

CRE - CREATIVE RELAXATION EXERCISE

CRE 32 - EYES ALERT - A BRIEF AUTOGENIC TRAINING OF EXERCISES FOR VISION IMPROVEMENT WITHOUT EFFORT

VERSION 7 - DECEMBER 2004

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33 450 40 8982. Boston University web site: [http://www.bu.edu/
familymed/distance/cre/index.htm](http://www.bu.edu/familymed/distance/cre/index.htm)

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1.0 INTRODUCTION

1. COURSE DESIGN

Your eyes are harmed by stress, strain and depression. They can be healthy again with creative relaxation, exercise and confidence.

Get into the good habit of eye exercise, naturally, gently, regularly, anywhere, anytime without effort! See well and feel well. The program is for people, who are motivated to learn to exercise the eyes for vision improvement, and to reduce computer eye strain, without effort. With basic reading difficulty a little help may be needed and so a 30 minute audio tape is available.

The muscles in your eyes, like all muscles, need proper exercise to stay in shape. Results are usually quite noticeable even only a minute.

Sustained and close-up focusing (computer, TV, driving, reading) can overload the visual system and stress the muscles responsible for focusing, giving vision problems. Eyeglasses and contact lenses provide a "crutch" to compensate for vision problems. They do not cure eye problems! Exercise can! Continued use of glasses may further weaken the eyes, resulting in the need for stronger corrective lenses.

Exercise stimulates, strengthens and relaxes every part of the body. So why neglect to exercise the eye muscles responsible for focusing? Let regular eye exercise, as a natural habit, help you to sustain and improve your vision naturally.

New research is beginning to show that the extra-ocular muscles play a critical role in the accommodation of the eye. So stimulate these muscles for clearer vision. Adopt a personal philosophy of Preventive Health Care and thus reduce your need for Curative Health Care. See well and feel well.

This requires you to be positive, confident and motivated, and thus for "Learning Reinforcement", it may be helpful to consult the Boston University wb site: <http://www.bu.edu/familymed/distance/cre/index.htm>

2. LEARNING OBJECTIVES

- a. To achieve improved vision in both eyes and reduce the need for glasses and contacts.
- b. To practice eye exercises regularly for 15 minutes daily.
- c. To enhance this eye therapy through autogenic mind/body relaxation, against computer eye problems.
- d. To motivate further progress in the future.

3. COURSE TIME:

Two hours to learn CRE with ten two minute exercises, at the convenience of the learner. Then after practice, customise and repeat the exercises with IRT in 5-10 minutes three times daily, anytime and anywhere,

4. METHOD:

This system of ten simple, practical and easy exercises is designed to **HELP YOU TO LEARN** to reduce dependency on eyeglasses or contact lenses; to prevent further eye deterioration; to improve vision clarity safely, naturally, without laser eye surgery; to reduce near/far sightedness, astigmatism, aging vision (presbyopia); and to improve the focusing power and coordination of your eyes. A 30 minute audio tape is available.

5. IRT

IRT is a autogenic relaxation technique, which takes about 1-5 minutes to prepare the mind for easy learning, stimulated by the ANCHOR WORDS - "Eyes Alert". The marble is a physical symbol of your power to be positive, motivated and confident to care for your eyes, See the next section for an explanation.

6. EXERCISES

Work through the ten exercises in 5-10 minutes, gently in your own time, RELAXED with IRT, and without stress or effort. Do them on a regular basis as part of your NORMAL ROUTINES. Try ideally for 3 times a day, or any time you are free.

Practice anywhere anytime day or night. Use IRT to prepare the mind and body for easy learning. Play first with both eyes and then with each eye alone. Feel free to customise each exercise to meet your special needs.

IMPORTANT NOTE: ALL MIND/BODY EXERCISE MUST BE WITHOUT EFFORT OR STRAIN AND NEVER OVER-DONE!! YOU ARE IN FULL CONTROL. TREAT YOUR EYES VERY GENTLY INDEED. CUSTOMIZE, BUT DO NOT OVER-DO THE EXERCISE. BE SURE TO AVOID ANY PHYSICAL OR MENTAL STRESS.

2. IRT - INSTANT RELAXATION TECHNIQUE

IRT is a simple personal exercise, to give you confidence to learn naturally.

When you don't believe you can learn ... you won't learn!

