

INTELLIGENCE

LESSON NO 8

THOMAS ROBERT GAINES

MASTER HOME STUDY COURSE ~

Copyright 1942
by
Thomas Robert Gaines

"INTELLIGENCE"

THOMAS ROBERT GAINES HOME STUDY PERSONAL EVOLUTION COURSE OF SELF DEVELOPMENT AND SELF UNFOLDMENT

LESSON NO. 8

"LET THERE BE PERFECT SIGHT IN MY EYES"

The eyes should be made happy. Eye happiness is developed through the proper use and care of the eyes. What an unhappy, hampered future we ordain for our "windows of the soul" when our habits abuse our eyes! Unnecessary tears impair good eyesight. Looking for flaws in others or in our environment is a vision-weakening habit. Eating devitalized starches and sugars is possibly the most prolific source of eyesight impairment.

Nearly all young people who wear glasses are victims of food ignorance, not eyestrain. Improper posture is a definite enemy to good eyesight. Most eye troubles can be averted by simple changes in our daily plan of eating, breathing, posture and thinking. Science informs us that 83% of all impressions are received through the eyes.

Infinite mind designed the human eye to be the sentinel, guide, friend and partner of humanity. Glasses are sometimes needed. Eye physicians are doing the best they can. Prescribing corrective windows for the eyes, however, is not enough. Seeking the causes of eye-weakness is the really scientific plan to end vision deficiency. Eye protection should not be turned over to your doctor or to God or to nature. You, yourself should take over the program of eye protection leading to "good eyes for life". Let the building and maintenance of excellent vision be your own personal responsibility.

TAKE ON THE MENTAL CONCEPT THAT EXCELLENCE OF VISION MAY BE ENJOYED BY PRACTICALLY ALL PEOPLE IRRESPECTIVE OF AGE. THIS CONCEPT SHOULD INCLUDE YOURSELF.

Mentally resist the idea of being compelled to require glasses. Try to be truly proud of your eyes. Mentally bless them each morning after awakening and each evening after you retire to bed. The glory of the eye has been given the following beautiful tribute by a thinking eye physician W. C. Posey, M. D.

"To give expression to the workings of the mind and to endow the countenance with charm and intelligence, the exposed part of the eye has been made the most beautiful of all structures of the body and has well earned the designation of the poet as "the mirror of the soul".

MY LESTED PLAN OF SIGHT REGENERATION

Lie down on a bed or couch utterly relaxed. Place the three first fingers of each hand gently over your closed eyes. Try to imagine your eyes have the ability to breathe and to speak. Repeat the following remedial lines slowly while imagining the eyes are the tongue and lips which issue forth the words:

"Take the dimness from my eyes,
Let me view the distant skies.
Let my eyes with light be filled,
Let my vision clearer build.
Perfect Spirit, Sight Divine,
Unimpaired, I claim as mine."

Repeat this affirmation exactly as outlined four times each day for forty consecutive days. Suggested times, on awakening in the morning, sometime during the afternoon, before dinner at night, and again just before retiring. After each repetition mentally or audibly give thanks for the anticipated improvement.

Expect results, never allow yourself to harbor any doubts as to an improvement taking place. Unbelief will delay the ultimate restoration. Faith will speed up the remedial forces of the body into higher healing action. If you are unable to lie down, employ the affirming while sitting or standing. The reclining position, however, is more effective in results.

A most remedial supplemental treatment is breathing through the eyes eight times after each use of the affirmation. Simply imagine your eyes are your lungs and inhale and exhale through them as follows: Think as you sniff in twice through your nose that your eyes are doing the sniffing; immediately exhale the breath through the nose but imagine the eyes are performing the act of expiration.

Breath is a spiritual force and when thus controlled will actually benefit the centers of sight by this conscious performance. Breath and thought are both spiritual instruments. Food and movement are our physical instruments of life expression. As you balance your life scientifically in the rounded,

harmonious use of these four instruments of life operation, not only eye health but also health of body should come to pass.

AS YOU USE YOUR EYES FOR THE SCANNING OF PLEASING SIGHTS
AND THE ADMIRATION OF LOVELY FACES SUCH A PROCEDURE
TENDS TO IMPROVE AND MAINTAIN NORMAL VISION.

