



### **THE TIBETAN EYE CHART**

To determine how high to hang the chart, standing upright, touch the tip of nose to the center circle on the chart. Keeping your head relaxed but still, move your eyes up the first circle, and then clockwise around each circle until the starting point is reached once again. Repeat counterclockwise. Then, follow the outer patterns. When your eyes are stronger, follow around the shape counterclockwise. Begin slowly and increase your practice until you do the whole chart clockwise and counterclockwise. Relax and enjoy!

**IMPROVING YOUR VISION and MEMORY NATURALLY:  
CALLEY'S 12 HOT TIPS  
THE FIRST INSTAR Vision Elixir  
By Calley O'Neill**

"We do not see things as they are. We see them as we are." The Talmud

**1. OPEN YOUR MIND.** Realizing and deeply accepting that change is possible, and evolution is inevitable is the most essential aspect of returning to clear vision. The human mind influences every cell in the body all the time. Our inner dialogue, the conversation that we live within about the world creates our life situation. What we think becomes who and how we are. The shift to a new way of seeing is not primarily physical...it has much more to do with your mind's willingness to enter an expanded vision of your healing potential and life itself. Vision is a fluid, amazing, ever changing process, and the eyes yearn to and **can** rejuvenate and see. The retina is one of the most metabolically active places in the human body. The cells in the retina renew themselves with every glimmer of light. The retina uses 15% of the body's oxygen intake. Breathe deeply while you read this. Thousands upon thousands of people have dramatically improved their vision naturally, even after a significant loss in visual acuity. We tend to see what we believe, avoid at a cost what was uncomfortable in the past and limit our vision. Moment by moment, come to mindful presence, and let go of the past. It is inaccessible. Let go of the future. It is out of reach. Offer all you have ever heard or been taught to the great mystery of life, and open to NOW. Open to all that is possible and then even the impossible becomes yours to manifest. Remember, there is no order of magnitude in miracles, and miracles happen every day. It is wonderful to know that healing your vision also helps sharpen your memory. The eyes and memory are inextricably linked ... memory accounts for much of what we can see. Become curious again.... what have your eyes been trying to tell and teach you? What do they really need? What is the cause of their difficulties? What is the deepest cause? In a recent medical study of over 100 healthy and vibrant centenarians conducted to ascertain how they got so old so beautifully, genetics was found to be just 2% of the reason. Yes, diet and exercise was found to be important, but far more critical was their ability to be positive, accepting and able to flow with change and loss. Ah, the power of the mind! Inquire within sincerely until you receive the answers to what is going on with your vision. Trust that the answers will come. They may be revealed in an unexpectedly creative way...in a song, a book or a comment from a friend.

"Light created the eye as an organ with which to appreciate itself." Goethe

**2. TAKE OFF YOUR GLASSES AND SEE.** Wear your glasses **ONLY** when absolutely necessary. This alone will begin to strengthen your vision. Glasses make things appear more clearly so that your eyes don't have to alternately accommodate

and relax naturally to focus near and far, which can weaken them through the loss of central fixation. Wear sunglasses with gray high quality polarized lenses in bright, glary or mid-day conditions. I wear Maui Jims and love them. See [mauijims.com](http://mauijims.com), Excessive exposure to UV light (in part caused by the reduction of the ozone layer's ability to absorb UV due to air pollution) is the main cause of cataracts worldwide. Wearing sunglasses in low light conditions can cause light sensitivity and prevent the body from receiving sunlight, an essential nutrient for the regulation of metabolism, behavior and healthy physiological functioning. Putting cheap glasses on children opens their irises wide (as if they are in a dark room) and actually brings in damaging ultraviolet radiation.... not a wise choice. Hats make a much better choice for children as does giving them plenty of vitamin C fruits after high sun exposure. Young children don't really need sunglasses unless they have continual sun/glare exposure.

"The diamond reflects the light.  
Such are the transparent minds that know and reflect Spirit."  
Paramahansa Yogananda

**3. RELAX. RELAX. Relaxxxxxxx.** This is the key to vision improvement. Relax and begin to reclaim the perfect vision you had when you were a child without the 10,000 responsibilities. There is nothing you can do to improve your vision by straining or efforting. 85 to 90% of vision problems are stress and trauma related. Efforting and straining diminish this sense organ's capacities. Slowly soften. Learn to let go. Open to life again as you did when you were a child. Learn to be. We tend to "do" all the time. Meditate 100 times a day for one deep breath. Become silent for at least 10 minutes each day. It is a great way to set the tone for the day, as is yoga or qigong. We can stop "looking", and begin "seeing" - softly, openly and without straining. Great vision comes from effortless seeing. In the worst of moments, remember to breathe deeply, consciously and relax, remembering that this too will pass. Mental stress from the relentless chatterbox mind and its efforting causes contraction, which shuts down circulation, impulses in the optic nerves and clarity of seeing. Stress destroys memory. Trust that everything is happening at the right time, in the right way. Relaxation allows chi to flow throughout your body and your mind. Vision is the only organ of perception that we effort to use, often to the point of abuse and strain to the point of exhaustion. It is the straining that debilitates and depletes the eyes. As many moments as possible in every day, stop everything, close your eyes and do a one to two minute quiet mind meditation, turning all your attention inwardly. Instruct your mind every night to heal your vision. Close your eyes here and there throughout every day. **BLINK OFTEN** - 10 times a minute. Do big squishy blinks when your eyes feel tired or itchy. People that blink often tend to have terrific vision. Blink. Wink. Please forget to think! Relax and sink.... into trust. The eyes are our mirrors. If they are strained or tired and we inquire sincerely in the silence of meditation, they will tell us basically what we need to rejuvenate.

