

# Qigong Eye Exercises & Natural Eye Care

Qigong vision therapy incorporates both eye exercises and other natural eye care habits. In addition, tai chi qigong is holistic in its perspective on health, looking at both root causes and healing of disease. That is why treatment always focuses on whole mind and body.

Since vision therapy does not work well in isolation, it is best practiced with the following lifestyle changes:

## Diet

Poor health is often due to diet. Toxins can build up through the foods we consume, and the eyes are especially vulnerable. A case in point, disorders such as glaucoma, cataracts and macular degeneration are often diet-related and/or linked to conditions such as vitamin deficiencies, diabetes, high blood pressure or high cholesterol.

Even eye strain can be affected by [diet](#). Changing your diet from typical junk food binging to a diet predominant in fresh fruit and vegetables can often reduce or even relieve many symptoms of eye strain.

Therefore, where diet is concerned, be sure to include a high concentration of fresh fruit and vegetables, high in antioxidants and vitamins. Keep preservatives and artificial sweeteners to a minimum.

Also, separate your acid-based foods from alkaline foods. Especially, do not combine fruits with other proteins and starch. Fruits and other acid-based foods require a digestive enzyme that is different from digestive enzymes of other foods.

Since fruit is the more easily digestible food, always consume fruit at least a half hour before any other food, and preferably, your meat and starch last. If you follow these simple rules of food combining, you will find you will experience fewer digestive problems and hence a lower toxicity level for your body to handle.

Secondly, after any exercise, including eye exercises, drink lots of clean purified water, [distilled or reverse osmosis](#) to flush out toxins and lubricate organs for healthy functioning. Drinking adequate amounts will clean out toxins and mineral deposits even in your eyes and keep your eyes well lubricated.

## Yogic Breathing

Oxygen is essential to life, yet so many of us take breathing for granted, and most of the time we do it unconsciously. Qigong yogic breathing allows us to optimize our breathing by taking deeper breaths and by maximizing our oxygen intake.

But yogic breathing does much more. It also promotes healthy circulation of blood, flushes out toxins and promotes relaxation. Most importantly, it helps generate and circulate [healing chi](#) that is vital to health, longevity, and even life itself.

That is why yogic breathing is so integral to many of the qigong eye exercises and meditation. Most of the exercises will emphasize [basic diaphragmatic breathing](#), but depending on the eye condition being treated, there are other techniques and variations as well.

That is why very few traditional qigong practitioners suffer from disorders such as macular degeneration, myopia, cataracts, glaucoma, or even from simple eye strain.

Qigong yogic breathing, incorporated in eye exercises and other qigong meditative practices helps keep the body free of toxins. It lubricates joints, clears the mind, promotes circulation, relaxes the muscles and promotes health, healing and well-being.

# Basic Qigong Yogic Breathing Exercise

A chi kung/qigong yogic breathing exercise that will generate and circulate the *chi* energy for vibrant health, energy and longevity? Also known as slow breathing, diaphragmatic breathing, deep breathing, or inaccurately, belly breathing, these yogic breathing techniques make efficient use of oxygen.

Since the brain uses up to eighty percent of the oxygen we breathe in, chi kung/qigong yogic breathing exercises not only supply oxygen to the body for energy, but also nourishes the brain with oxygen, resulting in mental clarity and alertness (see [Qigong Health Benefits](#)).

When we breathe improperly, not enough oxygen goes to the brain and we become sluggish and unable to concentrate.

If you have never done chi kung/qigong yogic breathing or diaphragmatic breathing before, you need to first establish a baseline by breathing normally and counting your breaths per minute.

Most people take quick shallow breaths when they breathe. When they breathe from the top half of their chest they are actually wasting more than half of their lung capacity.

To compensate, they tend to breathe more rapidly, as much as twenty or more breaths per minute.

The breathing exercise I'm about to show you is a general chi kung/qigong exercise that follows the principles of all diaphragmatic breathing techniques. (See [Qigong/Chi Kung Breathing Techniques](#)).

After establishing a baseline of your usual breathing pattern, you need to follow these steps:

1. You can do this breathing exercise sitting or lying down. If you are sitting, make sure you're not slouching, but you should still be relaxed.

If you find this difficult to do, the easiest position is to lie down on your back with your hands relaxed at your sides and a book on your stomach. The book is an optional visual aid so that you can see better how your lower abdomen expands and collapses as you breathe.

2. Inhale slowly, visualizing filling your belly with air. This is why yogic breathing is sometimes inaccurately called "belly breathing".

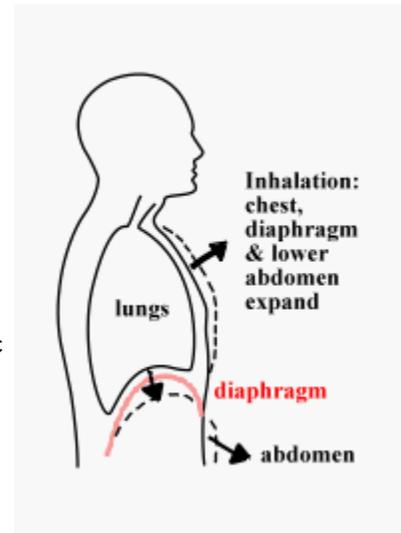
What actually happens is that when you expand your lower abdomen, you automatically pull down the diaphragm, a muscular membrane located in the solar plexus.

Pulling down the diaphragm allows the lungs to expand and fill up with air to their maximum capacity.

3. Pause briefly for about half a second before exhaling. As you breathe out, see your lower abdomen collapse within itself, releasing all the air.

Of course, air does not really come in and out of the abdomen, but for the sake of visualization, it makes the yogic breathing easier to practice, especially for beginners.

4. Remember to pause again briefly before taking the next inhalation.
5. Try this breathing exercise for a few minutes until you begin to fall into a natural rhythm: breathe in slowly, pause, breathe out slowly, pause.



Then begin timing yourself for one minute: an inhalation and exhalation count together as one breath. You should find that yogic breathing is much slower than your usual breathing pattern.