The eye is a health barometer. When sight begins to fail, unless it be a congenital deficiency, it indicates to the trained observer that something more than eye weakness is concerned. The study of the eye indicates peril or security for the entire body. The rest of the body reacts upon the eyes. This fact simply proves that no single part of the body can exist for self alone.

The new eye doctor turns more and more to the study of nutrition as the cause of eye diseases and weaknesses. Food elements create and build the structure of the eyes and sight centers of the brain. It is of little use fooling around with local eye troubles and childish overlooking the actual cause behind our eyesight impairment.

Such troubles as some forms of dizziness, headaches, indigestion, mental confusion, may be traced to disorders of the eyes. Clear bright eyes are always indicative of good general health. It is always a wise health policy, as far as the eyes are concerned, to train the eyes to look for the brightest and happiest sights of life. Both food and thought are distinct influences in eye health.

Malnutrition is a factor in many eye difficulties. Tension, worry, fear and fretting are conditions inimical to perfection of vision. Every disease exercises a distinct injurious effect on the welfare of the eye and its structures. There are six foods which are found to be conducive to sight improvement.

FRESH CARROT JUICE
STEAMED SPINACH
UNCOOKED ANISE
RAW TOMATOES
WELL COOKED LEAN MEAT
UNCOOKED, FINELY GRATED CELERY TURNIP.

Here is a good list of meals for promoting general body health including the eyes.

BASIC HARMONIZED MEALSSUNDAY

BREAKFAST Melons, Sliced Ripe Bananas, Beverage.
DINNER Vegetable Soup, Roast Leg of Lamb, Steamed String Beans and Carrots, Raw Celery and Lettuce, Rice Pudding, Beverage.
SUPPER Vegetable Soup, Fruit Salad, Celery, Apple Sauce, Beverage.

MONDAY

BREAKFAST Orange Juice, Prunes, Beverage.
LUNCHEON Vegetable Soup, Baked Potato, Celery, Baked Apple, Beverage.
DINNER Vegetable Soup, Well Broiled Seafish, Steamed Carrots and Peas, Raw Celery, Radishes and Lettuce, Melon or Canned Peaches, Beverage.

TUESDAY

BREAKFAST Ripe Sliced Bananas, Wheat Germ, Beverage.
LUNCHEON Vegetable Soup, Steamed Cauliflower, Celery, Raw Pear, Beverage.
DINNER Well Broiled Lamb Chop, Steamed White Onions in Cream, Raw Celery, Radishes and Lettuce, Apple Sauce or Prune Whip, Beverage.

WEDNESDAY

BREAKFAST Prunes, Celery and Ripe Bananas, Hot Beverage.
LUNCHEON Vegetable Soup, Fruit Salad, Beverage.
DINNER Boiled Ribs of Beef or Braised Ox Tail, Steamed Carrots and Steamed Parsnips, Raw Celery, Lettuce and Tomatoes, Canned Pears, Beverage.

THURSDAY

BREAKFAST Ripe Sliced Bananas, Wheat Germ with Cream, Beverage.
LUNCHEON Tomato Juice, Baked Potato, Celery, Baked Apple, Beverage.
DINNER Vegetable Soup, Raw Vegetables, Steamed Cauliflower, Canned Pears, or Melon, Rice Pudding with Raisins, Beverage.

FRIDAY

BREAKFAST Whole Grain Cereal, Prunes, Beverage.
LUNCHEON Tomato Juice, Steamed Peas and Cauliflower,
Grapes or Canned Peaches, Beverage.
DINNER Vegetable Soup, Baked Sea Fish or Well Broiled
Steak, Steamed String Beans and Spinach, Raw
Celery, Lettuce and Tomatoes, Melons or Baked
Apple, Beverage.

SATURDAY

BREAKFAST Melons, Wheat Germ, Beverage.
LUNCHEON Vegetable Soup, Baked Potato, Celery, Prunes,
Beverage.
DINNER Broiled Sea Fish, Steamed Carrots and Onions,
Raw Celery and Tomatoes, Fresh or Canned Pears,
Beverage.

