



Lesson

2

Eliminating Strain

The Cause of Blurred Vision

How to
See
with
Perfect Sight
Your Comprehensive Guide

Beginning Rest & Focus

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Published by: Gloria Ginn, Founder & Director

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Rest and Focus

Eliminating Strain, The Cause of Blurred Vision

by Gloria Ginn

“The object of all the methods used in the treatment of imperfect sight without glasses is to secure rest or relaxation — of the mind first, and then of the eyes.”

— William H. Bates, M.D.

Delene had been making quite an effort to keep herself in shape. Each week, she juggled appointments with her bodyworker, masseuse, manicurist, chiropractor, therapist, acupuncturist, personal trainer and skin roller.

When she could no longer read a menu without glasses, she thought she could just add “vision trainer” to her list of appointments, and continue the same state of mind. That was not so. What she actually needed was to stop trying so hard. I suggested she relax. “But I work so hard at relaxing!” she sighed.

And that is the essence of the problem. Relaxation is a lost art in modern society. Although modern conveniences have eliminated much of the physical drudgery which occupied people’s lives a century ago, mental stresses have increased.

The mind gets caught up in trivia such as last night’s television shows or the latest antics of a politician, movie star, sports figure or neighbor. Or it may wander aimlessly, daydreaming about future or past experiences.

Silence is quickly filled up: a television or radio

turned on, or a cell phone call made — as if it were not OK to have one moment of simply being alive. We have adopted a hurried state of mind. We rush from one activity to another.

Even when there is no rush, there is a rush. The future crowds in on the present, or the past insists on being reexperienced. The past and future tenses crowd out the moment, and the expanded sense of Presence (which all children have) is lost.

When the mind is tense and preoccupied to such an extent that the eyesight blurs, this tension permeates the entire nervous system, lowers mental efficiency, blocks the memory and suppresses the creative imagination.

The eyes are barometers of tension

The eyes are barometers of mental tension. As the tension level goes up, the vision goes down to the same degree. The reverse is also true: as vision improves, tension decreases.

Any mental strain causes eyestrain and fatigue. Different types of mental strain cause different types of vision problems. For example, high pressure in the eye indicates a habit of suppressing strong emotions. Multiple images result from an attempt to split the focus.

It is possible to accurately describe the mental state by observing the visual state. An associate of Dr. Bates, I. M. Stanton, M.D., explains:

“You can gauge your mental tension by your muscular tension, and there are no muscles that respond more quickly to our thoughts than do the ocular muscles. Anything that affects the mind is almost certainly reflected in the eyes. If the mind is disturbed, vision is impaired.”

Easiest Ways to Eliminate Strain

For most people, the easiest ways to relieve mental and visual strain are: Sunning, acupressure or Jin Shin Jyutsu, closing the eyes to rest them, palming, flashing and blinking.

Sunning

For thousands of years humans have lived and worked in the sun without sunglasses, with perfect sight. But in the last 60 years, we’ve been sold the idea that sunlight is bad for us and we need sunglasses to “protect” our eyes. What happened?

In the 1950s, sunglass manufacturers financed research that “proved” we needed their product. And myths began circulating that sunlight is injurious to the eyes.

The truth is just the opposite.
Many cases of



near-blindness have been significantly improved through sunlight. To obtain the keenest vision, expose your eyes to the brilliant sun. Find a spot outside or through a window where the direct rays of the sun can fall on your eyes, and sun your eyes.

Basic Sunning

Close your eyes and move your head slowly from side to side so that the sun's rays fall on your closed eyelids for 10-15 minutes. Allow your eyes to move unconsciously with the head movement, just as you would with a shifter.

WARNING

Do not do sunning if you have epilepsy, are taking photo-reactive medications or have a medical condition that precludes you from being in the sun. Follow your doctor's advice.

Sunning With a Magnifying Glass

I am giving you this controversial technique because I do not believe in withholding knowledge, and this technique was a favorite of Dr. Bates' for certain conditions, and it is also a favorite of my students because of the quick relief it gives for eyestrain and the immediate improvement in vision.

