

Tibetan Eye Chart

The eye muscles focus similar to the lens of a camera. When any of these muscles are weakened, the image of vision will not be projected on the screen properly, causing the picture to become out of focus. This situation can be corrected by using certain exercises to strengthen these weakened muscles to correct eyesight. This applies to both being nearsighted and farsighted.

For generations the people of Tibet have used natural methods to correct visual weakness to improve their eyesight. The use of certain exercises have proven useful over periods of time. The figure of the chart on page 109 is designed to give the necessary corrective exercises and stimulation of the muscles and nerves to improve the optical system.

A few minutes of daily practice morning and evening will bring immediate results. When maintained over a period of months, a most definite improvement will result.

HOW TO USE EYE CHART

1. These exercises are to be done without eye glasses or contacts.
2. A sitting position is best. Standing is okay,
3. Cup both eyes with the palms of each hand for 30 seconds to relax the eyes.
4. Place the tip of your nose on the center of the chart. Hold chart stationary.
5. Become aware of your breathing. Do each exercise for 30 seconds.
6. Move the eyes clockwise (CW) around the outer circle of dots.
7. Repeat this movement in a counter-clockwise (CCW) direction.
8. Move eyes in a back and forth movement between the dots at 12 and 6 o'clock.
9. Repeat this back and forth movement between the dots at 2 and 8 o'clock.
10. Repeat this back and forth movement between the dots at 4 and 10 o'clock.
11. Blink eyes briefly and to finish therapy, repeat palming technique for 30 seconds.
12. Repeat exercises as desired, being careful to avoid strain.

After beginning this therapy, wear eyeglass and contacts as little as possible. In time these "crutches" will not be necessary. Your courage is honored.

