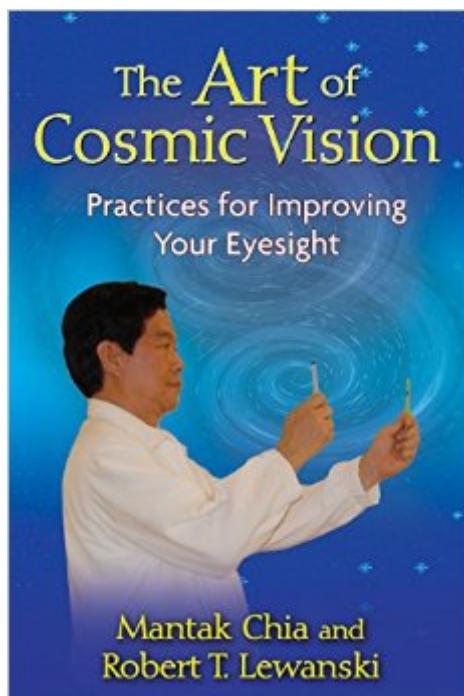


The book was found

The Art Of Cosmic Vision: Practices For Improving Your Eyesight



Synopsis

How to achieve perfect vision naturally through proven eye-training methods • Explains how vision problems are related to imbalances in the internal organs • Provides Taoist and Ayurvedic practices for harmonizing the liver and kidneys, the organs directly associated with eye problems In the West, problems with eyesight are treated separately from overall health, usually with prescription glasses or contact lenses. But Eastern systems of holistic healing view the eyes as mirrors of physical health. Eye problems reflect problems with the internal organs, most specifically the liver and kidneys. The Art of Cosmic Vision offers Taoist healing sound exercises for strengthening the liver and kidneys as well as seven internal Chi Kung exercises and Dao-Yin self-massage practices for toning the organ meridians. It also provides extensive dietary recommendations, including a complete Ayurvedic analysis of the three main nutritional body types. The wide variety of eye-strengthening exercises in The Art of Cosmic Vision includes the Egyptian Black Dot technique, the Taoist Long Swing technique, the Tai Chi Rocker Eye technique, and relaxing Yoga Eye Palming techniques. Rather than viewing the ciliary muscle within the eye as the only muscle responsible for focus, these exercises improve focus by training all of the muscles surrounding the eyes. With attention to improved diet, physical exercise, and these proven eye-training techniques, readers can restore their vision to vibrant health.

Book Information

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Customer Reviews

I have to use this book as a reference book because it is really full of unusual and useful techniques

to improve any visual defects. I bought it to help my sister because she is going blind with an incurable disease called retinitis pigmentosa. I am so impressed with the practices that I must incorporate them into my daily life and over time I am sure I will not need glasses. It is a book with so many helpful hints that I skipped the practices on nearsightedness since my problem is farsightedness and my friend told me to give him the pointers on nearsightedness. I guess I shouldn't skip around to cover just my personal problems, but be aware that others need help, too. Wish I had the expertise of Mantak Chia. Maybe one day I will study under him in Thailand. Wow! He is truly a master at healing the human body of its ills. You will not be disappointed with this book. Great read!

I find using the suggestions in this book helps my eyes be stronger and my sight better. I have just started using this book and am quite happy with it.

Most things from Mantak are excellent. This is a must for people looking to improve eyesight. I like the simple way it is laid out

Mantak Chia is an excellent author clearly explaining the concepts.

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