Dr. Mercola sums it up this way: "Your mind is the source of all stress from

outside sources brought to bear upon your eye. Every thought of effort in your mind, of whatever sort, transmits a motor impulse to your eye; and every such impulse causes a deviation from the normal in the shape of the eyeball and lessens the sensitiveness of the center of sight. If you want to have perfect vision, therefore, you must minimize stress in your mind. Mental strain of any kind always produces conscious or unconscious eyestrain and if the strain takes the form of an effort to see, an error of refraction is always produced. Mental strain may produce many different kinds of eyestrain. While there are many types of strains, there is only one cure for all of them, namely, relaxation.

"Quiet the outgoing mental restlessness and turn the mind within. Harmonize your thoughts and desires with the all-fulfilling realities you already possess in your soul.

Then you will see the underlying harmony in your life and in all nature."

Paramahansa Yogananda

**4. BREATHE!** Breathe deeply, consciously and fully throughout every day whenever you are in a clean environment. Most Americans are seriously oxygen deprived, which clouds vision, memory and mental acuity. Breathe compassionately, deeply and more slowly in and out through the nose whenever you are in a clean environment. Take a yoga and meditation class. Healing happens within the silent stillness of the breath, our receptivity and mindfulness. Healing happens within the core of our Being. Healing happens in the mind through peace and love. Breath is the master key, which balances the emotions, quiets the mind and soothes the soul. It is the link between the spirit and the flesh, the conscious and the unconscious. Every time you are conscious in the moment, take a long slow breath up into your eyes to nourish your own life. Breathe in for 5 counts, hold for one, and breathe out for 5. You will feel the difference in inner peace immediately. Breathe as though your lungs are all that exists and the air is pure love, which is, we are finding through quantum physics, very close to the truth. Let your breathing bring you joy, clarity and health! Know that breathing alone can make you happy and healthy. Ahhhhh...

"It is only with the heart one can see rightly,

What is essential is invisible to the eye."

Antoine de Saint-Exupery, The Little Prince

**5. OFFER GRATITUDE.** In the state of gratitude, we become rooted in the present moment, letting go of our incessant grasping after or running from the past, holding fast to our wounds and/or striving headlong into the future. The Being is in the present. Love your eyes and give thanks each and every day for what you CAN see. Stay rooted in the eternal now. Be mindful and alive. Be generous. Give love. Most people think that happiness brings gratitude. Conversely, it is gratitude that brings happiness. Focus on what is right in your life, and that which you cherish and appreciate. Love your eyes in both internal heartfelt ways and practically through care.

"Subtle astral colors...are hidden in everything around you.  
Could you but see, you would be amazed at their beauty."  
Paramahansa Yogananda

**6. SEE BEAUTY EVERYWHERE.** Seeing is one of our greatest gifts. Maintain a broad, open awareness. This stimulates your rods and therefore your ability to see in the dark, see movement and see peripherally. While walking or driving, practice expanding your field of vision peripherally by seeing everything all around you. This is also a safety practice for good driving. Enjoy the big picture. Focus on the beauty in nature. Take moments to enjoy the cycles of life, and the balance and harmony of greens and blues in nature. Create your home as a healing sanctuary with lots of plants, beautiful art and handcrafted works, so that your eyes may feast and softly relax and lightly dance about in timeless moments on beauty. See the beauty in children's joy. See the beauty in the faces of all people everywhere. See the beauty in the smallest leaf and the mightiest oak. Relax into beauty. Beauty heals. Heal through beauty.

*"Think constantly of the beauty behind the flowers, the Light behind the Sun, the Life that twinkles in all eyes." "Each flower is a symbol of the Infinite trying to express itself. "Those persons who have perceptive eyes see beauty everywhere."  
"Anytime you become fascinated by some material creation, close your eyes, look within, and contemplate its Source." Paramahansa Yogananda*

## **7. DETOXYFY YOUR BODY, MIND AND YOUR ENVIRONMENT**

This one is **the key** for preventing chronic disease and ill health, as well as poor memory and vision. Stress is not just mental and emotional. All kinds of stresses get stored in the tissues in our body. Whatever is not cleansed and dissolved gets stored. There are all too many physical and environmental stresses in the form of toxins in our food, air, and water, inside "sick" buildings and even in our own homes.

