

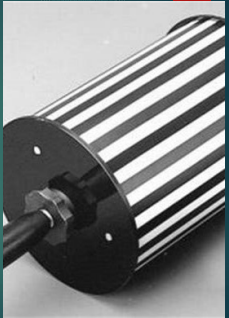
Ways to influence the automatic

Hour 4 Activities and alternations to activities

How to reflexively look at a neglected side

Count the stripes
Look away at a blank wall
Note the reflexive eye movement

Use reflexes



Living Deliberately to balance ANS

- Prayer
- Tai Chi
- Meditation
- Mindfulness
- Qigong

<https://www.nqa.org/what-is-qigong->
Heart Math
<https://experience.heartmath.com/?u=16>
Avatar
<https://theavatarcourse.com/>



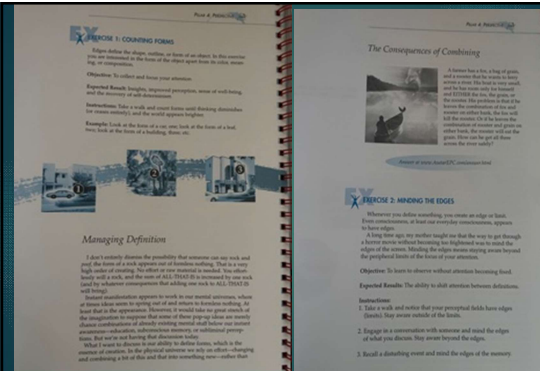
Use Balance - Where am I?

- Balance boards
- Yoked prism
- Plus lenses
- Central peripheral while in motion
- In motion
- Location
- Dodge ball

Being heard is important

- ▶ History "say more" "What Else?"
- ▶ Let them talk it all the way out so that they can move past the idea that no one understands their pain
- ▶ Then direct attention to the activity. Be here now, not reliving the trauma
- ▶ Direct them to observe what they see not how they feel
- ▶ End the constant inventory of pain, rank it at the start and finish. Ignore it the rest of the time.

"I wonder when that quit bothering me?"



Pay attention to edges exercise

Do activities in Mu delta

- ▶ To stimulate accommodation by increasing sensory awareness
- ▶ To relax convergence
- ▶ To calm motor overflow
- ▶ To quiet the person who need to rev up to operate
- ▶ To allow the visual system to move between figure and ground

Do Mu Upsilon activities

- ▶ To stimulate accommodation
- ▶ To allow convergence to happen
- ▶ To quiet the person who is in sensory overwhelm
- ▶ To allow the visual system to move between ground to figure

Work in Neurasthenic

- ▶ When a person is in exhausted
- ▶ When a person is stuck and cannot move either direction
- ▶ When a person seems like they are needing both red and blue

Blue cones extend beyond the fovea – Why?

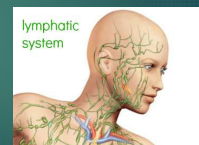
- ▶ Peak response at 445 nm
- ▶ Smaller in number only 2% cones
- ▶ the blue sensitivity of our final visual perception is comparable to that of red and green, suggesting that there is a somewhat selective "blue amplifier" somewhere in the visual processing in the brain. Why?
- ▶ When red and green are in focus blue is out of focus

Reflexes are survival

- ▶ We need to pay attention to them
- ▶ Use the reflexive response to your advantage in training
 - ▶ Give that system a job to do
 - ▶ Balance board
 - ▶ Trapeze
 - ▶ Trampoline
 - ▶ Walking rail
 - ▶ Visualize yourself at ease doing the activity
 - ▶ Observe when the reflex stops running the show

Crocodile tears - Abnormal linkage between the lacrimal and the salivary glands. Headaches.

- ▶ Stimulating the facial nerve has general parasympathetic implications which can decrease facial nerve headaches
- ▶ Lightly brushing the face
- ▶ Mirror activities



Vision Training and DRY EYE

Base In Prism and increasing the ability to converge will help the trigeminal dry eye

Establish the oil layer of tears

Scrub the lashes

Neuroplasticians

- ▶ Lenses
- ▶ Filters
- ▶ Light
- ▶ Activity
- ▶ Feedback
- ▶ Practice / repetition
- ▶ Technology

Bates 1860-1931

- ▶ Aphakic patients that focus with extra ocular muscles that change the length of the eye
- ▶ Seeing is a sensory and motor activity
- ▶ Photophobia is light noise
- ▶ Imprecise aiming is the cause of blur
- ▶ The quiet and nourished eye
 - ▶ Visualize the midnight starless sky
 - ▶ Sun your eyes with eyes closed
 - ▶ Palming
 - ▶ Blinking

Palming

Spend some time each day Palming

To palm is to cover your closed eyes with your hands in such a way that there is no pressure on your eyeballs. The palms of your hands are slightly cupped over each eye (left over left and right over right), and usually the fingers are partly interlaced on your forehead.

There should be no light, or as little as possible, allowed to enter the eye. Once you are palming, open your eyes and look around to see if you can adjust your hands in such a way as to exclude as much light as possible. Close your eyes.

Note:
Palming is supposed to be relaxing, but you may end up being tight in your hands and arms in order to exclude light. Don't overdo it, and if necessary compromise. The next time you palm, you may find a better position for the hands. Palming in a darkened room can be helpful.