When you are tense, anxious and stressed ... you won't learn!

When you have no confidence ... you won't learn.

But with relaxation, your mind and body become clear, confident and ready to learn.

So do the IRT exercise before every CRE session.

It takes only five minutes, and with practice, it becomes a powerful tool for you.

The only "equipment" you need is an "open mind" and a marble (or similar small object) in your "right" (major) hand.

Do it now from Exhibit A to set the anchor words " Eyes Alert", and repeat as needed

PRE-LEARNING EXERCISE

DO IRT EASILY ... NATURALLY ... AS A HABIT ...

GET A HAND MIRROR AND SIT COMFORTABLY

RELAX COMPLETELY AND TALK TO YOUR EYES.

TELL THEM THAT YOU LOVE THEM.

STUDY THEM CAREFULLY IN THE MIRROR

WITH PALMS OVER EYES ENJOY THE
DARKNESS

RESOLVE TO HELP YOUR EYES BACK TO FULL
HEALTH AGAIN ... WITH JOY AND
CONFIDENCE AND EXPECTATION OF SUCCESS

...

PUT THE EYE WALL CHART ON THE WALL AND
MEASURE PROGRESS NOW DAILY (Exhibit I)

3. EXERCISES

EXERCISE 1 - CLOCK ROTATION

- 1. Do IRT. Print out the full program.**
- 2. When doing the exercises please (if possible) take off your glasses or contact lenses; you will then feel more comfortable and relaxed. Intensely concentrate on your eyes. Feel them working and coming to life again! This exercise will stretch your extra-ocular muscles, and will make them stronger and more flexible.**
- 3. Pretend that you are looking at the CENTER of a giant clock-face straight-ahead. Keep your head still and look up as far as possible towards the 12 o'clock position, hold for 2 seconds, and then return to the original position. You must really feel the stretch in your eyeballs!**
- 4. Now look at the clock CENTER, go up to 12 o'clock - hold for 2 seconds - and back to center. Then do it for 1 o'clock, 2 o'clock and so on. Always return to the center before moving on to the next hour.**
- 5. After the clockwise cycle, do it anti-clockwise.**
- 6. Now close the LEFT EYE and do the cycle with the RIGHT EYE clockwise and then anti-clockwise.**
- 7. Now close the RIGHT EYE and do the cycle with the LEFT EYE clockwise and then anti-clockwise.**
- 8. Now gently massage your eyes for a moment.**
- 9. IMPORTANT NOTE: ALL MIND/BODY EXERCISE MUST BE WITHOUT EFFORT OR STRAIN AND NEVER OVER-DONE!! YOU ARE IN FULL CONTROL. TREAT YOUR EYES VERY GENTLY INDEED. CUSTOMIZE, BUT DO NOT OVERDO EXERCISE. BE SURE TO AVOID ANY PHYSICAL OR MENTAL STRESS.**
- 10. ONLY, when your eyes feel comfortable ... are you ready to carry on to the next exercise.**

EXERCISE 2 - EYE ROLLS

1. This vision exercise is similar to the "clock rotation" exercise.
2. Stretch as far out as possible all the time. Go slow, and do it properly. No prizes for the fastest roll in the West.
3. With the LEFT EYE, start INHALING starting at 9 o'clock and slowly roll to 3 o'clock (without returning to the center), then EXHALING onwards to 9 o'clock and so on, until one whole cycle is completed. Then roll the opposite way around INHALING and EXHALING.
4. With the RIGHT, start at 9 o'clock and slowly roll around until one whole cycle is completed. Then roll the opposite way around.
5. With BOTH EYES, start at 9 o'clock and slowly roll around until one whole cycle is completed. Then roll the opposite way around.
6. Now gently massage your eyes for a moment. Then apply a wet cloth to soothe the eyes, first with hot/warm water, and then with cold water. Do this several times and feel the benefit.
7. ONLY when your eyes feel comfortable ... are you ready to carry on to the next exercise.