FIVE EXERCISES TO RENEW IMPAIRED EYESIGHT
EXERCISE NO. 1.

Science has now located the positive electrical pole of the body as being situated at the upper back of the head. The negative electrical pole is situated within the heart. The region of the Solar Plexus located beneath the diaphragm is also an active electro-magnetic center. The pituitary gland situated in the base of the brain is a catalyst center from which everlastingly streams a flow of vital energies.

Place the palm of the left hand over the region of the positive electrical center on the back of the head. Place the palm of the right hand over the closed eyes. Recline on the back for a period of four minutes in this hand-placement state. During this period imagine that the eyes possess the power to inhale and exhale. Control and direct your breathing through the eyes for this four minute session.

Simply try to imagine that your eyes are performing the function of respiration. Remember breath is a spiritual force and when breath is consciously directed toward any part of the body, it influences that special region and causes definite physical activity in that special region. Pursue this breathing and vibration course of action for four minutes each day in conjunction with another suggested exercise until the desired results are achieved. Never allow the taint of doubt to creep into your consciousness as to the idea of failing to gain the improved vision you anticipate.

EXERCISE NO. 2

Clasp your hands and hold the thought of sight improvement because of the exercise you are about to perform. The hand clasping period should occupy about 40 seconds. Now drop your arms to the sides with fingers extended as you mentally command your pituitary gland to send to your hands its eye-healing potency in the form of increased blood and vital energy. During this charging process it is wise to keep the eyes closed as you are then in the fourth or creative dimension.

First concentrate for 10 seconds on your left hand, repeat concentration on your right hand. In about 40 to 60 seconds if concentration is properly performed a distinct tingling of the tips of the fingers will take place. Now lie upon your back, the extended tips of your fingers encircling both of your eyes. The right hand fingers over the right eye, fingers of left hand circling around the closed left eye. Through this eye encircling process hum ING, ING, ING, while directing the sound toward the region of the eyes.

This effective exercise can also be advantageously performed while reclining upon the back with both hands clasped behind the head. The palms of the hands should cover the region of the positive electric pole which is situated on the upper back of the head not in the neck region. The humming of ING should take place while in this posture. The sight centers of the brain are close to the back of the head and the clasping of the hands behind the head is always, therefore, a sight-rehabilitating action.

EXERCISE NO. 3

More and more Medical Authorities are inferring that cataracts and glaucoma are produced by unwise habits of eating and thinking. Here is an effective way which many have used to find relief from these distressing states. Concentrate on clasped hands as advised in Exercise No. 2. Follow the same procedure when hands are extended to the sides. Mentally command the pituitary gland to send the help you need for a specific condition, naming cataracts or glaucoma.

As soon as you notice the finger tips vibrating with vital energy, extend your left hand forward, palm upward. Bunch up the fingers and thumb of the right hand and place them on the palm of the left hand. Thus the outgoing, vital catalyst energy always exuding from the tips of the fingers will be turned back into the body, thus augmenting the healing force of the finger exudations.

While reclining on the back on a bed or couch, place the two first fingers of the left hand over the closed right eye. Thumb of left hand should gently cover left eye. At the same time imagine your regular process of breathing, inhaling and exhaling is being performed through the eyes and not through the nostrils. Hold this posture for 4 to 16 minutes daily until relief is noticed. Always use the mind in endeavor to rout cataracts and glaucoma. As you perform the exercise, inwardly give thanks and expect the improvement to take place. Also establish within your mind the spirit of faith and confidence that "So Shall it be".

SPECIAL EXERCISE TO BANISH CATARACTS

Sit down or lie down and mentally concentrate on the pineal center between the eyes. Try to visualize the idea of perfection for your eyes. See your eyes as being entirely free from cataracts. Mentally brush aside the idea of sight limitation and decree that perfect vision is being established. Practice this mental exercise in the spirit of absolute faith and anticipation that the required healing shall come to pass. A period of 4 or 8 minutes is best for this concentrative exercise.

