

Practical Exercises to Enhance Awareness

Practice Of Inner Vision

1. Sit in a comfortable position.
 - a) If you lie down there is the possibility that you may go to sleep.
 - b) Otherwise sit up
2. Close eyes gently
3. Carry out a relaxation technique.
 - a) One method is to mentally touch every part of your body and relaxing it. Do this for a while until you feel your body is relaxed and your heart has slowed down.
4. Bring your concentration and eyes to mid face level
 - a) Follow the all the visual impressions that come along and do not select or hold on to any of them
 - b) While doing this contemplate the nature of vision and light and try to see the light inside
 - c) You will find that that you will get to the stage where a screen (like TV screen) suddenly opens opens. Try to learn how to react to it when it appears and do not be surprised.

Exercises To Enhance Inner Vision

A pre-requisite for those exercises is to be relaxed and to hold your mind from wandering into internal chatter and losing awareness during the exercises. To hold your mind from wandering, remember to return to a fixed post somewhere. This fixed post could be your breath, counting numbers or whatever method that is comfortable to you.

1) Peripheral Vision Exercise 1

- a) Select a field of vision where there are several objects
- b) Fix your gaze on one of those objects
- c) Without moving your eyes, move your mind or attention around the field of vision using your peripheral vision. Feel the objects and touch them

2) Peripheral Vision Exercise 2

- a) Fix your gaze at infinity with your eyes at horizontal level. Say look at a cloud or the end of a road
- b) Mentally shift your awareness to the region above the horizon without moving your eyes.
- c) Feel the expanse as you do this exercise and try to feel the vibration in that area and meditate on any visual experience you get.

3) Eyeball Movement

- a) Look at the tip of your nose (eyes will be crossed)

- b) Move your eyes along the bridge of the nose until they reach the point where the bridge of the nose and the eye sockets meet. Below the eyebrows and where the bridge of the nose ends.
- c) Concentrate inwardly in that area
 - i) Relax your eye muscles
 - ii) Ensure no tremor in the eyeballs
 - iii) Do not strain the eyes
- d) Feel the energy in that area and follow the visual experience that arises without holding back.
 - i) Look at the swirl inside
 - ii) Look at the black centre that you see inside

4) Imagination

- a) Imagine something. A meadow, a beach and go into a mental description of it

5) Finite Control Of the Movement Of the Eyes

- a) Try to find objects which are closely spaced (eg vertical or lines close together, the holes on the hubcap of a car, the holes on the spare tyre of a four wheel drive, railings on a fence, etc.
- b) Count those objects by slowly moving the eyeballs.
 - i) Eyeballs will move in a jerky motion
 - ii) Eyeballs will overshoot an object due to jerky motion (this is associated with the control system of the eye)
- c) To achieve smooth transition between the objects, fix your gaze on the objects and then using peripheral vision move your mind along the closely lined objects and count them
- d) On further practice, smooth transition of the eyeballs is possible.

Peripheral Awareness

It is to be noted that peripheral awareness is not only limited to sight. It is applicable to other senses. Try it using sound, touch.

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