EXERCISE 3 - NEAR/FAR FOCUSING

1. Near point stress causes myopia from too much "near" work, e.g. reading and computer, which causes eyeballs to strain to focus resulting adaptation to a changing shape i.e. fatter and more circular.
2. Now help the eyeballs to return to its original shape, by simply by focusing near and far. Hold the IRT marble (or a pen) 30-cm in front of the face. Focus upon it focus with both eyes as you VERY slowly bring it up to your nose. Look at your nose! Move the marble (or pen) back and forward many times with good focus.
3. Hold up the IRT marble or a pen (symbol of your control) in front of you, about 10 cm away. Choose an object, e.g. a lamp, tree, flag etc. at least 6 meters away. These will be your near and far points respectively.
4. With the LEFT EYE ONLY alternate between the near and far objects, looking at each for about 2 seconds at a time. Repeat as needed, until you feel your eye really working, and then persevere some more.
5. With the RIGHT EYE ONLY alternate between the near and far objects, looking at each for about 2 seconds at a time. Repeat as needed.
6. With BOTH EYES alternate between the near and far objects, looking at each for about 2 seconds at a time. Repeat as needed.
7. Now gently massage your eyes for a moment.
8. ONLY when your eyes feel comfortable ... are you ready to carry on to the next exercise.

EXERCISE 4 - BLINKING CHALLENGE

1. This is a mind/body challenge and a relaxation technique to use whenever you feel tired, have dry eyes, or suffer from blurred vision, because it produces more tears to moisten the eyes by stimulating the tear ducts.
2. Squeeze your eyes shut really tightly.
3. Then blink normally a few times, and squeeze again.
4. Close (or cover) the RIGHT EYE. Then CHALLENGE the LEFT EYE to focus better on THE FINE DEYAIL of a specific DISTANT object, by blinking VERY RAPIDLY many times.
5. Close (or cover) the LEFT EYE. Then CHALLENGE the RIGHT EYE to work better by focusing on a distant specific object, by blinking very rapidly many times.
6. Then CHALLENGE the BOTH EYES to work better by focusing on a distant specific object, by blinking very rapidly many times.
7. Repeat several times. Then repeat again with eyes blinking VERY SLOWLY. Let your eyes feel STRONGER, relaxed and comfortable.
8. Now gently massage your eyes for a moment.
9. ONLY when your eyes feel comfortable ... are you ready to carry on to the next exercise.

EXERCISE 5 - PALMING

1. This is when you cover your eyes with your palms. Do not rest on the eyeballs directly, but simply put **PRESSURE AROUND** the eye socket.
2. Gently cover your eyes so that you can see no light.
3. In the darkness, you may see brief flashes of light. This is normal, and simply indicates the spontaneous firing of the neurons in your eyes. Intensive light flashes indicate a need for **RELAXATION**.
4. This is a wonderful relaxation technique for the eyes. The duration is up to you from 10 seconds to 3 minutes for maximum benefit.
5. Then expose your **CLOSED EYES** to a very warm light (150 Watt bulb) for a few minutes. Feel the warmth relaxing and healing your eyes. Relax and gently massage th eyes.
6. **IMPORTANT NOTE: ALL MIND/BODY EXERCISE MUST BE WITHOUT EFFORT OR STRAIN AND NEVER OVER-DONE!! YOU ARE IN FULL CONTROL. TREAT YOUR EYES VERY GENTLY INDEED. CUSTOMIZE, BUT DO NOT OVERDO EXERCISE. BE SURE TO AVOID ANY PHYSICAL OR MENTAL STRESS.**
7. **ONLY** when your eyes feel comfortable ... are you ready to carry on to the next exercise.

EXERCISE 6 - OUTER EYE MASSAGE (CHINA)

1. See well and feel well. This is a series of gentle massages to the eye surrounding area, based upon Exhibit B. Figure 1 indicates points A - E.
2. Put thumbs into the eye corner, a little bit upward, on points marked A. Press gently; relax and massage 60 seconds (Figure 2).
3. Put forefingers into holes which are in the middle under eye marked B. Press on the skin and not on cheekbone. Then relax and massage for 60 seconds (Figure 3).
4. Put forefingers into the places slightly below the eye marked C. Press and massage for 60 seconds (Figure 4).
5. Put thumbs into places, which are under the eye-lash, marked D. Press and massage for 60 seconds (Figure 5).
5. Put middle fingers into places on the temples, marked E. Press and massage for 60 seconds (Figure 5).
6. Then do the Reading Exercise (Exhibit H) followed by Palming as needed.
7. ONLY when your eyes feel comfortable ... are you ready to carry on to the next exercise.

