

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 GrossmanO.D

SURVIVAL PERCEPTIONS

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.

Vision Problems (General Theme):

Meaning: The person feels that they can't quite handle life the way they want to. Feeling overwhelmed. Seeing too much for them to handle. Blurring their vision so that they don't have to see what they're going through, even though they have to go through it anyway. It is likely an adaptation to a family in which it was clearly not OK for them to see what was going on.



Relevant Survival Perception Question: In what areas of your life do you feel you would like to handle with more grace? Please list these areas and describe how it feels now and how it would look if you were to address the life areas in a way that was in line with your life-goals. What would you be doing differently?

Life areas: Inner Life (Emotional, Spiritual/Personal rejuvenation practices) Finances, Work, Family, Social Life, Volunteering, Health, Leisure Time.

EXAMPLES:

Life Area: Finances.

I Feel: Anxious when I spend and don't actually ‘look’ at how I’m spending.

Goal: Find a way to ‘look’ and organize my expenses.

Block: I'm not sure how to get started.

What Resources do I have: (Who do I know that is a good example of organization and budgeting that I could ask for direction - help?)

I will feel: calmer, in charge, confident, a sense of personal power.

Life Area: Family Time.

I Feel: I feel disconnected monotony- as though time is slipping away. I do the daily chores but don't feel connected to my family.

Goal: To feel a sense of family, - of warmth and connection, honesty about life's challenges and sharing how we feel.

Block: I'm not sure the best way to do this - I want to find something different than counselling. I also feel inner resistance to exploring my own intimacy issues.

What resources do I have? instead of 'glossing it over' or blurring it out... I will make it a priority to research different options and see what I feel comfortable receiving.

I will feel: That my life has more meaning, that I can stay present to experiences and feel connected to my family.

Nearsightedness (Myopia) Difficulty seeing small print and objects at a distance.

Onset (Original Vision Injury): Prior to receiving glasses myopes went through a period of feeling deeply inadequate, shy and withdrawn - their circumstances required them to keep their emotions to themselves. They felt their circumstances required them to withdraw rather than confront it. Further they sought to please others - often the individual who was the greatest cause of their distress.

Boundaries: may be physically unaware of where their energy ends and others begin. A common factor is not fully feeling as if they inhabit their physical body or world. Those whose prescription is -3.0 or higher have often experienced sexual abuse as a child.

Feeling: Insecurity & fear, worry and anxiety in some area of their life. Tendency to ignore what they are feeling to pursue intellectual pursuits so they feel less and think more.

Personality Adaptation: Overcompensating: there is a strong need to be "good" to succeed in work, school and home. They try hard to please. Try harder, work harder & strain more. Can be overly decisive and act irritable and impatient with others. Can experience feelings of impatience, frustration and depression.

HEALING: Opening up again where they have closed down. Learning how to accept their feelings, understand and communicate them in effective ways that get their needs met.

Relevant Survival Perception Questions:



Where do I still feel fear?



In what area of my life do I feel most insecure - most anxious?.



In what ways do I refuse to seek/recognize/perceive/receive the support I need ?



Who might be a good resource to learn how to see/accept/and trust how I feel?

Farsightedness (Hyperopia) Inability to focus on close work.

Onset (Original Vision Injury): Hyperopes don't generally have a specific trauma related to their vision, but behave in thematic ways. It takes effort for the farsighted person to stay present in their immediate visual world. They often dream beyond the present moment - are future oriented.

Feeling: Resentment and Anger. They tend to 'push' intimacy away.

Personality Adaptation: Active, often outdoor type - often considered as having behavioural problems because they do not like being at a desk or focusing on reading or detail.

HEALING: Seeking to be grounded in the here and now.

Relevant Survival Perception Questions:



Where do I hold resentment and unresolved Anger?



what ways do refuse to seek/recognize/perceive/receive the support I need ?



Who might be a good resource to learn how to see/accept/and trust how I feel?

Farsightedness after Forty (Presbyopia) Inability to focus on close work.

"Presbyopia is one of the most treatable of all vision conditions" Marc Grossman.

Onset (Original Vision Injury): Middle Age.... As people become increasingly dissatisfied with their lives, they are more likely to notice a deterioration of their vision. The more they try new things as a way of patching and covering that dissatisfaction, the more their ability to focus on near vision deteriorates.

When people focus on what *is* happening to them at the moment and clear up the actual issues rather than run from or ignore them, the more their vision improves. After solving their issues and clearing their vision, they are then free to move onto new things in their life with joy and satisfaction.

Feeling: Resentment and Anger. They tend to 'push' intimacy away.

Personality Adaptation: Active, often outdoor type - often considered as having behavioural problems because they do not like being at a desk or focusing on reading or detail.

Relevant Survival Perception Questions:



Where in my life can I focus with more precision and clarity?



In what areas of my life am I least satisfied?



List two ways you can be proactive in seeing/accept/and trusting how you feel?



How can invite more intimacy?



How do I feel about reading less each day? How would I make use of this time?

Astigmatism: Objects appear warped or seen as double.

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:



What areas of my life have I received mixed messages?



What about life is distressingly confusing to me?



In what ways can I begin to receive the support I need to live my life authentically - without distorting my inner truth for others?

Macular Degeneration: Loss of sharp central Vision

Onset: Often facing retirement age. The central part of your life - work - is degenerating. Facing the end of your work life may terrify You.

Feeling: Fear of Future. Fear of facing loneliness

Relevant Survival Perception Questions:



Can I face the fact I am getting older?, Do I pay enough attention to my feelings?



Do I spend too much time over-thinking and trying to understand my life? Does my soul seek more involvement?



How might I bring the passion and creative drive I have toward my external work life into balance with my internal creative life? How can I build a rich creative/fulfilling internal life?
eg. meditation, imaginary/creative endeavours such as writing or painting.

Dry Eyes:

Feeling: The Hoarding or suppression of Grief

Relevant Survival Perception Question:



What has felt like a significant loss that have I not allowed myself to feel/ acknowledge?

Strabismus One Eye Turning - not staying straight

Relevant Survival Perception Questions:



Is there a link between the eye that deviates and the parent associate with that side? eg. Is there a correlation between the absence of the father and the right eye and the absence of the mother and the left eye? Or is the link between my strabismus and the quality of the parent I myself am toward myself or my children.

Cataracts: Cloudiness that obscures vision

Onset: Cloudiness and Uncertainty - associated with major life changes. Do not want to see certain aspects of their life experience.

Feeling: Fear

Relevant Survival Perception Questions:



What is blocking my view of my inner nature?



Is there something in my life that needs to be cleaned up? A family conflict? or too much accumulation of 'stuff'.

Glaucoma: Increased Intra-ocular Pressure. Reduced drainage of aqueous fluid.

Onset: A build up of negative emotions over several years. Shoving feelings until there is a spiritual, emotional and then a physical build up.

Feeling: Lack of security. "At times when patients sense of security is most threatened, the pressure in the eyes was greatly elevated" Grossman.

Relevant Survival Perception Questions:



How do I put myself under undue pressure?, Do I sabotage myself by working too much or too hard? Where do I feel excess pressure?



Am I in a job I don't enjoy or a relationship where I feel stuck?