and is perhaps, the biggest challenge for improving eyesight over the long term because you have to change how you use your mind to see.

To make the mental shift, you must be fully present and interested in what you see. You have to break the habit of drifting off into space with your thoughts, or getting into a fixed gaze (mental stare) without blinking when you concentrate. You have to learn to close your eyes and palm (described below), notice motion, or find interesting details when your eyes and mind feel tired and you are tempted to drift off with your thoughts or go into a mental stare.

People with severe nearsightedness are very prone to poor mental habits of seeing and can find it particularly difficult to improve their eyesight on their own. If after using this book, you find you are not making much progress by yourself, check the web for advertisements by teachers who provide one-on-one instruction in natural methods of vision improvement based on the Bates method. If you are not connected to the Internet, inquire in health food stores and alternative newspapers.

As long as the healthy habits of seeing are part of your life, you will not experience eyestrain and your eyesight will be improved. However, circumstances can create opportunities for poor vision habits to subtly return. If your eyesight was normal once and is now less than normal, undoubtedly this is exactly what happened.

One way to defend yourself against the recurrence of poor eyesight is to continue the practices after your eyesight has improved and you have incorporated new healthy habits into your life. Another approach is to resume the techniques when you notice stress or strain in your life or your eyesight is no longer good. The sooner you remedy the problem, the faster your eyesight will improve because poor habits of seeing will not have had as much time to become ingrained in your unconscious mind.

With computer work, you have to be especially vigilant. This is particularly true if you spend long hours at a time working at your computer. The nature of the work can make you highly prone to acquiring poor vision habits or making existing poor vision habits worse, which can ultimately blur your vision.

Sunning and Palming

Sunning and palming are effective techniques to relax your eyes and increase their shifting. The motion and centralization techniques in later chapters help you maintain the shifting while you are engaged in other activities.

Sunning gets your eyes accustomed to light and palming gets your eyes accustomed to dark. The fovea is stimulated by light, and light causes the nerve cells of the eye to replenish visual purple. You might see sunspots (a rosy or purple light) when sunning especially if your eyes are not used to light. This is because visual purple is depleted by light and replenished by darkness (palming). Sunning should always be followed by palming to build up the ability of the eyes to replenish visual purple. Never sun without palming, but you can palm without sunning. Your eyes adjust between light and dark more quickly through sunning and palming.

Sunning

Your eyes are light receptors constructed to respond to light. Good vision is a highly developed sense of light perception. People and animals living in bright light have the keenest eyesight.

If you work in a windowless area, eyes might not receive enough natural light. Some people like to work in very dark offices when at their computers because it cuts the glare and increases contrasts on the screen. Unfortunately, these practices ultimately make your eyes overly sensitive to natural light, and if your eyes do not accept light, they do not see well.

Disadvantages to Sunglasses

Because the eyes require light and dark contrasts to function properly, sunglasses inhibit the operation of the eyes and their ability to replenish visual purple. Sunglasses keep this valuable light away from the eyes and also cause a lowering of your energy level. If you have an eye condition that requires you to wear sunglasses to keep out ultraviolet light, get the

lightest tint you can find so your pupils do not dilate and make sure the tag states the sunglasses block ultraviolet light.

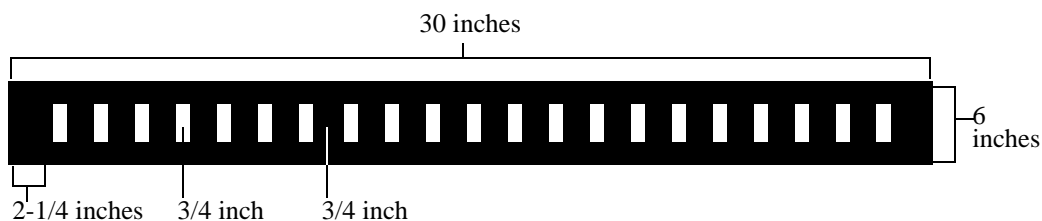
Sunning teaches you to let light into your eyes without judgment. A reaction that light is too bright is a judgment. Light is just light. Without light, you see nothing because there are no contrasts, no color, no shadows, nothing to stimulate your vision. Vision is not possible without light!

Sun with a Shifter and Full Spectrum Lighting

➤ **To make a shifter and get a full spectrum light:**

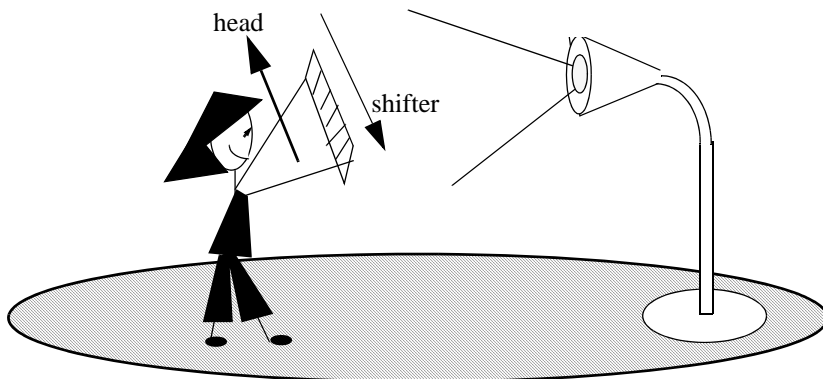
1. Make a shifter from heavy black cardboard.

A shifter is about 30 inches long and 6 inches wide with a row of slats cut across the middle. You can make your own shifter to the following specifications:



2. Purchase a full spectrum light at a speciality lighting store or directly from a distributor.

The brighter the light the better because you want your eyes to be able to eventually handle a lot of bright light. A 150 watt full-spectrum flood light is good. However, any full spectrum light or natural sunlight will work in the meantime. The full spectrum light works best in a gooseneck lamp so it can be pointed directly onto your eyelids.



➤ **To practice sunning with your shifter and full spectrum light:**

Practice this technique for 10 - 15 minutes at a time. For most people, once a day is enough. If you are extremely light sensitive, sun twice a day. It can take 2 - 3 weeks to overcome a high degree of light sensitivity.

1. Remove your glasses.

2. Lower the neck of the lamp so the full spectrum light is pointing towards you at a comfortable distance.
3. Hold the shifter in front of your face, turn on the light, and move the shifter back and forth between your face and the light while moving your head in the opposite direction. This makes the bright light flicker on your eyelids.

The distance of the light from your eyes depends on your current sensitivity to light. In time you will be able to tolerate more direct light by moving the lamp closer because the fovea will be conditioned to handle a lot of light stimulation.

Sunning can be done by alternating eyes open and closed. Always start with your eyes closed. If your eyes are open, do not lead with your eyes, but let your attention scan across the shifter. If you find your eyes are tight or dry after sunning, you sunned too long. Palm to alleviate the tightness and use eye drops to alleviate the dryness.

***Note:** Note: If your work area is dark, bring in full spectrum lighting to light it. Avoid fluorescent lighting as much as possible. Position the lights and your computer so there is no direct glare on your computer screen.*

Other Sunning Techniques

➤ To sun without a Shifter

If you do not have a shifter, you can sun in one of the following ways:

- Close your eyes and imagine the sun moving from your ear on one side of your head to the ear on the other side.
- Face the full spectrum light and blink while turning your head.

➤ To sun with a small Magnifying Glass

Use a single small magnifying glass to direct natural sunlight onto your closed eyelids. This technique requires a partner to handle the magnifying glass while you keep your eyes closed. Be sure to keep your eyes closed and do this with natural sunlight only. Do not use the full spectrum light bulb and lamp with the magnifying glass because the intense heat can burn your eyelids.

1. Close your eyes and face the sun.
2. Have your partner move a single small magnifying glass over your closed eyelids. Keep your eyes closed and the magnifying glass moving.

This is done for 5 minutes at a time. The time can gradually build up, but should not be so long that it creates a strain.

This technique provides instant relief from tension and an improvement in vision.

Palming

Palming is resting your elbows on a table and placing the palms of your hands over your eyes to create a state of total blackness and rest to gain a deeper sense of relaxation. Palming relaxes your eyes and mind and relieves eyestrain. It is easier to relax when your eyes and

mind are not constantly stimulated by visual input. The goal of palming is to create a restful state and to maintain that restful state throughout the day when you blink.

Palming can be done any time during the day when your eyes and mind feel tired. Always follow sunning with palming to further accustom your eyes to dark and light contrasts and replenish the visual purple.

➤ **To create a restful state**

Get into the habit of taking frequent breaks from your busy day to palm and refresh your mind. Palm at least 6 times a day for a minimum of 5 minutes at a time. The ability to palm for a long period of time and maintain the restful mental state when not palming comes with practice. Effective palming changes the state of your nervous system, establishes a centralized state of mind, and awakens your sense of motion.

1. Find a comfortable place to sit in a chair with a table in front of you. Remove your glasses.
2. Rub and shake your hands to relax them.
3. Massage your eyes as described in [Massage](#) on page 11.
4. Breathe from the abdominal area.
5. Lean over from the hips and place your elbows on a desk or table on something soft (a pillow, pile of papers, or a coat or sweater will work).
6. Place your palms over your eyes to shut out as much light as possible.
7. Maintain a positive frame of mind.
8. Devote the first 3 -5 minutes (or 35 - 45 breaths) to being aware of your breathing. Take in the pure air, exhale it and imagine the world dripping off your shoulders and that you have no cares in the world.
9. Put on some nice music. If you are in an open work area, you might have to use headphones.

Music helps you achieve centralization because the mind centralizes on the music. Music also causes your mind to move with the music which awakens your sense of motion. The best music for palming is gentle and flowing with one or two lead instruments rather than a complicated orchestral piece.

Palming is the most restful and effective when you remain alert. At first, the mind tends to fall into its old thought patterns of running around aimlessly with no particular focus or direction. Try following the notes of the music or thinking of something you find interesting such as your favorite color and all objects in the room of that color. In time you will be able to follow the notes easily and focus your thoughts.

➤ **To remember the restful state achieved through palming:**

Practice this technique throughout the day. This technique supplements the restful state achieved from palming – it does not replace it. You should continue to palm during the day in addition to remembering the restful state.

***Note:** You might need to palm first so you have a restful state in your mind to remember. In time, you will be able to remember the restful state without palming first. [Blinking and the Restful State](#)*

1. Remove your glasses and close your eyes.
2. Massage your eyes as described in [Massage](#) on page 11.
3. Do a long inhale (a few seconds to half a minute), and open your eyes with the exhale.
4. Remember the restful state achieved through sunning and palming.

➤ **To establish the blink as a way to return to a restful state of mind.**

Practice this technique throughout the day. With time, any blink will achieve as much of a restful state as sunning and palming do.

1. Remove your glasses.
2. Massage your eyes as described in [Massage](#) on page 11.
3. Blink your eyes rapidly and remember the restful state achieved through sunning and palming.

Awakening a Sense of Space

If you spend a lot of time focusing at one distance (such as working on a computer, working at a desk, sewing, or painting for hours), your eyes have probably lost some of their ability to shift scale and see clearly without eyestrain at varying distances. When you look up, objects a little way off may be in a blur while the objects close up that you are looking at are in focus.

Objects blur when you look up after focusing at one distance because the mind is still at the focus point while the eyes attempt to see at a different point. If you think of the object and where it is before you look at it, your mind shifts scale before you look at the object with your eyes. Shifting scale helps you maintain eye and mind coordination.

Shift Scale

➤ **To learn to shift scale so your eyes can focus at all distances:**

Practice this whenever you spend time focusing at the same distance.

1. Blink your eyes and think of an object in the room at a different distance from the one you have been focusing at. It can be something like an object on your desk or a poster on the wall.
2. Massage your eyes as described in [Massage](#) on page 11.
3. Briefly look up at the object.
4. Repeat with other objects at different distances.

Keep a feeling of your feet on the floor and the chair you are sitting in. Also develop a sense of things behind you. It is easier to shift scale when you are present and interested in what you are looking at.

Shift Scale at the Computer

If you work at a computer, practice the general shifting scale technique and this technique.

➤ **To learn to shift scale while working at your computer.**

Practice this frequently while working at your computer.

1. Place interesting pictures or objects in your work area that are easy to see from your position at the computer. Behind the monitor, on your desk near the computer, on the ceiling, on the walls to either side or above the computer are some possibilities.
2. Blink your eyes and think of one of the pictures or objects.
3. Massage your eyes as described in [Massage](#) on page 11.
4. Look up from the monitor at the picture or object.
5. Repeat with other objects and pictures at different distances.

