

Eyes and Seeing

You have visual habits as much as any other habits

The eye is attached to the brain stem, the optic nerve is brain tissue

When we look into someone's eyes we are looking into their brain

The visual pathway travels through every part of the brain

The way you use your visual mechanism has a profound effect on the way you communicate

Work on the eyes is an indirect procedure that influences your whole life

Eyes work is a beautiful way to organize the primary control

The retina has several layers of light sensitive tissue

Enjoy the deeper layers of the retina

The retina is curved and extends towards the front of the eye

Panoramic vision, like all seeing, happens in the brain

The Brain has three levels

The brain stem – coordination, bodily functions, keeping alive

The limbic system – emotional brain, presence

The cortex – thinking, logic, perception, awareness, presence

The visual cortex is at the back of the head

The upper visual cortex gives you perspective and organizes seeing

The lower visual cortex sees crystal clear images

The fovea centralise is the small area of the retina that specializes in clear images

The rest of the retina is for depth, shading and perspective

The vitreous humour expresses our emotions – it becomes solid when you're stressed

Allow your vitreous humour to be soft and moveable, supporting the lens and the retina

Allow the aqueous humour to refresh the lens from the front

5 % of the visual brain is for clear images

The rest, 95 %, is for perspective

If you try to focus and see 100 % clear images you are very much out of balance
It is important not to grab images with your eyes

It is good to use your night vision when you get the chance

The cones in the retina sense the colour

The rods are for night vision, they don't see colour

Stimulate the rods for a healthy retina

Cup your hands over your eyes and try to let go enough to see black

Cup your hands and see a beautiful moving memory

Blinking is very healthy, Try blinking consciously more often

Blink delicately - Don't rub or press you eyes

Optic nerves circumnavigate the brain stem – don't strangle it!

Be aware of your environment, especially when 'concentrating'

Allow your eyes to see panoramically

Bring your thoughts to your upper visual cortex and look out through the visual pathway from there

Direct your upper visual cortex away from the image you are seeing

Enjoy allowing light into your eyes

Look at an image, close your eyes and imagine it, open your eyes and look again, see more, then close your eyes and imagine more, then open them again. How is your vision now?

The visual imagination uses the seeing part of the brain

The eyes move all the time

Try moving them consciously

Without movement, perception fades

Staring and focussing hard fixes the primary control

Activities

Visual meditation

Palming

Sunning

Sub-occipital connection with eye movement

Diagonal eye movements

Look in the mirror / see the surface / continue to see the surface and the reflection

Find the dominant eye

Focus very close / then reasonable distance on a large object – feel the accommodation

Books:

Aldous Huxley: The Art of Seeing ISBN 0 7011 0788 X

Peter Grunwald: Eye Body <<http://www.eyebody.com>>