

A scenic landscape featuring a calm lake reflecting the sky and surrounding trees. In the foreground, there is a grassy bank with several trees, including birches, some with green leaves and others with autumn-colored foliage. A bright sun is visible in the lower right corner, creating a lens flare effect. The sky is blue with some light clouds.

K I S S

J A N U A R Y ,

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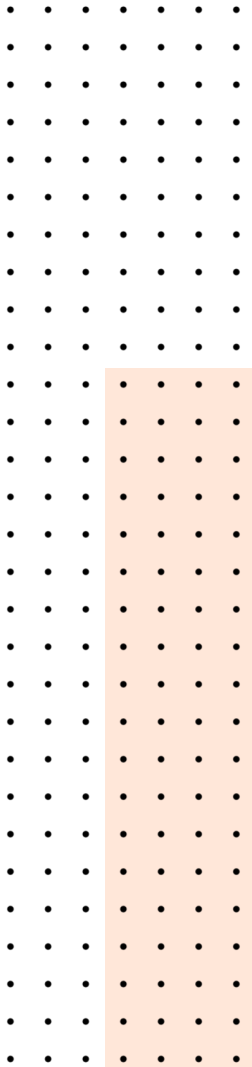
**EMBODIED MOVEMENT  
AS THE BASIS FOR  
VISUAL DEVELOPMENT**

**ELISABETH HARANSKY-  
BECK, OD, FOVDRA, MA**



# DEEP GRATITUDE

- Deep gratitude to Dr. Robert Kraskin and Dr. Paul Lewis for taking the time to spend a weekend introducing me, and many of us as an optometry students, at the Pennsylvania College of Optometry in the late 1980's to the concepts of developmental/behavioral/functional optometry.
- Deep gratitude to all of you here today and around the country and world for continuing to practice this incredible work which is so needed in these precious moments in time.



**QUESTION:**

FOR YOURSELF AND  
YOUR PATIENTS: DO  
YOU INTEGRATE  
BREATH  
AWARENESS  
INTO VISION  
THERAPY/  
MOVEMENT  
PRACTICES?

# WHAT IS EMBODIMENT?

## Exteroception

What we perceive through our 5 senses, sight, smell, hearing, touch, taste; what's out there

## Interoception

Feeling yourself deeply from the inside out



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# EXTEROCEPTION

Exteroceptors are sensory cells that respond to stimuli in the external environment

Sight

Smell

Taste

Touch

Hearing





# INTEROCEPTION

Sensing yourself from the inside

Physical internal sensations like a growling stomach

Internal sensations of muscles, fascia, ligaments, nerves, blood, breath

Emotions

Physical sensation(s) connected to emotions



# EMBODIMENT: SENSING, FEELING AND KNOWING YOURSELF FROM WITHIN: SQUEEZE YOUR EYELIDS TOGETHER

- Example of interoception traveling from one part of your body to other areas of your body.
- What do you feel? What do you notice. Can you feel your breath inside your eyes?
- What does it mean to feel your breath in your eyes?
- Placing your awareness in a specific internal location, inside your body
- Example of exteroception moving into interoception, a felt sense of your physical body moving inside:
- Squeeze your eyelids together. What do you feel?
- Do you feel the skin of your eyelids?
- Do you feel the skin of your temples
- When you squeeze your eyelids, do you notice a squeezing sensation anywhere else inside your eyes, visual system or body?



WHAT IS THE  
RELATIONSHIP  
BETWEEN  
MOVEMENT,  
EYESIGHT, AND  
VISION?

***ENLIVENING  
CONSCIOUSNESS, PP.  
100-108***





"Mindful movement is an imperative for enhancing verbal communication and preserving overall fluidity, ease, and grace of movement from head to eyes, through the visual pathway, to tail, toes, and fingertips throughout your lifetime. When we reawaken our full body movement patterns, we enliven our eyesight and vision, including our awareness and insights into who we are and what we are here on this planet for in these incredibly powerful, transformational moments."