Before anything else, one product at a time, clean out your cabinets of all toxic chemicals, bug killers and cleaning products. Many of them are not safe to breathe or touch. Natural cleaning products are easily available, cost competitive, delightfully aromatic, healthy and non-toxic. This changes the smell, feel and actual frequency of your home. People often comment about how good my little house feels to them. It's a delight to come home every day. If you hire a pest control company, insist that they use only non-toxic pesticides such as boric acid and neem products. If they say that's not possible, find a more conscious company, or take care of it yourself. It feels good and it works. Avoid buying synthetic carpets, drapes and furniture. These products can out-gas noxious and harmful emissions for years.

Use wool and cottons and natural materials instead. Your home deserves to be a non-toxic healing environment. If your home is not your safe haven and a sanctuary

for your health and well-being, what is? Transforming your home into your sanctuary is a worthy endeavor and it's easier than one might think.

**Clean out your body.** Be gentle, kind and patient. It's taken a lifetime to get to where it is now. The average American is carrying around approximately 8 to 12 pounds of undigested toxic material in their own colons.

Consider macular degeneration. 40 million Americans are expected to go blind by 2010 from this preventable disease. Surgeon, ophthalmologist and author/researcher Dr. Robert Abel describes macular degeneration as "starvation of the retina", a disease of poor digestion. Detoxification is the first step in prevention, so that the colon is clear and able to nourish your body. A series of gentle internal herbal cleanses is excellent. Work with a hydro-colonic therapist to guide you and consider a series of colon hydrotherapy sessions. Please do! From my perspective, this is really important for optimum health for every adult who has eaten a conventional diet including lots of white flour and white sugar. After the initial series of colonics to cleanse and retonify the colon, consider doing a monthly colonic or at least an annual spring and fall cleanse every year. As the famous Dr. Kellogg said in 1917, 90% of all disease starts in the colon. Death starts in the colon. Macular degeneration begins in the colon. Again, it has been referred to as "starvation of the retina". Working with a local colon therapist can be a big wake up call for shifting your lifestyle, and essential education for a healthy old age. Our health and our eyes are integrally related. If our colons are clogged, optimum health and vision is not possible. In many cases, colon cleansing improves vision and most other symptoms of toxicity and stagnation, sometimes dramatically. It also assists in cleaning out old negative emotional patterns and refreshing the mind as the gut is dense with neuropeptides and their receptors. It's interesting to experience how the mind quiets when the colon is clear.

Clearing your colon clears your mind. I love that part. It's fascinating and very educational. A friend whose father suffered from Alzheimer's disease told me that 99% of all Alzheimer's patients in one medical study had impacted colons. Colonics are our first line of defense. Do some reading on the Internet on colon cleansing and find a therapist at The International Association of Colon Therapists (I-ACT.com). It may be the most important health step you ever take.

Massage your lower abdomen every day in circular motion pressing gently with your palms... up on the right (ascending colon) across under your ribs (transverse colon) and down on the left (descending colon) toward your pubic bone (sigmoid colon).

**TAKE A DAILY HIGH FIBER MIX.** An average adult needs approximately 35 grams of fiber each day for excellent colon health. One apple has only 2 or 3 grams.

Here is an outstanding fiber recipe from Healing Pathways, Hawai'i. (Ed Gironimo)

One cup each of: gently ground black sesame  
  psyllium husk powder (comes ready to go)  
  very well ground and sifted fenugreek  
  very well ground and sifted fennel seeds  
  oat bran  
  ground tumeric  
plus 2 cups of      gently ground and sifted flax seeds (golden or brown)

My personal recipe is simple:

2 cups of well ground brown flax seed

1 cup psyllium powder

$\frac{3}{4}$  cup ground turmeric (Olena in Hawaiian)

$\frac{3}{4}$  cup ground black sesame

Mix well. Store in the freezer.

Grind them very finely in your coffee grinder. The fenugreek and fennel are hard and must be even more thoroughly ground. The flax and the sesame will turn to butter if you over blend them. Thoroughly mix all of the ground seeds together in a bowl and store in a good plastic container in the freezer. I take 1/8 to  $\frac{1}{4}$  cup a day and leave the measuring cup in the jar. Adding a cup of rice bran to the mix would be excellent too. It's intestinal magic. Mix two to three tablespoons (starting with one teaspoon a day and building up is a gentle approach) with 6 - 8 ounces of water first thing in the morning after drinking your morning glass of water. Keep stirring, adding water and drink immediately after mixing.

**ALKALINE pH:** Along with the cleansing, as much as your lifestyle allows, create and maintain an alkaline pH in your body, by eating a mostly plant based high fiber, nutrient and mineral rich, high water content, lower calorie, low sugar, low toxin diet of fresh locally grown organic foods. Disease cannot exist in an alkaline body. Disease thrives in acidosis, an acid pH. All fresh fruits and raw vegetables and their juices are alkaline. Salad greens, sprouts, herbs, millet, potatoes (sweet and yams are healthier than the nightshade white potatoes) are alkaline. Read about the benefits of an alkaline system in [pH Miracle: Balance your Diet, Reclaim your Health](#), by Robert and Shelley Young.