Keep a feeling of your feet on the floor and the chair you are sitting in. Also develop a sense of things behind you. It is easier to shift scale when you are present and interested in what you are looking at.

Affirmations

Use the following affirmation to establish and widen your sense of space:

My world gets bigger and bigger every day

Visualizations

➤ **To develop a sense of space around you and the objects you look at:**

Practice this technique several times a day, when you get up in the morning, and before you go to bed. An awareness of space is important for being present in the world and maintaining eye and mind coordination.

1. Find a comfortable sitting position and remove your glasses.
2. Take a few deep breaths with long exhalations and relax your shoulders, relax your jaw muscles, and become aware of the floor beneath your feet.
3. Massage your eyes as described in [Massage](#) on page 11.
4. Close your eyes and sense the space around you.
5. Gradually push the space out in all directions by imagining the objects around you while maintaining an awareness of the floor beneath your feet.

Feel the sky is a cap over your head and sense objects behind you at the horizon.

Motion

3

Awaken a sense of motion

People with normal eyesight are aware of real physical motion and perceive motion as they move through space. Your awareness and perception of motion is key to mental relaxation.

Real physical motion. When your eyesight is very blurry, you most likely have a diminished or non-existent awareness of real physical motion. You do not or barely notice such things as water flowing downstream, grasses and flowers swaying in the wind, or leaves rustling in trees.

Perception of motion. When your eyesight is very blurry, you most likely have a very diminished or non-existent perception of motion as you move through space. You do not or barely perceive the appearance of objects moving in the opposite direction as you perform activities such as walking, driving, or bicycling.

To relieve eyestrain and clear your vision, it is very important to awaken a sense of both types of motion. When your sense of motion is awakened, your eyes shift and the mental stare is broken. You also have eye and mind coordination, your circulation and breathing are improved, and you are in a state of alert interest. An awareness of motion helps your mind move quickly and effortlessly from point to point as you take in the scene before you. It means your mind is here and not stuck in thought somewhere else.

This chapter covers many techniques to awaken the sense of motion. [Chapter 4, Centralized State of Mind](#) explains how to transfer your awakened sense of motion to seeing details.

Dodging

Dodging is moving your mind and eyes away from a point you see clearly to keep the relaxed state of mind that created the clear vision. Eyes naturally move away from what they see clearly. If you stare at your computer screen and fix on points while you try to reason out a problem, you create a state of eyestrain that can blur your vision.

➤ **To dodge:**

- Whenever you set your gaze on a point, immediately move your gaze to another point or close your eyes (dodge to closed eyes).
- At the computer, shift your gaze around the display by moving your head and letting your eyes follow your nose.
- Close your eyes or use eye drops if your eyes become tired.

Voluntary and Involuntary eye Movement

The eyes can move in two ways: voluntary and involuntary. Voluntary eye movement is when you consciously move your eyeballs. Involuntary eye movement is when your head moves and your eyes follow.

Involuntary eye movement is the same as shifting. Voluntary eye movement can create eyestrain. Involuntary movement is more rapid than voluntary eye movement and is essential for normal vision. You can stimulate involuntary eye movement with blinking, sunning, palming, dodging, and swinging described in [Swings](#) on page 30. Swings are particularly effective for establishing involuntary eye movement and increasing shifting.

➤ **To understand voluntary eye movement:**

1. Hold your head still.
2. Move your eyes from side to side or up and down.

Voluntary eye movement like this causes eyestrain.

➤ **To use involuntary eye movement for relaxed seeing without eyestrain:**

1. Move your head from side to side.
2. Notice the difference in the movement.
3. As your mind moves over the points, notice the points left behind.
4. Move your head while you look at a corner of your computer monitor or something on your desk.
5. Notice the difference in the movement.
6. As your mind moves over the points, notice the points left behind.

Swings

Swings are a family of techniques that increase shifting (involuntary eye movement) and awaken your sense of motion. This family of techniques is called swings because they involve physically swinging your body and mentally noticing how objects appear to swing in the opposite direction.

Swings teach you to see with your whole being from the back of your head, and to let your mind lead and the eyes follow. Once you learn to swing, you should keep a short swing going throughout the day to maintain a perception of motion at all times. When you see with your whole being, you keep your mind present and interested in what you see.

In 1988 I worked with a student who had no sense of motion and her mind was in an extreme mental stare. She came to me for lessons to relieve her eyestrain and improve her vision. The first things I taught her were blinking and swings. With great attention and perseverance for several days, she developed the habit of normal blinking. She also put herself completely into motion by practicing swings all day. Her new blinking habits and awakened sense of motion improved her vision tremendously. Her whole being changed.

Finger Swing Technique

The Finger swing is the first step to noticing relative motion. Relative motion is the appearance of stationary objects moving relative to your own movement. For example, when you drive in a car and the road and scenery falls away behind you.

Stationary objects move in relation to your movement. When you notice this, a sense of motion is awakened on objects that are stationary. If you just move your eyes, there is no appearance of motion. Paying attention to motion brings you into the moment and relaxes your mind so you can register images without effort.

Use the following technique to break the mental stare.

➤ **To get into the habit of seeing, let your eyes follow your nose:**

1. Take off your glasses and relax.
2. Massage your eyes as described in [Massage](#) on page 11.
3. Hold a finger 6 inches in front of your nose and a little to the side.
4. Move your head from side to side and let your eyes follow your nose to prevent you from moving your eyes separately from your head. The finger appears to move in the opposite direction of your head.
5. Close your eyes and imagine the motion of the finger as you swing your head.
6. Keep your attention on the object moving rather than on your own movement.

Drifting Swing

People with normal sight scan the horizon, get their sense of place in space, and scan around the landscape. The Drifting swing is the first step in learning to scan a scene. Practice scanning whenever you can. For example, at your computer, when reasoning out problems, or thinking of persons and places far away.

➤ **To scan and notice subtle variations:**

1. Take off your glasses and relax.
2. Massage your eyes as described in [Massage](#) on page 11.
3. Move your head and think of your nose as a paint brush or pointer while you look through your eyes at interesting items on your desk or on your computer desktop at a comfortable distance.

Moving your head causes your eyes to shift properly and prevents your mind from grabbing at images. When you notice that objects are not fixed to a point, the stare is broken and motion is sensed.

4. As you drift, notice something about the items that interests you. For example, their size, shape, color, texture, or contrasts.
5. Incorporate an awareness of the scene swinging in the opposite direction as you move your head.

Hints:

- If you do not get a sense of motion, adjust the distance and focus on objects closer to you or farther away. Do this until the objects appear to move in the opposite direction from the direction your head is moving.
- Trailing or leading with your eyes inhibits the shifting. Let your eyes follow your nose as you move your head.
- Shift over more than two points in the scene to help prevent your eyes from jumping from one point to another.
- Be aware of small parts within the scene rather than trying to take in the entire scene at once. If you try to see the entire scene without allowing the eyes to shift across it, the scene appears blurred.
- Think of your eyes as two big windows that the mind looks through.
- Remember that vision is the mind looking through the eyes.

Short Swing

Use a short swing to shift over small points whenever you need to look at a small point for a long time, Practice short swings to reestablish the natural movement of the eyes and overcome the mental stare. If you can keep a short sway going all day, your vision will improve dramatically. Practice with your head, body, and imagination. Start at the distance where you see best without glasses.

The following techniques describe different ways to do a short swing:

➤ **To do a head swing:**

1. Move your head from side to side and let your eyes follow your nose to shift across three points in front of you. If you are at a computer, shift across three points on your display.
2. Allow the movement of your head to move the eyes involuntarily while your attention stays with your gaze.
3. Gradually decrease the number of points to two, and then to one.

➤ **To do a body sway:**

1. Stand comfortably with your legs apart.
2. Move your body from side to side and let your eyes follow your nose while you shift across something of interest in front of you. The sway should be about the same width as the object you are looking at.
3. Sway with your eyes open and with your eyes closed while you sense the movement of the object in front of you.
4. When the movement becomes very noticeable, shorten the sway to make the swing smaller. Take frequent breaks during your work day to practice this.

➤ **To do a variable swing:**

1. Do a short swing with an object at a comfortable distance (phone, lamp, plant). Be aware of a different object at about the same distance in your peripheral vision moving nearby (pencil holder, book, poster).
2. At the near point, do a short swing on an object close to you. Be aware of a different object moving in your peripheral vision in the distance.
3. At the far point, do a short swing with an object far from you. Be aware of a different object moving in your periphery nearby.
4. Do a short swing with an object far from you. Be aware of objects moving up close.

➤ **To do a memory swing:**

1. Use a short body sway to see the motion of an object at a comfortable distance.
2. Close your eyes and remember the sense of motion as you continue to sway.
3. Open your eyes and notice motion at a distance where you did not notice it before while you remember the sense of motion as it was at the comfortable distance.
4. Try different distances.
5. Keep the sense of motion going in your imagination.

The involuntary motion of your eyes is a reflection of the natural moving and shifting of the mind. Your attention shifts naturally from one side to the other of any point. The memory swing sets the sense of motion deeper into your mind.

Hints:

- Maintain looseness as you look at smaller and smaller objects.
- Shifting over 3 points breaks the tendency of the eyes to jump from one point to another.

Relax, Smile, and Enjoy the View!

- Learn to move your attention without moving your eyes. Your attention should be on the movement of the scene, and not on the movement of your body.
- Sometimes there is a tendency for the eyes to stay with the object instead of move with the head or body especially when the body sway is shortened. Let your eyes follow your nose and shift over the object.
- Objects appear to move differently depending on how close they are to you and where you look. If the focus is in the distance, close things have a more dramatic movement. If the focus is close up, far things have a more dramatic movement.

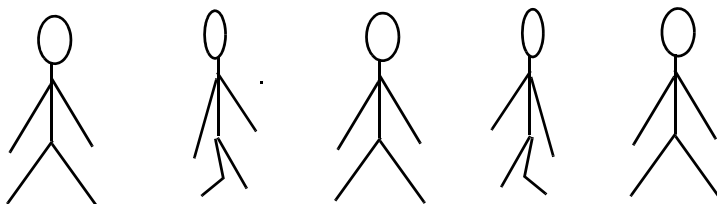
Long Swing

The Long swing is one of the best ways to wake up your sense of motion, increase shifting, and achieve eye and mind coordination. The Long swing brings flexibility to the body and increases mind and body coordination, which make the mind more flexible. Compare your sense of motion before and after you do the long swing.

Do the long swing before you go to bed and you might find you have a very sound sleep. Practice the long swing for about 10 to 15 minutes at a time and gradually increase that to up to 20 minutes. If you practice more than 20 or 30 minutes, your nervous system changes and you might not want to stop!

➤ To do the long swing:

1. Put on music with a soothing beat so your mind flows with and relaxes into the music.
2. Remove your glasses and stand up straight with your spine and neck in one unit.
3. You can start with a head swing, go on to a body sway, and move into the long swing.
4. Twist to one side by moving your torso at the shoulders and hips in line with your head.
 - a. Twist like this until you can see to the side or behind you.
 - b. Twist as far as you can comfortably manage.
5. Bend one leg to allow the maximum, comfortable, twist in the direction you are moving.
6. Do the same twist in the other direction and continue from side-to-side in rhythm with the music.
7. Let your arms fall loosely to your sides and follow your body as it twists.
8. Release to the rhythm and focus on the feeling and movement.



Relax, Smile, and Enjoy the View!

Hints:

- Release to the rhythm and keep your spine straight. This gets the cerebral-spinal nervous system moving which stimulates the sympathetic nerves and gets your eyes shifting.
- If your eyes are leading, put your arms out in front of you and keep your eyes between both arms or close your eyes for awhile while you swing. Do the long swing with your eyes closed if you feel any discomfort in your eyes.
- If your shoulders are tight and your arms are not falling loosely to your side, hold your hands behind your back. You can alternate with letting your arms fall loosely to your side and holding them behind your back.
- Notice how the world moves by you, rather than how you move through the world.
- Notice the animation and life in the world as it swings by.
- Keep a slight sway when you sit or stand.

Make sure you do not:

- Twist in the torso
- Separate your r head from your torso
- Lead from the shoulders
- Make an effort out of the swing
- Hold back with the back leg

Universal Swing

The universal swing creates a feeling that everything is attached and moving in the universe. This swing can be done every moment and in every situation, and is good for mental control and calmness. the universal swing helps you to incorporate a very deep sense of motion at all times.

The Universal swings takes the sense of motion to a very deep and complete level within your being. If you incorporate it into your daily life, you will be present and alert in the world with a solid awareness of the periphery. You will gain an awakened sense of motion.

