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Do You Really Need Eyeglasses?



Synopsis

Book by Rosanes-Berrett, Marilyn B.

Book Information

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Customer Reviews

I got this book over a year ago and was too terrified to even open it! When I did open it I found it to be a treasure of information! The exercises that she recommends are not just good for your eyes but for your overall well-being. The Long Standing Swing is relaxing to do; it does just what she promises: It banishes insomnia and makes the trials of the day less daunting. Because I am a hyper person meditation is hard, but this is a form of meditation that I can do. The Sunning procedure has helped me get out of dark sunglasses; I couldn't have done it otherwise. I was so photosensitive that I couldn't go outside without dark glasses, which makes the problem worse. She says so and I agree, from personal experience of having worn them; the South is nothing but flat yellow glare in the summer, but wearing dark glasses does not help. I now wear amber shooting glasses because I just need a little shielding and they are polarized. The Palming procedure is hard for me to do because I am a hyper person and this is a guided meditation is the hard part; if you already meditate then this exercise is cake. I can only Palm for about five minutes. I use Source Vibrations' Solfeggio album to time myself, because I have no sense of time. She tells the story of Dr. Bates's patient who Palmed for 20 hours---I can't imagine doing that. He said, "It was tedious, doctor, very tedious, but I did it." I think that is the understatement of the century.

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