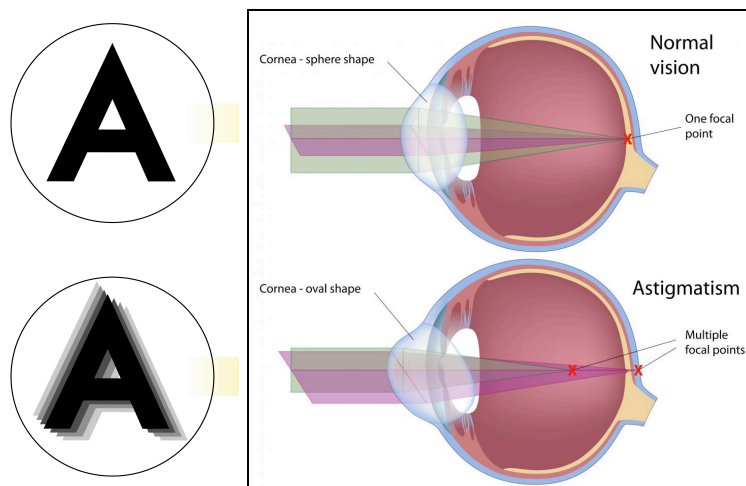


# Astigmatism:

Astigmatism is the unequal tension in one or more of the muscles of the eye that creates a temporary 'warp' or warble on the cornea (very front and clear part of the eye) which causes light rays to fall in multiple focal areas. Objects appear warped, haloed or are seen as double. Astigmatism fluctuates quite often throughout the day and is one of the first symptoms of visual blur that vision therapy addresses.



## There are several ways to 'iron' out astigmatism.

Each method is a type of movement meditation for the eyes that induce relaxed, rhythmic movement. Like yoga, the movement is done with mindfulness, while breathing with each movement.

1. **Star Chart** - a moving meditation with the eyes (*see sheet for directions*)
2. **Astigmatism Chart** (close sets of horizontal & vertical lines) (*directions below*)
3. **The Beaded Fan** - a moving meditation with the eyes (*directions below*).
4. **Natural Shifters**- trees, fence posts & slats.
5. **Black Bars or Yard Stick** as shifters.

## DIRECTIONS:

**Astigmatism Chart:** (sets of close, thin, horizontal & vertical lines)

**\*Do with each eye separately and then both together.**

Your astigmatism is measured in degrees on an axis from 0-180 degrees. You can identify your astigmatism by noticing the difference between the horizontal and vertical lines on this chart. Move the Chart from 6 inches to arms length from your eye/s & turn the paper until you notice a distinction between the horizontal and vertical lines. One set should appear grey and indistinct while the other the lines will appear much blacker. The grey set is your astigmatism in space.

Hold it where there appears to be the most difference between the black lines and the grey. Use the grey lines. Breathe slowly in and out and follow one of the lines as if a little black ant was walking on it. This takes practice and mental focus. If you lose your place, just notice and breathe. Start over and be aware of feelings of anger or impatience. It is a meditative practice of presence to stay where you are and be OK with it. As you practice and breath you will notice that the lines will come into greater clarity and distinction and appear blacker. This is a sign that in that moment you have shifted your astigmatism.



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**The Beaded Fan.** Should be held approximately 6- 10 inches from the face to achieve the greatest range of movement of the eyes.

**\*Do with each eye separately and then both together.**

The Beads, in contrast to the white of the page are 'shifters' for the eyes. Your eyes automatically shift and vibrate and create saccadic movement. Imagine a black felt-tipped marker on the end of your nose and circle the beaded fan. Then begin to loosely sweep on the beaded radii one by one while your marker traces the lines back to the centre of the fan. Create a rhythmic breathing pattern. Breath in each time you reach the centre or end of each line of beads and exhale while tracing. When you close your eyes, reproduce the image in your mind. The beads will stimulate saccadic movement just from your imagining them. Visualize the beads in different, vibrant colours vibrant purple, apple green, siren cerise etc.

## VISION-EMOTIONAL PATTERNS:

Compiled from; *Messages From the Body*. by Michael J. Lincoln, *Conscious Seeing Transforming Your Life Through Your Eyes* by Roberto Kaplan O.D. and *Greater Vision; A Comprehensive Guide to Physical, Emotional & Spiritual Clarity* by Marc Grossman O.D:

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Roberto Kaplan O.D. Optometrist describes vision problems as “*Survival Perceptions*”

**GOAL:** Exploring your survival perceptions and converting them into more flexible perceptions that expand your perceived potential for eyesight and life in general.

### Emotional Aspects of Astigmatism:

**Onset (Original Vision Injury):** Awkward life situations that are related to suppressed feelings and emotions. Receiving mixed messages. Somewhere the astigmatism sufferer has been fundamentally confused by the information s/he has received.

**Boundaries:** Often place other perceptions or expectations above their own. Distortion of their inner truth. If Astigmatism plays out more in one eye than another, Left Eye =Right Brain= Mother/Feminine Distortion. Right Eye = Left Brain = Masculine Influence/Distortion.

**Feeling:** Lack of confidence

**Personality Adaptation:** Denying ones needs or truth, distorting themselves to fit in.

### Relevant Survival Perception Questions:

1. What areas of my life have I received mixed messages?
2. What about life is distressingly confusing to me?
3. In what ways can I begin to receive the support I need to live my life authentically without distorting my inner truth for others?



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