

Eye Love

15-minute Mini playsheet

Natural 20-20 vision is available to every single one of us. It was back in the 19th century that Dr. William H. Bates, a highly respected American surgeon and physician, said: 'Glasses are not right, there must be a better way'. And so he went on to develop a 'better way' that allowed a person to regain their full eye sight, *naturally*. The **Eye Love** sequence brings together some of the key exercises and concepts he developed in a succinct Yoga Mini you can do anywhere, anytime you have 15-minutes! Or take a few of these exercises and do them alone if you find yourself with a spare two or three minutes.

THE EYE

Lets have a closer look at the eye (excuse the pun)! The eyeball is held in place by six large muscles. If these muscles become stressed or contracted they cause vision problems; short sightedness, long sightedness, glaucoma, cataracts and the list goes on and on and on. Holding tension in your face and forehead, due to stress or regular computer use, is just one of the ways these key muscles tense up. When we experience fear, anxiety or emotional disruption, this can also result in certain eye muscles contracting and therefore restricting our vision.

**A characteristic of all living tissue is the ability to help itself -
given favourable conditions.**

Given the high-stressed, busy lifestyles many people live, coupled with frequent computer use and TV viewing, it's no wonder that tension accumulates in the muscles responsible for holding our eyes and thus, allowing our vision. So yes, our physical surroundings and habits play a huge part in overall eye health, but so does our emotions. The body really is a barometer of the soul. If you're experiencing eye afflictions, there will most certainly be a mental or emotional cause. The eye is showing this up to alert you to this *inner* affliction.

EYES AND OUR MENTAL HEALTH

When we look at our eyes from a mental and emotional perspective, it's related to our opacity to see clearly - past, present and future. If we break that down to specific conditions, long-sightedness (hyperopia) is generally related to a fear of the present, while short sightedness (myopia) is more related to a fear of the future or of the unknown. Glaucoma has a lot to do with feeling overwhelmed by long-standing hurts and an inability to forgive.

If you get a sty regularly you may not like what you see in your own life. Complete or partial vision loss is more about refusing or avoiding listening to the voice of your True Self, and so on the list goes. So if you're wanting to heal your eyes from one of these eye problems, yes do this Mini, but also begin to look at the root cause of your eye affliction. As you delve deep, you might even like to use some affirmations, repeating them regularly throughout your day. Here are some great ones to play with:

- ♥ I see with love and joy.
- ♥ I am open to the possibility of my inner vision.

- ♥ Natural vision is mine for life.
- ♥ Seeing is a way of being.
- ♥ My eyes are getting better and better every day.

WHY DO THIS MINI?

Eye yoga has been around for centuries and is used by people to help regain their natural eyesight. Physically we have eye problems because we hold tension in our face and eyes. You learnt about the side-effects of holding bodily tension in the **Letting Go sequence**. This sequence is about doing a little yoga for our eyes - to stretch them and help them become more awake, more flexible and more vibrant - while at the same time helping iron out the tension that is causing any vision problems.

This yoga routine helps you use your eyes to their fullest capability, which due to lifestyle pressures and choices, may have been compromised. The exercises in this Mini stimulate blood flow to the eyes, bring nutrition and oxygen and carry out toxic wastes. This helps prevent cataracts, macular degeneration and glaucoma in later years. These exercises really do give the eyes a great workout! Your eyes will feel more alive, you'll be able to focus faster and easier and will not get as tired so easily. Life will become much more in focus, and any dryness of the eyes and sensitivity to light will begin to disappear.

TIPS FOR MAINTAINING AND REGAINING 20-20 VISION

If you have an eye condition, then it is my recommendation if you are wanting to heal that eye condition to do this Mini at least morning and night. Yes, that's twice a day! As with any healing regime you need to put in the time if you want to see results. If you already have 20-20 vision - that's awesome!! This Mini is great to help you maintain your healthy eye sight. You can do it daily or even just a few times a week, as you see fit.

If you sit at a computer a lot, look away from your screen at least every 20-minutes to help relax the eyes so they are not accumulating more tension. Staring at a computer limits eye movement and creates a lot of near-point stress. One of the key causes of vision impairment is sitting at a computer for long stints of time each day.

