

Natural Seeing *Eye-cises*:

3 key Principles: Relaxation, Movement & Breath.

Relaxation:



We've all been taught the importance of strengthening and stretching muscles and going to the gym. Just as important is learning how to relax the muscles. When muscles are over tight or tense (which is the case for all refractive errors) we restrict blood flow to them and the surrounding area and inhibit healthy nerve function.

The purpose is to reinstate or encourage our eyes natural habits by allowing flexibility and movement to ensue within the body & mind. This means we become aware of how our "Conscious "I" or ego/critical self gets in the way and that we are aware of the physical movement but also of our thoughts & corresponding emotional environment.

The purpose of all the eye-cises is movement, fun, & relaxation. A peaceful or playful attitude of self-care/nurturing and surrender is present. Just notice (become aware) of an effort in doing or doing it 'right' and find ways to allow yourself to be present.

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.

SET UP - Palming in Your Sacred Space:

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. Breathe deeply into your diaphragm and belly. (stimulates the parasympathetic nervous system)
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 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 & DANCING with the Inner Eye while Palming:



Near-Far Swing: The movement of vision from near to far and back occurs primarily in the mind. It is mainly our mental 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 :)

EYE DIALOGUE:

(Please Review the Eye Dialogue Video and Download Lesson in Module 2)

Eye Dialogue is a series of questions we “ask” our eyes. It is a way of using the process of IN-OWT Visual-Energetic Awareness through our eyes. It requires us to release judgment of ourselves, learn to play and listen to ourselves.

The two eyes have two very different perceptions of reality and one or both of the eyes can sometimes feel very young - often dating back to when our Original Vision Injury began. It is very important to check in with them while palming daily - they will tell you some very important things about yourself and what you need.

Have a journal or note pad ready.



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