➤ **To do the universal swing.**

1. Sit in a comfortable position, remove your glasses, and close your eyes.
2. Sway your body while sitting in the chair and be aware of the chair moving.
3. Think of the chair as connected to floor, so the floor is also moving.
4. The floor is connected to walls and ceiling so these are also moving.
5. The room is connected to the building, so the building is also moving.
6. The building is on the ground, so the ground is also moving.
7. The ground is connected to the, so the city is also moving.
8. The city is connected to other cities, so all cities are also moving.
9. The cities are connected to the state, so the state is also moving.

Relax, Smile, and Enjoy the View!

10. The state is connected to the country, so the country is also moving.
11. The country is connected to the Atlantic and Pacific so they are also moving.
12. The country and the seas are part of earth, so the earth is also moving.
13. The earth is connected to space and stars, so these are also moving.
14. Stop the body sway and let your mind swing.
15. Come back to the room and maintain a sense that it is still moving.
16. Open your eyes.
17. Notice that anything that you put your attention on appears to move.
18. Keep the subtle undercurrent of the swing as you slowly look around.
19. Keep the swing going while you stand up and slowly take one step at a time. If you lose the swing, get it back before you take another step.
20. Attach perspective lines between you and the swinging objects so that all things appear to swing in a straight line together.

Hints:

- During the swing, maintain a sense of connectedness to the swinging objects and a feeling of space around you.
- If you lose the awareness of motion when you look at something, close your eyes and sway. When you open your eyes, notice color, shapes, details, and one part best (see [Chapter 4, Centralized State of Mind](#)).
- Notice motion in everything. Look at an object and without moving your body, use the constant motion within you to imagine its pulsing motion.

Centralized State of Mind

4

Focus your mind with a relaxed interest

A centralized state of mind is when your mind focuses with a relaxed interest on one tiny point at a time, and moves quickly, but unconsciously, to the next point. When you have a centralized state of mind, you see best where you are looking and less clearly where you are not looking. The state of seeing one part best is also called central fixation.

Central fixation can be demonstrated by looking through a pinhole in a card. The objects seen through the pinhole appear clear because your mind is looking through a tiny point which forces it to centralize. When your mind is in a state of central fixation, your eyes shift over the entire scene taking in crisp, clear details one at a time without judgment. Judgment prevents a centralized mind because details judged are details not perceived as they are.

Central fixation is absent when there is no sense of motion, the mind and body are not relaxed, and there is no central point of vision because the mind and eyes grab and try see too much at one time. The only way you see more is to be relaxed and present with a centralized state of mind. The goal of central fixation is to see with sharp clarity, not to just recognize shapes. To see with sharp clarity, central fixation must be practiced without effort.

Vision building techniques for central fixation do two things: build interest in detail and bring up the peripheral vision. You can alternate between both types of techniques. It is not necessary to be good at one to practice the other.

One Saturday after a hard week I was in my backyard spraying weeds. My mind was off dealing with unresolved issues when I became aware of the fact that I had lost eye and mind coordination and was not practicing the healthy habits of seeing. My vision was very blurry, but I realized I was in the perfect situation to practice the healthy habits of seeing, regain my eye and mind coordination, and clear the blur. Actually every situation where you see can be considered a perfect situation for practicing the healthy habits of seeing.

I started to look for motion as I moved around in my backyard with the weed spraying apparatus and immediately felt some relaxation. As I moved the nozzle over the weeds, I looked for one part best and noticed how one point falls away as I moved to the next point. I also noticed the colors and varieties of the weeds in my backyard.

My mind really wanted to take me away into my tensions, but I just kept the healthy habits going and after 15 or 20 minutes my eyestrain was relieved and my vision lost its blur. I was very careful to not fix on the clear vision because fixing causes clear vision to blur. I maintained my eye and mind coordination by looking for motion and seeing one part best and gradually thoughts started to flow into my mind without taking me away with them.

Relaxed Awareness of Detail

When you notice what you see, you see more because you are present and centralizing on more details. Practice this technique at all times, and especially at the computer.

Note: *Do not focus on what do not see, but on what you do see, and do not strain to see what you cannot see.*

➤ **To look for interesting details in your daily life.**

1. Get a picture that you like with a lot of color, contrasts, and details. It can be a photograph from a book, a calendar, or magazine.
2. Hold it at a comfortable distance so you can see it without glasses.

If you are very nearsighted, the comfortable distance is going to be very close, perhaps up against your nose and you will only be able to see part of it at a time.

If you are farsighted, the comfortable distance is going to be as far out as it has to be for you to see it.

3. Remove your glasses, take a few deep breaths, and relax.
4. Begin looking at the picture by recognizing shapes, colors, and lines – whatever you find interesting. Let your eyes follow your nose as you shift over the entire scene and pick up details.
5. Close your eyes and palm.
6. Open your eyes and repeat, but this time notice details you missed the first time.
7. Practice this technique at different distances (closer if you are farsighted and farther away if you are nearsighted).
8. Transfer this technique to your computer desktop. That is, let your eyes follow your nose as you shift over your computer desktop and pick up interesting details.

See One Part Best

See one part best as you go about your daily life. Central fixation helps you see with the fovea of your eye. The fovea is the part of the retina capable of the most acute vision.

➤ **To learn to focus on one point at a time.**

1. Find a shape on the picture and shift your eyes over it while you notice that the point you are looking at is the point you see best.
2. Do not stop on the point you see best, but continue to the next point immediately.
3. Transfer this technique to your computer desktop. That is, shift your eyes over something on your desktop seeing one part best.

Note: *Never test your vision. Instead, see one part best or notice motion.*

Be Aware of Motion

The field of vision is focused at a constantly moving point. This requires eye and mind coordination where the conscious mind is centralized and the unconscious mind is aware of the periphery.

- **To be aware of motion as you shift around the picture:**
 1. As you see one part best and shift over the picture, move your head and notice the part you just looked at moving away as your eyes focus on the next part.
 2. Notice that the previous point is less distinct from what the eyes currently notice.
 3. Cultivate the state of mind where something is always being left behind.
 4. Move on (shift) without being stuck (even partly) on the last point.
 5. Point with your nose, move your head, and allow interest to be there.
 6. Do not test your vision. Instead, see one part best or notice motion.

Note: Transfer this technique to your computer desktop.

Vary the Distance

Practice this technique after you become comfortable seeing one part best with an awareness of motion. This technique helps you to realize that details perceived in the distance are different from details perceived close up.

- **To have a centralized state of mind and an awareness of motion when looking at pictures at different distances.**
 1. Move the picture closer to you if you are farsighted or farther away if you are nearsighted.
 2. Focus on what you do see rather than on what you do not see.
 3. Keep looking at one part best with an awareness of motion at the new distance. If you strain, you will not be able to do this.
 4. If you find you are straining, change the distance to a comfortable distance.

Note: Transfer this technique to your computer desktop by moving your chair closer or further away, or changing the size of the screen font.

Sunning and Central Fixation

If you tend to strain when you practice central fixation on pictures or objects, try sunning as described here.

➤ **To achieve central fixation through sunning:**

1. Use two full spectrum lights to sun where one light is brighter than the other.
2. As you move your head, notice the difference in the brightness of the lights and that one light moves away as the second light comes into view.

Peripheral Vision

Practicing central fixation establishes peripheral vision because to see one part best, there must be other parts on the periphery within the scene that you see less clearly. As your eyes learn to shift over a wider area, the periphery becomes wider. When you look with interest, your attention is effortless and you see one part best with an awareness of details and motion in the periphery. Peripheral vision practices help farsighted and nearsighted persons as follows:

- Farsighted persons become interested in seeing one small detail in relation to the entire scene.
- Nearsighted persons open up to the world around them rather than closing peripheral details out of their field of vision.

Opening Peripheral Vision

Opening peripheral vision lets you use your whole field of vision and see more details. For some people, the peripheral perception comes gradually after moving from point to point has been practiced for awhile.

➤ **To keep the peripheral vision open when practicing central fixation.**

1. Obtain a colorful picture with a lot of interesting details.

On your computer, adjust the background and colors to make your computer desktop more interesting.

2. Isolate an object in the picture or on your computer desktop.
3. Notice whether the object is more interesting by itself or in relation to other objects in the picture.

Note: *If the point you look at is less clear than the point in the periphery, you are practicing eccentric fixation. Eccentric fixation is when the diameter of the center point is so wide it blurs from the effort to concentrate at the center. Since central fixation is an involuntary technique, eccentric fixation diminishes and goes away if you let interest to come up while you shift between points.*

See Points in the Periphery

This technique helps you to think of the points you are not looking at directly as less clear than the point you are currently looking at. This is the reverse of seeing the point you are looking at best.

1. Shift over a card, picture, or your computer desktop from point to point and see the point not looked at as less distinct.
2. Move the card or picture further away or move your chair back from your computer.
3. Repeat, but now be aware that the card, picture, or computer is in the room as part of the whole scene.
4. Ask yourself if you see a difference in clarity between the point looked at directly and the points not looked at.
5. As your vision clears with practice, start comparing closer and closer points. Cultivate a sense of space around you to widen your field of vision when you notice points in the periphery.

Note: Do not move to close points if you feel a strain. Blink and palm to prevent or alleviate any strain.

Short Swing

1. Pick an object in your environment and be aware of it moving in your periphery all day.
2. Notice the obvious motion of close objects in your periphery as you look at more distant objects that do not appear to be moving.

This transfers the sense of motion to distant objects.

Universal Swing

Practice the Universal swing with music for 10 to 15 minutes at the beginning of the day and carry the swing with you throughout the day. The Universal swing described in [Universal Swing](#) on page 34 does two things:

- Helps farsighted persons get interested in seeing one small detail in relation to the entire scene. This helps to open the peripheral vision.
- Helps nearsighted persons open up to the world around them rather than closing peripheral details out of their field of vision.

Practice Hints

The following practice hints help to awaken peripheral vision by drifting over a picture and picking up details. Drifting breaks the stare and the tendency to try to take in the entire picture at once. Drifting also gets the mind involved in seeing. The eyes do not see, they take in light. It is the mind that sees.

- Notice detail in front of you. Take a picture and seek out the details. Take the picture away and describe the picture. To remember something, you have to scan around and see every point with one part best. Different details appeal to different people. Close your eyes and remember the details. Open your eyes and search out what you do not remember.
- Play music while looking at the picture. Incorporate the movement of the music with moving around in the picture and picking up detail. Let the music light up a point in the picture.
- Be aware that the point left behind is less distinct. The awareness of less distinct can be an easy awareness of some detail that is missing.
- Alter the distance by moving it out a few inches.
- Practice central fixation on different objects and faces. This transfers the experience to something off the paper.
- Practice central fixation with letters.
- Widen out the sense of peripheral vision. Be aware of the whole scene at one point in time, but do not try to see it.
- Look at a picture and pick up the subtlety of the shades.
- Bring your attention to contrasting colors and compare them.
- Look at an object and get a sense of perspective by placing perspective lines that gin towards the object. Perspective lines make the mind aware that things farther away appear smaller than they appear up close. Check the appearance by measuring with your fingers.
- Mentally train your mind to see things larger and smaller. Put objects back and forth in front of your face and call out, Larger! or Smaller! If you have difficulty seeing the objects, contrast colors instead. This may help you to see the objects.
- Pick a color in the picture and be aware of it as you drift over the picture with open eyes and closed eyes.
 - With closed eyes remember the points in the picture and the details.
 - Be aware of contrasts between colors and textures in the picture.
 - Notice shapes.

Hints:

- The attention is what focuses the eyesight on objects.
- Central fixation is being attentive where you are looking.

Motion and Centralization

Centralization and motion are key to correcting eyesight. Some people work better with one or the other. Centralization is being fully present and aware in the moment. Motion is not being attached to any point by continually moving on to the next point.

An awareness of motion promotes flexibility because it causes your mind to stop trying to make things happen. If you are so flexible that you lack focus and direction, practice central fixation with an emphasis on awakening your interest in detail. An interest in detail makes your sense of motion more precise. If you try so hard to be focused that you lack flexibility and are unable to move on to new things, improve your central fixation by emphasizing the periphery, developing an interest in motion, and dodging.

Edging

Edging is brushing around the outline of shapes with your nose by letting your eyes follow your nose. The key is to keep a relaxed sense of the points flowing into your mind while your attention moves around the outline noticing detail. Edging combines motion and central fixation. Practice edging to refine your sense of motion and centralize your mind.

The eyes and mind have to coordinate to take in small points of detail without skipping over any points in the line. You also have to be completely present in the room and interested in what you are looking at to not skip any points.

