

## FOCUS ON VISION

by Marie Wilson



Do you suffer from loss of vision? Do you wear glasses? Are you near or far-sighted? Is computer work causing you eye strain?

Almost everyone suffers from vision problems at some time in their life and most adults wear glasses, contacts or experience vision improvement by surgical procedures. But, here is an alternative: Eye Exercises!

There is almost universal acceptance of the need to exercise our larger muscles, but most are unaware that vision can be improved with eye exercises.

The key to vision exercises is relaxation. Body tension contributes to poor vision. Exercises include massaging the scalp, forehead and face with particular attention to the bony structure under the eyebrows and below the eyes. Relaxing the neck and jaw is important to relieve the tension often carried in those areas.

Blinking helps bring moisture to the eyes, washes away dirt and protects the eyes. To exercise the optic muscles, rotate the eyes in a slow circular motion and then look up and down and to the right and left.

It is especially important for computer users to take frequent breaks and to look far and near. Hold an object in front of your nose six inches from your face. Study the shape of the object, then look far away. Look again at the object. This breaks the concentration of staring at the computer screen.

Vision is important. By adding daily eye exercises, vision improvement should occur within a short period of time.

*Meir Schneider, Founder of the School for Self Healing in San Francisco, recommends sunning and palming.*

### EYE EXERCISES

#### SUNNING

Go outside, close your eyes and put your face up to the sun. Move your head slowly back and forth which will allow the natural light into your eyes. This allows the light into your retina and improves overall vision. Be sure to close your eyes. Do not do sunning through windows.

#### PALMING

Find a comfortable position. Sit at a table with your elbows on a cushion. Place your palms on your cheekbones, and cover your eyes with your fingers. Close your eyes. You should see blackness. If you see lights or colors, it means that your optic nerve is not relaxed. Longer periods of palming will help you to see blackness. If you do not see blackness, imagine that you see the blackest night or a black piece of velvet.

Download Marie Wilson's booklet for \$5.00  
*Love Your Eyes, How to Improve Your Eyesight Naturally*

To order the booklet, send your check for \$9.95 plus \$3.00 for shipping/handling to:  
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