Sunning with the glass has also been known to alleviate or lessen organic conditions such as pinkeye, styes, conjunctivitis, cataract, glaucoma and retinitis pigmentosa. Its benefit in these organic cases may be due to the magnifying glass' ability to increase circulation to the eyes.

I am not specifically recommending this technique for you, just letting you know it exists and how to do it properly if you choose to try it.

How To Do It

Focus the sun's rays through a rapidly-***moving*** magnifying glass onto your ***closed*** eyelids.



Sunning with a magnifying glass
Photo by Steven Sprung at StevenSprung.com

Although any magnifying glass will work, it is easier to use a 6 x. That's because it focuses at a closer distance to your eyes, making it easier to find the right spot. Coil #5460 is good.

Tips for Using the Magnifying Glass

- **Always keep your eyes closed.**
- **Always move the magnifying glass rapidly** to avoid a superficial burn on your eyelids; the hotter the sun, the faster the movement; let comfort be your guide.
- **Sun one eye at a time:** Wiggle the glass from side to side rapidly with a small enough arc that the light moves across the closed eyelid of one eye. Then switch and do the other eye.
- **Don't move the glass closer and farther;** keep it the same distance away, so the light stays focused.
- **Hold the glass perpendicular to the sun.** (*See photo, above: note the glass is almost horizontal, because the sun was near its zenith at the time the picture was taken.*)

Sunlight helps blind man regain his sight

Ed had only five percent of his vision, and walked with a white cane.

He had retinitis pigmentosa, a degenerative condition which usually results in total blindness. Doctors don't know the cause, and even though they had no cure for him, they told him to wear wraparound dark sunglasses to "keep what vision he had left."

As a result, he was extremely light sensitive. The reflection of sunlight off a beige carpet gave him a splitting headache. To ease himself into the light, he used a shifter in front of a 150 watt bulb.

It took three weeks before he could sit in the sun with his eyes closed. Then the sunlight transformed his vision. After just five minutes of sunning with the magnifying glass, he could see bricks on buildings and leaves on trees for the first time in ten years.

After that, Ed progressed rapidly. Within two months, he was walking without a cane or glasses. Previously, he had been unable to see curbs on the street, even when looking straight down at them in the noon sun through his prescription sunglasses.

But after two months of sunning, he could see those same curbs — without glasses of any kind.

Sungazing

Here is another controversial technique. Use your own discretion. I am not advising, only informing. I personally have been looking

at the sun since I was four years old, I am 69 as I write this, and have not had any damage to my eyes from the practice. However, I am not advising YOU to do it.



Woman with normal sight sungazing. Note that she is completely relaxed.

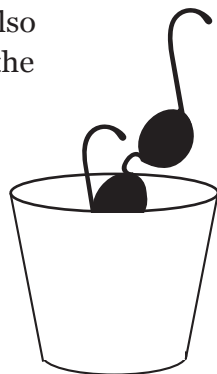
Photo from The Cure of Imperfect Sight by Treatment Without Glasses by William H. Bates, MD

Contrary to popular opinion, many people believe sungazing is beneficial to the eyes. Sunlight develops eyesight to its highest level. Without sunlight, there would be no need for eyes. They are the only organ in the body whose specific purpose is to take in light.

The eyes are strengthened by sun, and weakened by a lack of it. Not only the eyes, but also the entire body requires sunlight. The most usable source of vitamin D is obtained from the sunlight coming in through the eyes.

The Bushmen in Africa and the aborigines in Australia can see the rings of Saturn and the moons of Jupiter with the naked eye. They live in the desert, where the brilliant sun glares into their eyes all day, strengthening

their vision. Desert-dwelling animals are also known for their keenness of vision, as are the birds who fish on top the ocean where bright sun reflects like a mirror off the water's surface.



To enjoy the heightened level of visual acuity our ancestors experienced, toss your sunglasses, and discover how good your eyesight can become.

Note: Your ancestors were used to the sun. They spent most of their day outside. You, on the other hand, probably spend most of your day inside. So your eyes are not accustomed to the sun. You will have to ease into it slowly, a little bit at a time.

