

Your Learning and Quick Reference Guide.

Going through the activities on your Reminder Chart one by one will give you your initial learning pathway, as you progress through the chart. Tick the boxes that apply to your personal programme as you learn the techniques from the relevant Sections of this book.

When you have completed your initial learning phase, the Reminder Chart will remain as a quick reference guide to your individual programme. This will allow you to pick a quick activity to do when you have just a short period of time, and will also guide you through a full session at a glance.

Preparation Activities - The First Two Weeks

Why Preparation Activities?

This programme has been designed to take you through a similar process to those attending personal instruction with a Natural Vision Improvement Instructor. We have found it of benefit to start with some basic information and activities. As you continue through this book, slowly introduce yourself to more information. As you progress, assimilate this knowledge through applying it in your daily life.

The first two weeks is a time for becoming self-aware. Your task is to notice the things that you do, whether consciously or unconsciously, that affect how well your eyes can function. This is also a time for beginning to gently change any non-beneficial habits, by doing activities that show you how to work with your visual system, rather than against it.

Making friends with the blur. This is such a vitally important concept for myopes, and in some cases for hyperopes, to become aware of as you commence your vision improvement programme that we will discuss it again here before actually beginning our vision activities. In order to improve eyesight we must take off our prescription lenses, as discussed in the section on Transition Glasses. In that section we discussed how having some blur meant giving our eyes room to improve in a physical sense. Let's revisit our awareness of the emotional and mental aspect to this.

► *Making friends with the blur is one of the first steps towards clarity. Please read this section carefully to find out why.*

In order to change anything about ourselves, we must first accept our current situation, our starting point. To get benefit from the vision activities, we need to be able to do them with glasses off – in the blur that we have now – and yet be comfortable and relaxed. If a student takes off his or her

glasses to do vision games and is immediately caught up in discomfort and tension, in the emotional resistance of having blurred vision, and the mental dialogue that goes along with 'hating the blur' then all of the principles about doing the activities with relaxation and joyfulness go out the window.

Remember that the blur started as a defense mechanism, the physical body responding to the emotional need for protection. It has served its purpose for you these many years, keeping the world at a distance if you are a myope, or protecting your innermost self if you are a hyperope. So firstly, rather than resisting the blur, it is suitable to be thankful for its service, as we now learn how to protect ourselves in other ways so that our vision can be clear and we can still be emotionally safe. Secondly, we need to accept that this is where we are now with self-love and relaxation, so that our visual system can move towards the 'feeling' of relaxed vision, which is where we will get both our gradual improvement and our clear flashes.

Remember, making friends with the blur is what allows you to know where you are starting from and accept it, relax into your vision activities, and get the most benefit of any and all time spent on vision improvement. Accepting the blur right now is part of what will allow you to change it to clarity. Keep this in mind as you begin your vision improvement activities and as you proceed through all the stages.

You can begin your vision improvement programme immediately!

Your first step is to begin on the first four activities on your Reminder chart. Read through the explanation on each activity, and if you have one of our audio Kits then also go to your CD and follow along with the audio guide to the activity. For all the activities in this programme, we recommend that the first time you go through this information just do one activity per day. Really allow the information to sink in and start noticing how it applies to you, then return a different day for the next portion. Once you have gone through all the activities at least once, you can put as many together as you like in one day, and your eyes will love it!

Do these first four activities with audio guides or with your own music, at least once every two days, 5 out of 7 days or every day for at least two weeks.

► *The preparation activities may seem simple, but they are vitally important to laying the foundation for getting the most out of all the vision activities.*