If you are like most beginners, when you practice this breathing exercise, you should be breathing about eight breaths per minute.

As you get better, you will find your breathing will begin to slow down even more perceptibly to two to four breaths per minute.

We call this tortoise breathing, because a tortoise breathes very slowly. It uses oxygen very efficiently, and thus is able to live a very long life.

When you are able to do this breathing exercise on a regular basis until it becomes unconscious and you can do it in your sleep, not only will you feel more relaxed, but you will experience a whole multitude of [health benefits](#), including:

mental clarity, better concentration,  
a stronger immune system and longevity.

When your breathing is habitually slow, you begin to gain control of normally involuntary body functions, such as heart beat, body temperature and blood pressure. Control of these functions is known as biofeedback.

Why is this important? Because it gives you control over your health, your autoimmune system and even how long you live.

*If you can slow down your heart,  
you can extend your life span!*

Take a look at all living creatures around you: the faster their heartbeat, the faster they age and the shorter their life span.

Children grow up very quickly because they have faster heartbeats than adults. As they grow older, their hearts start to slow down and their growth rate also slows down.

On the other hand, most babies and toddlers, even though they may have faster heartbeats, are also belly breathers. In other words, they are natural chi kung/qigong practitioners!

If you have ever looked at these children breathe, you would see how their bellies pump in and out like bellows. Little wonder they have so much energy, sleep so soundly, and we adults can barely keep up with them! (See [Qigong Health Benefits](#)).

Want to experience their energy and youth? Practice the yogic breathing exercise outlined in the steps above. Just ten minutes a day will make a big difference to your health and well being.

In contrast, if you ever look at dying people taking their last few breaths in life, you will see how shallow their breathing is.

Healthy people practice slow breathing all the time. That is what gives them life. When you breathe from the chest up, you are cutting your breathing capacity in half and thus, your energy.

Worse, if you ever start to breathe from your upper half of your chest and throat, then you will find yourself on your last legs of life!

What does *chi kung* or *qigong* actually mean? *Qi*, also phonetically spelled *chi*, means *breath*, and *gong*, or *kung*, means skill, practice, or art.

In other words *chi kung* or *qigong* is literally, the yogic art of slow breathing. Its main purpose is to promote health and longevity.

The breathing exercise outlined above is just one of many < purposes. health specific with them of some website, this on available techniques breathing qigong kung >

This particular breathing exercise will help with relaxation and mental clarity, as well as set a foundation for all other chi kung/qigong breathing exercises.

Practice it and see for yourself how chi kung/qigong breathing techniques can help you in a multitude of ways.

## Negative Ions

All of us have experienced the sensation of clean fresh air after a recent rainstorm, or breathing in the clear crisp air up in the mountains, free of contaminants.

I used to go jogging, followed by tai chi and qigong meditation at five o'clock in the morning long before the dawn broke, because the air smelled so different from that of midday or evening. Breathing in early morning air always gave me more energy and a clearer head — a wonderful way to start my day.

What gives that fresh air smell and clear-headed feeling is the negative ions in the air. That is why, we feel so sluggish when we work in enclosed office buildings with poor ventilation: the air is filled with positive ions, that makes the air feel "dead" and suffocating.

I won't go into the details but suffice to say, negative ions feed the life-giving *chi* and promotes healing and well-being. You can read Fred Soyka's *The Ion Effect* if you wish to know more about this natural phenomenon.

Generally, most people tend to find their eyesight is better in the morning for the same reason — because negative ions are more abundant in the morning than the rest of the day when the air is filled with pollutants produced by traffic and the bustle of daily manmade activities.

How can you increase the negative ions in your environment? By simulating nature. Proliferate your work area and living quarters with life-giving plants because these produce a lot of negative ions that will help to keep your air fresh and clean.

When practicing eye exercises, try to practice them near greenery and clean running water, such as streams and rivers, as moving water also produces negative ions. Some people will create their own little waterfalls in gardens and homes for the same effect.

Lastly, get yourself a quality ion generator that will generate negative ions for you. Most of these sell as "air cleaners" but they should include the ion generation feature on the box when you purchase them.

## Lighting

Adequate lighting is always a factor in eye health. Ensure you are getting plenty of sunlight by engaging in more outdoor activity during the daytime.

Avoid looking at the midday sun, but let your eyes bathe under sun and avoid wearing sunglasses or using screens that filter out the full spectrum. When indoors, try to use full-spectrum lighting whenever possible.

Full-spectrum lighting imitates sunlight, and is known for its many health benefits. For more information you can read John Ott's *Health and Light*. Always practice qigong eye exercises with unfiltered full-spectrum lighting.

## Prescription Lenses

Whenever safely possible, avoid wearing prescription lenses when you can still see without. Prescription lenses will not only filter out the light, but will act as a crutch on which your eyes come to rely for your sight, weakening your eye muscles and worsening your sight.

If you must wear prescription lenses to function safely and adequately, try weakening your prescription lenses to 85% of your required strength so that your eye muscles do not develop too much dependency.

Gradually with continued progress in qigong eye exercises, you should continue to decrease the strength of your lenses as your eye muscles develop and your eyesight improves.

## Meditation

Tai chi qigong incorporates both *donggong*, moving meditation, and *jinggong*, still meditation. Both serve different purposes, but generally, the more intensive the practice, the more effective when practiced in combination with qigong eye exercises.

Practice needs to be on a daily basis for at least 20 minutes a day, if not more, especially for severe disorders such as macular degeneration, cataracts, and glaucoma. For simple eye strain, myopia, double vision or strabismus, less intensive practice will still produce results, though not as quickly.

By tai chi qigong, I do not mean what is called in Chinese the more superficial "ballet" style that appears to be very popular in recent trends both in China and in the western hemisphere.

Unlike recent trends taught in most commercialized schools that emphasize physical movements and little else, traditional styles are noncompetitive and emphasize *yi*, rooting postures and cultivation and circulation of *chi* through meditation.

Of course, traditional practice is much more intensive and requires more foundation and training, but the [benefits](#) far outweigh the commercialized tai chi qigong.