How to Sungaze:

1. Begin with a shifter, closing your eyes and moving your head slowly from side to side so that the sun's rays fall on your closed eyelids.
2. Open your eyes and continue using the shifter. Allow your gaze to glide across the sky from one side of the sun to the other. Remember to blink!
3. Take away the shifter, cover one eye with the palm of your hand, and continue to shift across the sky from one side of the sun to the other. Remember to blink! Alternate which eye you are covering. (Note: It is

easier to re-adjust to the light if you cover the eye loosely so it still can receive some peripheral light.)

4. As you get more accustomed to the sun, shift and blink through the sun without a shifter with both eyes uncovered.
5. Gradually increase the length of time, until you can gaze at the sun without conscious shifting.

You may see a bright white light moving around the edge of the sun, or waves pulsing out from the sun. The

movement is due to the shifting of your eyes, which occurs naturally as you relax and gaze into the light.

Sight Restored by Solar Eclipse

Lodi, N.J., January 27 -- As a result of looking directly at the eclipse of the sun last Saturday, Louis Pretola, 54 years old, professes to have regained his sight after having been unable to see without glasses for seven years due to cataracts.

Pretola had undergone four unsuccessful operations for removal of the cataracts.

After he had gazed at the sun without smoked glasses, he suffered severe pains, but within a few hours his sight began to return to normal, and he discarded the strong glasses he had worn for seven years.

— *Cincinnati Inquirer*
Reprinted by Dr. Bates

How much time?

When doing anything new, it is usually best to start slowly and build up gradually. Start with just a few seconds at a time, early in the morning or late in the day.

Acupressure

Acupressure and Jin Shin Jyutsu can help you alleviate eyestrain, headaches and mental fatigue. The Chinese acupressure exercises illustrated on this page and the next have been used for thousands of years for this purpose.

Jin Shin Jyutsu®

“The Healing System of the Future”

Jin Shin Jyutsu can improve the vision by removing blocks in the energy pathways to the eyes. When these blocks are gone, the strain leaves too. Jin Shin Jyutsu is an ancient healing art dating back over two thousand years. It was dormant until the early part of the 20th

For All Exercises

Hold the points indicated for a few minutes, more or less, until you feel a pulse in the spot. The pulse indicates the energy is flowing smoothly again.



Exercise I

Use your thumbs to contact the acupressure points just inside the eyebrow “corners.”

Exercise 2

Use two index fingers OR your thumb and index finger to hold each side of the bridge of the nose.



Exercise 3

Safety Energy Lock #21
(in Jin Shin Jyutsu)

Touch the base of the nose with the middle fingers; place the index fingers next to them. The index fingers are on the spot.



Exercise 4

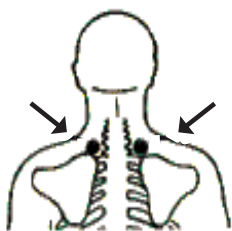
Hold the points around the eye socket, as indicated in the diagram.



century, when Jiro Murai of Japan rediscovered it at the edge of death, practiced it on himself, was healed of his illness, and devoted the last 50 years of his life to bringing Jin Shin Jyutsu to the world. Jiro Murai trained Mary Burmeister (an American of Japanese descent) as his successor; She was my [Gloria Ginn's] teacher.

How Jin Shin Jyutsu Works

There is a life force, or energy, within the body which is responsible for the vitality and life of each cell. The flow of this energy can be disrupted by physical and mental stresses. When the energy is blocked, your “energy battery” is low. To recharge it,

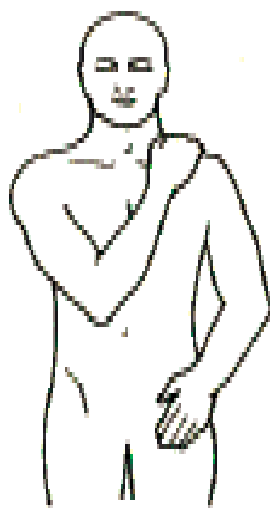


Exercise 5

Safety Energy Lock #3

Located at top of scapula bone. To jumpercable Safety Energy Lock (SEL) #3, hook your hand over your shoulder as if the hand were a coat hanger (see right).

