



Becoming a Sensation Scientist  
*Dancing through life*



## Nia Eye Fitness Worksheet

1. **Desire:** Define your desires by articulating in clear language your vision of the future, a vision that supports your purpose.
2. **Imagination:** Cast and construct your future by describing in words what your future looks and feels like when you step into your healthy body.
3. **Expectation:** Using the Chakra Meditation NiaSounds CD while in RAW, sit and or stand with your spine upright. Imagine and see yourself having clear sight and healthy eyes. What do you wish to see?
4. **Nutrition:** Make a list of the good foods you will use to feed and nourish your eyes with the nutrients they need to stay healthy and well. Make a list of the foods you will no longer eat or will at least cut back on.

5. **Exercise:** Create a weekly movement prescription, listing the activities you will do to maintain body and eye fitness.
  
  
  
  
  
  
  
  
  
  
6. **Natural Light:** Create a daily prescription for spending time in the sunlight without eyeglasses or sunglasses.
  
  
  
  
  
  
  
  
  
  
7. **One-Eyed and Two-Eyed Patches:** Create a daily prescription for spending time wearing the one-eyed and two-eyed patch to enhance clarity of sight without corrective lenses, and to improve peripheral vision.
  
  
  
  
  
  
  
  
  
  
8. **Eye Fitness Games:** Create a weekly prescription for playing games to increase your awareness of the eye structure, to reduce tension and strain, and to improve visual and overall body function.
  
  
  
  
  
  
  
  
  
  
9. **Record Changes:** Create a journal for recording your daily, weekly and monthly healing changes.