If you currently wear glasses or contact lenses, consider buying yourself a pair of Pinhole glasses and wear those when you would normally wear your glasses or contacts (except while driving). Pinholes help restore 20-20 vision. When you wear prescription glasses the eyes become lazy, which in most cases leads to further deterioration in the eyes and stronger glasses prescriptions. Glasses are essentially crutches - our eye become dependant on them. No one's eyesight ever improved from wearing glasses. Yet removing them allows the eyes to adjust themselves; to *heal* themselves. And wearing Pinholes helps speed up that process, while giving you instant 20-20 vision when you wear them.

Massage your neck regularly. Any tension being stored in your neck and shoulders will gradually make its way up to your eyes. When your neck is closed and tight it actually becomes a valve that shuts off energy. When this area is blocked up with tension, nerve function to the eyes is diminished. So if you find your neck getting a little tense, take a few minutes out of your day here and there to give your neck a lovely massage. You deserve it!

You also want to stop eating sweets and white flour products. Yes, refined sugar, breads and white pasta-style foods are all toxic to eye health. Excess glucose in your blood stream damages the tiny capillaries in your eyes, making them swell and burst, impairing vision and often resulting in blindness. Not only that, excess sugar stops the brain from functioning properly, making it sleepy and sluggish with loss of memory likely. Good vision needs good memory and good brain functioning.

Eye Love

15-minute Mini manual

- ♥ **Eye Stretches:** 90-sec
 - ♥ **Eye Circles:** 2-min
 - ♥ **Switching Focus:** 3-min
 - ♥ **Eye Toner:** 90-sec
 - ♥ **Face Tap:** 1-min
 - ♥ **Eye Acupressure:** 1-min
 - ♥ **Palming:** 3-min
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Make sure you wash your hands before beginning this sequence. Sit in a comfortable seat. This can be in **Easy Pose**, **Rock Pose**, or sitting in a chair with your feet flat on the ground. You want your spine tall, shoulders relaxed. And you will need something to lean your elbows on for support for the final exercise of the sequence. If you're sitting in a chair, a table will do just fine. Do **NOT** wear glasses or contact lenses while you do these exercises.

This Mini begins with some deep breathing and inviting of the body to let go and release tension. This is an important part of the Mini, as it sets the foundation for proper use of our eyes, so that our eyes can be exercised from a relaxed space, as opposed to layering tension upon tension. So spend a few minutes breathing nourishment into your eyes and body, letting the body soften with each exhalation

Eye Stretches

Looking straight ahead, gently look all the way up (without moving your head). Hold for 2 seconds, then slowly look down. Hold for 2 seconds. Look to your extreme left, holding for 2 seconds, then to your extreme right, holding for 2 seconds. Then we do the same with the diagonal corners. Move your eyes to your upper left corner, hold for 2 seconds, then your lower-right corner, holding for 2 seconds. Taking your eyes to your upper right corner, holding for 2 seconds, then to your lower left corner, holding for 2 seconds, before returning to centre. The repeat these stretches two more times. Make sure your head stays still. We are working with the eyes, not the rest of the head per say.

GIFTS: When we stretch the eyes we are increasing circulation and increasing our eyes range of movement, that may have become limited due to unhealthy lifestyle habits, such as using a computer for long stints of time. This exercise in particular, we are stretching our eye's extra ocular muscles.

Eye Circles

You can do this exercise with your eyes closed or open. This is the exercise we do at the end of many of the Layer Two sequences when we do our **Eye Love**. Let your eyes relax, then look up, and slowly rotate your eyes in a clockwise direction, making sure you feel a soft stretch as you reach all the corners. Do this for **1-minute**, then switch directions. Remember to only move your eyes, and not your head.

GIFTS: This exercise specifically improves your eyes flexibility; opening your eyes up to a greater range of movement. As you do this, you help relax tension stored in the muscles holding the eyes in place, so that your eyes can function more easily.

Switching Focus

Bring your finger up in front of your face at a comfortable seeing distance, no more than 15cm away. Spend at least 5-seconds focusing on your finger tip, maybe tracing its shape with your eye, then move your focus to something that is at least 10-metres away (if inside, on the other side of the room). Trace the shape for that object while keeping your relaxed focus there for about 5-seconds, then return your focus to your fingertip and continue to alternate between the two like this for a full **3-minutes**.

The key with this exercise is to ensure you keep your gaze soft. As soon as you try to focus too hard or force yourself to see more clearly, the worse your vision will be, because you will be creating tension. Health comes from ease. So ensure you stay soft in your face and eyes at all times throughout this exercise. Make it easy for yourself!