*Enlivening Consciousness*, p.100



"Fixational eye movements (moving our eyes as we look from one spot to another) relate to our overall body movements. Our eye movements are multifaceted and include vergences, smooth pursuits, saccades, the vestibular-ocular reflex, fixation, and more. Stabilized retinal images fade. In other words, if our eyes were not moving (which they always are, at least at the level of micromovements), we would not be able to see."

*Enlivening Consciousness,*  
p.100.



"When our visual systems are integrated with our bodies, minds, and spirits, we lead our movements and actions from the wisdom of our eyesight and visual systems. This integration includes gross and subtle eye movements; visualization and insight; and the integration of our senses, our feelings, and our actions. We literally learn to see shape and form and understand the context surrounding shapes, forms, and patterns over time through movement. So moving—being allowed to move and allowing ourselves to move—is critical in humyn development." *Enlivening Consciousness*, pp. 100-101.

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"This entire movement section is an introduction to experiential movement practice that works at the root of human eyesight and visual development. Perhaps you have not "seen" eyesight and vision from this perspective yet.

There are many movement patterns and sequences to explore. We'll begin with a series of movements that benefit the reestablishment of body integration and visual awareness. If you are not familiar with movement vocabulary and yoga poses, you might want to skip this section!"

*Enlivening Consciousness*, p.101, p.102.

# WAKING UP

Waking up  
To the understanding  
That how we see is rooted in  
movement  
We must move freely  
In our bodies  
In each moment  
In order to See clearly!

*Enlivening Consciousness, p. 100*



The background features a light peach color with a white rectangular area in the center. A thick black L-shaped line frames the top and right sides of this white area. Inside the white area, there is a smaller peach-colored rectangle containing the text. The bottom-left corner of the overall image is a solid red triangle. The top-right corner has a pattern of small black dashes.

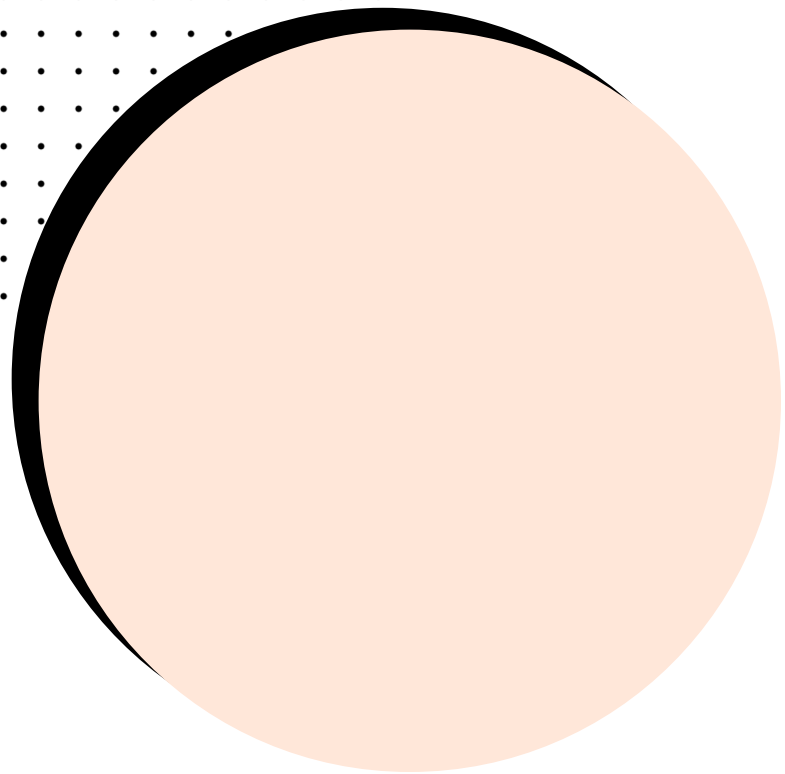
HOMOLOGOUS  
MOVEMENT





H O M O L O G O U S  
M O V E M E N T  
P A T T E R N S   A N D  
T H E  
D E V E L O P M E N T  
O F   N E A R   T O   F A R ,  
A N D   F A R   T O  
N E A R   F O C U S I N G ,  
C O N V E R G E N C E ,  
D I V E R G E N C E





"We'll begin by working with our midline, from tail to head and head to tail. This is the imaginary line that runs up and down our bodies and is ultimately the center line of our verticality once we stand up, usually sometime in the first year of our lives. Movement toward and away from our belly in this vertical-body-dimension orientation of our body is referred to as *homologous movement patterns*."



