10 keys to BETTER VISION

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What They Never Told You About Your Eyes

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10 Keys
to Better Vision
CAMBRIDGE INSTITUTE FOR BETTER VISION'S

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5 Limiting Beliefs About Eyesight Improvement

These common misperceptions hold many people back from choosing to see better without surgery, glasses or contacts.

Hello…I’m Martin Sussman, founder and Executive Director of the Cambridge Institute for Better Vision and the developer of the audio cassette vision improvement system, The Program for Better Vision. Since 1976 I’ve seen thousands of people gain better eyesight using my methods.

Yet many others – even if they want to see without corrective lenses – are skeptical that it’s possible.

Much of this skepticism is rooted in misunderstanding. There are five commonly held beliefs that lead people to think that eyesight cannot be improved.

The 5 beliefs leading to poor vision

The five beliefs are that poor vision is caused by:

1) heredity
2) age
3) how the eyes are used
4) weak eye muscles
5) that the eyes are the wrong shape.

First, I'll discuss these five beliefs and then I'll present a holistic model that explains what I believe to be the real factors that cause poor vision.
Then I’ll tell you about the stress free way to use your eyes – the ten simple vision habits that are important to learn and practice and that will help maintain clear and relaxed vision.

But first, the beliefs about vision . . .
Myth 1: Vision Problems Are Genetic.

Once thought to be the case by most eye doctors, it is now understood that the ability to see is not fixed at birth. In fact, only 3 people out of every 100 are born with vision problems. The other 97% who cannot see clearly develop the need for glasses at some point in their life. Just as we learn how to talk or how to walk, we also learn how to see.

But it’s more accurate to say that we were born with clear vision and we learned how to not see clearly. We didn’t learn this deliberately or consciously, and we weren’t taught it by anyone, but we did develop an improper way of using our eyes and brain that led to unclear vision.

Babies Can Focus Clearly

Recent studies indicate that babies as young as 1 day old can focus clearly. When shown a picture of their mother’s face, these little infants could bring the picture into focus by adjusting the rate of their sucking on an artificial nipple. If they sucked at the right rate, the picture would stay clear. If they sucked too fast or too slow, the picture went out of focus.

Until this ingenious experiment was designed, scientists thought that babies couldn’t focus clearly until 3 or 4 months of age. It seems that every day we are learning more and more about how really amazing the body is!
So, if you need glasses or contacts, chances are that you had clear vision for some period of your life and then visual tension and stress set in to limit it.

**Over Half The People In the U.S. See Poorly**

As human beings we learn about the world around us through our five physical senses. Of these the most dominant and highly developed is vision. In fact, over 90% of the information that we gather comes to us through our eyes. Our vision is our primary means of relationship to the world around us.

Yet, over half the people in this country wear glasses or contacts. Needing corrective lenses to see clearly is now considered normal. We have become a nation of people largely dependent on an artificial means to perform a most basic and essential human function.

And it wasn’t this way a hundred years ago. Back then, only 10% of the population had vision problems. This huge increase took place over only three or four generations. If poor vision was inherited, who could we have possibly inherited it from?
Myth 2: Vision Inevitably Deteriorates With Age.

The second belief is that vision inevitably deteriorates with age. That at 40 or 45, or whatever that magic age might be, a person starts to have trouble reading without glasses.

Three years ago I received a letter from a remarkable 89 ear old man who had been using The Program For Better Vision. He said in his letter, “I had been wearing reading glasses for 50 years, since I was 39. Now after 2 months of using The Program For Better Vision there are times when I can read without my glasses and it’s completely clear and effortless.”

That’s a pretty amazing change, but the part of the letter that I like the most is when he goes on to say, “I learned that I can succeed in helping myself and I’m looking forward to more changes in the future.” Now, that’s a young attitude!

Youthful Vision Can Be Maintained

If nothing is done to retain the inherit youthfulness and flexibility of your visual system, if you don’t get rid of the tension and rigidity that has accumulated over time, your visual system may deteriorate as you age. But this is not inevitable and it is not irreversible. In fact, nothing is further from the truth.

Just as any other part of your body, your eyes also respond to exercise, relaxation, and stress relief. It all depends on the attitude you have and the steps that you take to retain the vision that you were born with.
Myth 3: Poor Vision is Caused by What You Do With Your Eyes.

The third belief is that poor vision is caused by what you do with your eyes. For example if you read too much, or use a computer, or watch too much TV, it will ruin your eyesight.

