



Meir Schneider: Vision: How We See, How Paralysis Gets Stuck in Shock, and How Movement Can Resolve That.



Meir was born with congenital cataracts to deaf parents. He grew up reading Braille and underwent five unsuccessful surgeries. At the age of 16, he discovered eye exercises and his vision went from 1% to 70%. Meir founded, in 1980, the School For Self-Healing in San Francisco, California. Find out how to get rid of your glasses through self-healing techniques.

TOP EMBODIMENT TIP: Work with what you lack.

Function Differently: **Looking at details**

- Have the eye go up and down and look at the space between objects (two fingers, for example).
- Work with natural light to teach your eye how to adapt.
- The motivation of seeing beauty will help you see more.
- Alternate short distance and long distance eye exercises.
- Nature provides satisfying opportunities to observe the world at short and long distances.
- Make sure to work with your weaker eye a little more than the stronger one.
- Looking at the ocean is a really good exercise to improve vision.

Deep Relaxation: **The eye can't focus if it's not relaxed**

- Palm the eyes for a minimum of 6 minutes.
- The brain can bypass physical blockages.
- Losing curiosity for details is what makes our eyes weaker.
- When looking at a distance, the lens is flat and the muscles can relax - 20 minutes a day.
- When looking at close range, the lens is convex and muscles are tight.
- Expand your peripheral vision.
- Balance use of your two eyes.
- Balance use within each eye.
- Body and eye coordination.
- More blood flow to the visual system.

Resources:

- ❖ **Books:** *Movement for Self-Healing; Vision for Life; The Handbook of Self-Healing; Awakening Your Power of Self-Healing.*
- ❖ **Website:** self-healing.org/



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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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