A  
DEVELOPMENTAL  
MOVEMENT  
SERIES BASED IN  
HOMOLOGOUS  
MOVEMENTS

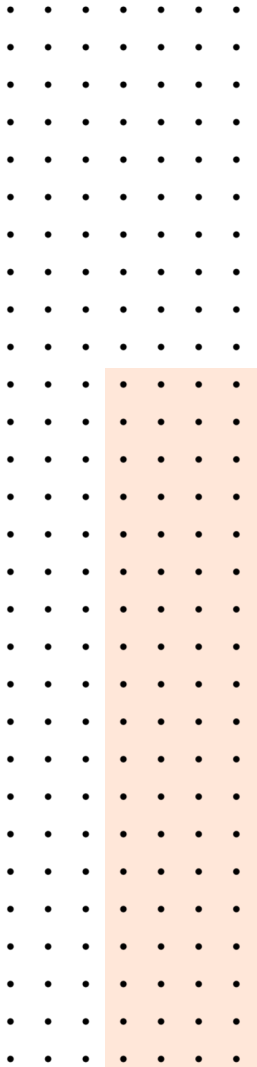
**ENLIVENING  
CONSCIOUSNESS**





# A DEVELOPMENTAL MOVEMENT SERIES BASED IN HOMOLOGOUS MOVEMENTS

These movements are generally done on the floor. If you or your patients cannot move easily to the floor, a version of the movement patterns can be done sitting in a chair.



UPPER BODY,  
LOWER BODY =  
HOMOLOGOUS

THE UPCOMING SERIES OF HOMOLOGOUS  
MOVEMENTS (SYMMETRICAL MOVEMENTS OF BOTH  
ARMS, BOTH LEGS, AND UPPER AND LOWER BODY)  
BEGINS TO:

- "support integrated overall body movement patterns
- rock and roll our eyes and visual system (moving eyes up and down, in and out [toward and away from our bodies])
- enhance eye coordination along our midline, looking from our bodies out into the distance and vice versa (near-to-far focus and vice versa)
- enhance, develop, and preserve depth perception and visual- spatial awareness "

*Enlivening Consciousness*, pp. 101-102.





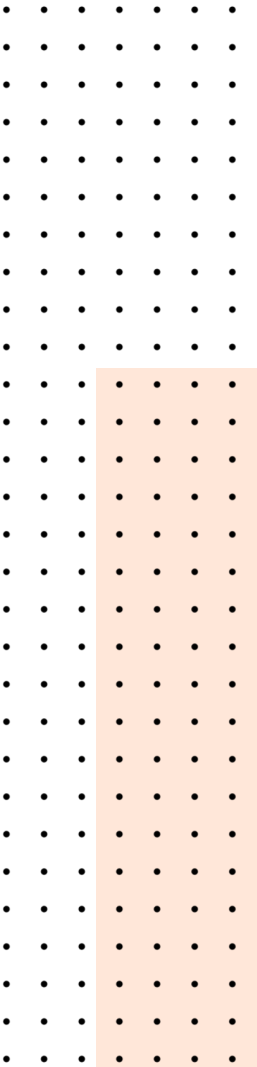
# THE HOMOLOGOUS SEQUENCE: BEGINNING THE JOURNEY

"THE FACILITATION OF NATURAL EYESIGHT  
IMPROVEMENT THROUGH VISUAL TONING AND  
VISUAL AWARENESS IS BASED IN DEVELOPMENTAL  
MOVEMENT AND REFLEX PATTERNS.

