

## THE 10 IMPORTANT VISUAL TECHNIQUES

Although the specific sequences of eye exercises for eye problems form the basis for vision improvement, there are 10 powerful visual techniques that you should learn and perform daily during your visual break time to accelerate your improvement. These visual techniques should be practised for half an hour a day.

### CONTROLLING OUR INNER THOUGHT

Do you know that we talk to ourselves most of the time. Our inner dialogue could be about our life, relationships, feelings, fantasies, problems, and so on. The secret of successful people is that they control their inner thought and use it consciously to direct their life. They don't waste their time and energy on negativity. Instead, they take control of their life, focus on their goals, and deliberately generate positive thoughts and actions.

Successful people know that the biggest obstacle to their success is procrastination. So, if you have set your mind to improve your vision, put your words into action, *do it right now, immediately!* Do not make excuses for yourself. The longer you delay, the more likely you are to forget about doing it.

If you do not do the powerful visual techniques regularly... if you feel that you can't go without your glasses or contact lenses...if you think these eye exercises could work for everyone else, but not for you...then your eyes will never get to do something good for your precious eye sight.

Consider the cost of doing nothing:

Vision will continue to get worse, glasses or contact lenses will get stronger and stronger (and you have to pay more for them), deteriorating vision that makes you a potential candidate for more serious problems in the future.

Frankly, you have nothing to lose (well, maybe only your glasses) if you try these eye exercises. It's time to see for yourself.

Now, use the powerful visual techniques today to boost up your progress. Study them carefully, do not miss any steps or take shortcuts.

## **Powerful Visual Technique No. 1 The Power of Positive Thinking**

Many scientific researches has proved that our mind has a powerful effect over our body. Indeed, our mind is a lot more powerful than we probably realize. And it plays a important role in vision improvement.

Focus your mental energy with a strong positive thinking statement. Believe it or not, if you repeat this affirmation, it will stimulate natural healing power, motivate you, strengthen your perseverance, and help you get rapid results.

Choose one of the positive quotes below or invent your own. If you are religious, combine it with a prayer. Cultivate the habit of repeating it over and over again until it becomes part of you:

I see better every day!

My vision is improving!

I can see without glasses! My eyes are getting better!

I have natural healthy vision!

I see distant objects more clearly! Positive changes are now taking place!

I see clearly, comfortably, and naturally!

My eyes are feeling comfortable and relaxed! The shape and structure of my eyes is improving!

Verbally repeat it as much as possible during your normal activities, while working, playing, shopping, driving, and so on. Say it aloud when you're alone. Whisper it under your breath when you're with other people. Write it on brightly colored pieces of paper and put them in prominent positions at home, in your car, and at work.

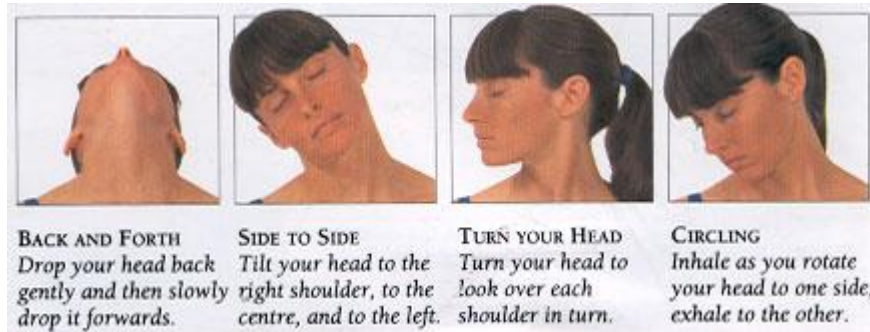
When circumstances permit, repeat it with as much energy as you can muster, even shouting it at the top of your voice. You can also sing or chant it while clapping your hands. The more energy you give it, the more effective it becomes. Get the adrenaline flowing and energize your mind!