And statistics seem to point in that direction:

Only 2% of students in the fourth grade are nearsighted; in the 8th grade, about 10-20% are; by the end of college between 50 and 70% of the students are nearsighted. So it would seem that the more you read or study, the more likely you would be to become nearsighted and need glasses. It may seem that reading and studying too much are harmful to your eyes, but it is not because of the activity, it is because of how you use your eyes when performing the activity. And nobody is ever taught how to properly use their eyes and how to protect the vision they were born with.

Treat Your Eyes Well And You Will See Better

When people are taught how to use and rest their eyes, then vision problems are much less prevalent.

This information is not common knowledge in this country. But in China, students and workers are taught simple eye exercises that they practice every day in school and in the factory. And the rate of myopia, nearsightedness, has decreased substantially.

There have been a handful of school systems in this country that have incorporated these and other changes with just as promising results. So there seems to be no
question that the proper use of your eyes can protect your vision and the vision of your children. It’s simply a matter of education – making these principles more widely known and then practicing them regularly.

Hopefully, there will someday be such a shift in attitude. Rather than just waiting until there’s a problem and then settling for the quick fix that glasses provide, we’ll learn and practice the right way to use our eyes and preserve our vision.
Myth 4: Weak Eye Muscles Cause Poor Vision.

The muscles around the eyes are 150-200 times stronger than they need to be for normal usage.

These muscles rarely, if ever, get weakened. Instead, the build up of tension affects these muscles and prevents them from performing in a natural, fluid manner.

I’m right handed, so naturally the muscles on the right side of my body are stronger and more coordinated than on my left side. Why? Only because I’ve used them more.

That’s the case with eye muscles: Over time, certain patterns and habits develop, and some eye muscles become stronger and more coordinated than others. But that’s not a physical problem. The source of the problem is the underlying patterns and habits. And we can all train our eyes to function with new, more effective patterns.
Myth 5: Poor Vision is Caused by Misshapen Eyes.

The fifth belief is that poor vision is caused by an eye that is the wrong shape. If the eye is too long that is supposed to cause nearsightedness; if it’s too short that is supposed to cause farsightedness; and if the shape of the eye is distorted, that causes astigmatism.

The shape of the eye is one element of the visual system – but it is not the only one that determines how clearly you see. And besides, has anyone ever asked how the eye becomes the wrong shape?

There are three real causes of poor vision: First, the visual habit patterns that a person has developed; second, tension in the eyes and body, and third, mental and emotional stress and strain.

How the Eye Works

Before I can address each of these, let me explain how the eye works.

I’ll do this by comparing the eye to a camera. Let’s see how this analogy holds true and also, let’s see where it breaks down.

In the front of the eye there is a lens, just like in a camera. In a camera, there is film; in the eye the film is the retina, a light sensitive surface located on the back of the eyeball. In a camera, for the picture to be clear, the image must be focused on the film. Likewise, in the eye, the image must be focused on the retina.

In a nearsighted eye, rather than the image registering precisely on the retina (or film), it comes to focus in front of the retina. So one conclusion that could be drawn is that the eyeball is too long. In a farsighted eye, the opposite happens. The image comes to focus behind the retina. So, in this case, the conclusion drawn is that the eyeball is too short.
How Could an Eyeball Become Misshapen?

If these conclusions are true, then the question becomes how did the eyeball lose it’s natural shape and become too long or too short?

There are six muscles that surround each eye. Called the extra-ocular muscles, they control the movement of the eyes. They move your eyes up, down, to the right and to the left; when you look at something up close they turn your eyes in and when you look at something in the distance they turn your eyes out. As I said before, these extra-ocular muscles are 200 times stronger than they need to be to perform their job.

In 1981, research performed at Harvard University Laboratories showed that when these muscles hold the eyes in one position for an extended period of time, they also squeeze the eye. This pressure can change the eyes’ shape. And if the eye is misshaped by only 1/25th of an inch, that can cause focusing problems.

So it’s rigidity, tension and lack of movement and flexibility that causes the eyes to become misshapen. Just as exercise and relaxation can help other parts of your body, so can it loosen up tight eyes muscles too.

But let’s return to the camera analogy for a moment. In the camera, the lens moves in and out to bring objects at different distances into focus. This doesn’t happen in your eyes. Instead, the lens changes it’s shape, becoming thicker to focus on near objects and thinner to focus on objects that are further in the distance.

