



Do we keep looking....or do we keep our vision?

With many things that come at you from the outside, you are more of a spectator. You have little influence on it. But it is up to you to see an inner positive picture of yourself and a happy future, to which you align yourself in the New Year.

I wish you an intimate contact with your soul, joy of discovery, patience with yourself, deep insights and inspiring prospects for maintaining this vision!

From outside to inside and vice versa

Your eyes reflect not only overexertion and fatigue, but also fear, sadness or happiness. Your eyes reflect not only what you take in from the outside, but also what you radiate from the inside to the outside. Andreas Körbler's play on words considers the eyes not only as an organ of perception (from the outside to the inside, the German word "Wahrnehmung" translated literally means "to take something for true"), but also an organ of perception (from the inside to the outside, Körbler invented a new word, derived from "Wahrnehmung". It is "Wahrgebung" and means literally "to give the truth"). Your eyes give important information about yourself to the person looking at you.

In today's blog I would like to give you some tips on how you can help your eyes to regenerate the perceptive capacity (from outside to inside) of your eyes.

Where does the strain come from?

Did you experience this? Your eyes sometimes feel dry and itchy, then they water or burn. You are sensitive to light and see worse the darker it gets. You have the feeling that your vision is sometimes blurred. Your forehead, neck and shoulders also tense up and start to hurt. You get tired faster, your concentration and performance decrease.

We take in 90% of all sensory perceptions through our eyes. Evolution has geared our eyes to frequently changing distances. Due to the changing use of our eyes in the present, this sensory perception has become very one-sided. The overuse comes from the fact that when we look at a screen, our eyes are fixed on a certain distance for a longer period of time, reducing the blinking of the eyelids and the associated natural wetting of the eyes with tear fluid.

Eye health for dinner

Certain foods contain substances that can relieve eye stress. These include blueberries (1), carrots (1 glass of freshly squeezed juice or juice from the health food store), raw peanuts including the brown skins and parsley. Spirulina algae (4 g or 15 pressed pellets daily) are particularly suitable.

Light nutrition

Natural light maintains the health of the retina, stimulates the production of eye fluid and prevents eye inflammation. We need the frequencies of sunlight to maintain the natural waking and sleeping rhythms of our cells and to produce certain hormones (2). Dr. John Ott coined the term "malillumination" as a counterpart to "malnutrition" (lack of important

nutrients in food) to describe the condition of not getting enough natural light (3). Move around outdoors a lot, look out the window, and avoid wearing sunglasses whenever possible. Use a blue light filter for your computer, especially in the evening, or wear blue light filter glasses to prepare your body for the coming night's rest.

Rest breaks and change of perspective

From time to time, rub your palms together very firmly so that they become warm. Form each hand into a flat boat and then place the palms of your hands crossed over your eyes so that it is completely dark when you open your eyes. Then close your eyes and concentrate on the warmth flowing from your palms into your eyes. Give your sense of sight breaks during the day by focusing on another sense. For example, consciously listen to music with your eyes closed, have a conversation with someone on the phone with your eyes closed, or let a piece of chocolate slowly melt in your mouth with pleasure. In between, change the viewing distance by directing your gaze a few times in succession alternately to the tip of your nose, your thumb about 30 cm from your eyes, and something in the distance. Be it a bird in the sky, a walker on the street or the neighbor's cat in the tree.

Fresh air and salt baths

Your eyes need oxygen and don't like cigarette smoke or dry heating air. A salt water bath soothes dry, watery and irritated eyes.

Dissolve 1 gram of crystal or Himalayan salt in 100 milliliters of lukewarm spring water. Fill a shot glass halfway with the solution and place a towel around your shoulders. Then cover one eye with the opening of the glass and press the glass firmly so that no liquid can leak out. Put your head so far back that the liquid can wet the open eye. Blink and thus wet the eyelashes with the liquid. Keep your eyes open and let your pupils circle. The initial slight burning sensation will quickly disappear. Enjoy this refreshing and strengthening procedure!

Your wonderful eyes are not only serving to receive information from the outside, but also to convey messages to your fellow human beings from within you:

How is your soul? What do you feel for the person you are looking at?

It is worth giving your eyes a rest as often as possible through the described methods, so that your "inner" messages always remain clear and distinct. Give it a try!

Sources:

- (1) Liu Y et al., Blueberry anthocyanins: protection against ageing and light-induced damage in retinal pigment epithelial cells; *The British Journal of Nutrition*, 14th July 2012
- (2) Turner PL, Mainster M A, Circadian photoreception: ageing and the eye's important role in systemic health; *BMC Complement Altern Med* 2016;16:296
- (3) <https://ratical.org/ratville/AoS/HealthAndLight.pdf>

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