Self-Help Video #4 Part 1

Background for Mindful Vision Techniques

<https://youtu.be/76F7FLVU5Vw>

(begin at 2:40 minutes to bypass Medical Disclaimer

You will be learning techniques which deepen the energetic component of your treatment. It is VITAL that you continue the prior training and maintain the parasympathetic activation with the 4-8 breath pattern as you integrate the trainings related to the all the head senses.

The somatic body, with its associated cognitions, has separate “tension memories” related to the each of sympathetic and the parasympathetic divisions of the autonomic nervous system. Please review the prior education on how each branch of the nervous system affects each organ differently.

Also, note that the sympathetic system can have opposite effects by itself under certain circumstances, for example, on the blood vessels. As you “retrain” and grow new neuronal pathways, this “separation” of functions will determine how successful you are in the treatment techniques.

If you are in sympathetic arousal when you learn the technique, the least HARM will be that you “create” a new blockage” which later must be resolved. Or that your conscious “belief system” loses trust in the treatment and you stop all forward progression. The most harmful will be that the vagus nerve functions become confused by the competing stimuli, and will cause a dorsal vagal response with shut-down, which can be experienced as a seizure, a mental black-out, or other harmful somatic conditions.

Always GO SLOWLY in learning these techniques, remain in parasympathetic arousal, and STOP with any discomfort. You may have to wait several days before resuming the training.

As you gains skills in cognitive functions (discussed in later videos), you will understand why this response occurs.

We will now examine the development of the head senses. There are 3 main nerves which connect the head senses to the vagus nerve. We are processing from “top-to-bottom” in our discussion of the psychotherapy exercises, though the cranial nerves all work together in unison. For more education, visit this website:

<http://what-when-how.com/neuroscience/the-cranial-nerves-organization-of-the-central-nervous-system-part-1/>

At the level of the pons, the sensory nuclei merge to form a sensory root which expands into the trigeminal ganglion. The nerves which branch off from the Trigeminal nerve are the Ophthalmic nerve, the Maxillary nerve and Mandibular nerve.

The Ophthalmic nerve is our focus for vision exercises. The ophthalmic nerve divides into 3 other nerves (frontal, nasociliary, lacrimal) which together provide sensory innervation to: the forehead and scalp, frontal sinuses, upper eyelid and conjunctiva (the mucous membrane that covers the front of the eye and lines the inside of the eyelids). It connects to the cornea (the transparent part of eye which bends light, and covers the pupil, iris, and inside of eye), and connects to the dorsum of the nose, to the lacrimal (tears) gland above the eyeball, and to parts separating eyeball from brain matter.

Our eyes, as organs, are fully developed at birth, but not developed in total vision function. Newborns can focus on objects about eight to 15 inches away, but have limited color vision. By one month, the baby can see about three feet away. By two months, the baby can discriminate between basic colors and has full color vision between four and seven months of age. Depth perception develops between three and seven months. Full adult acuity (20/25 vision) develops during the second year of life.

During these first two years, the young infant/toddler may experience various “traumas” (emotional and/or physical) which have an impact on vision. Trauma in other developmental stages can also affect vision.

How can trauma can change vision? If you have tension in your eye area, you don’t realize it but you don’t see depth and colors the same way someone without the tension sees them. A person with eye tension sees the world as though it were a color photograph. The sense of depth is “flat” and the colors are not as vibrant as they are in reality. Someone with tension in the eyes does not know they have the tension. To that person, the world simply looks the way the world has always looked. It is only when the chronic tension is resolved that you see the world with a full sense of depth and vibrant colors. Then you realize that you have not been looking at the world that way before.

The subjective cognitive difference is dramatic. This major shift in stimuli perception causes shifts in all cognitive systems. In Video number 4 Part 2, we will discuss the various trauma theories and present the vision techniques related to each theory.