*African Proverb: When you pray, move your feet.*

**8. EAT and DRINK WELL.** Drink at least 8 glasses of spring or filtered water every day. **Hydrate yourself.** Our eyes are filled with vitreous and aqueous humors, washed and nourished by our tears - a watery environment. Stay hydrated. This is primary for anti-aging in general. Savor your food. Food nutrients are digested more easily and are more effective if we relax, eat slowly and savor each bite. Retinal cells are destroyed and remade with every glimmer of

light in every image. In every moment there is the hope of renewal. Toast your eyes with that thought every day.

Toast your vision with a carrot/ parsley/beet or any vegetable JUICE every day. (I recommend the Green Star 3000 juicer - a worthy life health investment.) Eat lots of fresh organic yellow, orange and dark green vegetables. Foods that are organically grown have been shown to provide as much as 300% more vitamins, minerals, antioxidants, enzymes and total nutrition than commercially produced foods. Especially, eat your kale and spinach, Popeye!!! Spinach has an abundance of the two primary antioxidants concentrated in the retina - zeaxanthin and lutein. Spinach is the best vision vegetable there is. Spirulina and other blue green algae and mixed concentrated green foods such as Meta Greens by Oasis are excellent green supplements. At home we love to make a yummy crust less organic pumpkin pie for dessert or even dinner using rice and soy milks instead of sugar for sweetener. Vitamin A rich foods that are yellow (squashes, yellow yams) containing the carotene and lutein; and orange (such as carrots, pumpkin, yams, papaya and cantaloupes) containing beta-carotene improve day vision.

**FRUIT:** Blue and purple foods (purple grapes, cranberries, blueberries, bilberries, organic red wines) improve night vision. Eat blueberries and dried goji berries (or goji juice) whenever you can. They are the best vision fruits, with more antioxidants than any other fruit. Pomegranates and acaye (ah sah yay) concentrates and juices are also terrific. Drink bilberry nectar. Bilberry is a bioflavonoid that helps eyes accommodate to changing light conditions and glare (so important for night driving). Berries provide purple pigments to nourish the rods in the retina (which see only light and dark, and movement). They improve circulation in the blood vessels of the eyes, and works with Vitamin C to strengthen the collagen in the eyes.

**PROTEIN:** Eat high quality pure protein, especially organic free-range eggs (which have lutein), salmon and other fatty cold-water fishes, flax seed oil, avocados and nuts for essential fatty acids and high protein. Poultry is fine if you love it as long as you buy range fed naturally raised poultry. Commercial varieties have too many questionable antibiotic and pesticide residues built up in the birds' tissues.

**CIGARETTES, SUGAR, ALCOHOL:** In so far as possible for you now, let go of cigarettes, sugar and alcohol. It has been said that one small glass of organic red wine a day can be beneficial to your vision, which it is - although, organic purple grape juice is a much healthier choice, as even one glass of wine a day can inhibit your body's ability to digest fats for up to 48 hours. It is wise to commit to avoiding caffeine, tobacco, chemical additives, artificial colors, preservatives, pesticides, chemically based eye make ups, cosmetics and all toxins in the home. Smoking doubles your risk of macular degeneration and weakens eyesight. Clearly, sugar weakens eyesight, can cause cataracts and exacerbate macular degeneration. An article in Science magazine reported that the body's inability to deal with sugar

consumption (lactose and white sugar in particular) is the single greatest cause of cataracts - the leading cause of blindness worldwide. Sugar accelerates aging, and a wide variety of diseases. The world desserts is stressed spelled backwards, which is exactly where the body "winds up". Savor flavors and whole foods sweeteners such as your local honey, not sugar. Reduce coffee intake. One cup of coffee can double the amount of cortisol in your system.

**May we create these changes from our love of life, our reverence and gratitude rather than our iron will and sacrifice.** Be kind. Move slowly and lovingly toward purifying your system. Our abundance to choose is great. Significantly, changes in market demand toward sustainable and ecologically conscious products and businesses help to heal the planet. These changes are now happily evident on grocery store shelves. With each purchase we can ask - will this product enhance my life force? Will this purchase enhance the planet? What would love do now? Every purchase becomes a vote toward the perpetuation of life and our own caring. The healthier the planet is, the healthier are its inhabitants. By healing our selves, we heal the planet. Seeing truth, we heal. BEing truth, we are one with all that is. This is the time to stop denying that every single purchase we make really matters to our health and to the health of all living creatures on earth. Everything we do matters.

**SUPPLEMENTS:** It is highly beneficial to **take a natural supplement** for vision fitness such as **SEE** by Quantum, or **VIZION** or **ADVANCED EYE CARE WITH LUTEIN** by Solargay. Take natural food based multivitamin and minerals every day with meals such as **RAINBOW LIGHT** vitamins. My favorite is **Rainbow Light Women's One A Day**, or their one a day multiple. Take extra **Vitamin C** to destroy free radicals, protect and repair the eyes and lower intraocular pressure. Carry envelopes of **EMERGEN C** with you for low energy times of the day. Try 1 **BioAstin** OR **OMEGABERRY** before bed with your vitamin and food based **calcium with double magnesium (Rainbow Light Ca +)**. BioAstin is a bright red algae gel cap has 100 times more antioxidant power than Vitamin E. Supplements are an insurance program to build up our stores of nutrients and antioxidants, which help to counteract environmental toxicity, stress and aging. Take two tablespoons of **organic flax seed oil** every day. Try it soaked into a lightly toasted rice cracker (or whole grain toast) with organic garlic powder and lots of crushed wakame (fabulous vitamins and minerals in an alkaline seaweed) - it's a Calley special alternative to garlic bread and is delicious! I eat these every day.) These essential fatty acids protect the lining of our blood vessels and our brain cells. They line nerve and retinal cells, build immunity, lubricate the inner body and create beautiful skin.

