

EYE MOVEMENTS USING THE STAR CHART

This is a simple and effective exercise to enable you to reach a relaxed, meditative mental state while improving the speed, accuracy and ease of eye movements. You will need a metronome or music with a solid beat. Use the sixteen-pointed star pictured here. The procedure is to move your eyes so they land on each number exactly on the beat. Go from one number to the next in sequence repeating one through sixteen over and over. Continue for at least ten minutes at a time.

The goal is to let yourself move into a state of dynamic relaxation as you meditate on the movement. Notice if the exercise makes you so anxious that you hold your breath or stare unblinking as you move your eyes. Your first priority should always be to breathe and blink normally, not necessarily on the beat. So keep the tempo slow enough to blink and breathe. As you practice you may find your body tenses up in particular patterns. Check for tension in your eyes, forehead, neck, shoulders, hands, feet, mouth, jaw and pelvic area. As you become more familiar with your body's reaction to the stress of this task you will notice these same tension patterns and breath holding as you read, drive, watch TV, or work at your computer.

With time and attention you will learn to relax as you breathe and blink and move your eyes. When you learn to relax at the easiest tempo, work to develop meditation eye movements at a variety of speeds, slow as well as fast. (You will need a metronome for this.) Be sure to practice at each speed until you reach a relaxed, meditative state, and can maintain it for ten minutes. This may take weeks, but over time you will learn to relax at faster and faster speeds (some people reach nearly four beats per second). If you keep a daily routine of doing this for several months, the relaxation learned during the eye movement exercise will automatically transfer to your outside activities.

