

MENTAL ASPECTS OF SIGHT

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In my last articles* I have emphasised that ailing eyes need relaxation, mobility and circulatory help. The suggestions given toward these ends form the basis of the treatment, and are directed to the eyes as physical organs.

Now we must consider the nine-tenths of sight which comes from the visual centre of the brain. This is the interpreter of the light waves received from the eyes and is the great force of vision, but each depends on the other.

When the eyes are open the light waves in the form of images, are continually entering the eyes and stimulating the nerve endings of the retina which relay them to the brain. So a mass of information of the world around is being received and remembered.

But these images are not sight. They are only "seen" when the mind and memory combine in their reconstruction. Therefore good sight depends on mental attention and visual memories.

He who day-dreams with open eyes is thwarting the work of the visual interpreter, as inattention leaves the eyes struggling without co-operation. Boredom has the same effect and both lead to eyestrain.

The familiar is seen better than the unfamiliar as the brain centre already has a memory of the former. That is why headaches and eyestrain are often the result of a visit to an exhibition. There is such a variety of new subjects to be viewed that the person behind the eyes tries to see everything at once. It is better to choose a few objects and allow the eyes to shift over them. Each shift will pick out one detail, and gradually the brain will put the jig-saw together. Try shifting over a large picture picking out the points, or colours, that attract. After a few minutes close the eyes and remember them—then open. The picture should be much clearer.

The short-sighted should look for perspective, so teaching the eyes to reach out to the distance. When in a moving vehicle, look

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down streets and notice how the rows of houses on each side converge to a point in the distance. There are many examples of converging lines wherever one goes.

Normal eyes are profoundly influenced by negative emotional states, which lower the efficiency of the circulation and nervous impulses.

According to the individual type of mind so the individual sees. Interest in the world around and judgments based on visual experience, can be increased with practice.

Look first. See next. Perceive last.

Thought operates sight.

—*The Homœopathic World, Oct.-Dec. '59*
