



Eye (I)-cises:

REMEMBER: 3 key Principles to remember:

Relaxation/Breath, Movement & Centralization.

Relaxation & Breath.



Palming

Palming: (from Schneider, Meir, Handbook for Self Healing)

Serves three important functions:

First it completely rest the optic nerve when done properly. But shutting out light we keep the optic nerve from being stimulated by outside images. Through relaxing the optic nerve, palming effects the rest of the nervous system and it relaxes too.

Second: Palming relieves the rigidity of the eye muscles which plays such a large part in restricting vision.

Third: Psychologically it alters a belief system, you are saying, I can stop, my eyes do not have to strain, in fact they (and my overall being) can function better and more comfortably through relaxation (and trust) than through stress.

All together, the purpose of palming as a meditation is to calm your spirit along with your eyes. You can listen to music, chant and sing.

Listen to your own bodies needs and how it responds.

TIMING: it usually takes about 15 minutes to rest the eyes fully, so you need a few more minutes - a good 1/2 hour of time to stay in the relaxed state and enjoy it. Find an in between time when you are neither exhausted or anxious to get on to the next thing.

1. Every part of the body should be relaxed and supported. A collection of different kinds and sizes of pillows is a good idea.
2. Rub your hands or direct your energy to them. Heart energy can be directed through the hands warming them.



3. Cup your hands and shut out as much light as possible without putting any pressure on the eyes. The eyes are allowed to 'float' in their sockets - pressure free.
 4. *While you are palming, always be aware of your breath. As soon as you start palming, first check your shoulders - are they around your ears? if so let the drop and be aware of your breath. Bring your breath into your lower belly, blowing your belly up like a balloon. Breathe deeply into your diaphragm and belly this stimulates the parasympathetic nervous system inducing a relaxation response)
 5. Image each part of your body, each muscle and 'check in'. You might be surprised to hold tension in places you're not aware of. Imagine each muscle being covered by a warm comforter and relaxing like fluid jelly.
- * **You cannot overdue Palming meditation:** The longer you can remain palming the better - an entire day if you can. Many have found remarkable gains in vision after these sessions.

Drawings with the Inner Eye (options while Palming)

Near-Far Swing: The movement of vision from near to far and back occurs primarily in the mind. It is mainly our interest that moves from far to near. Hold in your minds eye a rope that extends to an island into the distance. Feel the texture of the rope. Breath abdominally. Sweep out over the rope 5, 10, 15 feet over the sea. up to 1000 feet until you reach the end of the rope - tied to a palm tree on the island. Now slide back. Imagine any of your favourite places.

Inner Star: Close your eyes and Pretend you have a pencil at the end of your nose. Draw a circle and trace over it several times. Then draw a vertical and horizontal line going over each several times. And then some diagonal lines, finishing with a central 'dot ' right in the meeting place.

Infinity or Signature: With your same nose pencil trace over an infinity sign and/or try writing words or your signature.



Dancing - With your eyes closed - palmed or not, allow them to dance to some of your favourite music :)

Butterfly Blinks: (Movement)

6 light butterfly blinks, then a few seconds of relaxed closure of the lids.

Yawning: (Relaxation)

Stretches and relaxes facial muscles and brings oxygen into the body.



Sunning: (Relaxation)

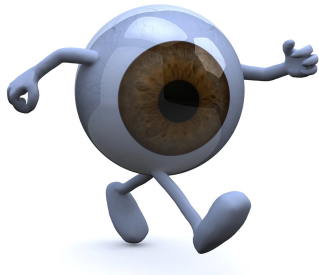
If light seems unpleasantly bright when one goes outdoors, one should close the eyes for a moment and "let go" think looseness. Then "sun" by closing the eyes and turning the head slowly from side to side across the sun. After sunning, alternate with Palming. Taking in light and Darkness engages the pupil (Sphincter muscle) and reinstates its mobility and ability to adapt to varying illuminations.

Sunning

Movement of the Eyes:



Saccades * Staring * Swinging * Shifters



Saccadic Shifting of the eyes

Saccadic Shifting is the process of rapidly moving your gaze from one spot of interest to another on an object. The key is speed to reinstate the natural saccadic movement of the eyes. Do not stare or try and “focus”, shift and move your eyes based on your attention and interest.

As in the image of saccadic eye movement around a persons face on the next page, those with naturally shifting eyes dart easily and rapidly from points of interest; the hairline, eyes, nose, mouth etc. Shifting from a point of interest to the next closest area. Continue doing this until every point of interest has been shifted to.

Then start shifting from one random location eg. the chin to another random location - the ear for example. From the bottom of the face to the top of the head, from one corner to the other corner, the middle to the edge, etc. Now use this method and focus on a real life object, like a house across the street, or bookcase.

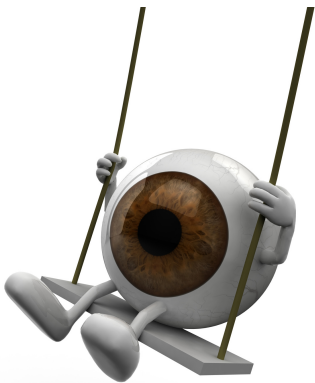
Focus on specific areas of the object. First start by shifting from one spot to another spot close by, then shift from a random spot to another random spot. Once finished, rest your eyes.

