

PERCEPTIVE VISION



**A system of simple exercises to
change the way we perceive life**

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Disclaimer

This workshop was written for TFH Instructors to enable them to introduce people to kinesiology. It is not designed to teach people how to treat, diagnose or prescribe. The responsibility always lies with the person who chooses muscle testing as a tool to gauge energetic responses in the body and to act upon this knowledge as he or she chooses. It was also written so the author could share her positive experiences using the simple methods in this book.

Kinesiology - the use of muscle testing to assess energy imbalances in a person, is perhaps one of the fastest growing natural health sciences in the world today. It is taught in over 60 countries and has been used by millions of people since Touch for Health was introduced in the U.S.A. in the early 1970s by Dr. John Thie D.C.

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Introduction

So much of what we experience in life is based on our visual perception of what is happening around us. We are often better able to make decisions when we can see evidence in front of us which points the way to choices and actions necessary in any given situation. Of all our senses, our sight most allows us to build up a store of experiences from which we can draw to enable us to act with confidence in similar situations.

Yet some will say that even with sight we “don’t see”. How many of us who have walked into the room could close their eyes now, and describe their surroundings from memory. How many of us fail to see “what is under our very noses” at times when we don’t wish to acknowledge things going on around us.

Often the need to wear glasses does not come from a physiological problem. Too often as children or adults, something too painful or threatening can make us decide that we don’t want to see and our eyes obey the thought and begin to ‘stop’ seeing. The same can be true of deafness. A turnabout can only be achieved if the belief patterns change and the person’s confidence in themselves is strengthened. Our perception of ourselves is so important in the desire to see clearly. On a more physical level, exercises and nutrition will also play an important role in supporting the decision to truly see again with clear healthy eyes.

My own experience showed the importance of truly believing that I could choose to see more clearly again. I knew my spectacles prescription was no longer satisfactory and a visit to the optometrist verified that my eyesight had changed. When asked by how much, he was pressed to admit that it had improved by almost 50% and, “that shouldn’t happen... your eyes should be getting worse at your age”!!

My belief in myself and the techniques and muscle testing available to me were fortunately enough to override his belief system. This was further emphasised when an eye test with the Department of Transport lifted a “spectacles required” validation from my driving licence.

The purpose of this workshop is to look at various methods which have been successful for many people wishing to see more clearly. Some of the techniques require a simple system of testing to find where certain problem areas lie. A desire to see is not always a guarantee for the success of the techniques. Dedication, discipline, and a perception or “vision” of happiness and confidence in the future not only for self but for the environment is necessary as well.

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Nutrition and Environmental Support

Good digestion plays a vital role for a healthy body and clear eyes. Foods with a high nutritive contribution to eye health can only be utilised properly by the body if the digestive systems allows. Chewing thoroughly, and not having fruit and drinks with meals helps for most people. Eliminating stress while eating is most important, so don't eat while angry or upset.

There are certain foods which may be detrimental to eyes. Caffeine, cola, chocolate, coffee, black tea and some "over the counter" pain relievers are in this category. After 1 or 2 cups of black coffee, blood supply to the brain can be reduced by up to 25%. Sugar and alcohol raise blood sugar levels making focusing difficult. Salt elevates blood pressure and puts undue stress on the retina, particularly important when dealing with glaucoma. High fat intake blocks blood flow to the visual system. Red meat which can be high in toxins and fat should be limited to three servings only per week.

Vitamins and minerals contributing beneficially to eye health include:

Vitamin A - a fat soluble vitamin stored in the body and important for production of visual purple necessary for night vision. This is available in sweet potatoes, liver, spinach, broccoli and yellow vegetables.

Vitamin B complex - a water soluble group of vitamins which the body needs daily for good health; from whole grains, brown rice, meats and fish, and green leafy vegetables. Helpful in healing of cataracts, glaucoma, bloodshot eyes.

Vitamin C and Bioflavonoids - a water soluble vitamin important for the capillary, vascular and immune systems, obtained from fresh fruit and vegetables.

Vitamin D - a fat soluble vitamin essential for assimilation of vitamin A, obtained in fish and fish oils and from sunlight.

Vitamin E - a fat soluble vitamin which strengthens capillary walls and increases oxygen supply to cells; available from oils, nuts and seeds. May aid in cases of detached retina.

Calcium - provides oxygen to the brain, from cottage cheese, sardines, spinach, broccoli, carrots.

Complex carbohydrates - provide a wide variety of minerals and vitamins for general body health, from grains and cereals, fresh fruit and vegetables.

Fats- as oils in nuts and seeds, and in animal flesh, butter and margarine, necessary for the formation of hormones. Fat should not be in excess of 30% of the total daily intake of food.

Proteins- from animal flesh and vegetable and grain combinations, for healthy systems and repair of cells.

Water- 8 glasses per day, preferably filtered, necessary for healthy elimination.

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Zinc- for utilisation of proteins and necessary for all sensory input; obtained from lamb chops, zucchini, pumpkin seeds.

