

Short Sightedness

Paul Solomon Reading #9033

Q:- Please give guidance regarding cause and correction of my short sightedness.

A:- First understand that the shape of the eye, as you already know, is the greatest determining factor in the sight. But you should further know that the strength, the weakness, the use of the muscles surrounding the eye determines the shape. The strength, the weakness, the use of these muscles, is further determined by the attitude and the sense of expectancy. What one expects to see, do, or use with and through the eye, of its musculature shaped by the attitude and sense of expectancy, the willingness to see the image of self.

Do you look far? Do you wish to see beyond the short sight? Begin reshaping the attitude, the sense of expectancy, and with discipline, begin to exercise the eye muscles daily. Best done three times daily, morning, midday and late evening. Focus near, far, sight by extending the arm, focusing on the thumbnail and a point distant from it on the far wall or such. Focusing, near, far, repeating the pattern of focusing without moving the head, without moving anything more than the muscles of focus about the eyes. Repeat the pattern several times until those muscles feel used, until you are aware of having exercised them. And you might increase this repetition daily as the muscles begin to respond further.

Bring the thumbnail, then, still focused with the eyes, to the tip of the nose, deliberately and carefully using the eye muscles to maintain focus, all the way to the closest focal point. Distant again. Near and far. Moving rather slowly. Exercise the eyes in large circles in darting motions here and there, focusing and non-focusing or soft focusing on objects about you, moving the muscles in darting motion. Move your eyes from sheltered, covered with hands, with perhaps a patch of dark cloth, to brightness and back again.

And in all these ways, begin to assert your determination, your decision to reshape and rebuild the eyesight and the shape of the eyes. Raise your level of expectation until it is beyond hoping or wishing or such. And know that you will remake the vision.

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