



**Power your Eyes
Empower your Vision**

A 10 minute-a-day guide
to enhance your eyes
in 10 days

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Why read this book?

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.” Helen Keller

Welcome to the opportunity to change your vision! There are many possibilities for us to improve our vision. This book looks at some of these possibilities. If you follow the guidelines you have here, there is the opportunity to make a change in your vision for the better. The important aspect for you is to keep an open mind, an open heart and enjoy the process.

Eyesight is something both valued and taken for granted. With increased use of computers and the daily stressors of life, healthy eyesight has become harder to achieve and maintain. Vision problems related to computer use are often not painful and usually take years to develop. Signs of a vision problem may start with an irregular headache, minor neck and shoulder pain, or an occasional lapse in concentration.

Did you know that

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- 58% of Americans wear some form of vision correction
- This figures increase to 85% for people over 45
- Over 90 per cent of people surveyed by the National Institute of Occupational Safety and Health in America reported eyestrain and other visual problems associated with the computer.

The increase in the use of corrective lenses has increased dramatically in the last twenty years due to an ageing population, the increased use of computers and an extremely effective advertising campaign that makes wearing glasses a fashion accessory. We even have a boy in a wizard's outfit that has changed the way we see glasses.

The 10-minute-a-day Program

“The real voyage of discovery consists of not in seeking new landscapes but in having new eyes.” Marcel Proust

🌿 “I don’t have time”

This is one of the major reasons why people do not start to care for their eyes. Many people do not even believe, or in some cases even care, that they can do something about their own eyesight. However, it is possible to make a real change in how you see in only ten minutes a day.

Our eyes are not static instruments that never change. For example, observe the difference in your own eyes early in the morning compared to late at night.

The degree of clarity to which we see can be dependent on such factors as

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- How tired you are and how rested your eyes are
- How much stress you are under
- Types of food and drink put into the body
- Exercise your eyes

🌿 Passive Vs active eye exercises

The following 10 minute a day guide is divided into two areas: active and passive exercises.

Active exercises relate to the doing of certain exercises and activities. To use an analogy, they are the training we do when we prepare for any sporting event that extends us to reach our full potential.

Passive exercises are those exercises that relax and re-energizes the eyes. Using the same analogy, they relate to both the warm up and warm down stretching exercises as well as getting the mind ready to tackle the next event.

 **Day One**

Active

1. Test Vision (2 Minutes)

For seeing far away, use the large chart in Appendix A and stand 10 feet (3 metres) away. Find the smallest line that you are able to read easily and record it here. _____

For seeing close up, use the eye chart in Appendix B and place it at normal reading level away. Find the smallest line that you are able to read easily and record it here. _____

2. Set goals (2 Minutes)

Complete the following statement:

I am doing the eye program because _____
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The changes I wish to see include...

3. Affirmation (1 Minute)

Choose one of the following three affirmations and write it below. Repeat the affirmation at least 3 times throughout the day. Take it with you as a reminder.

- a) It is possible for me to see clearer
- b) My eyes are beginning to see
- c) I am prepared to see

I chose my affirmation because...

Passive

1. Palming (2 Minutes)

Rub your hands together generating warmth. Cup your hands and place them over your closed eyes. It may help to have your elbows resting on some pillows or the back of a chair. Focus on your breathing and observe any colours and images in your mind. After two minutes, drop your hands and slightly rub the corners of your eyes with your index and middle fingers. Release your hands after a few more seconds and open your eyes.

2. Sunning (2 Minutes)

Face the sun with your eyes closed. Turn your head slowly from left to right and then up and down allowing sunlight on all the areas of the closed eye. Observe colours that appear in your mind as you look towards the sun. Do this for two minutes ensuring that you breath into your abdomen at the same time. The best time to start sunning is in the early morning or late afternoon. If there is no sun, close your eyes and do this in your imagination.

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3. Head / neck exercises (2 Minutes)

Sit erect and bend the head forward three times, to the back three times, to the right side three times and then to the left side three times. Complete by rotating the shoulders forward three times and then back three times. Don't hurry through with this exercise and only attempt what is comfortable.

Record for day

Time spent for day not wearing glasses _____

Activities I most have difficulty seeing are...

Other comments:

The Author



Barry Auchettl has personally overcome the need for wearing glasses after wearing them constantly for sixteen years. Coming from a teaching and healing background, he now helps individuals and groups internationally.

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Barry founded Eye Power in 1995, a service devoted to helping others to change the way they see. Eye Power focuses on self-empowerment in terms of both Eye (sight) and I (self). It explores physical and inner vision, which in turn assists in improved eyesight and establishes a more positive, balanced lifestyle.

He is the author of "In One Vision" and "The Scan Charts" and is the creator of "Conversations: an inspirational game". Barry has also completed a Masters of Education focusing on the detrimental effects computers have on eyesight, and was a speaker at the inaugural World Vision Symposium in America in 1999.

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