

Natural Vision Improvement and Emotional Healing

by Janet Goodrich, Ph.D.

Every single day another 5,000 people start wearing glasses for visual blur, eye pain, headaches, and middle age deterioration. The prediction is that by 1990 eighty percent of the American population will need visual correction.

Since 1968 I have been teaching people to do just the opposite, to let go of compensating crutches and get to the cause of eyesight problems. This work is called Natural Vision Improvement and draws on the psychosomatic principles put forth many years ago by William Bates, M.D. and Wilhelm Reich, M.D. Natural Vision Improvement asks us to perform some easy practical actions which can be integrated into anyone's lifestyle. These actions allow balanced clear sight to reassert itself.

A lot of people say, "oh yes, that is a terrific idea. I'd love to see clearly without these awful glasses." They read the how-to-do-it books, perform some exercises for a few days, get some result, then revert back to their old body and mind habits.

Because I am a psychologist trained in Reich's theories of neuroses and armoring, I have always been fascinated by the mental and emotional attitudes which become locked into the body and nervous system. It was the difficult vision students, those who don't do the program, those who feel guilty about not doing what is good for them that led me to working with the history that gives rise to myopia, turned eyes, hyperopia, and even the supposedly inevitable old age sight or presbyopia. A transmutation process is utilized that includes specific memory recall of sight, hearing, body sensations, and all the other sense. The long term memory aspect of right hemisphere is closely linked to good vision. When this memory function is suppressed, sight is also suppressed.

The transmutation process requires a conscious act of acceptance and cessation of self-judgement. This could be termed unconditional love. The student thereby relinquishes the role of victim and becomes an act-or as opposed to a re-act-or. By applying the principles of unconditional love to the particulars of the causative situation we find the necessary meltdown of the crystalized psycho-physical implant occurs. There is no longer a built-in short-circuiting mechanism in the student which activates on an unconscious level to sabotage the urge toward change and integration.

After working in counseling for many years with individuals only, I found it necessary to catalyze emotional healing in group situations. This is where the use of applied kinesiology became a great tool for accessing the point of implant of the neurosis (psychosis, engram, armor, imbalance, or whatever you like to call the roadblock). I do not use the fix-it methods to immediately rebalance the person in relationship to the challenging mental or emotional pattern. I prefer to get the whole story from the horse's mouth. The students are themselves given the responsibility to choose, reveal, and transmute their own life's experiences with as little preconceiving as possible. Value is given to self-recreation rather than to the rebalancing input of the therapist. The effect of this alchemy in group settings is arousal of a resonating wave which causes many people in the group to muscle test strong for the evocative thought pattern even though only one person's story has been re-created. I understand this phenomenon to be an expression of morphogenetic field resonance or the "hundredth monkey theory."

An Example:

In my book, *Natural Vision Improvement*, we find a whole chapter devoted to the topic of movement. A change in movement habits will break the staring pattern and allow rapid saccadic vibrations to return to the eyes, thereby effecting a greater flow of data to the visual cortex at the back of the head. This alteration of kinetic expression means a different usage of neck flexors, trapezius, and the seven muscles of the eyes themselves. This results in clearer, more thrilling sight. Vision students describe this experience as ecstatic flashes of clarity. The flashes of clear vision are at first momentary and become progressively longer. It's all a splendid notion until we ask the autonomic nervous system (ANS) of a typical myopic student if it is willing to cooperate. Shall this outrageous suggestion of streaming color-saturated eyesight be realized?

The movement activities called for are the 'nose pencil' -- imagining a magic pencil on the end of the nose all day long with which one sketches the forms and edges of the ambient visual world. Another is the 'bird swing' -- a rhythmic turning of the whole body from side to side while allowing the visual environment to glide past.

In Switzerland we muscle tested a myopic natural vision student named Rudi for the statement: 'It is OK to move.' The response was weak. Rudi was ready to do the bird swing but his body was not. Therefore our next step was to locate the time/space in which Rudi had made a judgement regarding the topic of movement, thereby locking the resistance to movement into the musculature and ANS. We could have asked Rudi if he had a spontaneous recollection in regard to movement. And if there had been no memory present we could have proceeded with muscle testing as in age regression. I prefer, whenever possible to ask and let the student guide us into the event.

Pertinent Questions and Suggestions

What is happening? Tell us more. Intensify the feeling. What do you see? When did you feel like this before? Is it OK that?

In Rudi's case the dialogue went as follows:

Questioner: Rudi, What happens when you think about movement?

Rudi: My neck burns. It's burning right now.

Q: Do you recall a time when you felt like this before?

R: I just remembered when I was seven and my little brother was killed.

Q: Tell us more about it. What are you seeing?

R: I see my father over my brother on the road. My father is crying. My neck is really burning now. And my eyes are burning too.

Q: Tell us more about it.

R: I see my little brother all crumpled up. I feel frozen. I can't move. I've never seen my father cry before. I don't know what to do. My eyes are on fire now and my body is frozen.

AT THIS POINT we have a lot of ANS activity. Shaking, sweating, redness and heat through Rudi's upper body. And Rudi's eyes are full of what Reich would have called orgonotic pulsation -- life energy. The eyes appear full, shiny, tearful, glowing and vibrating.

Q: Is it OK that you neck and eyes are burning?

R: Yes, That's OK.

Q: Is it OK that you are frozen and unmoving as you see your little brother on the road and your father crying?

R: Yes, That's OK. It's also OK that I feel so guilty. I should have taken better care of him. I had forgotten all about this. Why is it coming up now?

Q: You are re-creating a specific memory in relationship to movement. Just the thought of moving freely has

brought up all these forgotten experiences. The fact that you judged yourself for all the feelings and thought you did have helped you repress the pain and emotions. You could then easily lock yourself into an unmoving attitude of body and mind and throw away the key. Is it OK to move now?

R: Yes, It's OK to move.

WE NOW MUSCLE TEST THIS STATEMENT and find the response is strong. It is also necessary to test the polar statement -- Is it OK not to move? Otherwise we remain subject to a preference. Preferences preclude the application of unconditional love which embraces all dualities. The reappearance of the concept of unconditional love is the resurgence of the Great Mother energy in our society. We are totally accepted for what we are rather than for what we do.

R: Yes, It's OK not to move. It's OK that I have been a frozen person all my life. It's alright to have been unmoved and unmovable. It's also alright to feel moved and movable, to weep, to regret, to see death and tearing grief.

AT THIS POINT and as much as possible through the whole process the student is voicing his/her own realizations. As the life energy is released, it flows through the psychophysical system giving rise to insights which can be uttered as well as renewed activity in the eyes and brain.

If either of the statements, 'It's OK to move' and 'It's OK not to move' still muscle test weak, then we delve deeper. Sometimes this digging takes us into past lives and sometimes to the inbetween space, the timeless matrix in which reincarnation is embedded.

If we have a strong response to both of the 'OK' statements, then the unconscious resistance to and judgement of either event has been transmuted. Application of the available techniques now becomes the conscious choice of the student. They will use the magic pencil and the bird swing according to their own agenda and

according to their own agenda and free of ANS inhibition.

The releasing of the ANS by unlocking holding patterns in mind and musculature frees Energy. This Energy becomes undifferentiated and can no longer be called anything except Being. This Being/Energy is then spontaneously available to the human for use in creating health and clear sight. Eventually there is no longer any dependence on facilitation. There is joy in sharing experience.

References

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