Now, since unclear vision is caused by the image not being focused directly on the retina, then there are really two different conclusions that can be reached. One is that the eyeball is the wrong shape, or – and this is important – that the lens is too rigid – not changing it’s shape enough to bring objects at certain distances into focus.

Let’s look at this second conclusion more closely.

Again, in order to focus on something close up, the lens becomes fatter, bulging from front to back. To focus on something further away, it becomes thinner. We are always changing what we are looking at, so the lens is continually making fine adjustments in its shape. In fact, in the normal eye, the lens changes it’s shape – and it’s focus – more than 100,000 times each and every day.

Now, the shape of the lens, and thereby it’s focusing ability, is controlled by two sets of muscles that surround it. It is the constant and delicate interplay between these two sets of muscles that gets the lens to be the exact shape that it needs to be to bring whatever you are looking at into sharp focus.

And if you can’t bring an object into focus, it’s because there is not enough flexibility in these muscles to change the lens into the appropriate shape to view that object.
So if you are nearsighted, and can only see clearly up close, then these muscles are stuck and only move the lens within a limited range. And if you are farsighted, the same is true – the muscles are stuck and only move the lens within a limited range, but that range is different.

**Improving Vision Means Increasing Flexibility**

Another way to talk about your vision problem is to say that you see fine within a certain range, but not so clearly within another. So there is some degree of flexibility to change focus. And improving your vision simply means increasing the flexibility of those muscles that control the lens.

So again, it’s not a matter of strength, but of coordination between these two sets of muscles and their degree of flexibility. And when these muscles regain their natural flexibility and coordination, your vision just automatically improves.

Many of the techniques in The Program For Better Vision are designed with that goal in mind – to train your eyes to release tension and stress and regain flexibility, relaxation and coordination.
The Entire Visual System is Very Delicate.

Since it is such a delicate system it is very sensitive to stress and tension of any kind, whether it’s physical, emotional or mental. For example, it’s not uncommon for people to notice that they can see better when they are relaxed, or that “they can’t see straight” when they’re under stress. Long term patterns of stress also affect eyesight.

Let’s go back to the camera analogy again. You’ve focused the lens and you’ve taken the picture, but you still don’t really have a photograph until the film gets developed. This is done in the darkroom.

The same thing is true in your eyes. Vision, or the formation of images of the physical world, does not occur until the brain receives impulses sent to it by the eyes. The darkroom of your visual system is a portion of the brain known as the visual cortex or the occipital lobes, which is located in the back of your head.

As everyone knows, the camera could take a perfect picture, but as a result of some error in processing, the photograph could appear unclear, too dark or too light. On the other hand, current space-age processing techniques (used during space flights) can greatly enhance the quality of an under-developed picture bringing out greater clarity, detail and brightness.

The Human Darkroom

The human darkroom – the brain – is much more complex and intricate than any man-made darkroom.
How complex? Well, the light that enters the eye hits the retina where the image registers upside-down. Fortunately the image is righted in the brain, otherwise we would see the world upside-down.

To this day, vision researchers still do not completely understand how the brain produces these visual images.

The most striking omission of the eye/camera analogy is the complex role of the brain in the visual process. In the case of the camera, it is the photographer who controls the camera – deciding what to shoot at, how much light to let in, what to focus on, for how long and from what angle.

In the case of the eye, each of us is our own photographer – and the choices we make about what we see and how we see are governed by the mysterious interplay between our physiological processes and our conscious and unconscious mental and emotional decisions.

Eyes Are an Integral Part of Your Total Being

The eyes do not exist in isolation. They are an integral part of your total being affected by – and affecting – the body, mind and emotions. It’s no wonder that the eyes are called the windows to the soul.

Glasses and contacts do their job – when you put them on you get rid of poor vision.

Now, if you have a headache, taking an aspirin usually gets rid of your headache. It doesn’t correct what caused the headache in the first place, and wearing glasses doesn’t correct what caused the poor vision either. It’s a quick fix that works very well, but doesn’t address the underlying causes.

The entire visual system is very delicate – and requires a high degree of precision, coordination and flexibility to perform at its optimal level.

Three Factors Influencing Eyesight

In addition to the visual habit patterns I’ve already talked about, eyesight is influenced by three other factors.

The first is secondary tension – tension that is stored in other areas of the body besides the eyes. Also, the overall health of the body also affects vision.