Hold with #15 (right) to help overall energy and wellbeing. Hold with #4 (next page) to help vision.



Exercise 6

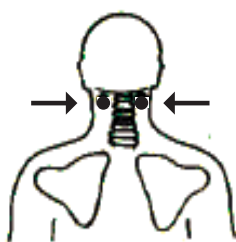
Safety Energy Locks #3 (shoulder) with #15 (side of groin)

use your fingers, thumbs, or the center of your palms as jumper-cables: Hold (jumper-cable) the point until a pulse can be felt. The pulse indicates the energy is flowing freely.

26 Safety Energy Locks

There are 26 Safety Energy Locks which work as circuit breakers to warn us when there is an imbalance (physical, mental, emotional or digestive). They do this by stopping the flow of energy through that area until the imbalance can be corrected.

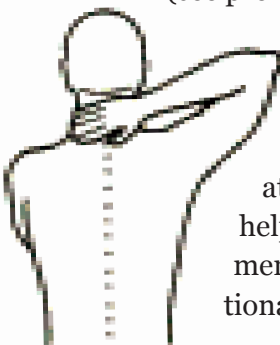
Different areas of the body are affected by different types of stresses. The Safety Energy Locks shown in this publication are those which specifically affect vision. By freeing up the blocked energy, tension and disharmony are removed.



Exercise 7

Safety Energy Lock #4

Located at the base of the skull, under the occipital lobes (the visual center of the brain). Jumpercable #4 by itself or combine it with Safety Energy Lock #3 (see previous page)



or #21 (see (page 11, Exercise 3).

This combination 9 (left) helps Liver meridian, traditionally associated

Your Shortcut: 36 Aware Breaths

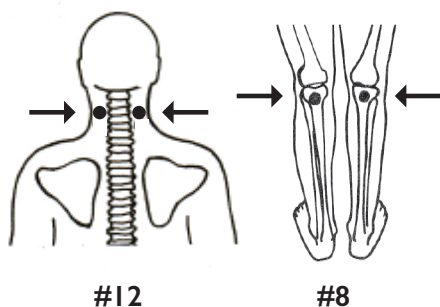
Recharge all Safety Energy Locks at once through the 36 Aware Breaths. Here's how: As you inhale, imagine the breath coming in the big toes and moving up the back. As you exhale, imagine the breath going down the front and out the big toes. Repeat 36 times.

The main flow of energy moves up the back and down the front. Your awareness of this flow as you breathe helps open up the flow and energize every Safety Energy Lock along the pathway.

References

A one-day self-help training in Jin Shin Jyutsu is given twice per year at the School of Better Eyesight. For details and the next date, please call (310) 476-5224 or write gloria@ImproveYourEyesight.com.

The Touch of Healing, by Alice Burmeister (Mary's daughter-in-law) is available through book dealers. Self-help books I, II and III are available from Jin Shin Jyutsu, 8719 E. San Alberto, Scottsdale, AZ 85258, (480) 998-9331 or <jinshin-jyutsu.com>.



Exercise 8

Safety Energy Locks
#12 & #8

Combine #12 (far left) with #8 left) to help Bladder and Gall Bladder meridians.

Resting the Eyes by Closing Them

By making a habit of resting your eyes and mind, you develop a habit of improved vision.

Ted's vision had been improving steadily over the last few years. Neither he nor his doctor could figure out why. His glasses prescription had been reduced from -4.50 to -2.75.

It just so happened that around the time Ted's vision began improving, he had begun a new practice: Whenever he was unable to see something, he would close his eyes for a minute and forget about trying to see. When he opened them again, he always saw better. This simple practice — all by itself — improved his vision. He had inadvertently stumbled on the fundamental principle of improving eyesight:

***Strain lowers vision,
and relaxation improves it***

Ted had developed a habit of letting go of the effort to see. By the time he came in for his first vision lesson, he was very receptive and got good results with all the techniques. Not surprisingly, he got especially good results from looking at a letter, closing his eyes and remembering it, and then opening his eyes again to see it (flashing).

