



Becoming a Sensation Scientist

Dancing through life



Awareness of Sight

Sensing Light

To continue your journey of becoming a sensation scientist, this month is dedicated to researching sight. Of the body's five main senses, sight is considered to be the most complex. From the moment you wake up to the time you go to bed, your eyes are busy taking pictures and sending them to your brain for analysis. Your brain is in business with your eyes! Pay attention to signals that reflect the signs of healthy and unhealthy sight.

Healthy sight is sensed as clear vision, relaxed eye and facial muscles, moist eyeballs, and the ability to use your eyes for extended periods of time with little or no fatigue. **Unhealthy sight** can be sensed as burning, teary or dry eyes; blurry or double vision; eye muscle fatigue; lack of mental-visual comprehension, and poor attention span.

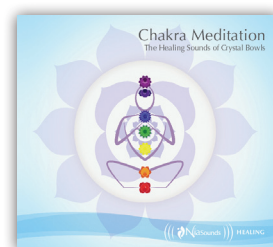
Tips on Sight

- **Breathe deeply** to stimulate energy flow throughout your body and focus your field of vision.
- **Posture check:** release your lower jaw to avoid thrusting your head forward, allowing your head to gently float on top of your neck.
- **Sound.** When you sense your sight becoming blurry, distorted or strained, stop and release stress by sounding sustained vowel sounds of "A-E-I-O-U."
- **Thank your eyes.** Each morning and night, become aware of your eyes by saying, "Thank you for looking out; for sharing the world with me."

Begin your study by —

- Researching distance—look at objects up close and then far away, changing the range and speed at which you look.
- Exercising your eye muscles, looking left and right, up and down, around to the left and around to the right. Sense the muscles of your eyes stretching.
- Consciously looking at everything around you as a work of art—*perceiving life as art.*

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How Your Eyes Work

1. Light enters your eye through the *cornea*, a thick, transparent protective layer on the surface of your eye.
2. Light passes through the *pupil*, the dark circle in the center of your eye, into the lens.
3. Depending on the amount of light available, the muscle called the *iris* (the colored ring) adjusts the size of your pupil.
4. Just behind the pupil is the lens that focuses an image through a jelly-like substance called the *vitreous humor*, onto the back surface of the eyeball, called the *retina*, which is filled with approximately 150 million light-sensitive cells called rods and cones.
5. *Rods* identify shape and *cones* identify color.
6. Rods and cones send the image as upside-down information to the brain, via the optic nerve.
7. The brain turns the image right-side-up in an area called the *visual cortex*, which then processes the information and tells you what you are looking at.

Diagnosing Eye Health

By understanding the sensation of sight, you can prevent weakness, fatigue and declined functioning, and support the health, wellness and lifelong use of your eyes.

PAIN SIGNALS: Illness	RESTORING SIGNALS: Healing	PLEASURE SIGNALS: Health and Fitness
Shallow or "held" breath	Following The Body's Way	Feels therapeutic
Feelings of distress	Noticing healthy results	Feels vital to health
Imbalance	Sense of connection	Feels enjoyable
Stress	Involved in a process	Feel stress-free
Sense of visual and/or energetic depletion	Sensing an energetic healing frequency	Sense of sustained energy
Depression	Sense of regaining function	Sense of strength and happiness
Discomfort	Acknowledging positive change	Feel energized
Sense of functional breakdown	Noticing a positive change in behavior	Feeling of adaptability to anything that comes
Sense of visual difficulty or struggle	Sense mental and physical shift	Sensing The Body's Way
Sense of physical exhaustion	Generally feel better	Sense of conditioned eye fitness
Lack of visual efficiency	Adjusting to healthy habits	Sense of awareness of healthy eye habits
Sense of vision as two-dimensional	Feeling of encouragement	Sense of seeing the world as a whole, vs in isolated parts
Fixed vision or sense of "holding"	Sense of letting go	Sense of being in my "natural state"
Low energy	Sense of Natural Time flow in the sight and body	Sense of ease
Generally feel "bad"	Sense of overall improvement	Effortless use of both eyes
Headaches	Positive attitude	Sense of vision as mentally stimulating
Negative thoughts and projections	Affirming thoughts	Stable, positive attitude and perspectives
Sense of unsureness or self-doubt	Strong sense of beliefs	Sense of dynamic engagement with the world around me
Sense of effort when none should be needed	Sense of receiving health	Sense of overall balance and harmony
Sense of limited range of eye motion	Sense of healthy eye movement	Sense of naturally cultivating eye health by simply using and exercising my eyes
Forced blinking or dry eyes	Regular blinking	Sense of relaxation in natural eye activities
Affected sight after eating certain foods (nutritional issues)	Cupping for eye relaxation	Strong sense of color, shapes and textures
Blurriness or "gray" vision	Zooming: Ease in near and distance vision	Clarity