Herbal teas of eyebright and bilberry are wonderful. Pau d'Arco tea is excellent for your immunity and intestinal health. Drink Knudsen's Visionade, Visibilita or bilberry nectar if you need a sweet vision tonic during computer, or art and craftwork. Traditional Chinese Medicine is an excellent choice for eye and overall health rejuvenation. One famous eye formula contains Lycium fruit,

Chrysanthemum and Rehmannia. Two super tonics for the eyes are Siberian Ginseng (Acanthopanax) and Schizandra (Schizandra chinensis). Ginseng has been used for 4,000 years as a longevity herb, and improves visual acuity and night vision. Schizandra detoxifies and repairs the liver and prevents visual fatigue. In Chinese medicine it is said that the liver, the seat of happiness opens into the eyes. It regulates and disperses qi (chi, life energy). If you have eye problems or dysfunction, it may signal that your liver is out of balance. I highly recommend Chinese medicine.

" Using the will does not necessitate physical or mental strain. Exertion of conscious will means a cool, calm, determined, increasingly steady and smooth-flowing effort of the attention and the whole being toward attaining a definite goal.

Paramahansa Yogananda

## **9. TAKE FIVE. EXERCISE YOUR EYES EVERY SINGLE DAY. THE ESSENTIAL SET:**

Find a place with natural lighting to sit still. Elongate your spine by gently lifting the top of your head up and back. Breathe deeply and slowly. Steady your mind by steadying your posture. Relax the neck & shoulders by rolling the head and then the shoulders softly with compassion. Breathe out an aahhh breath and really mean it. Drop your head, relax it fully, and then stretch it forward and then way up high. Place it consciously on your spine a little further back than you think it needs to sit. Relax and breathe keeping the spine as tall and open as possible. Become steady. Doing this set with a metronome and/or rhythmic music or soft drumming makes this set really fun. It is ESSENTIAL that the practice is FUN AND RELAXING. I highly recommend turning it into a rhythmic game, especially when you are working with your children.

Offer your attention to the Divine your way and ask for guidance and healing.

\* Begin by **PALMING** the eyes for three rounds. (More is great)

Sit up tall (if possible with bent knees, sitting on your heels with your legs folded under you, or any comfortable posture). Shake out your hands vigorously. Take a deep breath, and exhale a powerful HAAAAAA onto your palms, clap once loudly, very briskly rub your hands together, and then gently cover your eyes with your warm palms (fingers on your forehead), blocking out as much light as possible. Eyes are closed, elbows resting on the table or knees with no pressure on eyes or nose. Some pressure on your cheeks right next to your nose is beneficial. Breathe deeply and slowly, imagining the quiet of the new moon night...black heavenly peace. Stay with the darkness for a full minute if you can, breathing fully and consciously up into your eyes and head. Very slowly remove your hands, keeping your eyes closed. Focus on whatever color appears on your closed lids. Stay with that color as long as possible and watch it dissolve. Repeat two more times.

\* Look **up and down** 5 - 15 times, soft vision, head still, slow breathe. Do these movements without either moving your head or holding it stiffly. See if you can

move and breathe deeply in rhythmic harmony.

\* Close your eyes and take a deep breath up into your eyes and head, between each set of stretches. This work stimulates your memory.

\* Look across from **left to right** all the way 5 - 15 times. Let your eyes make smooth swings seeing everything you see on the horizon in joy and acceptance.

There is no need to strain and effort.... enjoy this!

\* Look **up and to the right and down and to the left**, 5 - 15 times.

\* Look **up and to the left and down and to the right** 5 - 15 times.

\* **Circle up and clockwise** 5 -10 times. Big eye circles. Then small.

\* **Circle down and counterclockwise** 5 -10 times softly. If possible, synchronize each movement of your eyes with your compassionate, rhythmic breathing. This takes patient practice and relaxation.

(This round the clock meditation is a great tool in and of itself when time is short or the eyes are weary from too much close work.)

\* **The Star**: Put up your thumb and with just your eyes moving, look up to 12 and down to center (thumb), and then continue round the clock - up to one and down to center, up to two and down to center, continuing till 12 and then reverse. This one is very powerful. I love it.

\* Look gently at one place in front of you and maintaining that soft focus, move your head softly from left to right.

\* Do 8 crazy eights by following your outstretched "thumbs up" in figure 8's that go UP on each side. Do both hands. Relax and breathe.

\* Look at your hands or a ring or nail close up and then look very far away.

Alternate looking **near and far** 20 times or so. Enjoy the stretch.

\* Stretch out your arms in front of you, and put up your pointers. Breathe in as you bring your pointers close to your nose and breathe out as you push them away.

