

7. **Do not daydream:** this is the most important negative injunction. Remember, daydreaming leads to a slowing down of the eye movements and a deterioration in the ability of the retina to resolve fine detail. If you want to daydream, shut your eyes: if this means knocking over a lamp-post switch to the here-and-now and be really aware of your environment - it could be exciting.
8. **See what is there.** There must at no time be any strain. However bad the eyesight has become, see just what you can see, and do not try to see more than you can take in without strain. In case of reading, if the print is blurred, just try running your gaze between the lines. In time bits will become clearer; then just look at these bits. Above all do not concentrate; do not try; do not work hard at looking. Just relax and see.

References and Further Reading

Clara Hacket. *Relax and See.*

Aldous Huxley. *The Art of Seeing.*

Olive Brown. *Your Innate Power.*

Bates System Oculists:

Michael Ronan, 29 Welbeck Street, W.1.

Evelyn Page, 56 Twyford Avenue, N.2.

Is the person others see
really me?
They only see what they want to see.

Is the person that I feel
any more real?
Can I be who I want to be?

Rosemary Rayner