The second part of this exercise is a physical one. As you gently squeeze your eyes shut, crush some dried leaves in your right hand. At the same time imagine, as you dissolve the roasted or dried leaves into dust, that the cataracts, likewise, are breaking up. Breathe in twice as you close your eyes. Expel the breath at once, while eyes are closed, open eyes slowly after crushing the dried leaves.

This is called a Soul Force exercise as both body and mind are employed. As you use the first half of the exercise eyes should be closed. As you practice the second part of the movement, eyes should be closed as you inhale and exhale and eyes should be open to note results after you crush the leaves. Dry some cabbage, lettuce or carrot top leaves in the oven or pick some dried leaves from the ground.

EXERCISE NO. 4

Lie on your back and while you inhale gently squeeze the eyes closed and imagine you are exhaling the retained breath through your eyes. Imagine also you are inhaling through the eyes during the inhaling process. Exhale breath at once after inhaling. Before inhaling again open the eyes slowly and be expectant for some sign of improvement. Also express gratitude for any real or fancied improvement. The spirit of gratitude is always a healing agent.

After each exhaling of the breath confidently expect that your sight, if it be impaired, will be renewed and presently will become perfect in every respect. Have an eye chart on the wall and try to see the letters more clearly at each attempt. Practice in the right direction always tends toward perfection in every department of life and living. About two minutes daily should be given to this exercise.

EXERCISE NO. 5

Provide two yards of black velvet or sateen. Hang velvet on the wall or across a black board. Place a small table close to the velvet. On the table stand a lighted candle one foot away from the black background. Seat yourself comfortably in a chair eight feet from the black material. Have no lights in front of you save the candle, this is very important.

Behind you have a blue light. A blue incandescent globe can be had for less than 25¢ in any electrical store. This light should not exceed 60 candle power. The less wattage, the quicker will be the results. The only white light in the room comes from the candle. The single blue bulb should be back of you, never in the front.

Gaze through the upper flame of the candle upon the black background for a period of four seconds. Now shift your eyes upward and downward without moving the head. Repeat for four times in all. Do precisely the same movements from right to left in a straight line for four times. Always complete the exercise and begin it on the flame of the candle.

Practice the up and down and side to side movements for forty days. If at the end of that time results are not fully complete add a circular movement as follows. While seated, rotate the eyes from the right side to the left in a circular manner. Do this four times. Repeat the movements four times by rotating the eyes from the left side to the right. Begin the extended exercise by rotating the eyes in a circular manner four times from right to left. Next four times in the up and down movement. Then circle the eyes from left to right four times and conclude the exercise by moving eyes four times from left to right in a straight line.

Do not hurry these movements, do them deliberately. Always let the candle flame be the focus for both start and finish. Only the eyes should be moved, never move the head. If for any reason this exercise should strain your eyes simply discontinue its use.

YELLOW IS THE SIGHT IMPROVING COLOR

If you wear eyeglasses remove them in using yellow exercises. Wink into the late afternoon sun with your eyes half closed. The late afternoon sun throws off a yellow ray. Such a ray is conducive to betterment of sight. Use a yellow bandage over your eyes at night. The vibration of the yellow silk or cloth binding your eyes will work throughout the night and help to reestablish better vision if it is impaired. Green is the hearing improvement shade. Use a green disc of cellophane over your ears if power of hearing is diminished. This disc is to be worn while asleep.

THE YAWNING BREATH

Sit comfortably in a chair, chin on breast. As you slowly raise your chin upward whisper the word "Sight". As you lower your chin on the breast whisper the word "Sight". As the chin rests on the breast blow out the breath through the mouth eight times or until you get into the "Yawn" vibration. As you go through this exercise four times you will notice that the eyes will begin to water. Thus are the optic nerves relaxed and any toxin present is being discarded through the process of eye watering.

Eyes are quick to disclose secrets. They reveal our hidden thoughts, emotions, condition of body and state of mind. They show mean streaks if they exist, they also portray inner harmony, truth, unselfishness and sincerity. We invariably size up people by looking into their eyes. Not only can we define the feelings of others by their hand grip but also by the story of their tell tale eyes. Inner conniving reflects in the eye. Providence puts a danger mark on the eyes of all connivers so as to help honest people to avoid them.

