



Palming

Palming is beneficial in all cases of eye strain as a mean of resting the eyes as much as possible in as short a time as possible. A person with cataract should palm a few minutes every hour.

The extreme tension of cataract requires frequent short rest periods. Palming is the most effective means of relaxing the eyes while resting them.

Place yourself in a comfortable position with something on which to rest your elbows. Cover your eyes with the palms of your hands. *The hands are cupped and do not touch the eyes*, the palms are on the cheekbones and the fingers of one hand crossed over the fingers of the other, without any light coming through and without pressure anywhere, no tenseness in hands or eyes. (See illustration for position of hands over eyes.)

The eyes are kept softly closed. When they are completely relaxed, the background of the eye is black. The time required for this to take Place varies from two minutes to ten minutes and, in some cases, it requires weeks of practice before a clear perception of absolute black is attained. No attempt should be made to see black. Pay no attention to the eye but occupy the mind with pleasant, quiet thoughts and the eye will take care of itself.

Black appears automatically when the eye and mind are relaxed.