Stress

Smoking, stress, advancing age, and a highly polluted environment contribute to the need for increased vitamins and minerals.

Stress plays a vital role in healthy eyesight. Chronic stress can place pressures on the small muscles around the eyes causing them to be in constant spasm or hypertonicity. Eyes which are affected in this way can be observed to have whites of the eye showing underneath the iris and are said to be “sanpuku” eyes. This is the inability of the eye muscles to hold the eye in place and may appear in one or both eyes. Changed lifestyle, removal of stress and the ability to relax are important in reversing these conditions.

Lighting

Sunlight and proper lighting are also an important consideration for healthy eyes and eyesight. Fluorescent lighting has an imbalance in the colour spectrum and can damage eyes. Some plants will not grow under fluorescent lights.

Broad spectrum lighting can simulate 95% of natural sunlight and should be fitted in work areas where possible. Radiation emitted from television and computer screens also has an effect on the rods and cones of the eye. Effects on the body can be monitored by testing an IM while viewing the screens from different positions.

Colour

Colour healing has had its roots in the Orient and Europe for over three thousand years. Emeralds were used in Egypt as long ago as 1500BC for healing eye problems. A better understanding of the way colour works can be achieved if we realise that colour is a vibration, a wave length of light that is registered on the visual cortex and sent to the brain for “translation”.

Red has the shortest wave length frequency in the colour spectrum and is known to stimulate and excite both physiologically and emotionally.

Blue has the longest frequency and may be why we feel “blue” when we are down.

Green, the colour most abundant in nature, is exactly in the middle of the colour spectrum.

Red and yellow are known to be able to raise blood pressure slightly, and pink has a calming effect on the adrenal cortex.

Wonderful results in vision improvement have been achieved for people using colour as a visual stimulus over a period of time. Muscle testing for strengthening colours is another choice we have in seeking eye health.

An Introduction to Muscle Testing

Muscle testing also known as muscle monitoring is the practical instrument used by the rapidly expanding field of kinesiology, a natural healing modality.

Kinesiologists use “indicator muscles” so that they are able to access and obtain a read-out from the body’s “biocomputer” very much as a computer operator boots up, accesses, and obtains information from a man-made computer.

An indicator muscle has two operating modes i.e. it will either test weak - “unlocked” or strong - “locked”. In this way the muscle tester is able to obtain information from the person as they react to various input or stimuli introduced by the muscle tester.

Underlying this analogy is the concept that everything is energy in its various forms. We are energy and we are driven by energy. Our very essence is energy. The Ancient Chinese recognised this and today this effective system of healing that is acupuncture operates on this concept.

So when we muscle test we are indeed accessing the biocomputer, but more, we are also monitoring changes or disturbances in response to input or stimuli, in this fine energy that drive us. It is the balance or imbalance of fine energy or life force that ultimately determines our state of health or ill-health.

If you are interested in learning more kinesiology, your instructor will tell you about Touch for Health, an easily learned and applied system of self help for wellness using kinesiology principles.

The muscle testing preparation exercises on the next page ensure that there are no existing problems with our physical, biochemical and mental / emotional energy and are therefore not a factor in any subsequent muscle testing we do.

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Accurate Indicator Muscle Monitoring

Prepare for Testing

- a. Hold the navel and rub below the collar bone/breast bone junction both sides.
- b. Hold the navel and rub the upper and lower lips.
- c. Hold the navel and rub the tailbone. Change hands and repeat.

Testing for Accurate Indicator Muscle

1. Ask the person to lift their straight arms to 30° in front of the body. Push on the arms above the wrists to move them back to the sides of the body. Use less than 2lbs of pressure for about 2 seconds through 2" or 6cms to see if the muscle locks. (See Fig. 1). You can test both together or one at a time.
The arms will either stay firm and "lock" or feel mushy and "unlock".
2. If "mushy", use the reflexes to stimulate energy. Place the fingers of one hand on the Anterior Fontanel of the head while using the other hand to rub the third, fourth and fifth rib spaces beside the breast bone on the front of the chest. The muscle should now lock. (See Fig. 2)

Physical Challenge

3. Introduce a physical stress by manually "turning off" the muscles which are located on the front of the shoulder. Push together in the belly of the muscles and retest. They should now unlock. (Fig. 3)
4. Pull apart in the belly of the muscle and retest. The muscles should lock.
If the muscles did not unlock, ask the person to take a deep breath, unlock their knees and relax their shoulders, and pretend to push their hands into the floor while the muscle is being tested.

Emotional Challenge

5. Test the muscles while thinking of something embarrassing or scary. The muscles should unlock, which is the usual stress response.
6. Have the person think of something pleasant and happy. The muscle should now lock.

Biochemical Challenge

7. The smell of industrial grade ammonia or permanent markers usually unlock the indicator muscles. Give the person the option of smelling either of these substances and test.
8. Fresh air will usually relock the indicator muscles.