Interestingly enough, qigong eye exercises are only taught in traditional tai chi qigong practice and never in commercialized schools, probably because they are not effective with exercise that involves nothing more than mere physical movements.

## Physical Exercise

While physical exercise in general is healthy for the body, any form of exercise will automatically tense eye muscles.

Weight lifting, body building and other exercises that train in muscle development are especially detrimental for eye conditions such as eye strain, macular degeneration and glaucoma, because they cause excessive eye muscle tension and the over-formation of blood vessels and resulting pressure in the eye.

Stick to gentle aerobic exercise, such as jogging or walking, which oxygenates the body, giving it energy, flushing out toxins and promoting circulation of both oxygen and healing *chi*. Qigong is especially helpful in this respect, because it is both aerobic and extremely gentle on the eyes.

And after any physical exercise, including qigong eye exercises, always conclude with eye relaxation exercises, especially for serious disorders such as glaucoma, retinitis, cataracts and macular degeneration. However, even tired eyes, myopia, astigmatism, double vision, lazy eye, strabismus and hyperopia can highly benefit as well.

## Other Considerations

Blink often to keep the eyes lubricated and clear of any contaminants. As a lubricant and soothing cleanser, you can mix [clean purified water](#) with a pinch of sea salt — just enough to taste like your own tears. Then use an eyedropper to irrigate your eyes once a day.

Make a poultice with an ordinary tea bag that contains a natural antiseptic tannin acid that will help to treat irritated eyes and mild eye infections such as [conjunctivitis, otherwise known as sties](#).

Lastly, avoid or reduce activities that encourage staring or fixation which causes eye strain and can intensify your myopia, hyperopia, astigmatism, double vision, glaucoma, macular degeneration, cataracts and other eye disorders. If you are reading or working on the computer for extended periods, take frequent breaks to practice qigong eye exercises.

Take the time to vary your activities that include both long and short distance viewing. This will discourage staring and fixation.

## Tai Chi Qigong

Qigong vision therapy is not a quick fix. Long-term, it can definitely produce amazing results, especially with myopia, eyestrain, lazy eye, double vision and strabismus, even for macular degeneration and retinitis. However, it takes time and serious consistent effort to make it work.

Since best results can only be obtained through a holistic approach to health, [qigong vision therapy exercises](#) should be practiced in combination with other qigong exercises, as well as the suggestions I have outlined above. If you are already training in tai chi qigong, then the eye exercises will work most effectively on healing your eyes and maintaining good eye health.

### Another important note:

While results can be immediate and dramatic, especially in severe cases of myopia, eye strain, double vision, macular degeneration, glaucoma, even in legal blindness — however, they are only temporary!

You must practice [qigong vision therapy](#) every day as a complete set of exercises and in combination with other qigong exercises to see more permanent results, usually for a minimum of several months.

Qigong vision therapy is not a quick fix. Long-term, it can definitely produce amazing results. However, it takes time and serious consistent effort to make it work, especially for more severe disorders such as cataracts, retinitis, macular degeneration, and glaucoma.

I cannot emphasize this enough: these eye exercises do not work well in isolation. For minimum long-term effectiveness, you should combine with the following tai chi qigong exercises:

- [Basic diaphragmatic breathing](#) for relaxation, detoxification and cultivation of healing *chi* energy;
- [Songchi Qigong or Loosening Exercises for Tai Chi Chuan](#) for loosening and retraining muscles, including eye muscles and gaze;
- [Shou Qi Fa or Gathering the Chi Qigong](#) to promote cultivation and circulation of healing *chi*;
- [Taijiqigong Nuanshen Fa or Tai Chi Qigong Warm-Up Exercises](#) to promote relaxation and blood and *chi* circulation to vulnerable areas of the body, including the eyes;
- [Taiji Qigong Shibashi or 18 Postures of Tai Chi Chi Kung](#) for relaxing and toning muscles at the same time, while furthering the development of *chi* circulation during movement. Three of the 18 postures are especially beneficial to the eyes, although almost all of the postures are indirectly beneficial and should be practiced at least for prevention and eye care maintenance;
- [Jingong meditation on the lower dantian](#) for health and cultivation of *chi*;
- Lastly, the [Baojian Changshou Qigong or Longevity and Health Preserving Qigong Exercises](#) contains exercises that have direct implications on eye health.

For sample qigong exercises and postures, I recommend the following:

- [basic diaphragmatic breathing](#);
- [alternate nose breathing](#);
- [a simple qigong exercise for relieving stress](#); and
- [a sitting form of jingong meditation](#).

And finally, for a sampling of qigong eye exercises, you can try out the [pressure points for eyes](#) and the [muscle-stretching and relaxation exercises](#) that I have on this website. While they are not complete in themselves and therefore cannot give you the long-term benefits of the full program, they can give you an idea of how effective the immediate results of these eye exercises can be.

[Qigong vision therapy](#) is noninvasive, gentle on the eyes, easy to learn and easy to incorporate into your work or leisure activities. Combined with the lifestyle changes I have suggested, these eye exercises can truly be an "insightful eye-opener" on preventive eye health!

## Eye Exercises to Improve Vision

These eye exercises are a part of a qigong (also spelled *chi kung*) vision therapy that I teach my students. Most if not all of them report seeing an immediate improvement after just a few minutes of exercise. If you don't believe me, try them yourself. You have nothing to lose, except perhaps your eyeglasses!

It's unfortunate that the eyeglasses are such a multi-billion dollar industry in the West, because they have so much influence over our way of thinking.

Eyeglasses do not improve eye health. They may help you see better, but when you take them off, you're worse off than before you wore them. That's because they act like crutches for your eyes.

When your eyes start to rely on them, the eye muscles weaken and become lazy. I prove this to my students by giving them a pair of pinpoint eye wear to try on. They can read the eye chart perfectly without eyeglasses!