The second is limiting or negative thoughts about vision.

And the third is subconscious memories and past emotional decisions.
TEN KEYS TO BETTER VISION

All these factors combine in each person differently so each person’s vision is affected to a different degree by each one. But it is important to address each one to see what role it has played in your vision.

Let’s look at each one closely.
Eyesight Influence 1: Secondary Physical Tension

Your vision is also influenced by three factors – one of which is secondary physical tension.

Secondary physical tension is any body tension that limits the free movement and functioning of the eyes. This tension is usually in the upper body – the chest, shoulders, neck, head, face and jaw. In fact, people with different eye problems tend to exhibit different patterns of tension.

Nearsighted people, for example, often hold tension in their upper back, shoulders, and base of the neck as well as right around the eyes.

Farsighted people, on the other hand, often tend to experience more tension in the front part of the upper body – the chest, throat and jaw areas.

People with astigmatism are more prone to exhibit twists and imbalances in their posture – as if the distortion of the eye is mirrored in the body.

And those people who have a lack of eye coordination or who see differently out of each eye often mirror that in the body by exhibiting a lack of skilled eye-hand coordination, or by experiencing a variety of differences between the two sides of the body.
Eyesight Influence 2: Limiting & Negative Thoughts

Just think how many times you’ve said to yourself, “I can’t see.”

The next factor that can affect our vision is limiting and negative thoughts.

“I can’t see” is obviously the most commonly used negative statement. Just think how many times you’ve said that to yourself – without even really thinking about it – throughout the years – “I can’t see”, “I can’t see without glasses”, “I can’t see that”, “I can’t see this”, etc. etc.

Most people who have clear vision take it for granted. They don’t walk around thinking positive thoughts about their eyes, they just take it for granted.

But if a person has a vision problem, they start to develop a set of negative thoughts about their eyes. A whole cluster of negativity about vision begins then.

Now of course, we all want to be honest with ourselves. It would be foolish to tell ourselves we can see something when it isn’t clear. But it’s very crucial to understand that there is a part of ourselves and our bodies that listens to – and responds to – what we tell ourselves.

A Self-fulfilling Prophecy

Negative thinking tends to reinforce itself – How many people do you know whose glasses or contacts they are currently using are stronger than the first ones that they ever needed?

Try using different phrases instead. “My vision is always improving” or “I’m looking for my vision to change”, or “My vision is becoming clearer and clearer everyday” or “I want to see more”. These phrases are all just as “true”, in a sense, but they reinforce the possibility of change.
**Conversion Experience**

I once had a participant in EYECLASSES – my weekend Vision Seminar – who wasn’t too keen on what he called “this positive thinking stuff”. In fact, he ignored that part of the seminar completely. He just wanted to focus on the eye exercises. After all, he said “I have a physical problem with my eyes. All I need are exercises to fix it”. And he was somewhat successful too.

Within a year after he took EYECLASSES he had improved his vision over 50% - from 20/200 to about 20/80. But then he hit a wall – for months he just wasn’t getting any further. He thought he had improved as much as he could, he started getting discouraged and then he just stopped practicing altogether.

Two or three months went by and then one morning he awoke, spontaneously repeating some of the affirmations that he had ignored at the seminar. Even before he was completely awake he heard himself saying them. He considered this so unusual that he figured that his subconscious was trying to give him some kind of a message. So he started working with vision affirmations – writing them down and saying them to himself throughout the day – and within another month he reached his vision goal – he passed his driver’s test with his own eyes!

Even though he didn’t realize it, he was using affirmations from the very start. His affirmation was, “I can improve my vision”. How many people stop themselves from having better eyesight by telling themselves “my vision can’t improve”?

Even scientists and medical professionals are now beginning to understand that the condition of the body is affected by the content of the thoughts and the nature of the feelings. And, if you start to change these mental and emotional patterns for yourself, the body – and the eyes – respond.
Eyesight Influence 3: Subconscious Emotion

The healing of memories and the release of subconscious emotion can liberate your desire to see.

Unfortunately, it’s not as simple as saying “I want to see” and then having your vision become perfectly clear.

That is an important first step but often, it is the deeper level – what we hold to be true subconsciously that has the most profound affect on how we see.

This is another factor that affects vision.

What is needed on this level is what I call psycho-visual alignment: This combines releasing the inner barriers to seeing, the healing of memories and the alignment of the inner consciousness and the outer desire to see.