➤ **To incorporate central fixation and motion to see details along a line.**

1. Remove your glasses and relax.
2. Find a line in your environment at a comfortable distance so you do not strain to see it.
The line can be where a wall joins the ceiling or floor, the edge of a table, door, or other piece of furniture in the room.
3. Feel your feet on the floor, close your eyes, and relax.
4. Open your eyes and move your head and follow your nose along the line while you notice every point as you go and that the point you are on is the point you see best.
5. When you get good at this, add motion:
 - a. Notice each point as it comes into view, and notice the present point moving away as the next point comes into view.
 - b. Notice the point in view is the point you see best, and keep a feeling of the points moving into and out of view as you brush along with your nose.

Hints:

- Maintain a smooth motion with your eyes and head. Do not jump over points in the line. If you find you jump over points, take a few deep breaths and palm. It might help to find a line at a more comfortable distance.
- If you tend to strain when edging, practice for short periods only, palm before and after, keep an awareness of motion, and see one part best during your practice.

Edging and Swinging

When you become proficient with edging, add swinging. Your eyesight should be fairly good before you attempt this technique because if it is not, this technique can create a strain. This technique lets you see points along a line the way a person with normal vision would see them: with relaxation, motion, central fixation, and peripheral vision.

➤ **To use swings to widen your field of vision.**

1. Remove your glasses and relax.
2. Find a line in your environment at a comfortable distance so you do not strain to see it.
The line can be where a wall joins the ceiling or floor, the edge of a table, door, or other piece of furniture in the room.
3. Get a short swing going across the joint using a head swing or body sway.
4. Once you have the swing going, notice an object in your periphery and keep it swinging with you.
5. With the object swinging in the periphery, find an area on the joint and see one part best.
6. Keep the peripheral swing going while you edge along the joint. See the point you are on best while you notice the point move away and the next point move into view.
7. Edge along the joint in both directions several times.

***Note:** Make sure you keep breathing and do not strain. Keep the points along the joint moving and the object in your periphery moving.*

Dim Light and Night Vision

When your eyesight improves, you can use central fixation and motion to refine your vision for dim light and night vision. Contrast is more subtle in dim light. At a distance where your vision is clear, dim light does not affect your ability to see. It takes imagination to see in dim light or at night at a distance where your vision is not clear because your eyes are not shifting or centralizing. People who practice central fixation see more contrast and see better in dim light.

One man who had a keen interest in shapes used this interest to improve his night vision by contrasting the lights and darks by searching for the lightest light and the darkest dark. Once he became good at this, he started to look for colors while contrasting lights and darks. Over time as he became good at seeing details in dim light, his vision improved tremendously.

If you are having trouble seeing in dim light or at night, your peripheral vision is shutting down, you are not noticing details, or both.

- If you see in the periphery, but have trouble seeing one part best, you need detail work.
- If you see one part best, but are unaware of objects in relation to other objects, you need periphery work.

Accept What you See

This technique reduces the strain of trying to see objects in dim light.

➤ **To see objects in dim light as they are.**

1. Sit in a dimly lit room.
2. Let dark things be dark and light things be light.

Note: Do not strain. If you find yourself straining, palm or swing.

Awaken Interest in Details

You can practice this technique alone or with a partner. If you have a partner talk to each other about the details you see in the dim light. The peripheral vision shuts down in dim light due to strain. Notice details to alleviate this strain and open the peripheral vision.

➤ **To wake up an interest in detail, shapes, and color in dim light:**

1. Sit in a dimly lit room and notice the dark.
2. Notice the light within the dark.
3. Contrast the light and the dark.
4. Find smaller and smaller areas of light and dark, and then start contrasting colors.
5. Add motion as you move from light to dark, dark to light, and from color to color.
6. Notice different bands and continuation of color.
7. Compare hues and be aware of shapes.
8. Drift over the memory of details.

Memory and Imagination

5

Take your mind to a deeper state of relaxation

To remember something perfectly or imagine something in vivid detail, the mind has to be completely relaxed. People with photographic memories have very relaxed minds, and would have very clear vision if they knew how to transfer their extremely relaxed state of mind to how they see.

Memory and imagination techniques are practiced after motion and centralization techniques have relieved enough eyestrain so the mind is in a relaxed state. Memory and imagination techniques take the mind to a much deeper state of relaxation to refine the vision into sharp focus.

One day I was riding in the car with one of my students. He was having trouble reading the freeway signs, and I pointed out that he should stop fixating on the fact that the signs appear a little blurry and look for letters that pop out and notice the length of the word instead. But I told him to make himself present first by feeling his feet on the floor and hands on the steering wheel. When he did what I asked, his imagination awakened and he found he could guess at the words on the signs with amazing accuracy. His vision also cleared.

Memory

Memory is an important tool for refining vision. If something is round and you remember it round, you will see its roundness clearly when you look at it. If you stare at a memory, the memory disappears. Perfect memory brings about the state of mental ease, mental focus, and a feeling of being in the present moment.

The memory techniques increase shifting and relieve any eyestrain you might have when you focus your eyes. This leaves your mind and eyes free to focus on what you see. Memory techniques work well when you have a good visual memory, or if you have normal sight at some distance (it does not matter what distance). If you do not have a good visual memory, memory techniques can help you improve your visual memory, which improves your vision.

Types of Memory

There are three major types of memory: visual, kinesthetic, and auditory. Most people predominately use one or two of the three types. If you know your type, you can gear the memory techniques to your best advantage. You can also develop other types of memory by practicing the techniques according to the types of memory you do not use often or at all.

Visual

People who are strongly visual are thinner, well put together, have a higher voice, and use a lot of visual words. If you predominately use visual memory, slow down and lower your voice as a precursor to relaxation.

Practice flashing (described below) to encourage your visual memory. This works because the visual memory is faster than the auditory or kinesthetic memories and flashing requires quick image recall. Also practice central fixation as described in [Chapter 4, Centralized State of Mind](#).

Kinesthetic Memory

People who are highly kinesthetic put comfort before looks. Some kinesthetic people respond to external sensations and are aware of their extremities.

Practice memory techniques by holding the object in your hand. Notice how it feels when your vision is clear as opposed to when your vision is not clear. Keep the memory of the feeling of clear vision.

Auditory Memory

People who are strongly auditory have a rhythm with their walk and ups and downs in their voices.

Practice the memory techniques by incorporating a short swing with the object. Also, keep a memory of the short swing at different distances at all times. Start the swing with your body moving, and then stop your body and keep the feeling of the movement.

Flashing

Begin by practicing memory techniques on what is in front of you at a comfortable distance to take advantage of the state of mental ease you already have at that distance. Flashing is a good way to build mental images, and strong mental images help you see clearly.

➤ **To palm and accept images (flashing).**

Take breaks during the day and practice flashing with items nearby.

1. Place an interesting object in front of you when you palm.

Note: You can palm with eyes open or closed.

2. Open your hands quickly to get a mental image of the object.
3. Close your hands again to cover your eyes and remember the image.
4. Palm like this for five minutes every hour.

Alternately:

- Palm and remember a pleasant experience.
- Flash with a deck of cards by pulling the cards up one by one, looking at them quickly, saying their names out loud (ace of spades), and going on to the next card.

This builds the visual impulse because there is not enough time to strain to see.

- Look at one corner of a simple picture, close your eyes, and remember the corner.

Note: If the memory goes away, it is because you are not shifting over the points in the image to maintain its memory. Practice shifting by sunning, palming, and swinging.

Shifting

Your eyes have to paint the picture in your mind by shifting. If you stare at the whole picture in your mind, you lose the memory. Keeping the memory with the eyes open prevents you from mentally projecting the picture out and causing eyestrain.

Practice this technique several times a day.

➤ **To allow images to flow into your mind when you remember:**

1. Pick an object in your environment and let your eyes shift around it in a drifting swing.
2. Close your eyes and shift around the object in your memory.
3. Open your eyes and remember the feeling of the memory of the object with your eyes closed.

Note: Relax when you open your eyes and do not try to see anything. Let the image flow into your mind. Elongate your head and neck to reduce the strain on your head, neck, and spine.

Memory of a Letter

Practice this technique whenever you read. If you are farsighted, this technique can help you see smaller print. If you are nearsighted, this technique can help you see print in the distance. Reading is covered in more detail in [Chapter 6, Healthy Reading Habits](#).

➤ **To use memory to see print clearly.**

1. Find a letter such as the letter Z on a printed page (black print on white is best) and look at it at the distance where you see best.
2. Remember the letter when you close your eyes and retain the same relaxed state with your eyes closed.
3. Look at the floor and open your eyes while you maintain the memory of the Z.
4. Repeat steps 1-3, but this time when you open your eyes, look at a blank wall keeping the memory of the Z.
5. Repeat steps 1-4, and this time let your eyes move up the wall while you keep the memory of the Z. If the Z begins to fade, go back to the object and regain the memory.

Note: When you make an effort to remember, the memory fades.

Memory of an Object in its Environment

Memory works the same way as vision. The mind shifts over many points to get the image. You remember an object when you have an image of the object – its shape, color, position in relation to the periphery. When you remember, maintain the same feeling with your eyes closed that you had with your eyes open. Do not make work out of the memory. Just think about it.

A simple memory of anything with detail can sharpen your vision. A sharp memory is created by a relaxed state where the mind does not go out to see. Instead, light flows into the eyes and is registered by the mind.

➤ **To have perfect memory at different distances and at a small point.**

1. Pick an object in your environment to remember.
Shapes, letters with serifs, or any object near you will work. It should have enough detail to keep your interest, but not too much detail so it is difficult to remember.
2. Recall the object with your eyes closed until the visual memory is equal to or close to equal to the real object.

The size, color, and position relative to your periphery should be the same with your eyes closed and with your eyes open.

Do not project the memory out. Remember the object with your eyes open at the same distance and size as it is with your eyes closed. Ask yourself if the object is on the wall or in your mind. It should be in your mind. If it is on the wall, you are not being present when you see and present when you remember. Memories can help the vision if you bring yourself into the present.

Note: *If you get a negative after image, you are remembering with strain. If you tend to strain on a memory, move a part of your body to break the strain. If you have trouble getting a mental picture, you do not have central fixation developed enough. Go back and practice the central fixation techniques.*

3. Recall the object with opened eyes against a blank surface in the room (a wall or table top) at your best distance.
4. Try other distances. If the memory starts to go away with opened eyes, recall the object with your eyes closed.
5. Recall the object with opened eyes against detailed surfaces in the room (carpet or closed drapes) at your best distance.
6. Try other distances.
7. To correct a distortion in the open eye, work with one eye at a time by covering one eye.
8. Use an apple or other fruit as the object. Include the crunch, taste, and smell of the apple as part of the memory.

Nearsightedness

These techniques bring the attention in and create an internal swing that moves with your mind and eyes.

➤ **To use memory to improve vision at the far point:**

1. Close your eyes and pretend to draw pictures on your extended hand.
2. Make a 1/4 inch circle on your forefinger with your thumb.

Be aware of points in the circle by counting numbers. The thumb works best when you are aware of the connection between you and your thumb.

Farsightedness

➤ **To use memory to improve vision at the near point.**

1. With your eyes closed, draw letters of the alphabet with your index finger on the bridge of your nose between the eyes.
2. If you have a turned-in eyes, draw the letters on the side of your temple instead.

Dodging

If you can keep a memory when looking at the blank surface, but lose the memory when you look at objects with your eyes open, the best thing to do is dodge to a blank surface or to closed eyes. Dodging allows the memory to stay because it keeps the mind from fixing on what your eyes are seeing.

Memory Swing

Practice the memory swing whenever social conditions prevent practicing short or long swings.

- **To practice the memory swing:**
 1. Do a short swing on an object and remember it swinging with your eyes closed.
 2. Now remember it swinging with your eyes open.

Cards

- **To practice memory with cards:**
 1. Hold two cards at different distances.
 2. Look from one card to the other and retain the memory of the last one while looking at the current one.

Palming

- **To practice memory while palming:**
 1. Palm and have someone read you a story.
 2. Create mental images as you listen to the story.

Black Dot

- **To practice memory with a black dot:**
 1. Find a small black dot such as a solid black period in text.
 2. Use memory and palming to remember the black dot.
 3. Get a short swing going with the dot in your mind.

Keep a Memory when Seeing

Stimulating the memory stimulates the vision and vice versa. If you remember detail, you think details, and therefore, you see details. Keep a visual picture in your mind at all times.