It's not that they have changed anything in their eyes, only in the way they use their eye muscles:



Pinhole Eye Wear

Remember, they aren't wearing eyeglasses, just eye wear frames with cardboard holes, but the pinpoint holes in the eye wear force their eyes to use certain muscles and to relax other muscles in order to focus properly. When they take off the eye wear, they are back to practicing their old habit of not focusing properly.

Therefore, if you want to improve vision, the solution is to throw away the eyeglasses you have become so dependent on and practice eye exercises that will train your eye muscles to function properly.

Of course, if you cannot see clearly to function in an otherwise safe environment, then by all means, wear them. But while you are practicing qigong or [qigong eye exercises](#), you should not wear your eyeglasses. In fact, you should try to minimize your wearing time to as little as possible.

Let me say this one more time:

Eyeglasses not only do NOT improve vision  
but make your eyesight WORSE over time!

Think about it: once you start wearing prescription glasses, with time, you find that you have to get stronger and stronger prescription glasses. That means your eyesight is weaker than it was previously.

However, with qigong eye exercises, you can improve your vision and maintain good eye health.

There are a number of books on natural eye care. The Bates Method is probably the most well-known and involves similar eye exercises like this one. I have tried a combination of both qigong vision therapy and the Bates Method.

Personally, I prefer the [qigong vision therapy](#), because I find the results more effective long-term.

These are the basic eye exercises that anyone can practice, alone or in combination with other qigong exercises:

1. Get a hold of an eyechart and test your sight without eyeglasses. Having 20/20 vision means you can see clearly without eyeglasses at twenty feet away.

If you are nearsighted, you will not be able to see far. If you are farsighted, you will not be able to see clearly at closer distances.

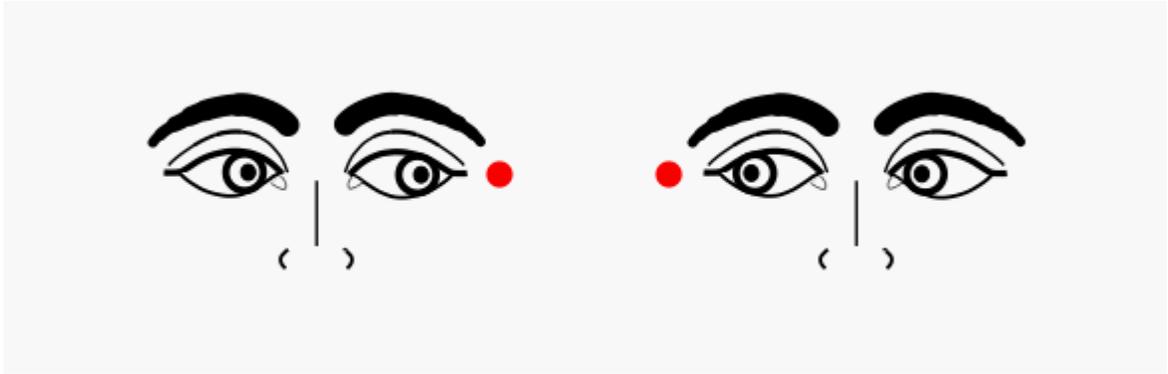
Testing your eyesight before doing the eye exercises will help you establish a baseline and see the extent of your improvement.

2. When doing these exercises, make sure you are not moving your head, only your eyes. You may want to use your finger and let your eyes follow your finger as you do the eye exercises. The red dots in the following diagrams are where your eyes should target.

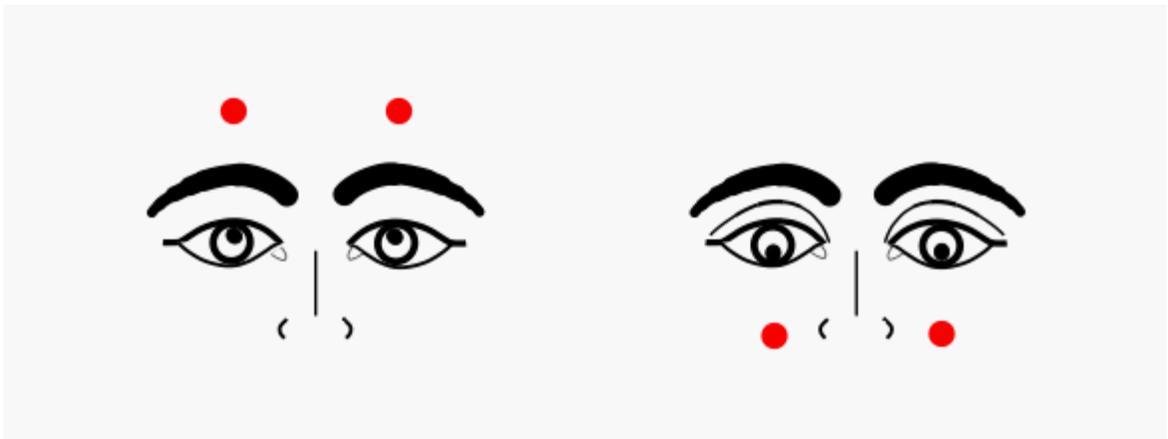
The first exercise is to look to the right as far as your eyes can move. You should feel the pull of the eye muscles as you hold them in this position and inhale and exhale one time using [diaphragmatic breathing](#) for a count of three or four seconds.

Then move your eyes to the left, again feeling the pull of the eye muscles as you move them as far left as possible. Inhale and exhale as you hold the position for another count of three seconds to four seconds.

Continue stretching the eye muscles, right and left for a total of four times in sync with your diaphragmatic breathing.



- Next, look up as far as possible, feeling the pull of the eye muscles. Hold as you inhale and exhale using slow diaphragmatic breathing. Then look down and hold that position, as you continue to use belly breathing for another count of three or four seconds. Again, you should feel the pull of the eye muscles. Repeat for a total of four breath synchronized sets.



- For this next exercise, bring your finger close to your nose. Follow your finger with your eyes until you are looking cross-eyed. When you start to feel the pull of the eye muscles, hold for a count of three to four seconds, synchronized with one inhalation and exhalation.