To understand how this works, divide your life into two distinct stages – the first stage being the time from when you were born to the time you first noticed a problem with your vision. The second stage begins when you got your first pair of glasses and continues until now.

This second stage is all after the fact and doesn’t have anything to do with whatever may have caused the problem in the first place.

During the first stage, whether it is consciously remembered or not, you had naturally clear vision. (Remember, poor vision is not genetic!)

The Transitional Period Holds the Key

To understand the inner causes of unclear vision it is necessary to look at what I call the Transitional Period – that period of time – usually a year but it could have been longer – between seeing clearly with natural eyes to first noticing a problem.
This physical change in vision often follows changes in our own emotional and psychological responses to ourselves – or to the world around us – that become ingrained during this Transitional Period:

Most people can identify a transition in at least one of these three major areas during the Transitional Period.

**Personal** – changes in self image usually (but not always) accompanied by physical changes during adolescence, reaching puberty or with middle age.

**Emotional** – changes in significant relationships. (parents divorce, another child is born or a loved one dies)

**Situational** – changes in the environment. (moving to another town and having to make new friends or staying in the same town but switching careers, homes or schools)

Whatever the specific outer changes may have been, what is important are the significant inner changes of feelings, attitudes or perspective and the establishing of limiting emotional patterns. The emotional and subconscious statement “I don’t want to see this part of myself or this problem” is what affects the visual system. Exactly how is not clear, but I’ve seen it happen over and over again in the more than 200 vision improvement seminars that I’ve conducted.

During this Transitional Period a person usually doesn’t want to admit to what is being seen, sensed or perhaps even feared. The message “I don’t want to see what is going on” is sent to the subconscious mind. Often delivered with emotion, this message becomes a command to the mind to develop a more limited pattern of seeing and the visual system responds accordingly. Not wanting to be seen or hiding and protecting oneself from others out of fear or shame can also contribute to the closing and limiting of the visual system.

**A Fear of Seeing**

For example, one middle-aged stockbroker who had been unable to read anything without his glasses looked back at his Transitional Period – a time when he was losing money in the stock market – and recalled that he had finally reached the point where he was afraid to look at the stock tables for “fear of seeing” how much he had lost that day. The stock tables had become the “proof” that he was a failure and he did not want to see that.

But while using one of the techniques from The Program for Better Vision he realized that he had formed an image of himself as being “a failure”. When he was able to let go of that image he recognized that his sense of himself went deeper than the ups and downs of the stock market. He saw himself as more than his successes or failures. His
vision returned to normal and he began to read and work without glasses for the first time in five years.

**Healing Emotions. Healing Vision.**

I also remember a woman who attended the EYECLASSES Vision Seminar in New York. Prior to attending the seminar, she had been doing vision training for two years with one of the leading eye doctors in the field. In fact I was a little concerned about her being in the seminar. After all, what could she learn there that she already didn’t know?

In the two years that she had worked with this doctor her vision had improved from 20/400 to about 20/200. But in the seminar she did something that she had never done before – she healed some of the emotional issues that she had stored in her subconscious from her Transitional Period.

Three days after the seminar she went to her eye doctor and her visual acuity had improved from 20/200 to 20/80 – more in the two day seminar that it had in the entire two years. Needless to say, both she and her doctor were quite surprised and thrilled.

Addressing decisions that may have been made during the Transitional Period can have a profound – and sometimes immediate – effect on one’s physical eyesight.

**Remembering Your Way to Better Vision**

Now if you can go further back in time than the Transitional Period, that is the time of clear seeing. I believe that the ability to see clearly is still inside all of us, that our subconscious brain remembers how to see clearly. Even if that memory may be buried underneath negative thinking and emotional stress, it’s there waiting to re-emerge.

Just as early memories may be buried in the subconscious, so is the ability to see clearly.

One technique I recommend in The Program for Better Vision is a visualization of clear vision. A person doing this visualization is asked to imagine themselves in an outdoor setting seeing everything clearly. At one point in the visualization, the person is asked to close their eyes in their imagination and feel them relaxing. Then they are asked to re-open their eyes again – only in their imagination – and continue with the visualization.

One man wrote me to tell me about an experience he had the first time that he did the visualization. He misunderstood the directions as he was listening to the visualization on cassette and by mistake he actually opened his eyes, instead of just imagining them opening.
And when he opened his eyes, his vision was perfectly clear! This spell of clear vision lasted for only a few minutes, but he told me in his letter how it convinced him that he did in fact have the ability to see clearly inside of him.

