

Better Eyesight ~ Naturally

by Esther Joy van der Werf ~ www.visionsofjoy.org

1. Use reduced prescription glasses, and only when absolutely necessary.
2. **Blink** frequently and effortlessly. Blinking cleanses, lubricates and rests the eyes while giving them the opportunity to refocus.
3. **Central Clarity** is seeing best where you are looking, and allowing the eyes to continually **shift** to the next point of attention. Remain aware of peripheral vision, which is not seen as clearly as the small ‘crystal ball’ of central vision.
4. Close your eyes whenever they are tired. When **palming** the eyes, feel any muscle strain disappear easily from your eyelids, eyes, face and neck; then imagine already seeing clearly at any distance, effortlessly.
5. **Sunshine** on closed eyelids will help build light tolerance and reduces dependency on sunglasses. Regular sunning is excellent for vision and health. Enjoy time outside each day.
6. Allow your head to **move** along with your eyes. A tall and balanced **posture** will aid this movement and will help release neck tension.
7. **Think positive.** Look for solutions and focus on the bright side of life. A happy mind creates happy eyes.
8. Practice **reading** small print, using all the good vision habits. Follow the thin bright white line right underneath the letters. This reduces strain and relaxes the eyes. Vary the reading distance and look up regularly to briefly focus afar.
9. Improve natural abdominal **breathing** by learning to gently extend the exhale. **Relaxation** is the key to both breathing and vision.
10. Forget about your eyes; **receive** images easily by letting your brain do the seeing. You can now let go of old habits of staring, squinting or trying to see.
11. Notice **apparent motion**. Due to continual shifting of the eyes, stationary objects appear to be moving. Imagine that you see this gentle swinging motion all day long.
12. Improving the **memory** of letters or other objects improves the vision for everything. Let your **imagination** provide even more details and clarity.
13. Gently **massage** around the eyes to stimulate acupressure points. This also improves circulation.
14. The best **foods** for your eyes are green leafy vegetables. Enjoy a salad or green smoothie daily.

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L O O K F O R S O L U T I O N S

BLINK REGULARLY AND BREATHE EASILY

MOVE EYES SWIFTLY © ENJOY DAILY SUNSHINE

PALM WHEN TIRED REMEMBER TALL POSTURE

ENJOY A RELAXED AWARENESS OF PERIPHERY WHILE CENTRALIZING ATTENTION

The best foods for your eyes are **green leafy vegetables**. Incorporate into your daily diet a green smoothie, by blending your choice of organic kale, spinach, collards, bok-choy, lettuce, celery, fresh herbs, etc, with water and bananas, oranges, or other fruit. Green smoothies are delicious, nutritious, quick, easy and good for you, all in one!

Enjoy your path to clarity!

*love,
Esther Joy*