THIS IS AN INCREDIBLE SEQUENCE THAT HELPS  
BOTH WITH FULL BODY, MIND, AND SPIRITUAL  
DEVELOPMENT AND REDEVELOPMENT AND WITH  
MAINTENANCE OF LIFELONG RESILIENCE –  
DEPENDING ON HOW IT IS USED AND HOW IT IS  
OFFERED TO YOU.

PREFERABLY, A PROGRAM IS OFFERED AS A ONE-ON-  
ONE, INDIVIDUALIZED CLINICAL SERIES.  
INDIVIDUALS WORK WITH THE SERIES IN DIFFERENT  
WAYS WITH DIFFERENT ENTRY POINTS, DEPENDING  
ON WHERE IN THE SEQUENCE NEED ARISES".

**ENLIVENING CONSCIOUSNESS, P. 103.**





THE BASIC  
MOVEMENT  
SEQUENCE

# THE SEATED EXPERIENTIAL VERSION!

- Today we will experience the seated version.
- Being in contact with the earth is in alignment with our first year of life and every day of our lives. Revisiting the The Tonic Lab Reflex. Building Tone.
- Much of the *on the floor* sequence that follows is written about in detail in *Enlivening Consciousness: Deepening Your Journey through Vision, Movement, Nutrition, Nature and Spirit*





# THE BASIC MOVEMENT SEQUENCE

- Begin with visual awareness while rocking from head to tail and from tail to head in a loose form of the fetal position known as child's pose in yoga. Bring your visual awareness inside your body and imagine gazing from your third eye through your spine to your tail.





# THE BASIC MOVEMENT SEQUENCE

We then move onto our bellies and through a series of belly-down yoga poses, including a gentle belly-down backbend integrating eye and hand movement patterns.



# THE BASIC MOVEMENT SEQUENCE

- Then to all fours, known as table pose in yoga, rocking our eyes near/far in cat/cow.



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# MOVE BACK ONTO YOUR BELLY

- Insert the homolateral movement sequence here first introduced to me by Harry Wachs and I think described by Doman-Delacato. I believe Harry Wachs worked with DD many moons ago.
- "The Institutes for The Achievement of Human Potential (IAHP), founded in 1955 by Glenn Doman and Carl Delcato, provide literature on and teaches a controversial patterning therapy, known as motor learning, which the institutes promote as improving the "neurologic organization" of "brain injured" and mentally impaired children through a variety of programs, including diet and exercise." Wikipedia
- "Pattern therapy for patients with neuromuscular disorders was first developed by neurosurgeon Temple Fay in the 1940's. Patterning has been widely criticized and multiple studies have found the therapy ineffective." Wikipedia





# THE BASIC MOVEMENT SEQUENCE

- Press back gently into Child's Pose. You might end the sequence with visual awareness while rocking from head to tail and from tail to head in a loose form of the fetal position known as child's pose in yoga. Settle here and Breathe!





# THE BASIC MOVEMENT SEQUENCE

- All throughout the sequence, we bring attention to our eyes and visual system in various ways.
- There are infinite possible variations to explore on all sides of one's body and in all levels and dimensions in space, both somatic exercises and yoga postures.
- There is no specific end to the series-other than eventually getting up to walk and ultimately exploring space through jumping, hopping skipping , running, dancing, prancing, and more on two legs.



# RECAPITULATION OF THE BASIC MOVEMENT SEQUENCE

Head-to-Tail Rocking from Child's Pose



Moving onto Your Belly



Moving into Cobra: Head-Supporting-Neck Reflex



Table Pose



Back into Child's Pose

# WHEN A CHILD IS BORN, THEIR BODY PATTERN SHIFTS!

"As a child is born, their body expansion from the yield and push of their feet and legs against the womb and emerging through the birth canal into the world is a divergent, expanded, and open body pattern for the first time in their existence.