**Are You Willing to See?**

Developing the emotional willingness to see has a definite impact on vision.

Unresolved emotional issues, particularly those involving loss, fear and misunderstanding coupled with the attendant forgetting of one’s deeper positive qualities — such as acceptance, compassion and forgiveness — are also key elements of the transitional year.

All of us have been in situations where we see things we don’t like or that have hurt us in some way. One response is to pull back; to shut down our awareness. There’s a part of ourselves that imagines, “If I pretend not to see it, it will disappear”. Pretending not to see or not to know is one strategy to deal with oneself, one’s feelings or one’s life situation. It may be a useful protection at certain times in life, but one of its by-products is the way it can affect eyesight.

Changing emotional decisions and healing painful memories greatly accelerates vision improvement and also leads to a greater sense of inner peace and understanding, a clearer self image, and a healthier attitude and perspective.

**Inner Vision – Outer Sight**

I don’t mean to say that people who wear glasses have more hang-ups than people who don’t — that’s not the question. But there clearly is a link between the inner vision and the outer sight and it’s very helpful to explore what effect this level may have had on your eyesight.

Some people stop themselves by saying they can’t remember anything “back then” and that’s understandable, because there is a link between memory and vision. In fact, there is a link between memory, vision and imagination. When you start to improve your vision, so can your memory of significant events become clearer.

The Cambridge Institute’s Program for Better Vision will help you address all the levels that may be affecting your vision. The Program helps you bring your physical eyesight, your emotional seeing and your inner focus into greater balance and harmony.
Ten Keys to Better Vision

These ten keys can replace your old habit of poor eyesight with a new habit of better vision.

Your vision is influenced by your mind, body and emotions and all of the information that you have read so far can be distilled into 10 vision habits that you can easily develop and practice.

These 10 vision habits reduce the physical and mental strain that could affect your eyesight. Making these habits second nature will help keep your vision as clear, sharp and relaxed as it can be.
Key #1: Blink Regularly.

Blinking is a natural preserver of your better vision.

Blinking cleanses and lubricates the eyes. When there is no tension, your eyes blink 10-12 times every minute, or about once every 5 seconds. But people who do not see clearly tend to stare and unconsciously hold their eyes open, which causes strain as well as the feeling of dry and tired eyes.

Consciously remind yourself to blink every 3-5 seconds. Of course, you don’t want to go through the day with a stopwatch, but the more conscious you are of blinking regularly, the better it is for your eyes.

The eyelid is the only part of the body that is controlled by just one muscle. Any other movement usually involves 2 muscles – one that contracts and one that stretches to make the movement. Your eyelid is controlled by only one muscle. By having proper relaxation in that muscle, it can promote relaxation throughout the entire body. That’s why you often hear hypnotists using the phrase “your eyes are becoming heavy” as a way to get their subject to become more relaxed.

A blinking exercise that you can practice frequently throughout the day is called Flutter Blinking. To practice Flutter Blinking, blink your eyes lightly and rapidly 10 to 20 times. Do not strain or squeeze your eyes shut and relax your face as you blink. Then close your eyes and relax. Repeat this 2 or 3 times. Flutter Blinking will help to keep your eyes moist, relaxed and free of strain.
Key #2: Use Your Peripheral Vision.

Tunnel vision or peripheral vision? Your eyes may be offering you more than you realize.

At the same time that you are focusing on one object, images are also coming into your eyes from your peripheral awareness – from the left and the right, and from in front of and behind what you are directly looking at.

But unfortunately, people with poor vision have trained their minds to so intently focus on just one thing that they block out their peripheral awareness. This “putting on of blinders” breeds mental fatigue and a tense style of concentration.

Whatever you are looking at, always remind yourself to be aware of your peripheral vision. Consciously remember to be aware of everything at the same time that you are looking at one point.
Key #3: Keep Your Eyes Moving & Change Your Focus.

Staring is the most commonly practiced bad habit by people who do not see clearly.

Keeping your eyes moving and changing your focus is the most direct and powerful way to break the staring habit.

Normally, the eye moves slightly 50-60 times every single second, constantly changing what it is looking at. This subtle movement is essential for clear vision; staring and not consciously moving your eyes interferes with it.

Of course, you can’t consciously move your eyes that fast, but you can unlock tension in your visual system by remembering to change your focus frequently.