- **To keep a memory:**
 1. Find an object you like.
 2. Remember the object all the time to maintain the state of clear vision. For example, think of an apple, and look in the distance and remember the apple.
 3. Keep a picture of yourself before you wore glasses near you to help you remember the state of mind of clear vision.
 4. Never remember blurred vision. Take yourself back to a time when you had clear vision by talking about it to a partner or friend.

Imagination

Imagination is a tool for clearing vision that relaxes the mind and alleviates mental strain. When you look at something that does not appear clear, imagine what it might be. When you use imagination like this, you cannot imagine something clearly that is not actually there. For example, if you look at letters and the o is unclear, you will not see it clearly by imagining it to be a c. You will get a distortion of the o. An o will appear clear only if you imagine an o.

Imagination techniques awaken your creative side. Often, creativity is channeled into one or two interests that can limit your creativity in other areas. Imagination and creativity are really unlimited in all areas of life for everyone. When your creative side is awakened, interest and flexibility are also awakened and you can use this awakening to improve your vision and build creativity in all areas of your life.

Imagination means creating images (pictures) in the mind. Everyone sees different pictures in different ways. One person's shack can be another person's mansion. The mind does not see; it imagines. Imagining images in the periphery causes the mind to pay more attention to image impulses in the periphery which awakens the peripheral vision without losing central fixation.

***Note:** Wait until you are reasonably good with the memory techniques before you start the imagination techniques. You should practice the central fixation, motion, and memory techniques until your eyesight has improved a lot before you try imagination techniques*

Imagine Detail

If you imagine the leaves on a tree or the blades in the grass, you start to see them. People with normal sight unconsciously imagine what something is when they look at it, which enables them to see clearly what is really there. Curiosity allows you to imagine what might be there when you cannot see it by trying on shapes because the right shape brings up the image.

Practice imagination as often as you like to clear blurry vision.

➤ **To use imagination to see more details and clear your vision.**

1. Look quickly at an object that does not appear clear.
2. Close your eyes, and imagine how it really looks.
3. Open your eyes and quickly dodge to avoid going into a stare.
4. Repeat several times.

***Note:** Remember to dodge and not stare at an out-of-focus object. If you have a tendency to be in your head, be with your imagined thoughts as they come to mind.*

Imagine Letters

If you imagine the correct letter, you will see it. People with normal sight unconsciously imagine what something is when they look at it which lets them see what is really there.

Practice the following technique whenever you read. If you are farsighted, this technique can help you see smaller print. If you are nearsighted, this technique can help you see print at the far point. Reading is covered in more detail in [Chapter 6, Healthy Reading Habits](#).

➤ **To use imagination to see letters.**

1. Look quickly at a letter at a distance where it does not appear clear.
2. Close your eyes, and imagine the letter.
3. Open your eyes and quickly dodge away to avoid a stare.
4. Repeat several times.

***Note:** Remember to dodge and not stare at an out-of-focus letter. If you tend to be in your head, be with your imagined thoughts as they come to mind.*

Imagine the Seat of Sight

Because the seat of sight is in the medulla oblongata portion of the brain, sometimes if you direct your attention there, your vision clears.

Healthy Reading Habits

6

Seek out light to relieve eyestrain when reading

Because your eyes are naturally interested in light, they are attracted to the white spaces between and around print. Black does not reflect light, and so your eyes naturally shift around and pick up the light reflected by the white. The reading techniques in this section use this natural tendency of the eyes to seek out light to relieve eyestrain and achieve relaxation when reading.

Do not practice reading until you are comfortable with the motion and central fixation techniques.

For reading practice, use black print against a bright white background (for maximum contrast) in the following sizes: Large (11 to 14 points, medium (9 to 11 points), small (7- 9 points), and very small (6 points and under). Once you learn the techniques in this section, practice them whenever you read. If you find you enjoy very small print, you might want to experience with points sizes even smaller than 6.

While the healthy reading habits described in this chapter relieve eyestrain and clear blurry vision for anyone who reads, farsighted persons respond very well and rather quickly to the reading techniques. This is because farsighted people have trouble reading small print up close while their vision in the distance is fairly clear. When farsighted persons learn and practice healthy reading habits, they not only become comfortable reading small print up close, but their distance vision becomes sharper too. When nearsighted persons learn and practice healthy reading habits, they can focus better in the distance because they do not acquire eyestrain and an inability to shift their focus to far points when they read.

One day at my day job in a software company, a coworker explained how he has trouble reading small print. I told him to remove his glasses, take a deep breath, and on the exhalation think of something bright and white. When he opened his eyes, he could easily read the print on a memorandum I had pinned to my bulletin board.

Look at White Space

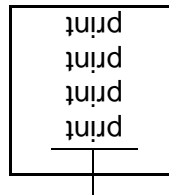
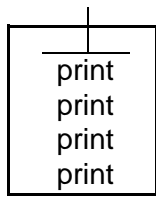
Because eyes are light reflectors, it is easy for eyes to see white reflected light. Because black absorbs light, fixing on black letters creates eyestrain. Your eyes are light finders and seek out the tiny bits of light between and around the lines, letters, and paragraphs on the printed page in tiny, unconscious shifts.

The shifting increases centralization, motion, and relaxation, and improves your vision in all activities at all distances. Your attention has to come away from the black print to read without eyestrain. You can shift and scan small and very small print whenever you have spare time – talking on the phone, waiting on hold, waiting for a ride, waiting in line, or during commercial breaks.

➤ **To pick up the light reflected by the white space between black letters:**

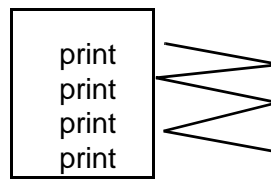
1. Use a white page or card with black print that you can see.
2. Without reading the type, look at the margin of a white page with black print against white and shift along the top of the black print. Your mind does not strain to see small print if you do not try to read the print.
3. Turn the page upside down and shift below the bottom line. Notice the whiter white next to the black letters. Turning the card upside down prevents the distraction and resulting eyestrain of trying to read the print.
4. Turn the page right side up and still without reading the type, zigzag shift down the page.

Shift along here



Shift along here

Zigzag shifting



5. While you practice the three techniques above, pause and close your eyes at the end of each paragraph to relax your eyes and mind. Think of something very brilliant and white during the pause. Remember the brightness when you open your eyes and go on to the next paragraph.
 - Notice the whiter white next to the black letters.
 - Maintain a memory of the white with your eyes open.
 - If you have trouble remembering white, look at something white, close your eyes, remember it, and open your eyes again a few times. Alternately, swing the letters on the card by moving your head from side to side and remember the sense of motion with your eyes closed.
 - After you have made some progress, pause at the end of each page instead of each paragraph.

Relax, Smile, and Enjoy the View!

6. Do the same shifting with the card, but now read as you shift. Maintain a memory of white as you read. Let your eyes follow your nose and brush back and forth along the line. Do not think about reading the letters, just let the words and the meanings of the words flow into your mind.
7. Start with large print you can see easily and gradually move to smaller print. With print you do not see clearly, scan over the white space without paying too much attention to the print. Every now and then, you might catch a capital letter or notice where a paragraph begins or ends. These are flashes of telescopic vision. Everyone gets flashes of telescopic vision but most people are unaware of them. With practice, you can be more aware of telescopic flashes of vision. which produce greater centralization, motion, and relaxation.
8. As your vision clears, move the card closer if you are farsighted or farther away if you are nearsighted to accustom your mind and eyes to reading at different distances.

Hints:

- Remember to relax and breathe. Take a deep breath at the end of each line. Be sure to shift your eyes over the white line when you return to the beginning of a line instead of jumping over this space. Use blinking to relax your mind and eyes.
- If you tend to strain and try to read the letters, bring the card close to your face, or use a card with very small print and skim the page for the white.
- Do not test your vision while you read by noticing how clear or unclear the type is because this causes eyestrain and blurred vision. Instead, notice motion as your eyes shift across the line or remember something brilliant and white.

Halos

A halo is a thin white line perceived around black when black is placed against white. People with clear vision perceive halos. If you learn to see halos, you can relieve eyestrain and clear your vision.

Your eyes see size, shape, and color by contrast, and the contrast creates the illusion of a halo. When you consciously perceive halos, your mind unconsciously follows the halo around the letter in a relaxed state free of eyestrain.

➤ To learn to perceive halos.

1. Place a white card against a piece of black felt.
2. Close your eyes, relax, take a deep breath, and open your eyes. Do you see a thin white line along the edge in the white area? Look along the top or bottom edge of a line of black type against a white background.
3. Close your eyes, relax, take a deep breath, and open your eyes. Do you see a thin white line along the bottom or top of the black letters of the card?
4. Close your eyes, take a few deep breaths, relax, and open your eyes again. Do you see a thin white line around the black letters on the card?
5. Read by looking at the halo at the bottom or top of the line of type, or the halo around the letters.
6. Practice seeing halos with different sizes of type.

Hints:

Coax your mind to think white.

1. Close your eyes and imagine something brilliant and white or scan across the black print and notice the white behind the letters.
2. If you cannot see the halo, do not strain.
3. Practice other relaxation techniques and try this later when you are more relaxed.

If seeing halos is too difficult:

1. Scan across the middle of the print noticing the white background.
The goal is to not hold onto or grab at the letters and words when you read, but to shift across the line and let the letters and words flow into your mind.
2. After awhile, you can shift your focus to the bottom of the print and notice the white at the bottom. The white becomes brighter and looks like a thin halo with practice.

Reading Comprehension

You achieve reading comprehension by letting the words flow through your eyes and the meaning flow into your mind without holding onto or grabbing at the meaning. Shifting back and forth helps to keep your mind and eyes coordinated. When you lose eye and mind coordination, eyestrain and blurry vision result.

➤ To practice reading comprehension while shifting:

1. Let your eyes follow the thin white line or shift back and forth over two or three words at a time while you read.
It sometimes helps to break the strain if you read out loud while practicing this technique or have a partner read out loud while you read the print to yourself. You will both need a copy of the same page.
2. Do not let your eyes move on when your mind is staying on an idea.
3. Make up pictures when you read to help you become more interested in the subject matter and gain greater comprehension.
4. You can catch a glint of light on the edge of a bent card and mentally place it next to the line of print to help see the thin white line.

Make up Pictures

Not everyone makes up pictures when they read, but if you learn to, it can help you achieve a relaxed state of mind because it increases your interest in the material.

➤ To create pictures when you read:

1. Read short passages of text or have a partner read short passages of text to you.

2. Make up pictures as you go. If you are working with a partner, describe the pictures to each other.

Hints – If you have trouble making pictures, do the following:

- If you are right-handed, look to the left when you construct the picture and to the right when you retrieve it.
- If you are left-handed, look to the right when you construct the picture and to the left when you retrieve it.

Impulse Reading

Impulse reading teaches you to accept visual images of letters and words as they occur and to be immediately ready for the images that follow without grabbing at or holding onto any one letter or word or its meaning. Impulse reading teaches you to rely more on your visual sense because there is no time to employ other senses.

➤ To immediately see images on cards as they flash in front of you.

This technique is more easily practiced with a partner handling the cards.

1. Quickly place one card at a time face up in front of you.
2. Say the names of the cards as you see them.
3. Do not stop on a card you do not see, but go to the next card immediately.
4. Vary the distance by moving closer to the cards (for farsightedness) or farther away (for nearsightedness).

Reading at the Computer

If your monitor has a lot dots per inch (DPI), the black lettering will not be very black and the white might have a slight tint making it unlikely you will be able to see halos on your computer screen. However, the other principles of reading apply.

1. Adjust your monitor so the print is black against a white background.

This provides the most contrast for reading. Let your eyes travel along the bottom of the letters when you read.

2. Think of bright white.
3. Notice motion as your eye moves along the line.
4. Give your eyes rest by taking breaks, palming and swinging.
5. Make up pictures as you read.

Note: Make sure your monitor has good resolution and does not flicker. The flickering of a monitor can make your mind tired and create a tension in your eyes. Position the computer to minimize glare, and use full spectrum lighting in your work area if you do not sit near a window.

Basic Practice

7

Relaxation and vision building techniques

The following sections group the relaxation and vision building techniques into basic practice sessions. The groupings are suggestions to help you get started with your own practice plan. Because some techniques work better for some people than others, you will have to experiment to find the practice plan that works best for you. If you find you cannot stick to a program, you might want to find a teacher to assess your needs and customize a program for you, or work with a partner.

A partner or teacher can direct your attention to things you may not be aware of. For example, if you do not have a good sense of motion, you are probably not noticing enough details. A partner or teacher can help you pick out details. If you have a good sense of motion, but your eyesight is not improving, a partner or teacher can tell you to concentrate on other vision building techniques such as central fixation or memory.

