



Emotional Patterns of Myopia.

According to Dr. Samuel A. Berne, a behavioural optometrist, emotionally speaking;

“Myopia is insecurity in oneself, so in compensation there is a straining and trying harder. Myopia is about not trusting what one sees. It is being frozen in past perceptions. Also one who has myopia over -3.0 diopter has often experienced some form of child abuse” (Berne 1994, 62).

Psychologically speaking, Dr. Berne says that “Myopia is about being more critical, analytical, judgmental, detail-oriented, and linear. It is a specific and general contraction of the eyes, brain, and body. There may be an unconscious numbing-out” (Berne 1994, 62).

Myopes see best closest to themselves and, without their corrective lenses, have anxiety toward seeing into the distance and being able to function in their daily life. For example, they may be unable to read road signs, blackboards or computer screens at work. A young girl I know put on a pair of relatively weak pair of glasses, a -1.25 diopter prescription for myopia, exclaimed “everything looks smaller with these on!” When someone with healthy eyes puts on a pair of myopic lenses, the world as they see it will not necessarily blur. Depending on the strength of the prescription, it’s likely that their eyes will adjust immediately and their surroundings will simply look smaller to them and further away.

To a myope, the world also looks smaller and farther away through the lenses, but what was blurred becomes clear. It’s a great coping mechanism when someone feels overwhelmed. Making things look smaller and further away, makes it easier to cope with incoming stimulation.

I’ve noticed that by choosing to look only close to myself and to live in a smaller world, I close myself off from the larger world in subtle ways.

Our capacity to open up to the world seems to be directly related to our capacity to express ourselves. The path to expanded awareness begins as we non-judgmentally notice, feel and communicate our experience in the moment. Every time we suppress a perception or an impulse to speak we limit our life force a little more. (Lieberman 1995, 122)

The process, by where our minds decide what incoming information is permitted to enter the deeper parts of ourselves, is what Dr. Roberto Kaplan calls *Conscious Seeing*.