How Closing the Eyes Helps

It stands to reason that if the strain is an effort to see something, closing the eyes and resting them

should alleviate that strain. In most cases, it does this quite well. Try it yourself:

1. Look at a letter (or an object with definite outlines) at a distance at which your vision is imperfect. Notice what you are able to see.
2. Close your eyes and rest them. Keep them closed until all feeling of strain dissipates — this may be five, ten or 20 minutes.
3. Then open your eyes and look at the letter (or object). If you succeeded in relaxing while your eyes were closed, the letter will appear clearer.

By making a habit of resting your eyes and mind, you can develop a habit of improved vision. With practice, the length of time you require to get improvement will shorten, until a simple blink will give you the relaxation you need to retain perfect sight. Blinking is how normal sighted people rest their eyes all day.

Dr. Bates related an experience in which an elderly man, aged 109 with poor eyesight for all distances, came for help with his vision. He was asked to close his eyes and rest them, which he did for a half-hour. When his eyes were tested again, he was seeing 20/20 in the distance and could read 4-point type up close.

Dr. Bates was impressed: “Then this man said the only words I ever heard him say, ‘Doctor, you did me good.’ I wish I knew what I did for this man, by asking him to close his eyes and rest them.”

Palming

It is even easier to relax the strain if you cover your closed eyes with the palms of your hands. The palms release stuck energy caused by the visual strain.

Some people have restored their eyesight entirely by palming. It is the first line of defense against imperfect sight. At our retreats, we palm five minutes every hour — and the cumulative effective is powerful.



Palming at a Super Sight Retreat
Photo by Steven Sprung at StevenSprung.com

Children do amazingly well with palming. One mother brought her three children, ages 4, 6 and 8, to see me. The 6-year-old girl palmed for a few minutes while she imagined writing her name. When she took down her hands, she was seeing better than 20/20.

This brought out the competitive spirit in her brother, who had worse vision (20/80). By palm-

How to Palm

Close your eyes. Cover your eyes with the palms of the hands, so that the center of each palm is directly over the center of each eye. Do not press on the eyelids. The fingers may be crossed or placed side-by-side on the forehead, whichever is most comfortable for you.

ing and describing a favorite video game and then with reading a few letters on the card, in 20 minutes he was seeing as well as his sister.

When the children discovered how well palming worked, they did it for two or three minutes whenever they got stuck on a small letter and wanted to see better.

The 4-year-old sister became interested, and began imitating her older siblings. She read each letter, to test her memory of the alphabet, then palmed her eyes and remembered the letter.

A week later, the mother said that the children were practicing with the letter-cards daily, with continuous improvement in their vision.

When Palming Does Not Help

“When the vision is not improved by palming, do not practice it until you can learn how to palm properly.” — *William H. Bates, MD*

Some people do not improve their eyesight by palming. Their eyes may feel more rested afterward, but the vision is not better.

Why I Like Palming

“I think palming is the best thing in the world, because it makes your eyesight good. I’m sure that if I keep palming all the time my brains and nerves will get better. The first time I never liked to do it, but then I got used to it and now I do it every day and every second I get.”

— *Margaret, 8 years old*

I was one of those people. Palming was one of the first techniques I tried, but it didn't make my vision better. When I read about the miraculous improvement people obtained with palming, and compared that to my own paltry results, I had to admit I did not understand palming. If I were doing the same thing as Dr. Bates' patients, I would have gotten the same results.

The fact that I did not was proof I was not really doing the same technique. Mechanically, yes, I was. I cupped my hands over the eyes, shutting out the light without pressure on the eyeballs.

“As a rule, successful palming involves a knowledge of various other means of obtaining relaxation. The mere covering and closing of the eyes is useless unless at the same time mental rest is obtained.”