If you wear glasses, you will find the first part of correcting your eyesight is overcoming the strain caused by the glasses. After that, you should concentrate on the mental state that caused your eyesight to weaken in the first place. To change your mental state, you have to awaken your interest at the distance where your vision is not normal.

Foundation Techniques

The foundation techniques provide the groundwork for techniques to come. The goal is to get a conscious experience of a different level of relaxation when you see.

Sunning

Sun for 10 - 15 minutes with your eyes closed followed by 5 minutes of blinking into the light. The light relaxes your eyes and mind, and the heat soothes tight muscles.

- The light should be comfortable. Get the correct distance from the lamp.
- Sunning can be done several times a day.
- You can sun with your eyes closed until you are accustomed to the light.
- If your eyes are sticking on the light, follow along the shifter.
- If you start to stare at any time during the session, sun some more.
- Start keeping a record of things that affect your vision.

Palming

Palm for a few minutes. Visual purple is depleted by light and replenished by darkness. Light and dark contrasts stimulate the visual purple. Palming gives the mind a new opportunity to go into a relaxed state. It soothes and relaxes.

- Play music while you palm.
- Turn your head from side to side with your eyes closed while you palm. Imagine the sun moving from one ear to the other to get a short swing going. Sometimes moving your head up and down is better than turning it side to side.

Blinking

Practice blinking for a few minutes to help break up the mental stare. Transfer the feeling of relaxation you achieved through palming to blinking. A restful blink is when you close your eyes for a few seconds and remember the restful state of palming. After awhile the blinking obtains a restful state on its own.

The mind is straining when the eyes are held open. Once you get flashes of better vision, you might tend to stare and not blink and lose the restful state of mind. Blinking is essential at times like this. Blinking keeps the state of relaxation all day.

- Blink with one eye. Close your eyes for a moment and blink the other eye. In time, switch blinking from one eye to the other without closing the eyes.
- Use the air cushion technique to start a blink. Cover one eye and bring the other hand over the other eye. Push and suction the eyelid open and closed. Do this for 5 minutes at a time 6 or 7 times a day.

- Start the morning with 3 - 5 minutes of blinking to get into the habit. When you notice yourself staring, blink for a minute or two to break up the stare.

Shifting

- Move your head from side to side or look from one point to another with a body sway.
- See with your nose as if there is a paint brush or a pointer on the end of the nose. Extend your nose out with a brush at the end that brushes over every point on the way. Be careful to not go out on the pointer to see, instead of letting the images come in. Brush with your eyes closed and opened.
- For close vision, close your eyes and use your finger to draw on a point between the eyes. The mind follows the movement of the fingers.

Motion Techniques

With enough practice, a sense of motion becomes natural because motion is integral to normal eyesight.

10 - 15 minutes of foundation techniques.

- Sunning
- Palming
- Blinking
- Pressure points and massage
- Shifting

Vision Building for Nearsightedness

Nearsighted persons need to gain a sense of things moving when they move.

- Finger swing.
- Short swings, especially the sway. Keep the memory of the motion when you hold your body still.
- Long swing to dynamic music for 15 to 20 minutes. Compare the long swing to the sway by going back to the sway. Notice the motion. Get a sense of the world moving by you rather than you moving through the world.
- Edging

Vision Building for Farsightedness

Farsighted persons need to develop an interest in details at the near point.

- Reading with memory of white between paragraphs
- Finger swing.

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- Short swings, especially the sway.
- Memory swing. Start with a sway, then keep the memory of the motion when you hold your body still.
- Long swing with peaceful music for 15 to 20 minutes. Compare the long swing to the sway by going back to the sway. Notice the motion. Get a sense of the world moving by you rather than you moving through the world.

Nearsightedness and Farsightedness Techniques

The emphasis is on refining relaxation and vision building techniques.

- Foundation techniques
- Motion techniques

Vision Building for Nearsightedness

- Swinging and edging.
- Reading with very small print with an awareness of the thin white line. Move your head from side to side while you read to maintain involuntary shifting.

Vision Building for Farsightedness

Refine reading. Move the head from side to side while reading to get the involuntary shifting going. Direct attention towards the white and develop a sense of motion when you read.

Healthy Mind and Body Techniques

- Foundation techniques.
- Motion techniques.
- Farsightedness or nearsightedness techniques (as applicable).
- Health
 - Body – Start paying attention to the physical side of vision: diet, sleep, exercise, cleansing, and breathing. When your body is in good physical shape, it responds to the techniques more quickly.
 - Cleansing – Choose a cleanse that is right for you. Consult your local health food store for information or make an adjustment in your diet towards cleansing. For example, if you eat a lot of meat, cut down on the amount or shift to white meats only. Increase the amount of salad you eat.
 - Manage stress – Physical stress can be helped through diet and exercise. Mental control in the form of a deep state of relaxation helps mental stress because the body and mind work together.

- Improve your self-image – Healthy habits change the image of self and increase discipline. We create our lives through our self-image. Stress creates a negative self-image.

Central Fixation and Reading Techniques

- Foundation techniques.
- Motion techniques.
- Edging
- Nearsightedness or farsightedness techniques (as applicable).
- Central Fixation with colors and pictures
- Central fixation with contrasting colors, shapes.
- Widen peripheral vision.
- Reading
- Techniques for special eye conditions as described above.

Memory and Imagination Techniques

- Foundation techniques.
- Motion techniques.
- Edging
- Nearsightedness or farsightedness techniques (as applicable).
- Central Fixation with colors and pictures
- Central fixation with contrasting colors, shapes.
- Widen the peripheral vision.
- Seeing in dim light
- Reading
- Memory and imagination.

Specialized Techniques

Practice the techniques for squint and other special eye conditions described in [Chapter 8, Common Eye Conditions](#).

Using Strong Points and Developing Weak Points

You need to work on your strong points first and develop your weaker points later. The following story about a severely nearsighted hairdresser shows how this approach can be very effective.

The hairdresser started with the Long swing and responded well to it because she loved the feeling it gave her. Her teacher worked with her on motion telling her remember to perceive motion during the day.

Later on, the teacher worked with her on remembering the feeling of seeing print perfectly on a fine print card. They did no more memory work because this woman did not have a good visual memory. The memory of motion and the memory of the feeling of seeing fine print clearly were worked on simultaneously, and over a long period of time the woman's vision improved when she practiced the techniques, but she was unable to apply the memory techniques in her daily life.

The woman did not have a good visual memory because she was not seeing much detail. The woman was more interested in feeling than visuals. To get the woman to start thinking and seeing details, the teacher started her noticing detail, color, and shapes in objects.

The teacher had the woman look at a tree and imagine a tiny leaf on the tree, and the woman suddenly saw the leaf on the tree. The teacher instructed the woman to use this imagination technique on everything including the hairs on her beauty parlor clients. This woman liked details so much she made a lot of progress with improving her vision and waking up her visual memory.

With things she could not see in the distance clearly, she would imagine or guess what these things could be, not trying to make them out clearly, but seeing what she could without straining and with interest and curiosity. She would move around the object visually, look for the shape, and make comparisons. She had to learn to be content to not see an equal amount of detail in the distance as she would see close up because this is the way of normal sight. People with normal sight do not see details in the distance the same way they see them up close, and do not try to see something, but imagine with interest what something might be in the distance.

After this, the teacher had the woman practice the Universal swing and keep the memory of the Universal swing going all day. The Universal swing widened the woman's sense of space and got her thinking far away, and that in combination with thinking details swaying in the distance and close up stabilized her eyesight to normal.

Motion

People who like music like motion. If you have a good sense of motion and enjoy music, practice swings to music as follows. Baroque music is particularly good for achieving a relaxed state of mind, but of course, it is important that you like what you listen to, so, play what you like.

- Let small details swing with the whole to achieve a central fixation of motion.

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- Practice edging and letting your gaze drift over pictures. As you do this, pay particular attention to detail and color because your ability to see detail and color will greatly improve when you refine your sense of motion.
- If your vision is not improving, it is probably because you are not present in your body while you practice the swings. You need to develop an interest in detail by practicing central fixation techniques.

Note: Note: People who are interested in shapes usually work with motion last, and people who are interested in motion, usually work with shapes last.

Curious About Shapes

One woman with a keen interest in shapes improved her night vision by contrasting the lights and darks by looking for the darkest dark and lightest light. This way, he avoided the tendency to try to see the same level of detail at night that he would see in the day. When he became good at this, he looked for colors while contrasting lights and darks.

If you like to look at shapes, use interest to improve your vision as follows:

- Contrast shapes using central fixation and keeping an awareness of shapes in relationship to other shapes around them (peripheral vision). Try to not label the shapes, but see them in terms of color, texture, and relatedness.
- Be aware of color when you look at shapes or when your line of vision moves from one shape to another.
- Let your line of sight move across shapes and color. Never to try make out a shape.

Color

A young very artistic woman with a positive attitude began working with pictures. She started with bold contrasts of color in the picture. She could look at a picture up close for hours. When the picture was moved out 2 feet, she started to notice different colors. After a few seconds, the color suddenly became dull because she did not have central fixation at that distance.

After practicing central fixation with pictures, she could see much more subtlety in the colors and many more details in the pictures at greater and greater distances at home. She then needed to improve her vision at work.

People with a good color sense often also have a good sense of motion. So the woman started to practice keeping the Universal swing going at work where there is more opportunity for motion than for perceiving color. The final step was to keep the memory of colors she sees at home while she is at work. When she became proficient at these things, her vision improved dramatically.

If you have a keen interest in color, practice central fixation and edging on the outside environment or on photographs by focusing on the following:

- Contrast colors.

Relax, Smile, and Enjoy the View!

- Look for large contrasts.
- Look for subtle contrasts.
- Notice smaller details of color and the shapes formed when colors change within an object or when your line of vision moves from one object to another.
- Develop a sense of motion while you see color.

When you look at color, see bold contrasts and move into subtle contrasts. Do not put a label on anything you see. For example, do not think of a bird as a bird or a tree as a tree, but think of them as shapes composed of color. Look at two similar areas of a color and ask yourself if you see more yellow in one than the other. Use objects that are obvious and close together so you can see the picture without strain. Focus on smaller and smaller areas of the picture.

Work with a partner and have the partner see colors and direct your attention to them by asking you what colors you see and if one part of the picture has more of one color than another.

Visual Memory

If you have a good visual memory, use it to improve your vision by concentrating on the following things:

- Utilize central fixation when you remember an image.
- Develop associated pictures in your mind. An associated picture is a visual image of something in your mind with all of the senses involved. Associated memories enable you to remember an image clearly and for a long time. Here is an example. Have a partner help by talking you through the picture.
 - Imagine someone you know in their apartment.
 - Place yourself in the picture with them.
 - Add motion by walking around in the picture.
 - Add smell by imagining flowers in a vase.
 - Add taste by imagining something in their kitchen.
 - Add other senses.

A disassociated memory is a picture of something in your mind with only the visual sense involved. For example, the memory of a letter floating in space without the memory of the feeling of looking at the letter. You can use associated memory to enhance the memory of positive experiences, and disassociated memory to reduce the impact of the memory of negative experiences.

If you have a good associated memory, remember a letter such as an o on a blank surface. Keep the memory going all day. Add motion to the memory by making the o a small dot moving around in your mind all day long. Add the Universal swing by connecting the dot to the first object you swing and keeping the dot there as you expand the objects in the swing.

Sensory Awareness

Develop a feeling of the difference between close and far vision by practicing the following:

- Build your visual interest in objects near and far by noticing color, shapes, and motion.
- Do the Universal swing.
- If you are nearsighted, pretend you are looking close when looking far.
- If you are farsighted, pretend you are looking far when looking close.
- Notice how the face muscles feel different when looking different distances.
- Remember the feeling of what you are doing. For example, remember the feeling of a person talking to you or of climbing stairs. Remembering feelings uses sensory awareness to keep you present in your environment.
- Extend the sense of feeling into the world by creating an image of what it feels like to be in someone else's shoes, to touch what they are touching, and to feel from where they are feeling.

Integration into Daily Life

You gain only temporary, short-term relief to eyestrain unless you learn to practice the relaxation and vision building techniques throughout the day and every day. In addition to practicing the techniques, you have to shift to the new mental state introduced by the techniques to truly and permanently relieve eyestrain and clear your vision. Remember, what you learn is based on what you believe you can learn, and the limitations you feel about improving your vision are purely mental.

While you will probably notice relief almost immediately, it takes about six months to a year to get solid and long-lasting results. Use your glasses only when you need them, and take them off when you do not need them.