Some eye defects are congenital. If such an unfortunate condition be yours, you can lessen or banish it altogether by the observance of proper posture. Each morning press your back against the wall and endeavor to increase your height by a self-stretching process. Try to make yourself as tall as you possibly can. Be careful not to tilt the head backward during this exercise. The chin must be kept square to the front.

Rarely do persons who stand tall, walk tall and sit tall suffer from vision impairment or diminished sight. While glasses are sometimes necessary, they never correct the causes of poor vision. Many influences tend to lower the power of vision such as weeping, overeating, improper posture, lack of sleep, eyestrain, an unhealthy environment, negative thinking. Be sure to practice the breathing exercises outlined in Lesson No. 5. Clean lungs always favor better eyesight.

When the whites of the eyes are clear, it is a sign that eyes are in good condition. When the neck is held in a straight line, better vision will be the result. When the spine is held loosely upright, it is a sign of eye-friendship. Plenty of reading of thought-provoking books is beneficial to the sight. Light should flow from behind not in front of your eyes. Reading yourself to sleep at night is a safe exercise for sight improvement.

As you train your eyes to seek beautiful sights the other kind will not be noticed and will have no power to influence you in an unpleasant way. Talk to your eyes every day and demand that they manifest eye-health and eye-happiness. Train your eyes not to seek points to criticize, but points to admire and appreciate. The most valuable service you can render your eyes is to admire them, respect them and tell them the needed improvements you desire to take place.

Sight deficiency is always a handicap. Resist such a limitation if it exists. Rarely should children be compelled to wear glasses. The use of glasses, save in congenital defects, advertises the treatment of symptoms and the neglect of actual causes of the sight impairment. As we grow less and less a slave to coffee, tea, tobacco and alcohol our sight becomes stronger and less prone to vision deficiency.

Read lessons No. 3 and No. 5 and check up on your eating and breathing habits. See to it you have an abundance of fresh air in your lungs and healthy red corpuscles in your blood. If you have a sallow complexion it is a sign indicative of coming vision impairment. The better our sight the more pleasing will all the sights of life seem to our gaze.

THE ITALIAN PEOPLE ARE SAID TO POSSESS THE BEST AVERAGE SIGHT OF ANY OF THE GREAT NATIONS OF THE WORLD.

Italian mothers place a drop of pure olive oil in their babies eyes each week during the first year of their childrens' life. That procedure is credited as the reason behind the excellence of vision of the Italian people. Today it is impossible to obtain pure olive oil in Italy therefore it is highly probable that this practice is now discontinued by Italian mothers.

Age has little to do with sight improvement. The moment sight-diminishing habits are stopped a sight-improvement trend is observed. Age seems to be a trifling obstacle to sight betterment when proper measures are undertaken. Poor sight saps our nervous energy, thus causing bodily and mental fatigue.

SPECIAL HEALING EYE WATER

Into a solution of boric acid pour the white of a fresh egg. Mix thoroughly and apply to eyes the eyecup way. This solution is speedy in its healing action to all cases of eye burning or eye inflammation. The ailing eye should receive 4 bathings daily of this eye water. The usual measure of the boric solution for a single egg white is six ounces.

A SPECIAL WORD ABOUT GLAUCOMA

Usually between the ages of forty and seventy is glaucoma attracted. The first step to its riddance is to cease the use of tea and coffee and go on a soup and raw vegetable juice diet for at least 10 days. A certain improvement shall have taken place in that period. This same healing plan will also help to expunge cataracts. The protection of sight is a program for all - for life. Good sight means happiness and the maintenance and perpetuation of excellent vision is a personal job for each one of us. Do not imagine because your parents had good vision that you are entitled to such a benefit. Like everything else good eyes for life must be earned by personal superior habits of living.

A never failing plan of sight improvement is conducted as follows. While reclining at ease on your back moisten your closed eyes with saliva and speak into the region of your eyes sixteen times these words:

I AM A CHILD OF THE INFINITE

Mentally direct the sound of your voice to issue from your yes. Really imagine that your eyes are speaking. Keep the first three fingers of both hands over your eyes during this affirming process. In the spirit of faith and expectancy carry on these exercises until your sight is as it should be - perfect.