

## Another View on Vision

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A nature photographer's greatest gift is the vision we share with others through our images. What makes this even more special is that many nature photographers cannot actually see without the assistance of mechanical aids or auto focus cameras.

Most nature photographers, like the general community, resort to wearing glasses or contact lenses to maintain their ability to see. Eventually this leads to poorer vision and stronger prescription lenses and the associated difficulties of wearing glasses or contact lenses, eg fogging in wet weather, irritation from dust, losing them, etc.

There is another option-natural vision improvement. Yes! One can, in most cases, improve their ability to see without mechanical aids. There are many ways to accomplish this. Outlined here are only a few of the options available to those who want to see.

Our brain is mainly responsible for vision. Our eyes are receivers, collecting information in the form of light, and the brain transforms this information into a useable form. Emotions and core beliefs have an impact on our ability to see and "normal" eye care practitioners do not address this. Our fears, limitations and unresolved emotions create physical tension in the surrounding muscles, which can pull our eyes out of shape. Physical tension creates the same problem.

The eye is similar to a fluid filled balloon and pressure from the surrounding muscles changes its shape. The major eye muscles are:

- *Superior rectus*
- *Lateral rectus*
- *Medial rectus*
- *Inferior rectus*
- *Superior palpebral levator*
- *Superior oblique*

Poor nutrition can affect our vision and cooked, canned, frozen, processed, preserved or irradiated foods offer little nutritional value. Coffee, tea, cigarettes, soft drinks, alcohol, prescription and recreational drugs, and chocolate may cause the arteries to contract, forcing up blood pressure and reducing the blood flow. Poor oxygenation, hydration, ionisation, blood flow and lymphatic drainage all affect our ability to "see". Physical tension in muscles also reduces blood flow.

Diffusing stress in these muscles can help to relax the eye and allow it to form its natural shape. The benefits of doing so include:

- Better balance and co-ordination
- Improved ability to study and learn
- Increased clarity of sight
- Increased mental clarity
- Enhanced depth perception
- A more relaxed way of being
- More connection with the world around us
- A sense of greater balance and harmony
- Greater awareness
- Greater connection with self
- Better eye health
- A broader perspective on life

The following tips can assist to improve eyesight and vision:

- Physical relaxation: stretching, yawning, jumping, swinging and moving your body in a relaxing way. For those of you who use photography beanbags, try lying or sitting and placing it over your eyes. This technique gently applies pressure to the facial muscles assisting them to relax
- Mental relaxation, meditation, prayer, silent contemplation, palming, visualization.
- Removal of emotional barriers, letting go of bad feelings, resentment and intolerant behaviours.
- Integration *and* stretching exercises. Simple cross crawling does wonders for the body and mind by integrating both hemispheres of the brain. Stretching takes tension out of the body removing mental tension. Muscles send messages to the brain when tense creating confusion.
- Hydration. Drinking at least 2 litres of water per day. It is not enough to drink water, one needs to assimilate it so the body can absorb and use it.
- Light exercise, walking, swimming, cycling, regularly
- Time in direct sunlight at a sensible hour i.e. before 10 am and after 3pm without mechanical aids such as contact lens and glasses. (This does not apply at all latitudes on the planet.)
- Breathing. Deep slow controlled breathing increases oxygen flow to different parts of the body and assists in the removal of toxins and tension. Take time every day to consciously breaths

The above information can, if you choose to use it, make changes in your eye health and your ability to see. Imagine the benefits of being able to see without aids. Please consider.

Information extracted from Motivational Kinesiology Training Manual Two, © Wayne Ellis

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