For the next breath, close your eyes and let them stay as relaxed as possible for a count of one three- to four-second breath. Repeat the stretching and relaxation for a total of four sets.



- Now, close your eyes as tightly as possible, and hold for a count of three to four seconds, again synchronized with diaphragmatic breathing.

For the next breath, open your eyes as wide as possible for another count of three to four seconds. Do a total of four sets in sync with your breathing.

6. Lastly, close your eyes again as tightly as possible. As you are doing this, rub your hands together until they are very hot. You are stimulating the external [chi energy](#) for healing.
7. Keeping your eyes closed, relax them completely and place your palms lightly over your eyelids. You should feel the warm *chi* flowing comfortably over your eyes from your palms and relaxing the eyes even more, so that you see complete darkness. Continue palming for about a minute or two. Always rub the hands before you palm.
8. When you have finished palming, test your eyesight again with the eyechart. You should find that you can see much more clearly than before.



If not, it means you are tensing the eye muscles unnecessarily again, and you will have to continue with the palming until your eyes are relaxed enough to see clearly. When palming, do not press against the eyeballs or you will see stars.

9. When you have finished testing your eyes on the eyechart, finish off the eye exercises with [qigong acupressure](#) to stimulate the healing *chi* energy and help relax the eye muscles.
10. Continue to practice these eye exercises regularly but be careful not to overdo it: eye muscles are like any other part of your body; if you over exercise them, you can over-strain them.

One of my students was legally blind for the past fifty years but was so diligent in doing the [qigong vision therapy \(of which these exercises are a part\)](#) that after two or three months of the practice he began to complain of headaches.

I told him to see an eye doctor. His optometrist told him he had the wrong prescription and gave him a lighter pair of eyeglasses.

A few more months went by, and he again complained of headaches. He got himself an even lighter pair of prescription glasses.

The third time he complained of headaches, he didn't even bother seeing his optometrist. He has been seeing clearly without glasses ever since.

Although these qigong eye exercises can produce results that you can see immediately (no pun intended!), those results will disappear quickly without regular practice.

#### **IMPORTANT:**

Vision therapy will improve vision ONLY  
if you continue to practice them regularly in conjunction  
with other qigong exercises.

What does this mean? In order for these eye exercises to work, two things MUST occur:

1. You must practice them regularly, every day like clockwork. Just like brushing your teeth, you must develop a daily routine that habituates you into using your eye muscles properly.
2. They must be practiced with other qigong routines. Qigong vision therapy cannot work in isolation. You cannot choose to practice only one set of eye exercises and expect long-term results. For more information on optimizing your progress, read [The Do's & Don'ts of Qigong Vision Therapy](#).

Yes, you will see dramatic and immediate results, but those results are only temporary and limited to just that. One set of eye exercises can only bring you so far, and though you may practice them diligently every day, the improvements will be limited to just the improvements the one set was designed to do.

That is why the [qigong vision therapy programs](#) range from six to twenty sets of exercises depending on the severity of your eye condition.

**Tom Morey, (inventor of the Morey Boogie)  
San Clemente, U.S.A.**

... I'm just now starting the exercises having finally reached a crisis point where, at age 72, coming up on my driver's license renewal, and not being able to pass the eye test, even with my very thick glasses, I need to do something and don't really want to have my eyes operated on, you know. So I'm writing to say, thank you SO MUCH for posting all the excellent free advice. I will diligently do the exercises. Love... Tom

Now, thanks to the support and requests from many of my readers, I have finally finished writing the [vision therapy programs](#) that are designed to meet all your vision needs.

If you have found the above eye exercises helpful, why not try the entire program that addresses your specific need? Give [qigong vision therapy](#) a try and literally see what it can do for you!

## Qigong Eye Exercises & How They Work

Qigong eye exercises are effective against eye strain and tired eyes, astigmatism, double vision, even glaucoma and other serious conditions. Depending on the severity of your eye condition, qigong vision therapy can restore most, if not all of your eyesight.

Western medicine offers limited options for eye disorders: drugs, prescription lenses, or invasive surgery. Prescription drugs and surgery carry their own inherent risks and potential side effects.

As for prescription lenses, they are no more than a crutch: develop a reliance on them, and your eye muscles become weaker and your eyesight becomes worse. Ultimately, the only one who really benefits from your wearing prescription lenses is the multi-billion-dollar eyeglass industry.

How can you strengthen your eyes without eye exercises? Physical exercise must feature in any form of muscle strengthening program including vision therapy.

During the 1920's Dr. William Bates put out a number of very controversial publications. He defied conventional practice and prescribed his own set of eye exercises for his patients.

Known as the Bates Method, his eye exercises were effective to a point. Bates' theory revolved around the premise that poor eyesight and other eye disorders stemmed from tense, strained eye muscles. His solution? Relaxation exercises.

Qigong vision therapy goes a few steps further:

For thousands of years, qigong practitioners practiced natural eye care through diet, cleansing, exercises, meditation and other healthy lifestyle changes that not only developed whole mind, whole body health, but also promoted healing and prevention of myopia, hyperopia, strabismus, cataracts, macular degeneration, retinitis, and many other conditions.

How is qigong vision therapy different from Bates Method? Tai chi qigong is holistic in its perspective on health. Treatment is effective, because it roots out the cause of disease, inasmuch as it strives to heal the damage already done.

Qigong eye exercises and eye care are holistic, focusing on whole mind and body. They are based on four principles that may or may not occur at the same time:

1. Cleansing & Detoxification
2. Muscle Stretching, Retraining & Development
3. Relaxation
4. Internal Healing

While Bates focused only on preventing eye strain, qigong vision therapy is based on the premise that eye exercises must address all four principles for treatment to be effective.

Here's how it works:

More often than not, poor health occurs due to diet and environment. Environmental factors such as work-related stress, inadequate rest, poor lighting, and improper exercise can stress out eye muscles.

Contaminants can infect and damage your eyes. Excess fat and cholesterol can clog blood vessels in the eye, and a poor diet can undernourish the eye. Conditions such as glaucoma, macular degeneration and cataracts are often linked to diet and conditions such as vitamin deficiencies, diabetes, high blood pressure or high cholesterol.