— W. H. Bates, MD

Obviously there was more to palming than the mechanics. What were Dr. Bates' patients doing with their minds while they were palming, that I was not? I didn't have a clue.

Learning to Palm in Palm Springs

Then my company sent me on a business trip to Palm Springs. After completing my business for the day, I returned to the hotel in the late afternoon and lay out by the swimming pool.

The warmth of the sun penetrated deeply into the muscles, releasing tension. Then I went back to my hotel room, lay on the bed and palmed.

I was so relaxed from the sun that I drifted into a semiconscious state at the border of sleep: awake, aware of the surroundings, but not thinking or analyzing. I ended up palming for an hour and a half!

My vision was perfectly clear, and the eyes were completely relaxed — the way they used to feel when I was a child with perfect sight. After this experience, a few minutes of palming was enough to improve the vision.

The key is in the state of mind. For maximum results, the mind is alert, very present and completely relaxed. There is a heightened awareness of the present moment: sounds, sensations, etc. The mind is not thinking, just perceiving.

When you palm your eyes and shut out the light, at the same time shut out all mental stresses. Let go of any effort to see. This allows the eyes to return to their normal shape, and restores the vision.

Seeing Black When You Are Palming

“When a patient palms perfectly, he sees a field so black that it is impossible to remember, imagine or see anything blacker. When able to do this, he is cured.” — *William H. Bates, MD*

When the eyes are closed and covered and there is no effort to see, the field of vision looks black because the mind is perfectly at rest. The deepness of the black you see when you palm is an indicator of

your level of relaxation. The deeper the black, the greater the relaxation.

This cannot be forced. Don't try to see black or to make the field of vision blacker than it is. Trying to make the black become blacker creates tension and actually **lessens** the deepness of the black.

Use memory to get a imagine a deeper black. Memory requires perfect relaxation, and produces perfect sight. Recall the blackness of a cave, or a black car, pen, ink, dog, cat, leopard, hat, hair, shoes, clothing, licorice, letters, numbers, etc.



Above: “While the visitor [*left*] was explaining to her sceptical hostess [*center*] the method of relieving pain by palming and the memory of black, another member of the family [*right*], who was suffering from trigeminal neuralgia, came in, and having heard what was being said, immediately put it into practice and was cured. The hostess later developed severe pain in her head and eyes, and did not obtain any relief until she also practiced palming and the memory of black.” — Photo and quote are from *The Cure of Imperfect Sight by Treatment Without Glasses* by William H. Bates, MD

Seeing black does not cause the relaxation; it is an indicator of it. When you relax the mind, the black automatically becomes deeper.

How Black Is the Black?

“It should be borne in mind, however, that the patient’s judgment of what is a perfect black is not to be depended upon.” – *William H. Bates, MD*

When pondering this idea of seeing black, I dreamt one night of black trucks rolling down the street. There were all kinds: pickups, semitrailers, 16-wheelers, etc.

These were followed by the type of truck that holds black tar for roofing houses. Its container was steaming with hot, black tar.

A voice in the dream said, “Now **that’s** black.” I realized immediately that the earlier trucks had not been truly black. They had seemed so, at the time, until this comparison was made.

When the black is truly black, it is startling! So is the relaxation that accompanies it.

Tips for Successful Palming

- **Do other techniques first.** If you are more relaxed when you begin, it is more likely you will relax further while palming. Good preparatory techniques are shifting, sunning, the long swing and Jin Shin Jyutsu.



● **Palm lying down**

Lying on a slantboard is even better. The increased oxygen flow to the brain helps the mind relax.

● **Listen to sounds**

* Surrounding sounds from traffic, birds, dogs, airplanes, wind. Or music, podcast or audio book. Shift your attention from one sound to



another. Don't force it; your interest will automatically direct your attention if you allow it to do so.



● **Palm for different lengths of time**

Experiment! You may obtain more benefit from 20-30 minutes or more of palming, or from short, three- to five-minute sessions every hour.

● **Recall moving objects:** waves crashing on a beach, fire flickering in a fireplace, wind blowing through the trees, etc.

