

The eye with normal sight never tries to see. If for any reason, such as the dimness of the light, or the distance of the object, it cannot see a particular point, it shifts to another. It never tries to bring out the point by staring at it, as the eye with imperfect sight is constantly doing. Persons with normal vision use their memory, or imagination, as an aid to sight...

Imagination is closely allied to memory, although distinct from it. Imagination depends upon the memory, because a thing can only be imagined as well as it can be remembered.... Neither imagination nor memory can be perfect, unless the mind is perfectly relaxed.

When the mind is able to remember perfectly any phenomenon of the senses, it is always perfectly relaxed.

No matter how imperfect the sight, it is always possible to shift and produce a swing, so long as the previous point of fixation is seen worse... Usually the eye with imperfect vision is able to shift from one side of the card to the other, or from a point above the card to a point below it, and observe that in the first case the card appears to move from side to side, while in the second it appears to move up and down. After resting the eyes by closing or palming, shifting and swinging are often more successful. By this method of alternately resting the eyes and then shifting, persons with very imperfect sight have sometimes obtained a temporary or permanent cure in a few weeks. Shifting may be done slowly or rapidly, according to the state of the vision. At the beginning the patient will be likely to strain if he shifts too rapidly; and then the point shifted will not be seen worse, and there will be no swing. As improvement is made, the speed can be increased. It is usually impossible, however, to realize the swing if the shifting is more rapid than two or three times a second.

When the eyes are properly used, vision under adverse conditions not only does not injure them, but is an actual benefit, because a greater degree of relaxation is required to see under such conditions than under more favourable ones.

Defective vision is the result of an abnormal condition of the mind; and when the mind is in an abnormal condition it is obvious that none of the processes of education can be conducted with advantage. When one is not interested, in short, one's mind is not under control, and without mental control one can neither learn nor see

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Presbyopia tips, by Julia Galvin, 2013

(please note, this is not medical advice and if you need medical advice, ask a properly qualified professional)

Definition from Wikipedia: Presbyopia

is a condition where, with age, the eye exhibits a progressively diminished ability to focus on near objects.

Things slow down with age. The crystalline lens in the eye becomes less elastic. Muscles which adjust the lens, and other muscles which move the eyeball, are less efficient, and the brain which has to co-ordinate and control them also slows down.

Solutions:

Take a slow, relaxed approach to reading.

Use the graded print to practice 'not-reading'. Don't use your eyes, use your attention. Take your attention around the page, following only the white bits between the print. Breathe easy, let your shoulders soften. Feel your eyes softening too – and remember not to make them do anything, just let them be, and focus on following the white with your attention.

Practice convergence. Use a Brock String, or hold up two fingers in line with your nose and shift your attention from the far to the near and back. Always do it gently and let your eyes be soft, think about the impression you are getting rather than what your eyes are doing. Close your eyes frequently and feel the muscles going soft.

Practice whenever you remember, to feel the movement of the world around you. Be aware of the whole space, behind and around as well as in front. With your every movement, feel the whole of the space around you moving in the opposite direction.

Eat less sugar and more green and red vegetables. Get some aerobic exercise every day. Palm frequently to rest your eye muscles and imagine nice things.

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