But even for other disorders such as myopia, astigmatism and conjunctivitis, these and other environmental factors can create toxins that attack the most vulnerable parts of the body, including the eyes themselves.

You may not think conditions such as tired eyes, double vision, lazy eye or retinitis have anything to do with toxin build-up, but toxins can create stress in the eye muscles, besides obstructing vision.

One reason tai chi qigong is so effective in the detoxification process is that it cultivates and circulates [healing chi energy](#) which not only promotes natural healing but also flushes out toxins at the same time.

Yes, the lymphatic system, urination and elimination can help remove toxins through perspiration and removal of unwanted waste products, but the eyes do not have access to these cleansing systems and are therefore more vulnerable than most of the other parts of the body.

Blood circulation and tear ducts are also limited in their function: when they too become clogged, toxin build-up in the eyes can result. Qigong eye exercises can flush out these toxins and facilitate healing, thereby preventing disorders such as tired eyes, myopia, cataracts, hyperopia and retinitis.

Air is essential to life. Tai chi qigong teaches correct breathing through various breathing techniques to promote healthy digestion, circulation of blood and healing *chi*, detoxification, and relaxation.

Whether you use [qigong eye exercises](#) to treat eye strain, glaucoma, macular degeneration, double vision, strabismus, astigmatism, or any other disorder, you will find yogic breathing to be an integral part of qigong vision therapy.

Not only does yogic breathing help flush out toxins, but it also promotes relaxation. Generally, eye muscles automatically tense more during shallow breathing. But during yogic breathing your eye muscles relax and you automatically see better. This works even for conditions such as lazy eye and strabismus.

[Qigong meditation](#) also plays an enormous role in vision therapy. If you suffer from double vision, lazy eye, astigmatism, or even simply from tired eyes, meditation can do wonders in helping to heal your eye condition.

Meditation employs both visualization and relaxation. That and yogic breathing make for a powerful combination to generate and promote circulation of healing *chi* energy where it is most needed.

And finally, [qigong vision therapy](#) incorporates muscle stretching eye exercises that will retrain and strengthen weakened eye muscles.

**Note:** This is not the same as straining eye muscles through staring and fixation. Staring and fixation overuse one set of eye muscles and underuse another set. It's like holding a set of heavy weights with your arms outstretched for extended periods of time. Instead of building muscles, you strain and overtire them.

This is especially true with cases of double vision, strained and tired eyes, strabismus, astigmatism, hyperopia, myopia and even lazy eye. When you remove the strain, vision often improves.

Muscle stretching eye exercises work gently on retraining your muscles to strengthen them again so that they are able to function without straining. Combined with yogic breathing, they relax the eye muscles as you focus, thereby sharpening your visual acuity.

If that doesn't make sense to you, think about when you have been reading or sitting in front of the computer too long. Without frequent "eye breaks" your eyes become strained and tired, and you find your vision begins to blur. Why? Because your eye muscles become overworked and tired, and your vision becomes worse!

This proves my point: the more you stare and fixate, the more strained your eyes become. The more you overwork those eye muscles, the poorer your eyesight! The opposite also holds true: the more relaxed your eyes are, the better you see!

Lazy eye, cataracts, double vision, astigmatism, myopia and most other eye conditions have one single feature in common: tense eye muscles. Qigong muscle stretching eye exercises are gentle on the muscles. Combined with yogic breathing, these eye exercises retrain eye muscles to relax and stretch at the same time.

So why do I prescribe different vision therapy exercises for different eye conditions? Because there are so many qigong exercises for the eyes, and there are different ones that ideally work better for different eye disorders. To practice all eye exercises would be impractical, not only in terms of time but also in terms of treatment.

Far better to customize the [qigong therapy](#) for each eye condition to promote faster and more effective results. Some ingredients are common to all, such as yogic breathing, meditation and

visualization. Others, particularly the focusing and muscle stretching eye exercises are more individually tailored to suit the eye condition.

Lazy eye, strabismus and double vision, for example, require more exercises in fusing images of both eyes communicated to the brain via the optic nerves. Tired eyes, myopia, astigmatism and hyperopia would require other stretching exercises, as well as visualization exercises.

Not so different from the Bates Method, qigong vision therapy also advocates aerobic exercises that stress relaxation. While physical exercise in general is healthy for the body, any form of exercise will automatically tense eye muscles.

Therefore, weight lifting and body building are especially detrimental for disorders such as macular degeneration and glaucoma, because they cause excessive eye muscle tension and the over-formation of blood vessels resulting in pressure in the eye.

On the other hand, gentle aerobic exercise, such as swimming or walking, oxygenates the body, giving it energy, flushing out toxins and promoting circulation of both oxygen and healing *chi*. Tai chi qigong is especially helpful in this regard, because it is both aerobic and extremely gentle on the eyes.

For the same reasons described here, it is always best to conclude any physical exercise with eye relaxation exercises, especially for serious eye conditions, such as glaucoma, cataracts and macular degeneration. However, weak eyes, lazy eye, astigmatism, and double vision also benefit highly from relaxation exercises.

For samples of qigong vision therapy, you can try out the [pressure points for eyes](#) and the [muscle-stretching and relaxation exercises](#) that I have on this website.

While they are by no means complete in themselves and will not provide long-term benefits, they can nevertheless give you an idea of how effective these qigong eye exercises can be, even for immediate or short-term effects.

**Another important note:**

While results can be immediate and dramatic, especially in severe cases of myopia, eye strain, double vision, macular degeneration, glaucoma, even in legal blindness — however, they are only temporary!

You must practice [qigong vision therapy](#) every day as a complete set of exercises and in combination with other qigong exercises to see more permanent results, usually for a minimum of several months.

Qigong vision therapy is not a quick fix. Long-term, I have seen it produce some amazing results, especially with myopia, tired eyes and eye strain, lazy eye, double vision and strabismus. However, it does take time and serious consistent effort to make it work.

