



TARA's EYE PROTOCOL

By Stephanie Mines

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This Eye Protocol is a fusion of Jin Shin TARA, the Bates Method, the TARA Approach, Yoga, cranial interventions and Stephanie's visualization creation.

The components are:

Mary lino Burmeister's eye care routine for quick self-care application;

Aspects of the Four Pillars of the Brain Flow that relate to the eyes;

Cranial treatment for the optic nerves;

Yogic eye exercises;

Meditation/visualization devised by Stephanie; and

Bates Method interventions.

Beginning:

Start in a restful posture, either sitting or lying down. It may be helpful to have the head slightly elevated if you are lying down.

The order for this protocol is not strict. You can follow your intuition, instinct or guidance. You can also vary the order and/or shorten it depending on the time you have available. Any amount of time spent with any components of this protocol is well invested. The entire protocol is, of course, the most beneficial but you will need at least thirty minutes for that.

The main attitude or intention throughout this process is to **soften the eyes**.

In the Bates Method softening the eyes is encouraged in two ways:

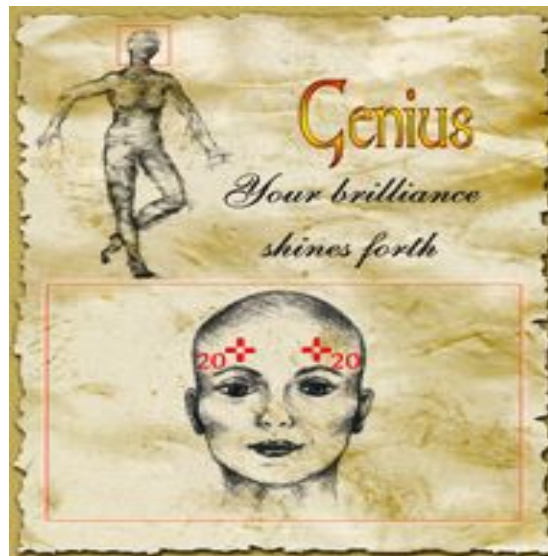
1. **With eyes closed, visualize darkness; see everything as if covered with black velvet;**
2. **Keep eyes either closed or mostly closed, including when doing the Bates exercises in the sun.**

When I do not have time to do the protocol I have a subtle internal mantra that says, “Soften your eyes; soften your eyes. Keep your eyes soft.” This in itself is beneficial for the eyes.

The other aspect of this mantra is **it is not necessary to strain in order to see. This refers to all kinds of seeing. The reminder is that it is not necessary to go after something. It will come to you. It will come into focus. Straining is not necessary.**

Jin Shin TARA Eye Treatment

Place the fingertips of one hand in the center of the opposite armpit. Press in. Hold the deep contact. Place the palm of the free hand on the opposite 20. Treat both sides. Hold each side for at least three minutes. You may not get a pulse from the center of the armpit but you will feel a lessening of discomfort. That is the signal that it is OK to change sides.



Bates Method Exercises

SUN SWINGING

Stand outside with your face towards the sun. Place your feet hip width apart. Let your arms and hands swing freely by your sides. Tilt your head back slightly so that you feel the warmth of the sun on your face. With your eyes closed softly, or mostly closed, let your arms swing from side to side so that they carry your torso with them. With eyes soft let your head swing with the rest of your body making sure that the sun is shining on

your closed eyelids. Do this slowly or at a pace that feels relaxing and stabilizing to you. Do not rush. Do this for a few minutes or for the length of time that feels appropriate for you. When you are done with the swinging movements just stand with knees soft, let your head return to a regular posture so that it floats on the top of your spine. Retain the softness in your eyes and breathe fully. Feel yourself rooted and supported by the Earth with the warmth of the sun on your whole body. Enjoy this moment of support with soft eyes.

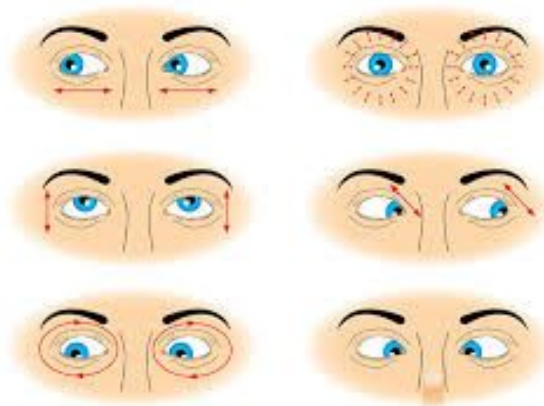
PALMING AND TAPPING

Palming can be done at any time. Rub the palms of the hands together so that heat builds in your hands. When they feel very hot place the cupped palms of your hands over your closed eyelids and soak up the heat.