- Practice vision building and relaxation techniques for 1/2 hour every day.
- Set aside at least a 1/2 hour every day to practice daily integration.
- Do not make an effort with the techniques. Switch to another technique, and palm, shift, or swing frequently.
- Avoid the mental habits that caused your vision to initially go bad.
- Develop a curious interest in what you see by noticing motion, details, contrasts, color, and shapes and the near and far points.
- Ask yourself where you find it easy to keep an awareness of motion at home or work and where you find it difficult. During these times at home or at work, set aside extra time to practice swinging, shifting, and dodging and keep the memory of the motion going as you perform the activities that make it hard for you to keep an awareness of motion.
 - Apply the same approach to centralization.
 - Apply the same approach to relaxation.
- Do not test your vision by trying to see things more clearly. Instead, see how well you can maintain an easy manner, notice motion, see one part best, or try to keep the Universal

swing going all day long. Testing your vision does not test the technique, it tests what happens when you test.

- Learn to meet life in a relaxed manner instead of taking a mental grip on life. Swing the black dot when you are in a stressful situation.
- Make a record of what causes your eyestrain and find ways to eliminate the problems by making unfavorable conditions more favorable.

Workplace, Computer, and Television Eyestrain

Working at a computer can be very absorbing and create a lot of eyestrain. You tend to concentrate on what is on the screen to the exclusion of all else, focus for long periods at the same distance, and try to take in the entire screen instead of shifting and seeing one part best. You might unconsciously try to make the characters on the screen solid when, in fact, they are flickering. All of these things result in eyestrain, and for many people, the eyestrain is severe.

Television screens can have similar effects to computer screens except you can sit further back, which relieves some of the tendency to become absorbed. Any detail-oriented or high-stress work can cause eyestrain in the ways described above whether or not you work at a computer.

Whenever you work, are at your computer, or watch television, keep the following points in mind:

- Be aware of objects around you while you work.
- Be aware of objects moving in your periphery.
- Take frequent breaks so that you focus your eyes at different distances.
- Practice central fixation on the computer or television screen, or on what you are working on at your desk.
- Remember to dodge and shift while you work.
- Scan the images on your desk or on your computer screen rather than staring into the middle.
- If your chair swivels, turn from side-to-side in your chair to create a short swing. Remember the short swing after you stop turning in your chair.
- Practice short swings when you are on the phone or driving in your car.
- Leave yourself notes to remind you to blink, sun, palm, shift, swing, dodge, see halos, or practice healthy reading habits.
- Decide to focus on one family of techniques for the week. Start with motion because developing a sense of motion is critical to improving your vision. You might as well focus on motion until it is a second nature.

Common Eye Conditions

8

Choose the right techniques

Everyone with imperfect vision has a unique combination of mental and physical habits that blurs their vision. This means that a set of techniques that clears vision for one person is unlikely to work exactly the same for another person.

This chapter describes a number of common eye conditions and explains which techniques work best for each condition. For some conditions, new techniques specifically for that condition are presented.

Nearsightedness and Farsightedness

The most common eye conditions are nearsightedness (myopia) and farsightedness (hypermetropia or presbyopia).

- A nearsighted person sees well up close, but has trouble distinguishing objects in the distance.
- A farsighted person sees well in the distance, but has trouble distinguishing objects (particularly small type) up close.
 - Hypermetropia is when the lens is too flat.
 - Presbyopia refers to the lens hardening with age.

Nearsighted persons have an overly elongated eyeball while farsighted persons have a thin and high eyeball. The abnormal shape is caused by mental and physical tensions creating a pull on the extraocular muscles as described in [Why Relaxation Clears Blurred Vision](#) on page 9.

Corrective lenses bend light to hit the retina for clear vision in spite of the amount of tension in the muscles and the abnormal eyeball shape. To see through the corrective lenses two things have to happen so the mind can receive clear images through the glasses. The muscles maintain the tension, and the eyeballs keep the shape they had when the prescription was made. Both of these conditions cause the eyeball and mind to lose their natural ability to respond to changing light conditions.

A farsighted person does not usually see as well at a distance as a person with normal vision. Some nearsighted people do not see as well up close as people with normal vision, while some nearsighted people see better up close than persons with normal vision. Nearsighted people need to learn to think out, while farsighted people need to learn to think in. Not look out or in, but think out or in. It is the mind, and not the eyes that will clear the vision.

Nearsighted Mental State

Nearsighted persons tend to make people and objects larger than they are. Glasses for nearsightedness compensate for this enlarging by making people and objects appear smaller.

Nearsighted people think of objects as a large part of the world, even when they look at them at the far point. They try to see as much detail at the far point as they would see if the object were up close. Some nearsighted persons can feel overwhelmed by the world because they are not perceiving detail at the far point. Nearsighted persons must learn to enjoy details and the myriad relationships and interactions of objects in the universe.

A nearsighted person tries to take in the whole picture at the far point at once, rather than allow the eyes to shift from point to point (see [Chapter 3, Motion](#)) and see one part best (see [Chapter 4, Centralized State of Mind](#)). There is usually a distance at the close point where the nearsighted person sees clearly. Practice all vision building techniques at the distance where you see clearly and gradually move the distance out. Do this even if the clear point is up against your nose.

Some extremely nearsighted people have an appearance of fear in their posture because they have an inflow of energy where they absorb a lot, but do not let it out again (introverted attention). Nearsighted people relax when they forget themselves and direct their energy outward into creative pursuits. Some severely nearsighted persons are often sleepy, deny reality (everything is a mystery), are into their own darkness and confusion, and take themselves very seriously.

It can be hard for severely nearsighted people to correct their own vision because they might be too introverted. Severely nearsighted persons need to work with a partner or find a teacher to help them move out of themselves and develop an interest in detail, motion, color, contrasts, and shapes in the outside environment.

Nearsightedness Techniques

- Palming – Use music, guided visualization tapes, or pleasant thoughts to keep you present.
- Breathing – Pay particular attention to exhaling.
- Swings – Do long and short swings to music.
- Centralization – Practice at the far point and centralize your mind before you look at things in the distance.
- Reading – Read small print at a comfortable distance and gradually move the print further out.

Farsightedness Mental State

Farsighted persons tend to make people and objects appear smaller than they are. Glasses for farsightedness compensate for this shrinkage by making people and objects appear larger.

Farsighted people think of objects as a small part of the world even when they look at them at the close point. This conflict in relationship makes a farsighted person unable to perceive the details of the object (particularly when reading) at the close point. Farsighted people want to move away quickly and on to other objects. They feel intruded upon by objects up close and can lose a sense of their own individual worth because they value themselves in relation to their effect on others, not on their own intrinsic worth. Many farsighted people are preoccupied with things in the distance and want to keep busy because they are always thinking of the next step. Sometimes farsightedness is a manifestation of frustration and anger towards the self, and these people need to learn to be patient with themselves.

Farsighted persons start with the close vision being indistinct, and after a period of time, the distance vision also gets worse. Bifocals give a stronger prescription in the lower glass for up close and a lesser prescription in the higher glass for distance vision. Glasses for farsightedness make the eyes look larger. Farsighted people try to take in the whole scene before them at the close point, rather than allow the eyes to shift from point to point, see one part best, and perceive motion. There is usually a point in the distance where a farsighted person sees clearly.

If you are farsighted, practice all vision building techniques at the distance where you see clearly and gradually move the distance in. Farsighted persons become centered, better communicators, and have a better memory for details when their vision improves. They have more joy and laughter in their lives because they are happier and more focused on the positive side of life rather than on what is not working.

Farsightedness Techniques

- Palming – Use music, guided visualization, or pleasant thoughts to keep you present.
- Breathing – Pay particular attention to inhaling.
- Swings – Imagine one star in the sky and gently rock over the star keeping it in relationship to the other stars in the sky.
- Centralization – Practice at the near point and centralize your mind before you look at things up close.
- Waking up detail – When observing close objects, appreciate them as a vast part of the world containing many details.
- Reading – Read small print at a comfortable distance and gradually move the print closer.

Squint

Squint is the general name for conditions where both eyes do not converge on one point at the same time. One eye looks in a different direction and can have imperfect vision while the straight eye sees perfectly. This is a common condition that usually occurs in children, often improves as the child gets older, but sometimes gets worse as the child gets older. Squint can occur with nearsightedness, astigmatism, or hypermetropia, and strain is always the cause. While squint may be considered a child's eye condition, many adults have one strong eye and one weak eye that prevents both eyes from converging on one point at the same time.

When a child has turned eyes, often there is trauma in the home, or the child might be very sensitive and his or her sensitivity is causing the eyes to turn. Children with squint are highly intelligent and have sharp minds. They do not feel supported in life, and are afraid to make a mistake. They feel this way even when they are supported by their parents. These children fear the loss of support, love, the affection of their parents, and will try to do everything right to avoid these losses. These children are very serious and do not handle criticism the way other children can because they take criticism as a personal affront, and cannot bear to make a mistake. The child with a squint condition needs to know from his or her parents that he or she is loved and supported no matter what. The child also needs to develop a sense of humor, learn how to play and have fun, and feel that mistakes are how one learns.

When practicing vision building techniques, it can help for anyone with a squint condition (adult or child) to name each eye to get around the idea of having a good eye and bad eye. If a technique is difficult, the person can feel it is not he or she who is having the difficulty, but *Frederika* the eye that is having the difficulty. The new identities have no limitations.

The treatment for squint involves relaxation techniques to relieve strain, and vision building techniques to build vision in the weaker eye and bring about mental fusion.

Fusion

Fusion is a mental process. Fusion techniques teach the mind to look through two eyes at the same spot and at the same time. The physical manifestations of fusion are converging and tracking. Converging is when both eyes see the same point at the same time, and tracking is converged eyes shifting from point to point. People who work for long hours at a computer can develop the habit of taking in the entire desktop at once at the same level of detail. This habit can create a situation where the eyes no longer converge and track properly.

Some doctors acknowledge that a person's eyes are even and straight when under anaesthetic. Therefore, squint is probably not caused by eye muscles that are too long or too short, but by tension that causes the eye muscles to cramp. Squint might also be caused by adhesions that hold the eye in a cramped position.

Vision building and fusion techniques relieve squint conditions. Vision building techniques build up vision in the weaker eye, and fusion techniques teach the mind to relax, converge, and track. Converged vision means to look through both eyes at the same point at the same time while shifting over many points (tracking). After vision is improved in the weaker eye and converging and tracking are established, the mind learns to fuse the images coming from both eyes.

Vision Building Techniques

The following techniques build vision in the weaker eye. The following techniques let you easily test whether you use both eyes equally and fuse images. If you find that one eye is weaker than the other, use these techniques to build vision in the weaker eye and to begin to learn fusion before you go on to [Fusion Techniques](#) on page 77.

Note: *If you find it takes a few seconds to get the correct results, practice until the correct results become immediate. However, limit the pencil tests to up to five minutes at a time to prevent straining on the pencil.*

Check for Two-Eye Usage and Fusion

- **To find out if you use both eyes equally:**
 1. Hold one pencil at a comfortable distance in front of your nose.
 2. Close your eyes.
 3. Open one eye and look at the pencil with the open eye.
 4. Notice its position.
 5. Close both eyes.
 6. Look at the pencil with the other eye open.

7. Notice the position of the pencil.



Sketch from: maina11.deviantart.com/art/Sketch-Side-Profile-142794694

The pencil should shift position the same amount when you change eyes. If you do not see a shifting or the shifting is much less in the uncovered eye, and the pencil looks the same with the uncovered eye as it does with both eyes open, the uncovered eye is the dominant eye.

If one image looks like the *real* image and the other seems *unreal* and *off to the side*, you are using one eye only.

➤ **To find out if your mind fuses the images.**

1. Hold another pencil behind the first pencil so that you have two pencils at different distances in front of your nose.
2. With both eyes open, look past the close pencil at the far pencil, and look directly at the close pencil.

You should see two pencils at the close point when you look past the close pencil at the far pencil. You should see one pencil when you look directly at the close pencil.

If you are using one eye, you see one object, not two, when you look past the pen. Try holding the pen at different distances because the squint can be slight and might not show up at all distances.

If you see two pencils when you look directly at the pencil, both eyes are getting the image, but your mind is not fusing the image. See [Two-Eye Usage](#) on page 76 for more fusion techniques. If you see double with one eye open, you probably have an astigmatism. See [Astigmatism](#) on page 81 for information on astigmatism.

Note: Experiment with the distance because some people fuse better a few inches out. Use a colorful pen or pencil if you have trouble seeing the pencil.



