

Exercises: The Spiral Chart

This is a chart that helps strengthen the muscles of the iris. It helps strengthen depth vision and helps keep both eyes working together. As you get older, it is more difficult for your eyes to make this shift from far to near. It doesn't have to be this way.

For this exercise, focus on the center of the spiral.

Concentrate upon it. See it as a point deep within the tunnel, created by the spiral itself.

Now you want to draw your focus out of that spiraling tunnel, as if pulling that innermost point outward.

Then shift, allowing your eyes to be drawn within it- in and out- slowly. Mentally, see it as if you are pulling the spiral toward you and then sending it away from you. It will begin to take on a three-dimensional form.

If you have difficulty with this, focus your eyes on the outer edge of the spiral and follow it around and around until you are in the center. Usually by the second or third time, you will begin to experience the in-and-out drawing effect.

Perform this exercise for no more than three or four minutes. You will feel the inner-eye muscles working throughout this exercise. If your eyes begin to hurt or strain, stop immediately.



Exercises: The Color Clarity Chart

This chart is comprised of a black colored circle against a white background. With this chart, you are teaching the cones to recognize subtle colors that your eyes usually do not register.

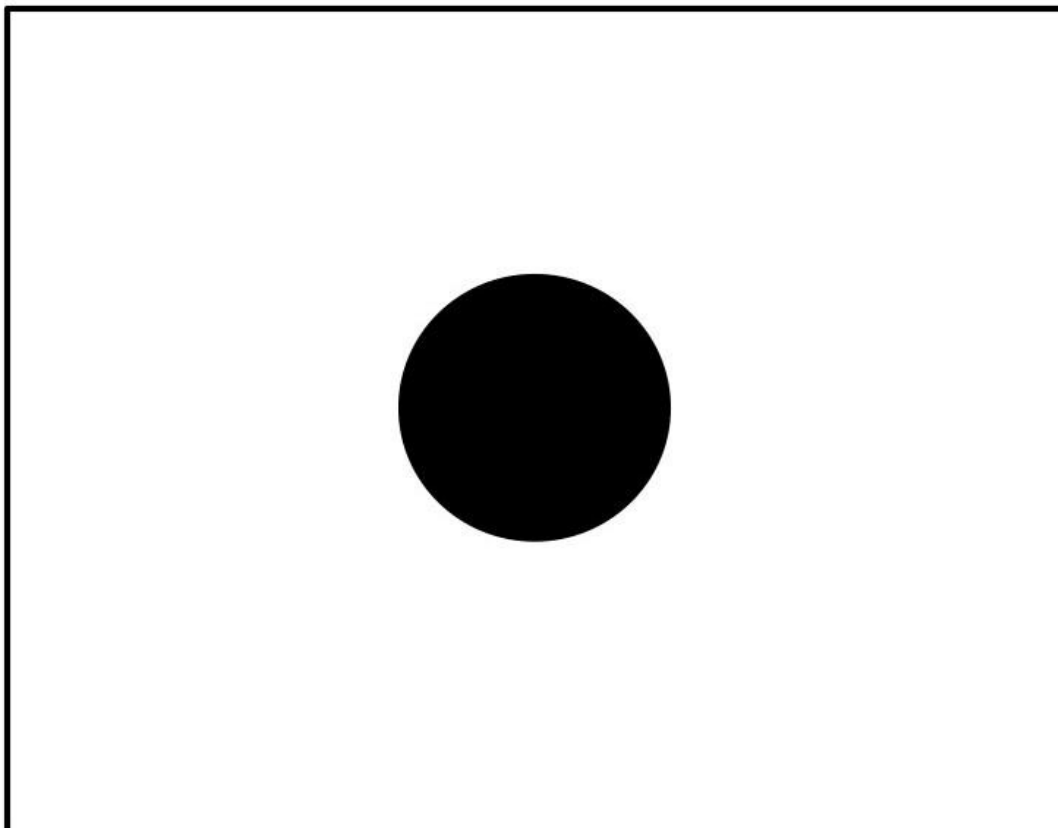
Gaze softly at it for five to ten seconds. If your color has a specific name, mentally say it as you look upon it. You are teaching yourself to recognize and identify subtle color variations.

Bring your eyes to the outer edge of the circle and slowly begin to encircle it with your eyes in a clockwise direction. Repeat this four to five times and then reverse the direction for an equal number of repetitions. Make sure you are moving your eyes and not your head.

When the rotations have been completed, quickly move your focus to the blank white square. You will usually see an afterimage appear upon it. Afterimages are not part of the aura. The afterimage does indicate that you have stimulated the cones and rods strongly. Pause, notice any responses or effects.

Part of working to see and read auric fields involves increasing your awareness of these more subtle dimensions.

Eventually, you will also see other colors surrounding this afterimage. These other colors indicate you are beginning to achieve results. They are subtle light emanations you did not detect during the initial exercise.



Exercises: Eye Movement Chart

This is an exercise that should be done as quickly as possible. The quick eye movements stimulate greater cone and rod activity within the retina. The faster you become, the easier you detect colors.

Begin at any of the five points on the chart. Move the eyes around from one point to the next. Make sure that you include vertical, horizontal, diagonal, and circular movements.

This is a good exercise to do with each eye separately as well as both eyes together. Many people have one eye that is weaker than the other. This exercise can assist in overcoming "lazy" eye. It forces both eyes to work to their maximum. Cover one eye with the palm of your hand.

As with all of the exercises, do not perform this one for more than ten minutes at a time. If you start to feel eyestrain, stop. Remember that you are stretching and strengthening eye muscles and activities that have lain dormant for a long time. Trying to do too much too soon is not beneficial. Be patient and persistent, and you will succeed. Remember, it is natural to see the aura.

