

Somatics Exercises for the Eyes

Do these movements very SLOWLY with a lot of attention to the sensations you're feeling during the movement and when you finish a movement. Especially notice the sensations as you're coming back to the neutral position. Feel the muscles in the entire head as you do these movements. For all movements, SLOWLY contract the muscles as indicated, then SLOWLY return to a neutral, uncontracted state.

Do each movement 3 times before moving on to the next one. Be sure to include some pauses where you just rest for a bit and sense what has been happening to the areas you've been moving.

1. Wrinkle forehead (eyebrows up).
2. Open eyes wide, like you're surprised.
3. Make a frown, brows together.
4. Squint, but don't close eyes all the way.
5. Close eyes firmly, but not too hard.
6. Close eyes tightly.

For the next set of movements, Find a central, neutral, point where you are looking straight ahead in a relaxed way. This will be called the "center" point. As you're doing these movements, try to make them as smooth as you can, while doing them very slowly. When your eyes go to their farthest point, notice what they're looking at.

Do each movement 3 times before moving on to the next one.

1. Move your eyes **upward** as far as they will go without strain, then bring the eyes back to center.
2. Move your eyes **downward** as far as they will go without strain, then bring the eyes back to center.
3. Move your eyes to the **right** as far as they will go without strain, then bring the eyes back to center.
4. Move your eyes to the **left** as far as they will go without strain, then bring the eyes back to center.
5. Move your eyes to the **upper right corner** as far as they will go without strain, then bring the eyes back to center.
6. Move your eyes to the **lower left corner** as far as they will go without strain, then bring the eyes back to center.
7. Move your eyes to the **upper left corner** as far as they will go without strain, then bring the eyes back to center.
8. Move your eyes to the **lower right corner** as far as they will go without strain, then bring the eyes back to center.

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For the next movements, put your thumb out in front of your body at eye level. During this movement, continue looking straight ahead the entire time.

1. Put your right hand in front of the body at eye level with the thumb pointing upwards. Looking straight ahead, move your thumb and hand as far to the right as you can go and still see your thumb in your peripheral vision.
2. Same on the left side.

For this movement, it may help to use your index finger to assist you until you get used to the sensation.

1. Move both eyes inward so that they are looking inward at your nose. You can look at the tip of your nose or higher up. Notice whether you can see both sides of your nose. If not, one eye is dominating the other. Play with this movement until you can see both sides of your nose.

To help you look inward with both eyes, you might try starting with your index finger 12" in front of your face. Then slowly bring your finger up to touch your nose, following the finger steadily with both eyes as you do so. When the finger is touching your nose, you should not see "double" (2 fingers), but only one. Notice that if you relax your eyes and look straight ahead normally while your finger is touching the nose, you'll see two fingers.

Eye circles

1. One time—Move your eyes as far as they will go in the following directions, then come back to the central, neutral position and relax:
 - Up
 - Right
 - Down
 - Left
2. Three times—Do that movement again, only smoothing out the movement, so that your eyes are moving in a smooth circle to the right. When you've completed one circle, come back to the center.
3. One time—Move your eyes as far as they will go in the following directions, then come back to the central, neutral position and relax:
 - Up
 - Left
 - Down
 - Right
4. Three times—Do that movement again, only smoothing out the movement, so that your eyes are moving in a smooth circle to the left. When you've completed one circle, come back to the center.

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Palming:

1. Sitting in a chair, rub your hands together vigorously, so that they become warm. (You can do this in other positions also, but sitting is convenient.)
2. Lean forward, resting your elbows on a desk or your knees. Cup your hands over your eyes, so that the palms cover your eyes and little or no light comes through. As you lean, make sure the neck is long and not contracted at the back..
3. Don't try to see. Relax your hands and face. Blink and breathe.
4. When your eyes feel relaxed, slowly decrease the pressure of the hands on your face. Very gradually, move the hands away from the face.