GIFTS: Our eyes get lazy if we wear glasses - which only leads to further deterioration - so this exercise helps rectify this, building the strength of the eyes in a relaxed manner, so that we may see more clearly, *naturally*. This is also a great exercise to do at work while sitting at your computer to help keep your eyes active.

Eye Toner

Blink your eyes fast 25 or so times. Squeeze your eyes shut tightly and count to 10. Then relax and open your eyes. Repeat this one or two more times.

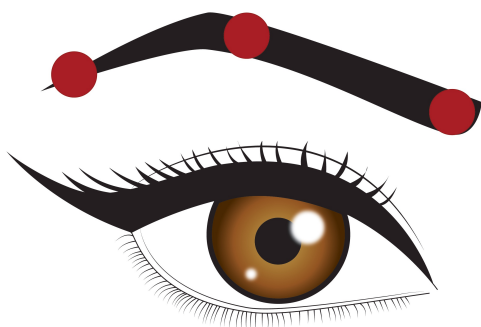
GIFTS: Like many of the previous exercises we're exercising the eyes by inviting them to do something they wouldn't usually do in everyday activities. In this way, we bring fresh blood to the eyes helping them become more alert and more healthy.

Face Tap

Using your fingertips begin to tap gently under your eye area and then all around your eyes. Tap your forehead above your eyes and between your eyebrows. Tap above your lip, tap under your lip, then gently stroke your face with open palms in an outward direction, making sure you circulate the skin upwards on your temples. **Face Tap** for **1-minute** or so.

GIFTS: When we **Face Tap** we're waking up the face - including the area surrounding our eyes. Our body is all connected. If we are holding tension in one area, it will more often than not, be mirrored in the adjoining muscles. As we **Face Tap** we also invite the face to relax, and relaxation is vital for healthy eye sight.

Eye Acupressure



Letting your eyes gently close, bring your index fingers to your eyebrows and starting from the inner eye, press the first acupressure point (the red spot in the picture) on both eyes simultaneously and hold for **15-20 seconds**. Release and do the same with the middle one, then the outer point, remembering to take long slow breaths as you hold each point.

GIFTS: These acupressure points are directly related to the health of our eyes. So as you press these spots you're releasing tension in the directly associated area, while at the same time sending healing energy to the eyes to help replenish and restore them.

Palming

It's easier to do this exercise sitting at a table, so you can rest your elbows on the table. If in **Easy Pose** you can do this by resting your elbows on a box or block. Or you can do as is shown in the image below and rest your elbows on your knees with your back straight up against a wall. Rub your hands together briskly to generate some heat, then close your eyes and cup both eyes with your hands simultaneously. Ensure that no light enters and no energy is lost. Make sure your hands are not pressing against your actual eyes. Your eyes should be in the *cup* of your palm. You can lean your forehead on your fingers.

Invite your entire body to let go and relax; your forehead, your jaw, your throat, your shoulders, all the way down to your feet. Imagine yourself looking into the dark and notice if you see any flashes of light

or any colours. See them, then let them go and return your focus to the darkness. Let the darkness sooth and relax you. Rest here, looking into the black for **3-full minutes**.



GIFTS: Palming is the equivalent of our relaxation at the end of a yoga sequence. We've worked our eye muscles, now we relax them with a little **Palming**. This exercise can be done on its own for 15-minutes and is highly recommended for those wishing to heal a specific eye condition. **Palming** will refresh and rejuvenate you, improve your eyesight, relax your mind and your body. You cannot overdose on palming!

According to Robert Abel, author of *The Eye Care Revolution*, our photoreceptors break down and are reconstructed every minute. 'The eye desperately needs darkness to recover from the constant stress of light. And the simplest way to break eye stress is to take a deep breath, cover your eyes, and relax,' he says.

Our eyes are also linked to our autonomic nervous system, which regulates the action of the organs and glands. The eyes are the first to receive emotional signals and cause organs and

glands to accelerate at times of stress or danger and to slow down when a crisis has passed. Ideally you want your eyes to maintain a calm and balanced level of response. That's why, by simply relaxing the eyes, you can relax the whole body, and thus free up your energy for your next activity.

Extra resource:

Better Eyesight Without Glasses by Dr. Williams H. Bates.