After your eyes have absorbed the heat of your hands gently stroke the fingertips away, stroking down over your cheekbones. Then, using only your fingertips, tap around the eyes on the bones of the ocular vault, moving with a feathery fluttering motion that circles the eyes. One or two rotations is sufficient. Do not tap on the eyelids. The light feathery tapping (not hard tapping) is only on the bones around the eyes. This should increase the softening feeling of the eyes.

This same palming and tapping may also be done on others as the closure to a cranial treatment, particularly if the treatment has focused on the cranial nerves. It will relax all the facial nerves as well as the optic nerves.





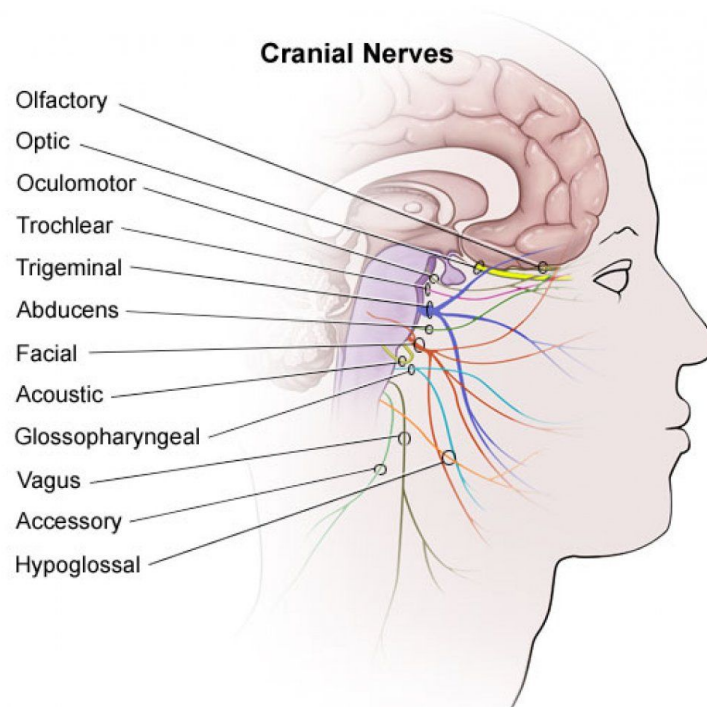
YOGA EYE STRETCHES

Start in a seated posture, cross legged or however you are most comfortable, with eyes closed. Open your eyes and rotate them with awareness of using your eye muscles. Stretch the eye muscles to the four corners, one corner at a time in any sequence (upper right, upper left, lower right and lower left). Then using the same muscular impetus do half circles with your eyes above the horizon multiple times and below the horizon multiple times. Then circulate the eyes fully starting to the right and then reversing to the left, making complete circles. Your eye muscles will feel the workout.

Palming at the end of this stretching feels very good.

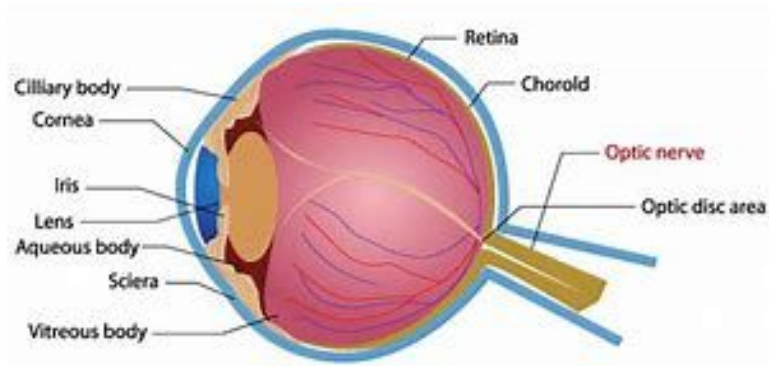
VISUALIZATIONS

These visualizations can be done in the context of these exercises or on their own. They can be accompanied by palming and tapping.



Optic Nerve Visualization

The optic nerves can deteriorate with age so it is important to keep them alive and vital. If you can find an image of the optic nerves it will help in doing this visualization. With eyes soft suggest to yourself that you have an abundance of optic nerves. See them as red and alive, flourishing and vital. Though the emphasis is still on the softness, the feeling for the optic nerves is dynamic and exciting; thriving with life.



Eye Muscles Visualization

This visualization relaxes the muscles of the eyes after overuse such as when spending long stints in front of the computer or after driving a long distance or watching too many movies!

This visualization asks you to see a room at twilight in your mind's eye. In the soft light a black cat enters the room. The cat jumps onto the piano stool of a black piano with only black keys and then moves over the keys. Inside yourself you hear the soft tinkling of the black cat's paws moving over the black piano keys. Little by little the room darkens until it fades into complete blackness.