EXERCISE 7 - INNER EYE MASSAGE (CHINA)

1. **Very gentle massage (Exhibit B) of the OPEN eyes with circular movements by three fingers in an OUTER direction, and NOT vice versa.**
2. **Be sure to begin besides the nose moving upward to the inner eye socket; and then under the eyebrows, outward and then back under the eyes (Figure 6).**
3. **Very gentle pressure and massage on the temples (Figure 7)**
4. **Palming and then repeat as needed.**
5. **ONLY when your eyes feel comfortable ... are you ready to carry on to the next exercise.**

EXERCISE 8 - STRETCHING (CHINA)

- 1. With head is erect and absolutely still, do each of the following stretching exercises with SLOW and CONSCIOUS MOVEMENT.**
- 2. Look alternately upward and downward.**
- 3. Look alternately to the right and to the left.**
- 4. Look alternately from the right up - to the left down.**
- 5. Look alternately from the left up - to the right down.**
- 6. Move the eyes in circular movements in clock direction.**
- 6. Move by the eyes in circular movements in counter clock direction.**
- 7. Then do the Focus Exercise on Exhibit G and Palming as needed.**
- 8. ONLY when your eyes feel comfortable ... are you ready to carry on to the next exercise.**

EXERCISE 9 - PRESSURE POINT TESTING

1. This exercise helps you to examine the shape of the eyes and to find the key points where VERY GENTLE pressure or massage gives you improved vision.
2. Watch a POSTER (or a TV show) with BOTH eyes open and (if possible) without glasses or contacts. Then try "squinting" (eyes almost closed), with each eye separately, to see the effect on vision clarity.
3. Close the LEFT EYE and gently put a gentle pressure on different parts of RIGHT EYE until you locate the key point (or points), where a little pressure seems to improve the focus of the POSTER. Make a record of these key points and massage them very very gently.
4. Close the RIGHT EYE and do the same to the LEFT EYE.
5. Palming and then do the same exercises (2,3 & 4) while READING A BOOK. Try first in POOR light and then in GOOD light. Record the results.
6. Now gently massage your eyes for a moment.
7. When you are ready ... the LAST exercise - Final Test ... Hooray!

EXERCISE 10 - FINAL TEST

1. Overall: use IRT to feel positive, motivated and confident to care for your eyes, and to expect success, with regular practice every day.
2. Do CLOCK ROTATION and EYE ROLLS.
3. Do NEAR/FAR FOCUSSING and PALMING.
4. Do the mind/body BLINKING CHALLENGE and FINAL VISUAL EXERCISE (EXH.F).
5. This ends our program ... PRACTICE ANYWHERE ... ANY TIME ... regularly ... just for 5-10 minutes ... T.I.D. (three times daily) ... for ONE WEEK ... and RECORD DAILY RESULTS ... thank you for all your efforts ... and for feedback AFTER ONE WEEK ... and some new ideas ... to our Team robertboland@wanadoo.fr. Please remember that, YOU now know that you CAN use IRT (EYES ALERT) and EXERCISE ... to care for YOUR eyes .. and YOUR eyes now KNOW what they have to do ... instinctively ... they don't need you to tell them! So make EYE EXERCISE ... a natural part of your life!
6. BRIEF AUTOGENIC TRAINING (USING IRT) IS A REMARKABLE "MIND/BODY" ENHANCEMENT TO HEALING, IN WHICH YOU ARE IN FULL CONTROL.
7. WATER IS ALSO A REMARKABLE "MIND/BODY" ENHANCEMENT TO HEALING, . SO TRY IT FOR JUST ONE WEEK. DRINK 1-2 LITRES OF WATER DAILY ... AND SURPRISE YOURSELF !.
8. WHEN THE CRE BECOMES SO EASY AND COMFORTABLE FOR YOU ... BUILD IT INTO YOUR "NORMAL DAILY ROUTINE" ... (NOTHING SPECIAL - JUST LIKE CLEANING TEETH) ... AND FEEL FREE TO "CUSTOMIE" THE EXERCISES ... ESPECIALLY FOR YOU ... AND FOR YOUR ... YOUR VERY SPECIAL ... EYES!
9. YOU ARE IN FULL CONTROL ... SO BE SURE DO IT EVERY DAY ... FOR ONLY 5-10 MINUTES T.I.D.
10. OVERALL, SEE WELL AND FEEL WELL! USE IRT TO BE ALWAYS POSITIVE, MOTIVATED AND CONFIDENT AND THUS TO GIVE YOUR EYES THE BEST CHANCE! !BUT DON'T "OVER-DO" IT! BECAUSE ... LIKE ANY OTHER MIND OR BODY EXERCISE ... ONLY WHEN YOU ARE CALM, WISE AND GENTLE, CAN YOU EXPECT LONG-TERM SUCCESS ...