Also important: [qigong vision therapy exercises](#) should be practiced in combination with other qigong exercises. If you are already training in tai chi qigong, then the qigong vision therapy will work most effectively on healing your eyes and maintaining good eye health.

Tai chi qigong is holistic in its perspective on health and therefore looks at both root causes and healing of disease. Eye care, exercise and treatment are no different. For optimal results, qigong vision therapy incorporates both eye exercises and [lifestyle habits](#).

To understand how to optimize on your eye care and health, you should read about the [dos and don'ts of qigong eye exercises and eye care](#) before registering for any of the [vision therapy programs](#) available on this website.

Glaucoma, lazy eye, astigmatism, double vision, myopia, retinitis, macular degeneration, strained or tired eyes, legal blindness, hyperopia, strabismus, cataracts, or generally weak eyes due to weak eye muscles and fatigue — it doesn't matter what it is, qigong vision therapy is effective on almost any eye condition.

So why not give these eye exercises and eye care a try? [Qigong vision therapy](#): noninvasive, gentle on the eyes, easy to learn, easy to incorporate into your work or leisure activities, a natural way of preventive eye care and eye health maintenance for all your vision needs.

## Chinese Pressure Point Eye Exercises

Qigong (a.k.a. chi kung) pressure point exercises are part of a nation-wide program implemented by China's Ministry of Health to help prevent myopia and eyestrain.

Called *Yan Bao Jian Cao* or roughly translated as "Eye Care Gymnastic Exercises", these exercises are routinely practiced everywhere in China, both in the school and workplace.

Myopia, hyperopia, astigmatism and other eye conditions stemming from eyestrain can result from focusing and using the same eye muscles in one position for too prolonged a period of time. To prevent eyestrain, take a break every hour or two hours from whatever you are doing and practice some simple qigong eye exercises.



To prevent any possible infections, you should first wash your hands with soap and water before massaging these acupressure points.

Massage in a circular direction for both left and right eyes at the same time, as illustrated in the diagram. The red points show the location of the points.

The diagram shows the second pair of pressure points in a set of four. These two points are called *Qingming* or "Clear Bright" points. You may have instinctively squeezed on them before, when you felt eyestrain or fatigued.

These are also good for moistening and detoxifying the eyes, while dispelling negative *chi* energies called "wind" and "heat". Squeeze and massage these two points with forefinger and thumb for a count of sixteen.

Follow the procedure above if you are limited by time constraints. However, optimally, at least once a day, you should do a full set of these exercises including three other sets of pressure points: instead of a count of sixteen, massage each point for a count of eight times eight (totaling sixty-four counts) for each of the four exercises.

Everyone in China knows these pressure point exercises, since they are taught and practiced in schools as part of a regular exercise routine. I have practiced these exercises myself and have been able to maintain my eye health for the past thirty years.

Since a child, I suffered from myopia, but I stopped wearing glasses after learning the qigong vision therapy. My eyesight had improved sufficiently that I could read without them.

Then, when I got my driver's license I found I was still slightly myopic, and I wore glasses only for driving. I continued to wear the same prescription glasses for the next 25 years! That meant my eyes had not gotten worse, thanks to the vision therapy and qigong I practiced.

I confess, that I will become lazy when it comes to regular practice. However, probably because I practice qigong meditation and other exercises, I have been able to continue maintaining good eye health, and my eyesight has not deteriorated.

More than likely, had I been more persistent I would have been able to improve them to 20/20 vision. Be that as it may, the pressure point exercises in combination with other qigong exercises do work and I have my eyesight as well as my students' to prove it.

A further important note: these pressure point eye exercises will help maintain eye health and prevent many eye conditions that result from eyestrain. However, if you already suffer from myopia, although massaging these points will prevent it from deteriorating any further, they will *not* reverse it.

To do that, you would need to practice the entire qigong vision therapy, or if you are lazy like I am, resort to Ortho C that Canadian optometrist and police officer John William Yee has developed as an easy and permanent remedy for myopia.

# Ortho C Contact Lenses: A Myopia Fix!

Ortho C contact lenses are non-prescriptive and worn only a few minutes per sitting with immediate results!

[Qigong vision therapy](#) is very effective, but if you are as lazy as I am in practicing qigong eye care, there is another safe, though less effective method to reversing myopia and astigmatism.

It's called Orthocology or Ortho C for short. Developed by Canadian optometrist and police officer John William Yee, these contact lenses are non-prescriptive but produce results that you can literally see immediately!

Too good to be true? I thought so too, until I tried them myself. Since they cost the same as regular prescriptive contact lenses, I decided they were definitely worth trying, so more than a year ago, I ordered a pair.

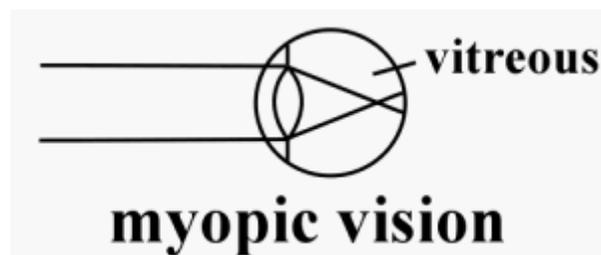
Because I had never worn contact lenses before, I had to go to a local optometrist to try them on.

The optometrist did not know these were specially made Ortho C lenses; he thought they were prescriptive lenses, and when he tested my sight, he found they corrected my myopia and severe astigmatism almost perfectly in the first sitting.

Why would the optometrist's words convince me that Ortho C really works? Because he thought these lenses were *prescriptive*, when they were NOT! Yet they worked exactly — no, actually *better* than prescriptive lenses.

