

Eye Patching

If you continue to see life as you have always seen life, you will continue to get from life what you have always gotten from life. Until you change your basic thought processes about life you will continue to experience life as you have always done. Patching the eyes provides your brain with a new perspective on life. Even for a short while, patching can significantly change your perspective and your underlying paradigm (beliefs). Eye Patching tends to balance brain hemispheres. What most people will first experience with eye patching is an increase in visual acuity, a sense of “lightness” in the room, and an overall lessening of stress and strain on the eyes.

With one eye patched, one brain hemisphere tends to become hypersensitive (intensifying) while the other seeks to compensate, becoming hyposensitive (lessening). This imbalance creates a state wherein the person has two completely different concepts of the perceptual world. One concept is that being directly fed from the uncovered eye to the brain. The other concept is that being shared from the uncovered eye - through its governing brain hemisphere - to the other brain hemisphere. This condition strengthens the communication bridge between brain hemispheres and tends to create a paradigm shift (a change of thought patterning).

Some conditions that seem to improve after eye patching

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|------------------------------------------|-----------------------------------------------------|--------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Obsessions | <input type="checkbox"/> Chronic Intrusive Thoughts | <input type="checkbox"/> Chronic Pain | <input type="checkbox"/> Excessive Mind Chatter |
| <input type="checkbox"/> Compulsions | <input type="checkbox"/> Chronic Anxieties | <input type="checkbox"/> Conflicts | <input type="checkbox"/> Chronic Depression |
| <input type="checkbox"/> Fixations | <input type="checkbox"/> Chronic Frustrations | <input type="checkbox"/> Chronic Anger, Rage | <input type="checkbox"/> Chronic Substance Abuse |
| <input type="checkbox"/> Chronic Fatigue | <input type="checkbox"/> Chronic Grief & Sadness | <input type="checkbox"/> Chronic Fears (phobias) | <input type="checkbox"/> Chronic Over/Under Weight |

How to patch

1. Place the eye patch over one eye (either eye will do). Adjust it to fit comfortably.
2. Experience the patch for several minutes - 20 minutes or until you feel uncomfortable whichever is less
3. Place the patch over the other eye for several minutes - 20 minutes or until you feel uncomfortable whichever is less
4. Practice patching one eye, then the other, until you are comfortable wearing the patch on each eye for about 20 minutes each
5. Patch the eyes at least twice per day - morning and evening
6. If you feel distressed, take off the patch, do RET first aid, patch again, and call me for an appointment soon – you’ve probably found an issue that’s ready to work

What you *might* experience after eye patching

- Some physical discomfort - nausea, headache
- Physical cleansing - diarrhea, nausea, sweating, cold symptoms
- A change in visual acuity - you may want to have your eyes checked by a qualified optometrist if you notice a change
- Clarity or clouding of thought - usually a clouding or confusion will arise before a clarity
- Lessening of mental clutter after a period of increased mental chatter
- Lessening of overall stress after a period of increased stress

Activities to do while eye patching

- Reading - practice reading with one eye patched, then the other, for a few weeks to improve speed and comprehension
- During a conflict with a family member - for greater positive results both participants patch (usually the right eye)
- Just prior to any test or examination - during preparation time (to assist in comprehension and retention of material)
- Listen to Baroque music - Handel, Telamon, Beethoven, Mozart - enhances the patching effect (keep eyes open while listening)
- While listening to verbal instructions or during a presentation - patch the eye that clarifies the material for you

Warning: Do not patch the eyes during times when depth perception is important (such as driving, operating dangerous equipment or machines, cutting with knives, walking up/down stairs, etc.).