Palming Positions

Sitting in a dining-type chair in front of a table with a stack of cushions, (or foam pads) on it. The cushions are for resting your elbows; there should be enough cushions so that you are able to easily bring your palms to your eyes without stooping forward (too few cushions), or having to look up (too many cushions). Rest your elbows on the cushions and bring your hands to your eyes. Close your eyes, rest with the darkness, and don't forget to breathe!

Palming

Cover your closed eyes with your hands in such a way that there is no pressure on your eyeballs. The palms of your hands are slightly cupped over each eye and the fingers are partly interlaced on your forehead. Body supported to limit neck and back tension.

There should be no light, or as little as possible, allowed to enter the eye. Close your eyes. "Wet Black Velvet"

In the training Room: Lenses and Light

HOOR 4

Success with an approach embracing the triad

- ▶ Start with the reflexive systems
 - ▶ Apply lenses
 - ▶ Apply light
- ▶ Account for balance
- ▶ The relationship between central and peripheral is always at play

Observe when you apply a lens

Did location become more accurate?
 Did the NPC improve? watch the release and recovery
 Did their speed change?

Almost all visual training benefits from the application of a lens
 to compensate
 to disrupt
 to guide

Tools The Therapist Might Use to observe the response to the lens


- ▶ Functional kinetic visual fields
- ▶ Saccade approximates the field well
- ▶ Cap and ball
- ▶ Vo star and Cheirosopic Tracings
- ▶ Midline test
- ▶ Retinoscopy reflex
- ▶ SILO vs SOLI
- ▶ +/-2
- ▶ Fixator, SVI

Start with Lenses

- ▶ Work in Plus
- ▶ Work in BI
- ▶ Work in BO with Plus

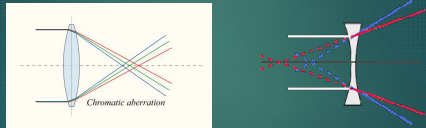
Mix it up
 Observe
 If you disrupt than end with a lens that is organizing

Working on the visual horizon wearing Pi Omega



1.8D difference between red and blue

Increase sympathetic Increase parasympathetic



Low + increases parasympathetic

½-2 Prisms Yoked

**Yoked Base
Down
Stimulate
sympathetic**

**Yoked Base
Up Stimulates
Para
sympathetic**

Prisms

¼ to 2 Base In


- ▶ Sympathetic stimulation
- ▶ And thereby decreasing accommodation
- ▶ Divergence decreasing accommodation

¼ to 2 Base out

- ▶ Parasympathetic stimulation
- ▶ And thereby increasing accommodation
- ▶ Convergence driving accommodation

Overly
Parasympathetic

Stimulate with red end
Mu delta
N



Overly Sympathetic

Stimulate with blue end
Mu upsilon
Omega

Stuck in the middle without the ability to go either way
Stimulate with alpha omega
Omega N

Syntonics

- ▶ Basic filters
 - ▶ Alpha omega "Ruby"
 - ▶ Alpha delta
 - ▶ Mu delta "lemon"
 - ▶ Mu upsilon "
 - ▶ Upsilon omega N
 - ▶ Upsilon Omega D
 - ▶ Omega N
 - ▶ Upsilon omega
 - ▶ N

Light

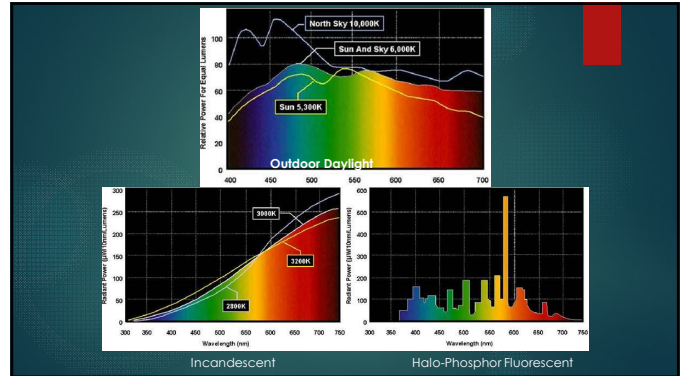
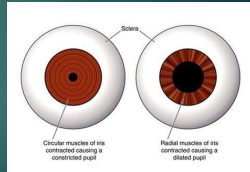
- ▶ Work in dim light
- ▶ Work in bright light
- ▶ Work in strobed light, strobe glasses

Light in the eye usually inhibits sympathetic pathway causing constriction

- ▶ Pupil dilation is sympathetic acting in opposition to parasympathetic status
- ▶ While light stimulates the parasympathetic output, giving rise to the light reflex, it can both inhibit and stimulate the sympathetic output.

Light in the eye dilates the pupil

- ▶ When sympathetic is stimulated by light the pupil dilates instead of constricts
- ▶ Too complicated to summarize 2018 study



Yoked Prism

- ▶ Walking and then standing
- ▶ Look at your feet
- ▶ Follow from your feet to the wall
- ▶ Follow up the wall
- ▶ Touch the wall
- ▶ Follow up to the ceiling
- ▶ Leave them in the lens that had the best performance