This encourages your eyes to become more relaxed.

Whatever you may be doing with your eyes, you can always remember to shift your focus and keep your eyes moving. For example, when driving a car, shift your focus from the speedometer to the rear view mirror to the license plate of the car in front of you, and so on. Whether walking down the street, watching TV or engaged in conversation, you can always keep your eyes moving and change your focus regularly.

When reading or doing other close work such as using a computer, make sure that you look up and focus on something in the distance at least once every 3 to 5 minutes.

Also, remember to use your peripheral vision when involved in these activities.
Key #4: Avoid Daydreaming.

You can tell when somebody is daydreaming – they get a glazed, de-focused look in their eyes – they stare, they don’t blink, and their eyes don’t move – all of which, when developed into a habit, promotes poor vision.

I use the word daydreaming to mean any mental activity – whether or not it involves images, that captures a person’s focus while their eyes are open.

There isn’t anything wrong with the creative use of the imagination, but when daydreaming becomes a habit it can have a negative effect on your vision.

Here’s why:

If you close your eyes and imagine looking at a distant scene, your eyes respond to that, and change their focus, as they would if they were actually looking at that distant scene. It is as if your eyes are trying to focus on whatever you see in your mind’s eye.

So, if you’re driving down the road and you’re thinking about something else, your eyes are caught in a dilemma – what should they be seeing? On the one hand, they are trying to bring the road into focus and on the other hand, are trying to focus on what’s in your mind. This causes you to stare, creates visual tension and sends mixed messages to your brain.

Don’t let your eyes get stuck between these two different kinds of seeing – the outer sight and the inner vision. Close your eyes when you want to daydream. Any stay involved in your world when your eyes are open.

I mentioned before that the need for glasses increases as students go further along in school. What are most of these kids doing in school? Most of the time, they’re daydreaming about what they’re going to do after school – while their eyes are trying to focus on the blackboard.
But there is another daydream that students are involved in every single day: Reading. Think about reading for a minute. Your eyes are seeing the letters on the page; for example they might be seeing the letters C A T.

But in your mind you see a cat. Your eyes are seeing one thing and your mind is seeing another.

Sustained focusing at near has been cited as a major cause of nearsightedness, but I think that reading – because it is an abstract activity – can be particularly stressful to the eyes.

To prevent reading from stressing the eyes, remember to incorporate the first 3 tips I’ve mentioned: 1) keep blinking, 2) be aware of your peripheral vision, and 3) look into the distance frequently.

But it is just as important for your vision for you to remember to be conscious of what you are actually seeing – the letters on the page – as well as being absorbed in what the words mean to you.

Teach these tips to your children too! And let them maintain and protect the vision that they were born with.
Key #5: Look With the ‘Eyes of a Child.’

Engage your world as a child would – with excitement, freshness, awe and wonder – as if you are seeing everything for the first time.

If you are remembering to blink, to move your eyes and shift focus, to use your peripheral vision and to avoid daydreaming, you can get stuck in the trap of just mechanically using your eyes. There’s a big difference between seeing and actively looking. There’s always something new and different to notice. Engage your world as a child would – with excitement, freshness, awe and wonder – as if you are seeing everything for the first time.
Key #6: Nourish and Rest Your Eyes.

Your eyes are nourished by light, just as your body is nourished by food. And the best nourishment for your eyes is sunlight.

To get this important nourishment spend at least 15 minutes a day outdoors – without glasses or contacts – so that your visual system can receive unfiltered sunlight. There has been a lot of concern lately about the depletion of the ozone layer and the harmful effects of sunlight. Though it might be wise to limit sunbathing or other extreme exposure to sunlight, it is still very important for the health of your eyes (and your body) to be exposed to natural sunlight at least a little bit each day.

The kind of indoor lighting that you use is also important. Dr. John Ott, a pioneer in the field of photobiology, which is the study of how different kinds of light affect living organisms, developed an indoor light that is the most complete substitute for sunlight. It is called Vita-Lite and it easily replaces any standard fluorescent tube. Studies have shown that using Vita-Lite increases see-ability, reduces glare and eyestrain and improves visual acuity.

Your eyes are rested by total darkness. The best way to rest your eyes is to close them and place your cupped palms over your closed eyes. You can palm like this for as little as 30 or 40 seconds any time that your eyes feel tired or strained. When palming, visualize a pleasant scene in your imagination – you’ll be surprised at how refreshed you feel when you are done.