EXHIBIT A

EYES ALERT IRT - INSTANT RELAXATION TECHNIQUE

1. See well and feel well. This is a simple IRT exercise, to give you confidence to learn naturally. When you don't believe you can learn ... you won't learn! ... When you are tense, anxious and stressed ... you won't learn! When you have no confidence ... you won't learn. But with relaxation, your mind and body become clear, confident and ready to learn. So do the IRT exercise now ... and again before every CRE session. It takes only 1-5 minutes, and with practice, it becomes a powerful tool for you. The only "equipment" you need is an "open mind" and a marble (or similar small object) in your "right" (major) hand.

2. So, get into that comfortable position, in which you know ... you really can relax. Be aware that marble gets warm as it absorbs heat from contact with your right hand. Open you hand and allow the warmth to evaporate. Close the hand again, and recognise the marble ... as a physical external symbol ... of the internal function of your mind and body. Allow it to receive and evaporate not just heat ... but emotion, anxiety and stress ... leaving you free, relaxed, confident and ready to learn to speak and understand the natural language without effort

3. Now, relax with the hands on the lap, and fix your eyes on the marble as you repeat aloud ... the following sentence ... several times, feeling free to change the wording a little ... to fit your style ... three times ... aloud ... :

"I AM QUITE STILL ... AND RELAXED ... I AM, I CAN, I WILL, I BELIEVE ... I WILL LEARN ... TO TALK TO MY EYES ...TO LOVE THEM ... TO BE POSITIVE AND CONFIDENT AS I EXERCISE MY EYES ... SO THAT THEY KNOW INSTINCTIVELY ... HOW TO COME BACK TO FULL HEALTH AGAIN ... NATURALLY ... WITHOUT EFFORT ... WITH THE ANCHOR WORDS - EYES ALERT ... SO THAT I SEE WELL ... AND I FEEL WELL "

4. With the eyes fixed on the marble ... or closed if you wish ... start to take three slow and very deep breaths ... and be sure to pause ... on each inhalation ... and imagine ... each exhalation ... as transferring all the anxiety and stress ... from your mind and body ... through to the marble in your hand.

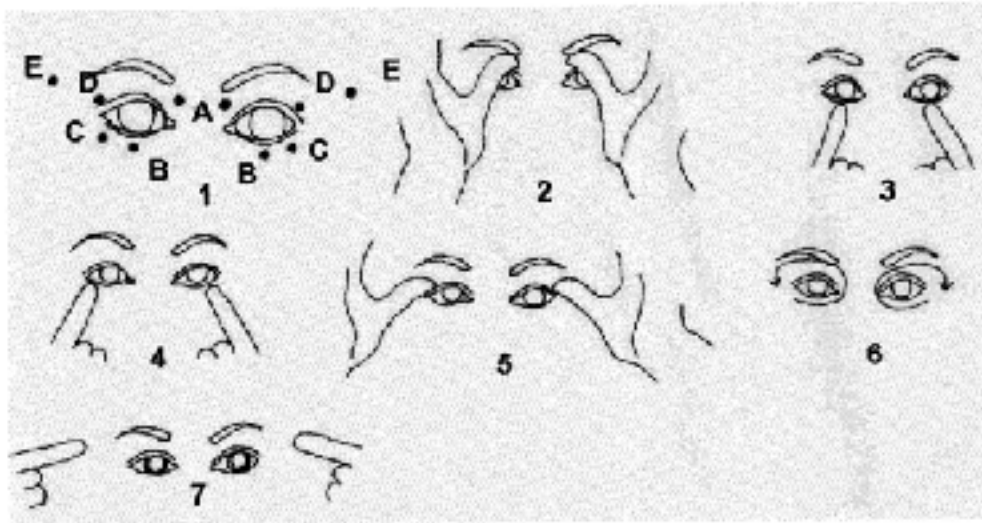
5. After the third breath, let your whole mind and body relax completely for two minutes ... thinking ONLY of your breathing ... nothing else ... no self talk at all ... just concentrate on the BREATHING ... very important .. counting down from 10 to 1 ...