Fusion Cards

Use fusion cards to determine if your mind is fusing images. Fusion cards have two small pictures on them that when fused make one image that is a composite of the two.

➤ **To use fusion cards:**

1. Put the fusion card against your nose.
2. Look at the a point in the center white space with both eyes converging on the same point.



If your eyes are converging and your mind is fusing the images, the two images come together and make one image.

Note: You may need to experiment with the distance, because some people fuse images better a few inches out.



Fused Image

- If the figures do not come completely together, your fusion is imperfect.
- If you see two distinct images, your mind is not fusing.
- If you see only one of the two images, you are seeing out of one eye. The image you see indicates the eye that is dominant.

For more information on fusion and to practice fusion charts, download [Vision Charts for Eyesight Improvement](#).

One Eye Usage

If you are using one eye only, you are thinking through only that eye and getting a single image of everything from that one eye. The following techniques can help you to learn to see through both eyes.

➤ **To learn see through both eyes:**

- Sun with the dominant eye covered.
- Do long and short swings with the dominant eye covered.
- Practice centralization with the dominant eye covered.
- Wake up detail with the dominant eye covered.
- Do motion techniques with the dominant eye covered.
- Perform edging with the dominant eye covered.
- Read with the dominant eye covered.

➤ **After progress is made with the weaker eye, practice with both eyes.**

1. Have a partner flash large letters or objects in front of you at a comfortable distance so you can practice seeing with both eyes.
2. Have your partner vary the distance by moving in and out and side to side while both of your eyes follow the card.

One Eye Dominance

If you have one eye dominance, you use both eyes and your mind is fusing images, but you use your dominant eye to line things up by closing the other eye. The dominant eye might not necessarily have better vision.

The following techniques can help you to learn to use both eyes equally.

➤ **To learn to use both eyes equally:**

- Sun with the dominant eye covered.
- Blink with the dominant eye covered.
- Do long and short swings with the dominant eye covered.
- Practice centralization with the dominant eye covered.
- Wake up detail with the dominant eye covered.
- Do motion techniques with the dominant eye covered.
- Perform edging with the dominant eye covered.
- Read with the dominant eye covered.
- Practice flashing at an angle to favor the weaker eyes.
- Close both eyes and remember an interesting image. Open the weaker eye while you keep the memory. Try this with both eyes open.

➤ **You can also try the following techniques:**

- Rearrange your rooms to favor the weaker eye.
- Cover the dominant eye with a patch and play jacks or something else that requires picking things up.

➤ **After progress is made with the weaker eye, practice with both eyes:**

- Do something that involves detail and motion like drawing or sewing.
- Have a partner flash large letters or objects in front of you at a comfortable distance so you can practice seeing with both eyes. Have your partner vary the distance by moving in and out and side to side while you keep both eyes following the card.

Two-Eye Usage

If you see well out of both eyes, but have double images (diplopia), you are using both eyes (this is good), but your mind is not fusing the images. Your eyes might or might not be converging and tracking. If you have fusion and tracking, the condition is mental only. If you do not have fusion and tracking, the condition is both mental and physical. Either way, you need to practice fusion techniques. It can take a few weeks to a month of practicing tracking and converging techniques to have both eyes seeing well enough to begin fusion techniques.

***Note:** If you see two images with one eye, you might have an astigmatism. If you have an astigmatism, you need the techniques described in [Astigmatism](#) on page 81.*

The following techniques can help you to learn to converge and track.

- Sunning with both eyes open
- Palming
- Blinking
- Swinging
- Centralization
- Motion
- Fusion and tracking

Tracking and Converging Techniques

If your eyes are not physically tracking, practice a lot of motion techniques. All motion techniques are effective for establishing tracking. In particular, do the Long swing as much as possible.

➤ **To learn to track and converge:**

1. Cover one eye with one hand.
2. Bring the other hand in at a cross-distance over the center of your face.

Note: If you have crossed eyes, start the moving hand out to the side.

3. Follow the moving hand with your open eye.
4. Repeat with the other eye.

Fusion Techniques

Before you start the fusion techniques, be sure that you have good vision in both eyes. Your vision does not have to be equal in both eyes, just good. If your vision is not good in both eyes, refer to the vision building techniques described in [Vision Building Techniques](#) on page 72.

Fusion techniques teach your eyes to look at the same point together and at the same time (converge), and your mind to fuse two images.

Seeing Gates

Gates is seeing two of what you are looking past. It is an illusion of the normal eye. Do not look at gates for more than five minutes at a time to avoid strain.



➤ **To see gates:**

1. Hold two different color pens or pencils in front of your nose. The first one should be about six inches in front of your nose and the second one behind about 12 inches.
2. With one eye covered, look past the first pencil at the furthest pencil, and then look at the first pencil.
3. Repeat with the other eye covered.
4. Notice that the pencils move when you alternate eyes.
5. End with the strong eye covered.
6. Close your eyes and remember the two positions of the closer pencil.

If you have trouble remembering the two positions, do not close your eyes, but look past the closer pencil with both eyes open until you see two images with both eyes open.

7. Hold the closer pencil in front of your nose as you open your eyes and look past it. You will at first see it in the two positions you remembered. That is, you will see two pencils when you look past the closer pencil.

➤ **To See Gates with Colors:**

1. Place two different color sheets of paper about 3 inches by 3 inches side-by-side touching on one side (you can use tape).
2. Hold them in front of your nose and look past the sheets. The colors should appear reversed and make a corridor with nothing in the middle.

If you do not see the gates, practice one eye at a time in the same way as the pencils above. When you cover the right eye, the color on the left shifts to the right and vice-versa. Instead of remembering the pencil positions with the eyes closed, remember the colors. When you open your eyes, the colors should reverse. Sometimes moving the sheets away from the nose helps to wake up the image in both eyes.

➤ **To use imagination to see one pencil:**

A refinement of the two pencil technique is to see the pencil furthest away as one image.

1. Take away the closer pencil and see if you can see the further pencil as one image.
2. If not, close your eyes and imagine the two images crossing over and going way out to the walls (or several feet), then suddenly spring back to one image.
3. Open your eyes and see one pencil. If you still see two pencils, repeat the technique.

➤ **To vary the Distance**

Once you get good at seeing one pencil where you are looking and two pencils where you are looking past, vary the distance.

1. Hold a rope or a string with beads on it to your nose and have a partner pull the rope out in front of you.
2. Look at different beads along the string. The rope should make an A from your nose to the bead you are looking at and a V from the bead to the opposite end of the string.

3. Have your partner place their finger on the rope and look at their finger. The rope should make an A from your nose to the finger and a V from the finger to the opposite end of the string.

Do not strain if you are having trouble seeing the A and V. Go back to practicing with pencils and colors.

Other Fusion Techniques

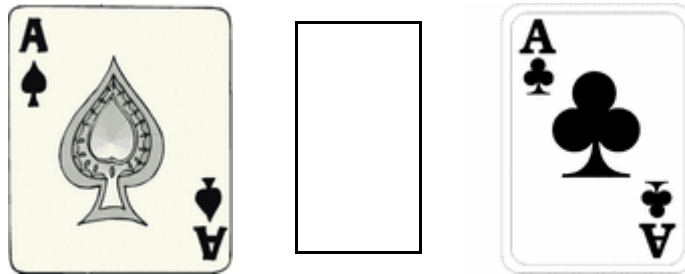
Turn the pencils sideways about six inches in front of your nose and hold them end-to-end. Move the pencils away from each other or toward each other until you see a floating pencil when you look past the pencils.



Hold your two index fingers in front of your nose end-to-end. Move the fingers away from each other or toward each other until you see a floating finger when you look past the fingers.



Hold two cards in front of your nose end-to-end. Move the cards away from each other or toward each other until you see a flying sidewalk when you look past the cards.



Cross-Eyes and Wall-Eyes

Cross-eyes and wall-eyes are a slight turning in or out of one or both eyes. The following techniques can help you to learn to uncross your eyes

- Good warm-up
- Centralization
- Motion
- Fusion and tracking (very important).

Vertical and Alternate Squint

A vertical squint is where the eyes move up or down, and an alternate squint is where the person uses one eye, then the other, and then back again. A person may alternate eyes very quickly or every few minutes. The following techniques can help you to learn to reduce the effects of a vertical or alternate squint.

- Good warm-up
- Centralization
- Motion
- Fusion and tracking.

Strabismus

The eyeballs are looking up or sideways all of the time. A prism is placed in the glasses to bring the image to the eyes. The following techniques can help you to learn to reduce the effects of strabismus.

- Good warm-up
- Centralization
- Motion
- Fusion and tracking.

Amblyopia

Amblyopia is when one eye wanders and does not see. The name literally means *blind without a cause*. The eyes do not work together, and there is no organic reason why the one eye does not see. Amblyopia is also called *lazy eye*.

One tight muscle pulls the eye in or out. A surgical tuck is made in the loose muscle so both sides are even. When a person is under an anaesthetic, both eyes are straight so there is a lot of guess work in how much to tuck. The surgery causes adhesions that may pop and loosen during the long swing.

The following techniques can help you to learn to use both eyes together

- Good warm-up
- Centralization
- Motion
- Imagination – Imagine seeing with the weaker eyes.
- Fusion and tracking

Astigmatism

Astigmatism is caused by either an irregular shape of the cornea or the curvature of the lens inside the eye. An irregular shaped cornea or lens prevents light from focusing properly on the retina. It is basically an unequal pull on the cornea or lens due to a tight muscle in a particular place, which blurs vision at all distances. Astigmatism usually accompanies nearsightedness or farsightedness. A reading of 2 and up is a high astigmatism.

From a mental perspective, astigmatism is often the result of a confusion of values. The person has his or her own needs and values, but perceives others' needs and values as being true or more important. Also, if you have a high astigmatism, you tend to make an effort out of everything and anything.

Advanced cases of astigmatism develop a cone shaped cornea (conical cornea). This person responds to the vision building technique like a nearsighted person. If you have an astigmatism and practice relaxation and vision building techniques, you might start to see two images as the muscles relax because the relaxing will be unequal.

Glasses for astigmatism have a correction in one part of the glass that fits over the location of the astigmatism. Contact lenses for astigmatism are weighted so that the correction is over the part of the eye with the astigmatism.

Check for astigmatism by covering one eye. Many people who have an astigmatism, see double images with just one eye. Anyone with astigmatism needs help with detail and motion.

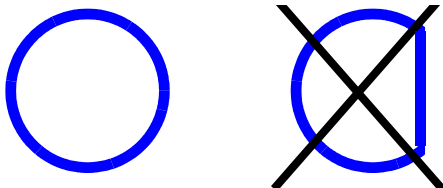
The following techniques can help you to learn to reduce the effects of astigmatism. The main point is to learn to relax no matter what you are seeing and doing.

Note: Read these instructions carefully before each practice to be clear on the correct procedure.

Circle Swing

➤ **To perform the circle swing:**

1. Hold your finger in front of your nose and move your head in a circle around the finger while noticing things moving in the opposite direction. Do not stare into the middle of the circle, but make a wide circle being aware of the points along the circle.
2. Keep the sense of the circle swing going all day. This technique is effective because an eye with an astigmatism tends to not see in a circle but sees something like a flat tire.
3. Edge around the circle to help you to see a round circle.



4. Now make a rectangle. A rectangle swing gets you to focus on corners rather than staring.

Circle of Interest

➤ **To make a circle of interest:**

1. Make a big or small circle with your fingers.
2. Hold the circle in front of you and look through it. Position it so you can see some objects and the details on the objects at both the near point and far point. This helps with seeing detail and establishing relationships. For example you can see the relationship of your thumb and a car when you look through the circle.

Imagination

Imagine the edges of objects, practice edging, and practice centralization. Imagine and remember shapes.

Eccentric Fixation

Eccentric fixation is when a person can see better where he or she is not looking. Find out if you have eccentric fixation by looking at a card and asking yourself which letter you see best. If the best letter is next to the one you are looking at, you have eccentric fixation.

The following techniques can help you learn to reduce the effects of eccentric fixation.

- Sun one eye at a time.
- Do long and short swings using one eye at a time.
- Practice centralization using one eye at a time. Match objects at the near point and the far point.
- Wake up detail with one eye at a time.
- Practice motion with one eye at a time.
- Perform edging using one eye at a time.
- Flash with dominoes so you will pick up all of the dots. If you have one normal eye, use the memory of it when you work with the eye that is not normal.
- If you do not have a normal eye, imagine normal vision when you work with either eye that is not normal.
- Read using one eye at a time.

Note: *After progress has been made with each eye, practice with both eyes open.*

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