Convergence strengthens. Do at least 5 rounds.

\*Scan the surroundings, painting the scenery lightly near and far, by dancing your eyes lightly around each beautiful tree, landform or building. This is the way to see as we move about in the world each day.

\* Stretch your arms and fingers way out to your sides and up at the shoulder level keeping shoulders down and relaxed. Open your heart. Looking softly straight ahead, breathe and gently spiral and **circle the arms**, wrists and hands out in your most expanded **peripheral vision**. See your wide-open hands even as you see straight ahead. Open beyond tunnel vision when walking, running, and driving. Let go of that full speed ahead stressed walk! See all that there is in the big picture.

\* Gently **massage** the ocular orbits of the skull and their little depressions. Rub under the brow ridge all along the top, and over all along the bottom of the orbit. This is wonderful to do when both washing and especially moisturizing the face with a natural cream or oil, or at your desk during the day. Schoolchildren in China now do this everyday, and these practices successfully reversed an epidemic of myopia brought on by Western academic models, poor lighting and the accompanying stress.

\*Rake your head vigorously 9 times with your nails from your forehead and ears to the nape of your neck, and complete with the light touch hundreds hands massage from forehead to sides of your jaws with both hands. This soothes and stimulates

lymphatic and qi (energy) flow.

\*Close with 3 - 5 rounds of **PALMING** and **silent still meditation**, if only for a **minute or two**. Palming is a great entry into meditation.

### HEALING PRACTICES TO DO AS OFTEN AS POSSIBLE:

\* After you wash your face with hot water, soothe your eyes by **washing the face, and ears with very cold water**, or resting with a cold wash cloth, mask or cold cucumber slices over your eyes (especially good at the end of a workday or during your meditation with your legs resting up the wall or on the couch for 15 minutes).

\*To stimulate the meridians in the head, **rake your head** by running 10 fingertips vigorously through your hair from the hairline to the nape of the neck, pinkies at the top of the head, thumbs above the ears. Do this 9 times with vigor and then run your hands from nape of neck to chin without touching your head three times to complete.

\* As a special rejuvenation treat, lay on your back in a sunny spot, when possible, and very gently **massage the closed eyeballs** in a circular motion with your pointers, noticing, enjoying and "becoming" the colors that appear on your closed lids. This ancient Ayurvedic healing technique is fantastic for restoring circulation and energy to the eyes. Sit and rock facing the setting sun.

\* Then, **sun the eyes WITH EYES CLOSED, by turning the head** very slowly and fully side to side. Relax & enjoy this nourishing delight!

\* Move your hands in between your eyes and the sun. It's called **Flashing** and it's very stimulating and rejuvenating to the eyes.

\* Slowly return to upright posture when you are ready. Complete with 3 -5 rounds of **palming** and close with silent stillness and gratitude.

\* **MEDITATE**. Pray. Dance. Give your loved ones a foot massage.

"As soon as you lift up your consciousness to the state of divine awareness, you see the oceanic current of God's light flowing behind all matter. You see everything in terms of Spirit."

Paramahansa Yogananda

**10. DO CLOSE WORK CONSCIOUSLY.** When reading, doing close work, or computer work, create a setting with a high level of natural light from at least two sources, or bright, glare free full spectrum lighting. Glare free is the key here. Try the OTT-LITE VisionSaver in combination with incandescent lighting. (800-289-0063). This is an act of compassion. As adults, it takes twice as much light to see the same detail we saw when we were children. Look far away (preferably out a window) every 3 -5 minutes. Look at the white spaces and lines instead of at the black letters. Keep the book as close to you as you can see...12" is terrific. In India, there is a very successful vision school, which has shown the efficacy of some unexpected techniques such as reading fine print in alternatively bright, and then candlelight. It has healed many people's myopia. Breathe during close work.

Corneas have no blood circulation and are nourished by your tears, so blink often to cleanse and feed them. Do a big squishy long blink now and then. Relax. Yawn and stretch your entire face (notice how your eyes moisten). Stand, roll the shoulders and take the long view. Bend over and release, bringing blood into the eyes and head. It's OK. If your eyes get tired or feel a strain, and you feel you **MUST** keep working, palm the eyes 3 - 5 times, circle them both sides, close them for a few minutes and palm again. Have a carrot juice. Blink often. Close your eyes for 30 seconds. Rotate the neck and shoulders slowly and gently with some deep breathing. "Wash your face" with massaging hands.

"You are pure, calm Spirit. It is time you remember  
who you are: the blessed soul, a reflection of Spirit."  
Paramahansa Yogananda

**11. THE ART OF SEEING/ and the proper use of your eyes:** Again, most eye troubles come from straining to see, and a lack of relaxation. Staring strains the eyes. Keep your eyelids relaxed and lowered. Lift your chin to see up high. Coordinate your head and eye movements to move in the same direction as one. Keep your shoulders relaxed. Have a long open neck. Blink 10 times a minute. Faithfully care for your eyes. Allow your eyes to paint the surroundings, near and far, near and far. Make no effort to see things more clearly.... meditate a minute instead. Rest well.