6. Then bring yourself back, by simply counting up from 1 to 5, feeling well, relaxed, confident and ready to learn. The marble is now your very personal symbol ... of YOUR confidence to learn ... to care for YOUR eyes ... expect success.

Note: With practice IRT can be achieved in 1-5 minutes.. This simple CRE "Instant Relaxation Technique" can be used anywhere (eyes open or closed) to achieve a calm mind ... without anger, anxiety or stress ... ready and confident to learn ... or deal with any new problem ... that you have to face. Keep the marble always to hand, as a symbol ... of your confidence ... to feel comfortable ... in eye exercise ... almost instinctively ... without stress or effort ... using the "anchor words" - EYES ALERT!

EXHIBIT B

EYE GENTLE PRESSURE/MASSAGE POINTS



NOTE:
SUCH VERY GENTLE EXERCISES
SO ... PLEASE BE VERY VERY
CAREFUL ... NOT TO OVER-DO IT.

BROCHURE - CRE - CREATIVE RELAXATION EXERCISE
**PREVENTIVE MEDICINE TO PROTECT STAFF
AGAINST COMPUTER BASED EYE PROBLEMS**
CRE 31 - EYES ALERT - A BRIEF AUTOGENIC TRAINING
WITH EXERCISE FOR VISION IMPROVEMENT WITHOUT EFFORT

1. **COURSE DESIGN**

See well and feel well. The program is for staff motivated to learn to exercise the eyes for vision care and improvement, and to reduce computer eye strain, without effort. With basic reading difficulty a little help may be needed and so a 30 minute audio tape is available.

New research is beginning to show that the extra-ocular muscles play a role in the accommodation of the eye. The muscles of your eyes, like all muscles, need proper stimulation and exercise to stay in shape. The results are usually quite noticeable, even after only a few minutes.

2. **LEARNING OBJECTIVES**

- a. To achieve improved vision in both eyes and to reduce the need for glasses and contacts.
- b. To practice eye exercises regularly for 15 minutes daily.
- c. To enhance this eye therapy with brief autogenic mind/body relaxation against computer eye problems.
- d. To motivate further progress in the future.

3. **COURSE TIME:**

Two hours to learn CRE with ten 1-2 minute exercises, at the convenience of learner.
Customise and practice daily with IRT.

4. **METHOD:**

This system of simple and practical exercises, helps you to learn to reduce dependency on eyeglasses or contact lenses, and to prevent further eye deterioration. 30 minute audio tape available.

5. **SOURCE**

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and used with permission from [Quackwatch](#)

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NATURAL FEEDBACK AND NEW IDEAS
(to robertboland@wanadoo.fr)

1. HOW LONG DID YOU TAKE TO STUDY THE CRE?

2. WHAT WAS GOOD ABOUT IT?

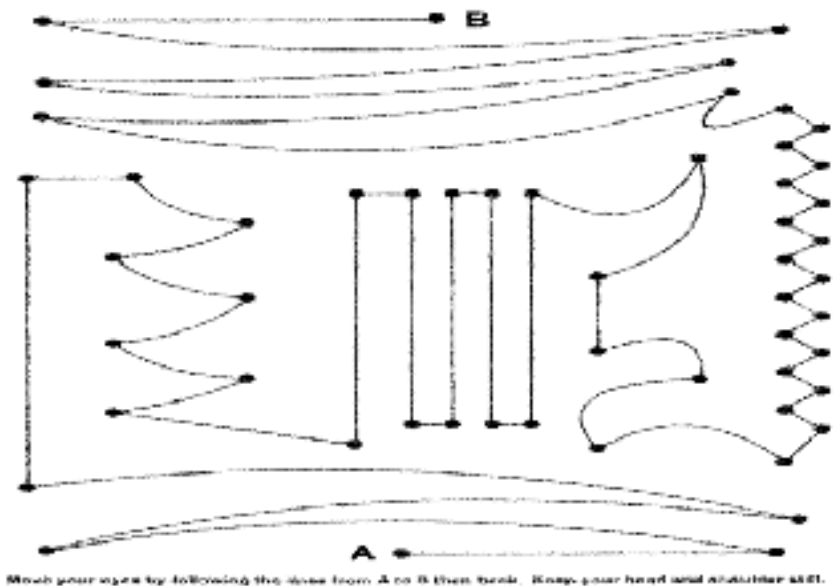
3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

FINAL VISUAL EXERCISE

EXHIBIT F



Move your eyes by following the lines from A to B then back. Keep your head and shoulders still.