## **Powerful Visual Technique No. 2 Blinking**

Breathe slowly and deeply. As you inhale, don't look at anything in particular, just do a few normal blinks and fill your lungs completely. As you exhale, open and close your eyes as quickly as possible and slowly blow all the air out of your lungs. Continue to Fast Blink in time to your breathing:

(inhale/open) (exhale/fast blink) (inhale/open) (exhale/fast blink) (inhale/open)  
(exhale/fast blink) (inhale/open) and so on.

## Powerful Visual Technique No. 3 The Neck Exercises



First drop your head back, then drop it right forward.

Now keeping your head erect, turn it all the way to the right, back to center, then all the way to the left.

Next drop your head forward and roll it around as wide a circle as possible. Repeat in the opposite direction.

Now, raise your right shoulder, then drop it down. Repeat with the left. Lastly, raise both shoulders at once, then drop them down again.

## Powerful Visual Technique No. 4 Cross Eyes

At all of these exercises, control your breathing. Always breathe slowly and deeply. As you breathe in, cross your eyes by looking at the tip of your nose. Look at both sides of your nose at the same time. As you breakout, uncross your eyes, choose a distant object and look at it, and slowly blow all the air out of your lungs. Continue to slowly cross and uncross your eyes in time to your breathing:

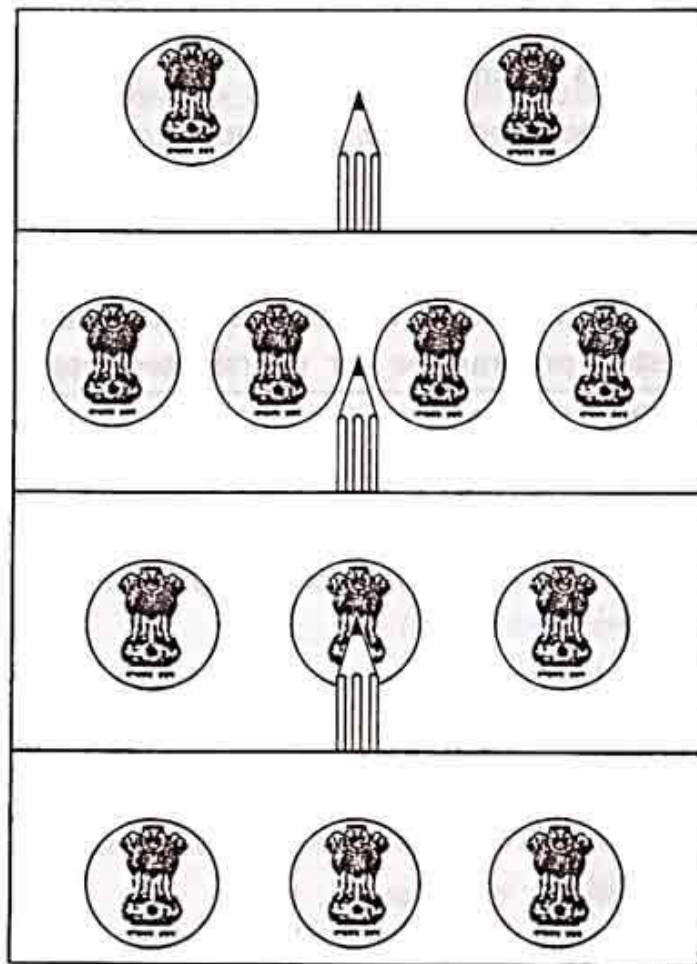
(inhale/cross) (exhale/uncross) (inhale/cross) (exhale/uncross) (inhale/cross)  
(exhale/uncross) (inhale/cross) and so on.

## Powerful Visual Technique No. 5 Coins Fusion

Get two identical coins and a pencil. Place the coins on a table, about two inches apart. The coins should have the same picture and face the same direction.

Sit comfortably in front of the coins. Keep the pencil on the table with its tip resting on the table between the coins. Concentrate on the tip of the pencil. Out of the corner of your vision, be aware of the coins.

