



Vision impaired by the soul

In our modern world more and more people have strained eyes due to frequent screen work or the use of a cell phone, which can also cause organic damage in the long term, resulting in visual impairment. At the end of the blog you will also find some exercises and preventive measures. But first, let's look at the possible psychological causes of vision problems, as described by eye trainer Carolin Ebert [1].

Short-sightedness

It is possible that, as a short-sighted person, you are very self-critical and mostly look for faults in yourself in difficult situations. As a child, you may have been conditioned to suppress your own needs, to be "perfect" and to behave as "a good child" should behave. When problems arise, you tend to withdraw in order to protect yourself from the consequences. By withdrawing, however, your feelings and subsequently your eye muscles are blocked. Your learning task is to accept and love yourself as you are and to look positively into the future.

Far-sightedness

Far-sighted people are not very tolerant of other people's mistakes and often blame their environment for difficulties. Becoming aware that other people have certain life challenges to overcome due to their way of being can help you to develop compassion and understanding for them and to see their behavior towards you in a more detached way. However, meeting seemingly 'difficult' people is also a learning task and an opportunity: sometimes they reflect exactly what you are currently unable to see in yourself.

Stress-related visual impairment Central serous chorioretinopathy (CSCR) or Manager's disease

People who have a lot of responsibility and are very ambitious can suddenly suffer from various symptoms that reduce their ability to see:

- A vision problem often only occurs in one eye
- The field of vision is suddenly restricted to the side or up/down
- You see gray haze, blurred edges, double images, zigzag patterns or flashes, have a "blind" spot in the middle of the field of vision or see "flickering disco light"

Little research has been conducted into stress-related visual disorders [2]. It is suspected that mental overload, accompanied by too little exercise, too little drinking and too little sleep, inhibits blood flow in the eye due to the increased release of the stress hormone cortisol, causing the choroidal vessels of the eye to become permeable. Fluid can accumulate under the retina. This causes the retina to lift and then vision is impaired.

By reducing the stressors, relaxation training or other stress management measures, the symptoms often disappear spontaneously without any treatment [3], although this can take months (3-6 months). To be on the safe side, you should consult an ophthalmologist, as the detachment of the retina can be treated well if there is no spontaneous improvement.

The importance of beliefs in relation to vision

Presbyopia can actually occur if someone believes the common narrative that vision automatically deteriorates with age. Other beliefs can be

- Vision only ever gets weaker, never better
- Glasses improve the eyes
- Vision is genetically determined
- Eye training is useless
- ...

First, find out your personal beliefs about vision, write them down and replace them with positive affirmations, e.g.

- It is in my hands to improve my eyesight
- I look at the world in a relaxed way with love and joy
- I take a close look at every life situation, even if it is not pleasant, and accept my associated learning task
- I thank all the cells that help me to see clearly near and far at any time

Tips for better vision

- Wear blue filter glasses when working at a screen, especially in the evening, or install a blue filter on your computer. At least one hour before going to bed: Stay away from all screens.

- Use your smartphone as little as possible if you can use a larger screen as an alternative.
- Every now and then - without moving your head - consciously look up, to the right, down and to the left for several seconds. Then change direction. First upwards, then to the left, downwards and then to the right. You then turn "laps" with your eyes. Instead of staying in one direction for a few seconds, circle your eyes first in one direction, then in the other, without moving your head.
- To de-stress and relax: Rub your palms together several times a day until you feel warmth and then place them on your closed eyes.

Resources:

[1]: Carolin Ebert: Ganzheitliches Augentraining, Schirmer Verlag

[2]: <https://www.aaopt.org/eye-health/diseases/what-is-central-serous-retinopathy>

[3] <https://www.yourhealthremedy.com/health-tips/central-serous-retinopathy>



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