Swinging (perceiving Oppositional Movement)

Purpose:

- Encourages mobility of the eyes.
- Makes the mind aware of movement, and therefore "friendly to it"
- Breaks the habit of staring by the automatic shifting of attention.
- Brings relief from the effort of trying to see, staring & concentration

* **Short Swing** (Sway) Stand in front of a window or anywhere you can look past a nearby object at a more distant object. Observe how the close object appears to move to the right across the more distant objects as one swings to the left and vice versa. Then close your eyes and IMAGINE what you just observed, then open the eyes and do a few more swings with the real objects. *While reading swinging your head, the letters will appear to move in the opposite direction.



Long Swing:

“People with normal vision 'swing' their eyes back and forth naturally. When the swing is normal, it's always true that the vision is normal and that memory, imagination and mental efficiency corresponds.”

Tom Quackenbush p. 124.

Twisting the body in an arc from one side to the other allowing the arms to flop from one side to the other. Swing back and forth lifting the opposite heel. Allow the eyes to follow your head and your nose, staying centred over your core. The attitude of the mind is passivity and indifference - with no effort to see what is going by. The selecting and perceiving mind gets a rest. *Many students try to visually lock onto objects this is due to the staring habit. Allow the world to go by.

NOTE: MOTION SICKNESS TRIGGER! If this eye-cise makes you dizzy or nauseous, go slow and make smaller movements and BREATHE

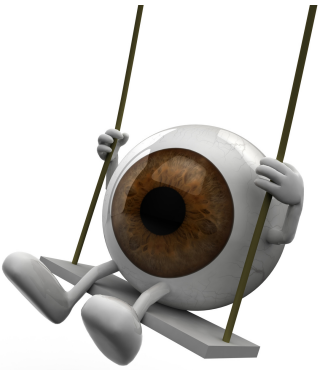
Rapid Near-Far Swings & Tromboning

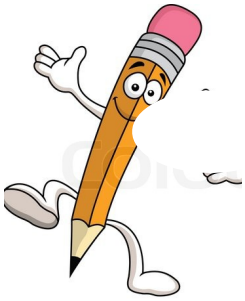
Rapid Near-Far Swing for Hyperopes & Myopes (Nearsighted & Farsighted)

Hold an object 6 inches away from your face. This object can be your finger, a pen or another small object. Change focus every two seconds between the near object (finger or pen) and a far object at least 15 feet away, such as a tree, billboard, traffic lights, etc. Keep changing your focus back and forth between the near object and the far object. Try to briefly focus on a specific detail on both the near and far object before switching. Example: Pen – tree – pen – billboard – pen - truck – pen – traffic light. Make sure to focus on a new far object each time. Also make sure your near object is 6 inches away measure the distance of your near object if needed.

Tromboning for Hyperopes/Presbyopes (Farsighted)

You can use the Tromboning Card provided or your finger or pen. (Directions for the eye-cise are on the card itself). When you bring the object close to your nose, you may notice the object going out of focus or forming a double image. Let go and do not try and make it clear, just let go and enjoy the rhythmic movement.





Playing in your Blur Zone with your Magic Nose Pencil:

Pretend you have a pencil extending from the tip of your nose and find your blur zone – the spot where you can no longer see an image clear and crisp. Once you have found your blur zone, direct your nose pencil around the edge of an object, following the major outlines. Your object can be your hand or finger (or jewellery on your hand or finger) - something held up close.

Breathing through your belly, trace slowly around the object 2-3 times. Be really curious its' interesting shape. Then go around the **negative space** of the object (if its your hand you would trace the space or "V" shapes created between your fingers) In your next observatory sketch with your nose pencil choose a smaller area - a specific part of your finger, a ling or wrinkle. When done, palm and rest your eyes.

Example: follow the edge of an object x3, follow negative spaces of the object x3, trace a smaller area of the object x3, rest your eyes.

Star Circles

Hold an object (your finger or a pen) comfortably at arm's length. Imagine that the object is in the centre of a clock or 12 pointed star. 12 o'clock would be directly above it and 3 o'clock would be directly to the right of the object. Keeping your shoulders and neck still, look at the object, and extend your arm all the way up to 12 o'clock. Keep looking at the object for 2 -3 seconds. Then return to the centre, and repeat this movement 5 times. Then move on to 1 o'clock, then 2 o'clock and so on. Stretch the extra-ocular muscles as far as it will go in each clock position, before moving on to the next position.

It's important to keep the extra-ocular muscles fully stretched for the full 2- 3 seconds. If you notice a specific clock position that feels strained, repeat this specific position for another 5 times. Eventually it will become less strained.

Take your time, and slowly move around the star/clock. Do not rush this exercise. If you stretch the extra-ocular muscles too hard you will see flashes of light, this means you are stressing the retina.