● **Do the 36 Aware Breaths** of Jin Shin Jyutsu.

● **Recall pleasant memories:** scenery you enjoyed

Photo credits: All are at [Unsplash.com](https://unsplash.com): Boombox by [Eric Nopanen](#); Traffic by [Nabeel Syed](#); Music by [Fimpli](#)

Still No Success?

If you get no improvement from palming, don't do it for now.

Instead, use other techniques such as sunning, shifting, swinging, memory, imagination, rest and central fixation.

Later, after your vision has improved from other techniques, palming will help you. For certain people, palming is the final technique, not the first one.

or experiences with pets, friends or family. Or pick a category of items: sports, fruits, flowers, cars. Let the memories drift into your mind easily, slowly and without effort:

“Do not try to think of anything. Just think of something pleasant, something you remember perfectly, and let your mind drift from one pleasant thought to another.”

— *William H Bates, MD*

Flashing

Alternate resting with the eyes closed and then flashing with the eyes open for a fraction of a second. Flashing works equally well for both close and far vision. Here's how to do it:

1. Look at letters or an object at a distance at which your vision is slightly blurred.
2. Close or palm your eyes long enough for them to feel rested — for a few minutes at least. Remember some color you can recall easily, or a detail of the letter or object you have just seen.

3. Then open your eyes for a fraction of a second.
If you have rested with your eyes closed, you will have a flash of better vision.
4. Alternate closing and flashing for awhile, and you will find you can keep your eyes open for longer periods of time without losing the improved vision.

Blinking

Blinking is an extension of flashing, and can be practiced throughout the day, wherever you are and whatever you are doing.

Blinking lubricates the eyes and gives them a moment of rest. And it shifts the eyes. Every time you blink, the eyes move slightly. This breaks the stare and sharpens vision.

Two Rules for Blinking

1. Blink lightly
2. Blink frequently

People with normal sight blink much more frequently than people with imperfect sight. So imitate the normal-sighted eye: Blink more often!

Blinking and Lazy-Eye

Diana had a big difference between her two eyes. One was normal-sighted, but the other, a lazy-eye, was 20/200. For 21 years, Diana had experienced pain in that eye, and she was only 25 years old.

The eye was red and swollen. Doctors operated on the eyelid to cause it to droop, in an unsuccessful effort to get more moisture to the eye.

In her first appointment, it was obvious that she was only blinking one eye: the normal one. I taught her the butterfly-blinking technique to get the lazy-eye blinking. Within a week, they were blinking together, and the pain was gone.

Blinking and Glaucoma

Edward had glaucoma in one eye, and not the other. Similar to Diana (above), when he blinked, about fifty percent of the time he did not blink the eye with glaucoma. But after a few weeks of the butterfly blinks, the eye was blinking normally with the other eye. When that happened, the pressure normalized.

Blinking and Dry-Eye Syndrome

An elderly client of mine had scratched corneas caused by extremely dry eyes. To get more moisture into her eyes, her doctor sewed her top and bottom eyelids together, from the outer eye to just outside the pupil.

The cause of her dry-eyes was obvious: She seldom blinked. I asked her to blink every time I blinked. She immediately began doing so, and practiced the same technique with everyone else she saw. Within a few weeks, the dry-eye condition was gone, and the doctor removed the stitches.

Never underestimate the power of blinking.

Butterfly Blinks

The purpose of this technique is twofold:

1. To get the eyes blinking more frequently
2. To create a lighter blink.

Think of how lightly a butterfly closes and opens its wings. That's how lightly the eyelid should close and open when you blink. Here's how to do it:

1. Palm one eye. Put your other hand at arm's length, palm facing the eyes, and slowly bring the hand closer to your face until it palms the uncovered eye. Imagine there is a light air cushion between the hand and the eye that causes the eyelid to close.
3. Move the hand slowly out to arm's length, imagining a vacuum is created that causes the eyelid to open.
3. Repeat a few times with each eye. Then do the same technique with both hands together, bringing them in to palm both eyes simultaneously.