



# Perfect Sight Naturally

## A Rewarding Option

by Jana Vilner

The fact that at least 70% of Americans rely on glasses or contacts proves that as a society, we think technological seeing aids provide the best solution to our vision difficulties. Furthermore, the statistic suggests that the majority of Americans view blur as an irreversible health problem. Contrary to this belief, blur simply indicates visual stress much like a headache or stomachache signals a person to remove the cause of their illness. Therefore, the body's innate healing mechanism retains the capacity to reverse blur naturally. Everyone has the potential to see clearly unaided, even through old age. Does it make sense to remain dependent on lenses our entire lifetime if we have another option?

When a person returns to clarity without the aid of glasses, contacts, or LASIK, tension in the mind melts and the eye resumes its natural round shape. This release of tension improves circulation to the visual system and allows relaxation to ripple throughout the entire body. Once again, the body experiences optimal health as it sees the way nature intended.

The connection between the eyes and mind begins in utero, where the eyes develop from neural brain tissue. Later in life, the optic nerve connects the eye directly to the visual cortex lodged in the brain. This physical brain/eye relationship parallels the interaction between the eyes and mind. In a person with imperfect sight, worrisome and anxious thoughts easily translate into visual strain. According to Dr. William H. Bates, an eye surgeon at NYU who did forty years of experiments on the eye, strain in the visual system creates the blur so commonly corrected, but not removed, by glasses. In "Perfect Sight Without Glasses", Bates wrote, "The eye with normal sight never tries to see." Conversely, the idea that one must try to see inevitably inhibits clarity and causes blurry vision.

According to conventional eye doctors, a misshapen eye produces an out of focus visual field. In an elongated or shortened eyeball, light rays from an object of interest fail to focus directly onto the retina. Instead, the reflected rays come to a focal point either in front of the retina or effectively behind the retina which creates a fuzzy image. In his experiments, Dr. Bates uncovered a correlation between eye muscle tightness and the misshapen eye. He showed that if he placed tension on different external eye muscles, certain shape abnormalities resulted. Natural Vision Improvement students regain clarity as the eye gradually returns to its normal round shape through a progressive release of

constricted eye muscles. This action reverses the physical cause of blurred vision, and light rays from an object of interest at any distance fall directly onto the retina, resulting in perfect sight.

Addressing the underlying mental and physical causes of blur invites many overall health improvements. As the eye muscles relax, tension throughout the entire body dissipates. The mind awakens to its surroundings, and this increased visual attention improves both memory and concentration. Colors seen with the naked eye appear vivid and radiant. Along with literally "seeing things differently," oftentimes a Natural Vision Improvement student's perspective shifts as well. The return to natural use of the mind and body offers many surprising insights. As one of Dr. Bates' students, a fellow doctor, commented, "This (The Bates Method of Natural Eyesight Improvement) is childlike" to which Dr. Bates replied, "Precisely." Commonly, students find the rewards of studying Natural Vision Improvement exceed their initial expectations.

One way to begin experiencing how natural vision differs from technology assisted vision is to remove your corrective lenses and notice the qualities of your visual world. In essence, place your attention on what you can see in this watercolor world such as color, texture, and shape. Check your breathing and encourage its fullness if you observe shallow breaths. Primarily, enjoy seeing with your own eyes and taking a refractive lens break!

*Jana Vilner became a certified Natural Vision Improvement teacher under the instruction of Thomas R. Quackenbush author of *Relearning To See: Improve Your Eyesight – Naturally!* She gives a Natural Eyesight Improvement Free Lecture in Albany at the Honest Weight Food Coop Wednesday, October 4th 7PM. More info @ (413) 528-8410.*