Eventually, through curiosity and desire (to reach for food or an object or a toy, for example), their eyes gaze into the distance, and their vision moves out into space, out into the world. The child begins to see and explore the world farther away from their body, beyond where they can reach with their fingertips or the tips of their toes. Beyond their kinesphere (the area where a person can reach with their physical body parts), with eyes, ears, smell, touch, taste, and intuitive curiosity, the child then physically ventures out into their environment beyond arm's reach. As they develop, their eyes begin to coordinate and work together as one system."

***Enlivening Consciousness***, p.126.



# DEVELOPMENT OF NEAR AND FAR FOCUSING AND SSBV

"We have two eyes. Yet most of us see one of what we're looking at. Have you ever wondered why? When we look with both eyes at one point in space, the overlapping aligned visual fields from each eye allow for easy single simultaneous binocular vision, or SSBV. Vision is learned through experiencing the world through sensation and movement through space."

*Enlivening Consciousness*, p.126.





# HOMOLOGOUS MOVING INTO HOMOLATERAL

"Immediately following birth, a baby moves back into a lot of condensing on the earth. In the Tonic Lab Reflex, the baby connects deeply with the surface of the earth. As the months in the first year of life progress, babies develop through the land patterns of movement.

This movement is not sequential. Rather, the land patterns unfold in a spiralic fashion. The *homolateral* patterns involving one side of the body and then the other side of the body developmentally follow the *homologous* patterns."

***Enlivening Consciousness***, pp. 126-127.



## CONTRALATERAL MOVEMENT PATTERNS

"Babies then move through *contralateral* patterns, crossing their midlines (tracking targets beginning with Mom's nipples or the bottle nipple and Mom's, Dad's, or a caregiver's eyes).

The baby moves outward into the visual-spatial world, eventually integrating all their limbs, including the bottom back of the head, or occiput; the limbs of the eyes; and the visual movement system in its entirety, including hands and arms, feet and legs, and head and tail. The land patterns interweave with one another and are seen in many different forms and in different time frames. " ***Enlivening Consciousness***, p. 127.



# **S I N G L E S I M U L T A N E O U S B I N O C U L A R V I S I O N ( S S B V )**

"The orientation of the way our bodies are set up and the movement patterns we experience and create for ourselves innately underlie accommodation (focusing), convergence (eyes moving inward), divergence (eyes moving outward into space), and SSBV.

These patterns are supported in our whole bodies, inside our DNA and RNA, from conception through all of the neurodevelopmental movement patterns described by Bonnie Bainbridge Cohen and others (sponging, radial symmetry, and more); in embryonic and fetal development; in the first year of life; and throughout our lives."

***Enlivening Consciousness***. P.127.



EXPERIENTIAL SEATED  
HEAD/NECK/EYES MOVEMENT  
SEQUENCE: REPEAT DAILY!



# EYES, HEAD, NECK, AND BODY PROCESS

## ELEANOR CRISWELL HANNA AND ELISA

- Turn your head to the right. As you inhale, tilt your right ear towards your right shoulder and raise your right shoulder. Tilt your head back a little bit.
- As you slowly exhale, release your shoulder back down. Turn your head and eyes back to center, your midline.
- Palpate "target muscle" LEVATOR SCAPULA muscle if you'd like
- Which eye muscles do you sense?
- Turn your head to the left. As you inhale, lift your right shoulder and draw the back of your occiput towards your right shoulder.
- Slowly exhale as you release your shoulder and your head back to center.
- Palpate "target muscle" TRAPEZIUS MUSCLE if you'd like.
- Which eye muscles do you sense?



Presence through blinking and breathing

**EMBODIED  
CONSCIOUS  
VISION REST  
BREAKS AKA  
EMBODYING  
OUR VISION  
THROUGH OUR  
BREATHING  
AND BLINKING**

Breathe in, I'm breathing in. Breathe out,  
I'm breathing out.



**Breathe**



**Blink**



**Be Present!**



# VISION AND REFLEXES

Going deeper:

What do the reflexes that underlie visual development have to do with any of this?

What do our reflex development, proprioceptive abilities, feeling, and sensing tone have to do with how we function in the world and how we feel inside our own bodies?