Slowly move the pencil towards your nose, continuing to concentrate on its tip. As you bring the pencil off the table by about eight inches, you should notice through your peripheral vision that, at first, the coins double (to four coins) and then the central coins finally merge into one. Thus, you now see three coins: the original left one, the merged one and the original right one.



After keeping the fused image in view for 10 counts, close the eyes and relax for a while.

## **Powerful Visual Technique No. 6 Alternate Near And Far Gazing**

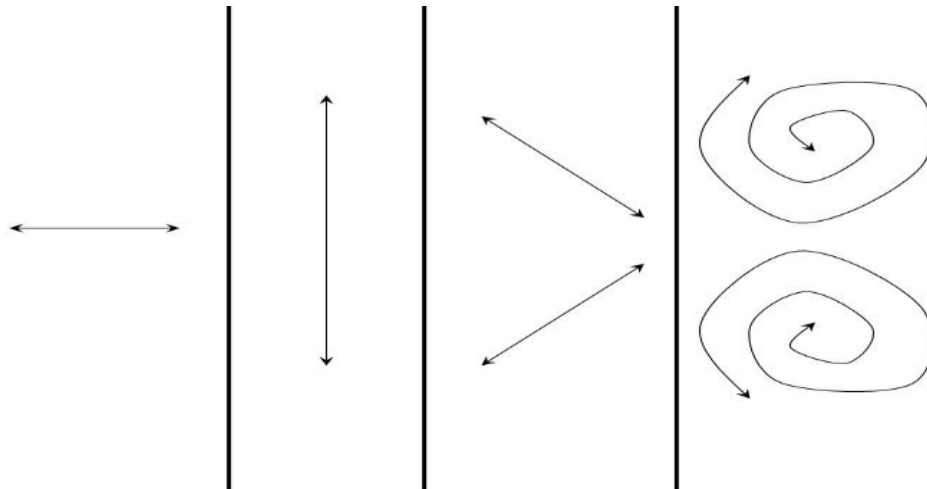
Once you've mastered the Coin Fusion Technique, you can use it as the near object for alternating near and far gazing. Fuse the coins and when the central merged coin is stable, look at a far object. Then fuse the coin again. Continue to change focus back and forth between the fused central face and a far object.

## **Powerful Visual Technique No. 7 Blurry Reading**

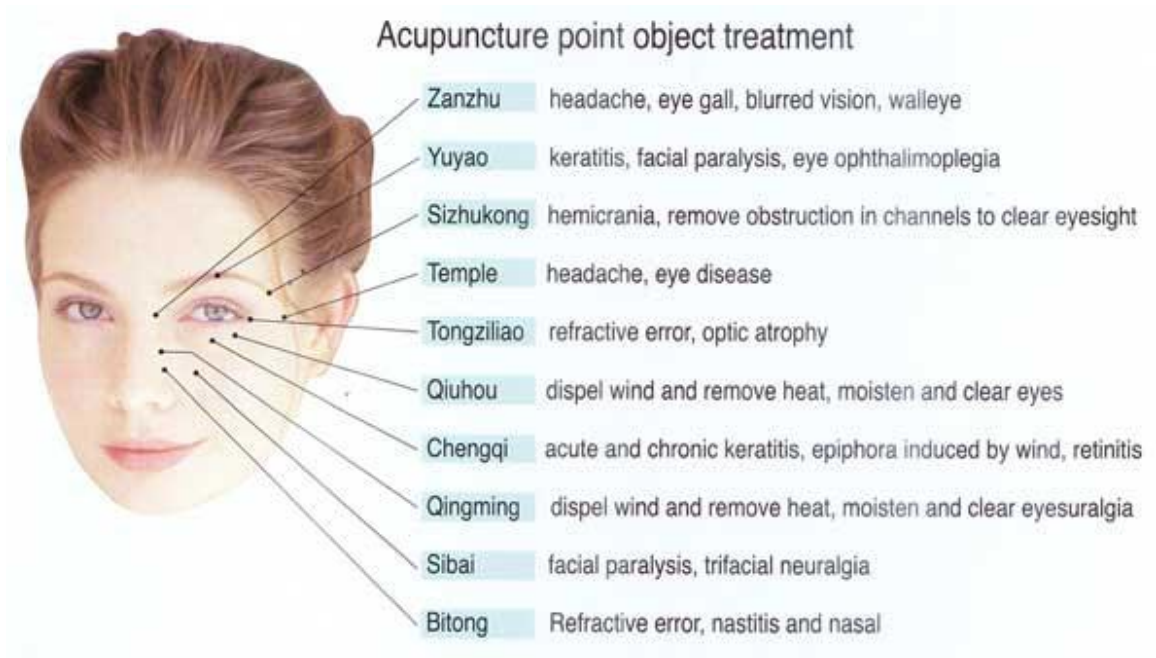
Put some reading material upside down, deep into your blur zone. Myopes should use a newspaper or magazine as far away as possible. Presbyopes should use a book less than 3 inches away from the eyes. Now look at any word and slowly run your gaze around it. If you can see the individual letters, slowly run your gaze around them and concentrate on the exact outline of each letter. Then slowly run your gaze around other words.