By the way, if you see sparks of light or color when your palms are covering your eyes, that indicates visual stress. Seeing blackness, on the other hand, indicates visual relaxation.

Nourishing and resting your eyes can be done at the same time in a short exercise that I call the Sun Cycle. It’s done like this: Close your eyes and face the sun (never look at the sun with your eyes open!). Let the sunlight fall on your closed eyes for 5 to 10
seconds. Then palm over your closed eyes and shut out all the light for another 5 or 10 seconds. Repeat these two steps at least 10 times, for a total of 3 or 4 minutes.

The Sun Cycle helps to nourish your visual system, exercises the focusing muscles of your eyes and reduces sensitivity to glare.
Key #7: Use An Under-corrected Prescription.

If you wear glasses or contacts, you have probably experienced the all too familiar pattern of needing a stronger and stronger prescription year after year. This is caused by a number of factors, but to a large degree it can be prevented by using an under-corrected prescription.

With an under-corrected prescription, you probably wouldn’t be able to read the bottom line of the eye chart in the doctor’s office, maybe only one or two lines above the bottom line, but you would still be able to comfortably see in your day to day life as well as be able to drive safely.

An under-corrected prescription encourages your visual system to work with the glasses or contacts – and not just passively depend on them – in order to see. If you are also doing eye exercises, then as your vision improves, what was once an under-corrected prescription will eventually become too strong as your own vision gets clearer. At this point it’s time to get another under-corrected prescription.

In this way you are slowly weaning yourself from corrective lenses and your eyesight gets stronger as your glasses get weaker.

Not every eye doctor agrees with this philosophy of under-correction, so it may take some looking on your part to find one that understands and supports this approach. You can contact the Cambridge Institute for Better Vision for help in locating a sympathetic optometrist in your area. Point your web browser to: http://www.bettervision.com
Key #8: Increase Body Relaxation and Good Posture.

It’s very difficult, if not impossible, to relax your eyes and mind and maintain clear vision if your body is overly tense.

As I mentioned earlier, postural imbalances and physical tension have long been associated with vision problems. It’s important for you to find ways to release tension and develop relaxation in your body.

In addition, people with vision problems shouldn’t read or watch TV while lying down. Instead, they should sit in a relaxed, comfortable position. This makes it easier for the blood and the oxygen to circulate to the head and the eyes.
Key #9: Breathe Deeply and Regularly.

Approximately 30% of the oxygen you inhale goes to nourish the muscles, nerves and brain cells of your visual system.

Watch what happens to your breathing the next time you are engrossed in an activity or are tense. Most likely, it will become shallow and irregular. You might even find that you are holding your breath unconsciously for periods of time.

Breathing deeply and rhythmically helps vision. And it will keep your body more relaxed, help you concentrate easier for longer periods of time and eliminate eyestrain and fatigue.
Key #10: Look Openly and Honestly.

Past and present emotional stress can affect vision, so it is important to develop the inner willingness to see.

Emotionally, there may be a part of us that believes that if we don’t see something it might disappear. Though this response might feel more safe, nothing disappears when we don’t see it. Instead, the problem or the feeling haunts us until we look at it and deal with it openly and directly.

Develop an inner willingness to look directly at challenging and difficult situations and do whatever you can to release the emotional stress that affects vision.

Congratulations!
You have taken the first steps to better vision!
Give yourself a pat on the back. You deserve it!

Apply these ten tips consciously and regularly and you’ll find that not only will your eyes start to feel more relaxed but that your seeing will become clearer.

Now if you are really serious about improving your eyesight, try the Cambridge Institute for Better Vision’s most celebrated flagship product: The Program for Better Vision

http://www.program-for-better-vision.com/engine=eyesightmiracle10keys
If you want a complete method to improve your inner and outer sight, contact the Cambridge Institute for Better Vision. In addition to the Program for Better Vision, we offer a wide variety of healthy items for your eyes – natural eye drops, eye patches, vision vitamins, Vita-Lite lighting, books, audio tapes and more. For more information,

Point your web browser to: [http://www.bettervision.com](http://www.bettervision.com) Or write the Institute at 65 Wenham Road, Topsfield, MA 01983. Or call toll-free 1-800-372-3937.

I wish you the clearest, sharpest and most open vision that you can have.

To Better Vision!

Sincerely,

[MARTIN SUSSMAN](#)