***Enlivening Consciousness***, p.129.



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# ENLIVENING CONSCIOUSNESS

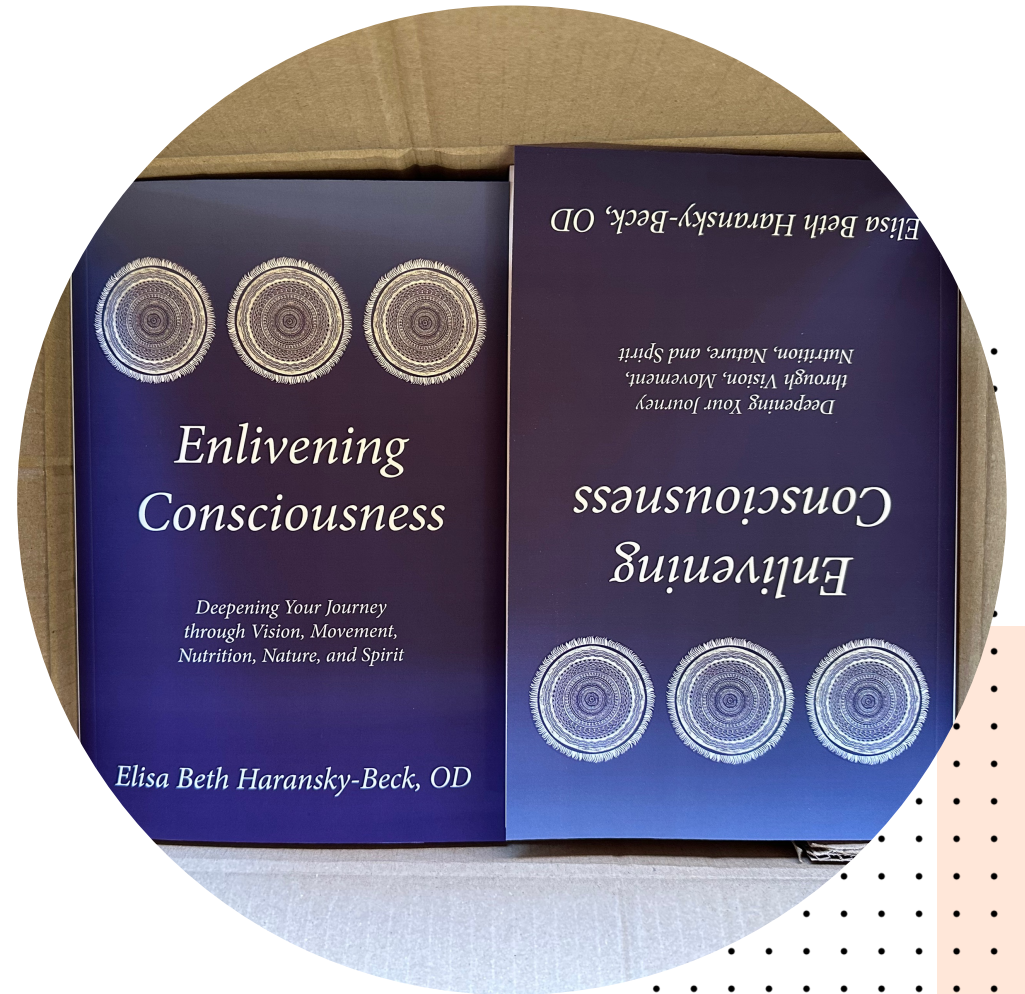
*Enlivening Consciousness: Deepening  
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Nutrition, Nature, and Spirit*

Elisa Beth Haransky-Beck, OD

Balboa Press, 2024

[EnliveningConsciousness.com](https://EnliveningConsciousness.com)

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THANK  
YOU!

Deep gratitude for all of you!

Your dedication to the field of  
optometry is seen and appreciated.

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[EnliveningConsciousness.com](http://EnliveningConsciousness.com)

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HOW DO YOU  
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