

Shifting frequently

Shifting is a normal function and is normally done unconsciously. The frequency with which your eyes shift varies with the type of demand upon the eyes; for instance, looking at a book or watching a tennis match. The book is stationary and the eyes do not tend to move, while the tennis balls and players are constantly in motion so the eyes must move continually in order to follow them.

But, in any event, shifting should be as frequent as possible. The time required for an image to register on the retina, about 1/150 of a second, allows for a great frequency of shifting with no loss or interruption of vision.

People who are inclined to look at one area too long, and every abnormal eye does this, would benefit both in vision and in eye comfort if frequent shifting of the point regarded is consciously practiced.

Without your glasses, look at a word, then look at a word three words beyond it, then back and so on. Do this until both words become clear. Be relaxed while you practice.

Or, if your vision is good, look at the moon and, blinking frequently, shift your vision from one point to another on the moon. Do this a number of times and the moon will stand out much more clearly and appear in its transform as a solid body instead of a flat disc.

—More on Shifting in Better Eye Health, under THREE GOOD HABITS

Sample Text— Two of three pages

THE CORNERSTONES

There are things which you can begin immediately to do with this method. Practitioner of this method at times have has what is known as an instantaneous cure-people who so quickly realize their misuse of the eye and so comprehendingly grasp the corrective exercises that they begin at once to see clearly and need only to continue to use the eyes correctly.

Understanding the three basic principles of normal sight—blinking, shifting, central fixation which are explained in detail in THREE GOOD HABITS, using self discipline in following the principles, if you have just began to have trouble you may possible get this immediate cure.

People who have not yet put on glasses or have worn them only a short time or whose degree of error is slight even though they have worn glasses for some time can be relieved quickly and soon restored to normal sight.

People who have a high degree of error or have had "bad eyes" for many years gain more slowly. Each day they release themselves a little more from old bad habits and take on new normal ones more and more automatically until finally they are free from their trouble.

Frequently people are reluctant to take off their glasses, fearing that their eyes will be harmed and that they may end in blindness.

For many years people have been using this method work, there is no reported harm resulting from it. Instead, unfailing change for the better even in cases where the patient was only partially faithful to this method of normal activity and rest. And, cases of complete cures in those who took off their glasses as soon as possible and steadily reeducated their eye habits.

The worst that can happen to you is a half-cure due to your own lack of discipline.

You take off your glasses and can see only a blur. Unconsciously you tense yourself with the effort to see. Added to this, perhaps, is subconscious panic over the fact that without your glasses you can see so little. Now, instead, try to release yourself, after taking your glasses off, by consciously relaxing your body, every muscle in it—let it go loose and soft as a piece of thin silk.

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THE CORNERSTONES

Now consciously relax your mind—spread it out flat, let your thoughts slide off it. Relax your face by releasing your tongue and all the muscles around your mouth, letting the corners come up, not down. Close your eyes-free them from the tension all around them, and from the tightness in the eyeball, think of the eyeball as loose and soft, think a smile and let it spread through the closed eyes, think of no light at all in the eyes, everything soft black.

Now open your eyes and look again. Don't try to see, let the view or the word or the object come to rest in your eye, don't go out after it. If you have attained a fair measure of relaxation, your vision already will have cleared to some extent. Always it is the effort to see that prevents your seeing.

The normal eye blinks frequently. It never stares—staring is an acquired habit and is one of the worst causes of strain.

The normal eye is never still, it is constantly shifting, so slight a movement that you do not think of it as movement at all, but, just as nothing that you see is still but has the vibration of form in it, so has your eye vibration. Think of it as free and fluidic. If you have not that loose, free feeling in the eyeball, your eye is not shifting and has formed the vicious habit of fixedness.

The normal eye does not try to see a large area at a time, never a whole line, for instance, just a word; but its movement is so fast that it gives an impression of a large area. When you try to see a whole area at a time, you are straining. Relax, and free the eye, and you will see without strain.

Use your eyes as you do when you write, not straining ahead at all but the eyes on each word as it is written. That is the way to read, that is the way to look at all things, one detail at a time, no hurrying ahead to the next.

As a matter of fact you do not see with the eye but through the eye with the brain. The pupil of the eye is in reality an empty hole through which light passes; it is the window through which the brain sees. The retina, which is the inmost layer of the eye, takes the vibrations of light that come through the pupil and transfers them through the nerve impulses to the visual centers in the brain. Then you see.

Anything that is before the eye is always in the eye, but you cannot see it unless the brain picks it up.

Lack of relaxation not only tenses the muscles and pulls the eye out of perfect focusing but interferes with the functioning of the brain.

Nothing that strongly influences your mind or emotions can escape affecting your eyes-far more deeply and subtly than those obvious signs of the close connection of eyes and emotions, such as tears from grief, the bulging or blurring of the eye from anger or shock, the "lamp lighted within the eye" when one is happy.

And why not, since a part of the eye is a direct prolongation of the brain tissue? And the brain, the center of the whole nervous system, is constantly played upon by the emotions.

Nothing that affects your general health can fail to have results upon your eyes. Of all the mistakes made in considering eye conditions, the most common one is to expect the eyes to function normally irrespective of the general health of the body...

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