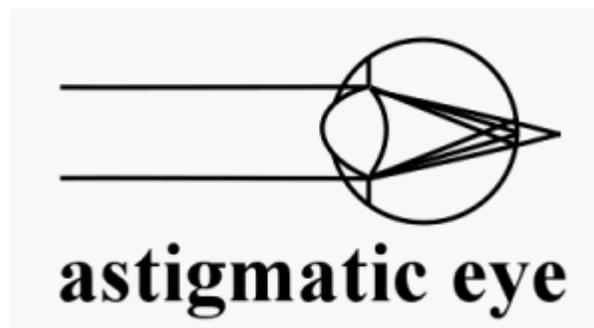
Considering this was my first trial, the optometrist said the lenses were a close fit, and would not require much adjustment. However, because these are specially shaped lenses, I refused to have them adjusted, which would have reduced or worse, cancelled the effectiveness of the Ortho C treatment.

How can non-prescriptive contact lenses fix myopia and astigmatism, so effectively that, worn just a few minutes per sitting over an extended period of time, can permanently reverse these conditions?



In order to understand how Ortho C works, you must first understand the causes of myopia and astigmatism.

Myopia is nearsightedness caused by the shape of the eyeball being too long or the cornea too steep, so that images become focused in the vitreous inside the eye instead of on the retina at the back of the eye.



Astigmatism is also due to an irregularly shaped cornea. Instead of being sphere-shaped, it is shaped like an oval, and the cornea is unable to focus the light properly, resulting in multiple focal points, and the difficulty of seeing fine details.

Normally, only prescriptive contacts for astigmatism or eyeglasses can temporarily correct the condition. Otherwise, you could resort to more permanent surgical means which also carry inherent risks, not to mention financial costs.

However, Ortho C not only offers a *permanent cure*, but is completely safe and cost-effective.

With the help of plain "flexible" contact lenses, Ortho C reshapes the eyeball, lens and cornea back to their normal shape. Worn a few minutes a day, vision improves naturally until you gradually wear the contact lenses less and less often, eventually doing away with them altogether!

How is Ortho C better than laser surgery or other forms of corrective lenses? Here are the benefits:

- You wear them only a few minutes per sitting, and not every day. The stronger your myopia, the longer you wear them, for a maximum of ten to fifteen minutes per sitting, every few days. In fact, John emphasizes that you cannot wear them for prolonged periods, otherwise they will not work.

Because my myopia is quite mild, I only have to wear the contact lenses for a maximum of five minutes per sitting, two or three times a week for the first two weeks, eventually tapering off until my myopia and astigmatism are cured!

- Ortho C will completely reverse mild and moderate cases of nearsightedness. In fact, you can see immediate results within a few days of treatment.

I have worn these contact lenses only three times, but I no longer have to wear my prescription glasses when I'm driving, and Yee estimates that I will have to wear the Ortho C only once a month for a few months for them to effect a permanent cure of my myopia.

However, because my astigmatism is quite severe, it will take longer to reverse permanently, so that I can see 20/20.

- Unlike prescriptive contact lenses that you have to wear for long periods of time, there are no side effects with Ortho C. That means no sore, fatigued eyes, no corneal abrasions, and less

chance of contracting eye infections that are more likely to occur when wearing prescriptive contacts for prolonged periods.

- Just like laser surgery, the effects are permanent. But unlike laser surgery, Ortho C is completely natural and noninvasive, so it doesn't carry the inherent surgical risks of damage to the eye and resulting eyesight.
- Best of all, Ortho C is inexpensive, costing about the same as a regular set of prescription contacts! Moreover, you don't have to be stuck wearing them for the rest of your life!

So if you suffer from mild to moderate myopia with or without astigmatism, and you don't want to wear prescriptive glasses or contact lenses, Ortho C offers a natural solution with absolutely no side effects or the prohibitive costs of laser surgery.

If your myopia is severe, that is, your prescription ranges between -2.00 to -4.00 diopters, you might not achieve 20/20 vision with Ortho C, but it will still significantly improve your vision with the results between 20/40 and 20/25.

Not sure what that means? 20/20 vision is perfect vision. It means that you can see the bottom two lines of the Snellen Eye Chart at twenty feet away. If your visual acuity is 20/40, it means that you can only see objects twenty feet away what people with perfect eyesight can see at forty feet.

You can find out more about John Yee's Ortho C treatment at his website, [reversingnearsightedness.com](http://reversingnearsightedness.com). To contact him, you can also reach him by email: johnyee@email.com, but depending on the volume of clientele, you may have to wait a few days for his response.

Because it is a natural method of reshaping the myopic/astigmatic eye and it follows similar principles in line with qigong vision therapy, I thought it should be made known to people who believe in natural eye care. In fact, I believe in Ortho C so much that I offered to write about it without any remuneration.

Although I have not met John Yee in person, I have corresponded with him through e-mail on several occasions concerning my treatment, and told him that Ortho C is too good a treatment to ignore. Why not make it better known to the public?

Unfortunately, according to John, the information on his website is somewhat out of date, as he has improved on the treatment since the first launching of Ortho C.

For more current and detailed information on the treatment, you can order his book called *Reversing Nearsightedness*, also available on his website, but if you order the contacts, he will include the book for free as part of the Ortho C treatment.

**NOTE:** Ortho C will not remedy severe cases of myopia, hyperopia (farsightedness), and astigmatism, but it can reduce those conditions significantly. On the other hand, [qigong vision therapy](#) can reverse almost all conditions, including legal blindness! Ideally, you should practice qigong vision therapy with the Ortho C application for the fastest and most effective results.

Even so, Ortho C is a safe natural cure for mild to moderate cases of myopia. You can now replace your contacts for astigmatism and myopia with Ortho C, and see better without the prohibitive costs of laser surgery or cumulative costs of prescriptive lenses. Take it from me, it's definitely a promising sight for myopic eyes!

# Boss's Eye Techniques & Tips

- 1) Trace clear objects in the distance.
- 2) Eat soaked Sunflower Seeds.
- 3) Eat all fresh Greens.
- 4) Eat fresh Blueberries.
- 5) Drink Eyebright Tea.
- 6) Drink Dandelion Tea.
- 7) Eat fresh Sprouts.
- 8) Wear an Eye Patch daily for 2 minutes.
- 9) Do Relaxing Meditations daily.
- 10) Do Eye Sunning and Palming daily.
- 11) Do Nasal Massage with Eucalyptus Oil daily.