## **Powerful Visual Technique No. 8 Following Your Thumb**

Sit comfortably and extend your hand at an arm's length directly in front of your nose. Make a fist, excluding your thumb. Point your thumb upward so that you can see the nail. . Steadily looking at the thumbnail, move your hand (in as big arcs as possible) in the following direction:



## Powerful Visual Technique No. 9 Chinese Acupressure Eye Exercises (4 steps)



### Step 1: Massaging of "Yuyao"

- Identify the 2 "Yuyao" points located at the medical (inner) aspect of the eyebrows.
- Press your thumbs against the 2 points in a circular movement to a count of 8 beats per cycle. Repeat the 8 circles.

### Step 2: Massaging of "Zanzhu" Points

- Identify the "Zanzhu" points which are located on both sides of the nasal bridge.
- Using either your right or left hand, place your thumb and index finger on the points. Press downwards and massage upwards to a count of 8 beats per cycle. Repeat for 8 cycles.



### **Step 3: Massaging of "Shibai" Points**

- Identify the "Shibai" points on your cheeks by dropping a vertical line from the pupils of your eyes and a horizontal line from the nares (sides) of your nose. The cross point of these 2 lines is where the "Shibai" point is.
- Press your index fingers on the "Sibai" points and support your thumbs on the angles of your jaws with the same remaining middle, ring and little fingers on both sides of your chin. Massage the points in a circular movement to a count of 8 beats per cycle. Repeat for 8 cycles

### **Step 4: Pressing on "temple" points and sliding round the eye sockets**

- Identify the "Taiyang" points which are located at the most hollow areas of your temples.
- Press on the "Taiyang" points with your thumbs and flex the remaining fingers into a fist position.
- Use the knuckles of your index fingers to slide over from medial to lateral aspect of the upper eye sockets for the first 4 beats, and continue to do similarly over the lower eye sockets for the second 4 beats of each cycle. Repeat for 8 cycles.



When you have complete the 4-stage regime of chinese exercies, look at a distance for a short while to ensure a total relaxation of your eye muscles.

## **Powerful Visual Technique No. 10 Palming**

Sit comfortably on a chair. Rub your hands together until they feel warm.



Close the eyes and cover them lightly with your cupped palms. Avoid applying pressure on your eye balls. Place the palm so that the nose remain uncovered, and the eyes remain behind the slight hollow of the palms.

Make sure that no light rays enter the eyes, and leave no gaps between fingers or between the edge of the palms and the nose.

You may still see other lingering traces of colors. Imagine deep blackness and focus on the blackness.

Take deep breaths slowly and evenly, think of some happy incident; or visualise a distant scene.