"Your eyes register only a limited degree of the creative vibration that makes up everything in creation...Those persons who have perceptive eyes enjoy beauty everywhere." Paramahansa Yogananda

**12. MOVE and STRETCH for joy!** We can move beyond our self-imposed limitations. Practice at least 10 - 20 minutes of yoga, tai chi or qigong every morning, and every hour take a one-minute yoga espresso break during the day - stretch and deeply, slowly breathe. Meditate in motion and in stillness. Even one-minute meditations refresh the vision. Dance. Sing. Don't worry. Be happy. Allow these practices to gift you with flexibility and strength. Try my Full Body Elixir every day for 90 days and see what happens. Movement is medicine. Learn the Five Tibetans, an easy, powerful ancient Fountain of Youth to do each day. (See my next video). Appreciate every moment of this most precious life. What a gift!

"The underlying Reality has cloaked itself in the ceaselessly transforming  
Cosmos, declaring itself without revealing itself...  
The purpose of each soul's sojourn on earth is to learn to see beyond  
the evanescence of phenomena to the Eternal Reality."  
Paramahansa Yogananda

**TO FIND OUT MORE, read:**

1. The Power of Now, by Eckhart Tolle (**ESSENTIAL!**)
2. The New Earth, by Eckhart Tolle (**essential**)
3. The Eye Care Revolution, Dr. Robert Abel (**ESSENTIAL**)
4. Take Off Your Glasses and See. Jacob Liberman (**Excellent!**)
5. Seeing Without Glasses, Dr. Robert Michael Kaplan
6. EYEROBICS, Marilyn Roy
7. 28 Days to Reading Without Glasses, Lisette Scholl
8. The Bates Method for Better Eyesight Without Glasses, W. Bates
9. The Bates Method, Peter Mansfield
10. Your Body Believes Every Word You Say, Barbara Levine
11. Ancient Secrets of the Fountain of Youth, Book Two, Peter Kelder  
(This describes The Five Tibetans, remarkable for overall health)
12. Nutritional Healing, by Phyllis and James Balch
13. The Twenty Four Hour Turnaround, (overall health) Jay Williams

**Essential DVD's:**

1. What The Bleep do We Know
2. The Secret
3. An Inconvenient Truth and The 11<sup>th</sup> Hour, about the whole Planet's health, which is indistinguishable from our own.

**See Calley's FULL BODY ELIXIR home yoga and meditation programs at The Spa Without Walls.** Calley's compassionate healing yoga DVD has a highly recommended complete vision program that is fun and easy for all ages (with both fast and full session practice sets). It works to unwind the nervous system and reestablish clear channels of seeing and remembrance.

"Behold bliss everywhere, in all things... Embrace bliss  
In every form and particle of creation." Paramahansa Yogananda

If you love your eyesight, your health and your future, please continue reading...and remember there are healthy, delicious alternatives to white sugar, such as agave syrup (quite low on the hypoglycemic index), brown rice syrup, pure maple syrup and your local honeys, a whole food rich in pollens and nectars, minerals and micronutrients.

Borrowed from: **124 Ways Sugar Can Ruin Your Health**  
**Contributed by Nancy Appleton, Ph.D., [www.nancyappleton.com](http://www.nancyappleton.com)**  
Author of the book **[Lick The Sugar Habit](#)**

In addition to throwing off the body's homeostasis, excess sugar may result in a number of other significant consequences. The following is a listing of some of sugar's metabolic consequences from a variety of medical journals and other scientific publications.

1. Sugar can suppress the immune system.
2. Sugar upsets the mineral relationships in the body
3. Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children
4. Sugar can produce a significant rise in triglycerides.
5. Sugar contributes to the reduction in defense against bacterial infection (infectious diseases)
6. Sugar causes a loss of tissue elasticity and function, the more sugar you eat the more elasticity and function you lose.
7. Sugar reduces high-density lipoproteins
8. Sugar leads to chromium deficiency
9. Sugar leads to cancer of the breast, ovaries, prostate & rectum
10. Sugar can increase fasting levels of glucose
11. Sugar causes copper deficiency
12. Sugar interferes with absorption of calcium and magnesium
13. **Sugar can weaken eyesight**
14. Sugar raises the level of neurotransmitters: dopamine, serotonin, and norepinephrine
15. Sugar can cause hypoglycemia
16. Sugar can produce an acidic digestive tract
17. Sugar can cause a rapid rise of adrenaline levels in children
18. Sugar malabsorption is frequent in patients with functional bowel disease
19. **Sugar can cause premature aging**
20. Sugar can lead to alcoholism
21. Sugar can cause tooth decay
22. Sugar contributes to obesity
23. High intake of sugar increases the risk of Crohn's disease, and ulcerative colitis
24. Sugar can cause changes frequently found in person with gastric or duodenal ulcers
25. Sugar can cause arthritis
26. Sugar can cause asthma
27. Sugar boosts the uncontrolled growth of yeast infections
28. Sugar can cause gallstones
29. Sugar can cause heart disease
30. Sugar can cause appendicitis
31. Sugar can cause multiple sclerosis
32. Sugar can cause hemorrhoids
33. Sugar can cause varicose veins
34. Sugar can elevate glucose and insulin responses in oral contraceptive users
35. Sugar can lead to periodontal disease
36. Sugar can contribute to osteoporosis.
37. Sugar contributes to saliva acidity
38. Sugar can cause a decrease in insulin sensitivity
39. Sugar can lower the amount of Vitamin E in the blood
40. Sugar can decrease growth hormone
41. Sugar can increase cholesterol
42. Sugar can increase the systolic blood pressure