INSTRUCTION:
FOLLOW THE LINES FROM A TO B WITH BOTH EYES
AND THEN WITH EACH EYE SEPARATELY

FOCUS EXERCISE - EXHIBIT G

INSTRUCTIONS FOR EYE "TEAM-WORK" FOCUS SKILLS:

1. Hold the page close 30 cm away from the eyes. Focus on Line 1 - two images.
2. Focus on your nose. Then focus on the page to find one major image
3. Then focus again on line 1 to 2 images and then one major image. You may have to get closer to suit your eyes.
4. Then focus on a distal image and back to the one major image. Practice many times.
5. Do the same with lines 2 and 3 to develop focus team-work with both eyes.
6. Then practice close and longer distance focussing from the page to the detail of some distant object.

Note: You may have to practice for several sessions to develop this team-work focussing skill which coordinates and strengthens the eyes.



READING EXERCISE - EXHIBIT H

INSTRUCTIONS:

1. Hold the page about 30 cm away from the eyes (or as convenient for you).
2. Find the smallest line you read easily. Read each word aloud.
3. Focus on every letter of the line ABOVE. Read each word aloud.
4. Proceed upwards to develop focussing skills.

Note: Each time choose a different text A-C

TEXT A

1. See well and feel well. This is a simple IRT exercise, to give you confidence to learn naturally. When you don't believe you can learn ... you won't learn! ... When you are tense, anxious and stressed ... you won't learn! When you have no confidence ... you won't learn. But with relaxation, your mind and body become clear, confident and ready to learn. So do the IRT exercise now ... and again before every CRE session. It takes only 1-5 minutes, and with practice, it becomes a powerful tool for you. The only "equipment" you need is an "open mind" and a marble (or similar small object) in your "right" (major) hand. So, get into that comfortable position, in which you know ... you really can relax. Be aware that marble gets warm as it absorbs heat from contact with your right hand. Open you hand and allow the warmth to evaporate. Close the hand again, and recognise the marble

READING EXERCISE - EXHIBIT H (CONTINUED)

TEXT B

... as a physical external symbol ... of the internal function of your mind and body Allow it to receive and evaporate not just heat ... but emotion, anxiety and stress ... leaving you free, relaxed, confident and ready to learn to speak and **understand the natural language without effort**3. Now, relax with the hands on the lap, and fix your eyes on the marble as you repeat aloud ... the following sentence ... four times, feeling free to change the wording a little ... to fit your style ... three times ... aloud ... : **I AM QUITE STILL ... AND RELAXED ... I AM, I CAN, I WILL, I BELIEVE ... I WILL LEARN ... TO BE POSITIVE AND CONFIDENT ... TO EXERCISE MY EYES ... SO THAT THEY KNOW INSTINCTIVELY ... HOW TO IMPROVE ... NATURALLY ... WITHOUT EFFORT ... WITH THE ANCHOR - EYES ALERT ...**

TEXT C

4. With the eyes fixed on the marble ... or closed if you wish ... start to take three slow and very deep breaths ... and be sure to pause ... on each inhalation ... and imagine ... each exhalation ... as transferring all the anxiety and stress ... from your mind and body ... through to the marble in your hand.5. After the third breath, let your whole mind and body relax completely for two minutes ... thinking **ONLY** of your breathing ... nothing else ... no self talk at all ... just concentrate on the **BREATHING** ... very important .. counting down from 10 to 1 ... Then bring yourself back, by simply counting up from 1 to 5, feeling well, relaxed, confident and ready to learn. The marble is now your very personal symbol ... of **YOUR** confidence to learn ... to care for **YOUR** eyes ... expect success.

WALL CHART EXERCISE - EXHIBIT I
READ FROM A DISTANCE OF ABOUT THREE METRES
REGULARLY TO MEASURE PROGRESS WITH EACH AND THEN
WITH BOTH EYES

N M F T

R T D K D M S

M A Q Y P O

E Y S O J L F S

H M D K C F

D K L O P B C