43. Sugar can cause drowsiness and decreased activity in children
44. High sugar intake increases advanced glycation end products (AGEs) (Sugar bound non-enzymatically to protein)
45. Sugar can interfere with the absorption of protein
46. Sugar causes food allergies
47. Sugar can contribute to diabetes
48. Sugar can cause toxemia during pregnancy
49. Sugar can contribute to eczema in children
50. Sugar can cause cardiovascular disease
51. Sugar can impair the structure of DNA
52. Sugar can change the structure of protein
53. Sugar can make our skin age by changing the structure of collagen
54. **Sugar can cause cataracts**
55. Sugar can cause emphysema
56. Sugar can cause atherosclerosis
57. Sugar can promote an elevation of low-density lipoproteins (LDL)
58. High sugar intake can impair physiological homeostasis of many body systems
59. Sugar lowers the enzymes ability to function
60. Sugar intake is higher in people with Parkinson's disease
61. Sugar can cause a permanent altering in the way the proteins act in the body
62. Sugar can increase the size of the liver by making the liver cells divide
63. Sugar can increase the amount of liver fat
64. Sugar can increase kidney size and produce pathological changes in the kidney.
65. Sugar can damage the pancreas
66. Sugar can increase the body's fluid retention
67. Sugar is enemy #1 of the bowel movement
68. **Sugar can cause myopia (nearsightedness)**
69. Sugar can compromise the lining of the capillaries
70. Sugar can make the tendons more brittle
71. Sugar can cause headaches, including migraine
72. Sugar plays a role in pancreatic cancer in women
73. Sugar can adversely affect children's grades and cause learning disorders
74. Sugar can cause an increase in delta, alpha, and theta brain waves
75. Sugar can cause depression
76. Sugar increases the risk of gastric cancer
77. Sugar and cause dyspepsia (indigestion)
78. Sugar can increase your risk of getting gout
79. Sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates
80. Sugar can increase the insulin responses in humans consuming high-sugar diets compared to low sugar diets
81. High refined sugar diet reduces learning capacity
82. Sugar can cause less effective functioning of two blood proteins, albumin, and lipoproteins, which may reduce the body's ability to handle fat and cholesterol
83. Sugar can contribute to Alzheimer's disease
84. Sugar can cause platelet adhesiveness
85. Sugar can cause hormonal imbalance; some become under active and others become overactive
86. Sugar can lead to the formation of kidney stones
87. Sugar can lead to the hypothalamus to become highly sensitive to a large variety of stimuli
88. Sugar can lead to dizziness
89. Diets high in sugar can cause free radicals and oxidative stress
90. High sucrose diets of subjects with peripheral vascular disease significantly increase

platelet adhesion

91. High sugar diet can lead to biliary tract cancer
  92. Sugar feeds cancer
  93. High sugar consumption of pregnant adolescents is associated with a twofold-increased risk for delivering a small-for-gestational-age (SGA) infant
  94. High sugar consumption can lead to substantial decrease in gestation duration among adolescents
  95. Sugar slows food's travel time through the gastrointestinal tract
  96. Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon
  97. Sugar increases estradiol (the most potent form of naturally occurring estrogen) in men
  98. Sugar combines and destroys phosphatase, an enzyme, which makes the process of digestion more difficult
  99. Sugar can be a risk factor of gallbladder cancer
  100. Sugar is an addictive substance
  101. Sugar can be intoxicating, similar to alcohol
  102. Sugar can exacerbate PMS
  102. Sugar given to premature babies can affect the amount of carbon dioxide they produce
  104. Decrease in sugar intake can increase emotional stability
  105. The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch
  106. The rapid absorption of sugar promotes excessive food intake in the obese
  107. Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD)
  108. Sugar adversely affects urinary electrolyte composition
  109. Sugar can slow down the ability of the adrenal glands to function
  110. Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and promotes chronic degenerative diseases
  111. I.Vs (intravenous feedings) of sugar water can cut off oxygen to the brain
  112. High sucrose intake could be an important risk factor in lung cancer
  113. Sugar increases the risk of polio
  114. High sugar intake can cause epileptic seizures
  115. Sugar causes high blood pressure in obese people
  116. In Intensive Care Units: Limiting sugar saves lives
  117. Sugar may induce cell death
  118. Sugar may impair the physiological homeostasis of many systems in living organisms
  119. In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior
  120. Sugar can cause gastric cancer
  121. Sugar dehydrates newborns
  122. Sugar can cause gum disease
  123. Sugar increases the estradiol in young men
  124. Sugar can cause low birth weight babies
- and from another list.... **Sugar can exacerbate macular degeneration.**