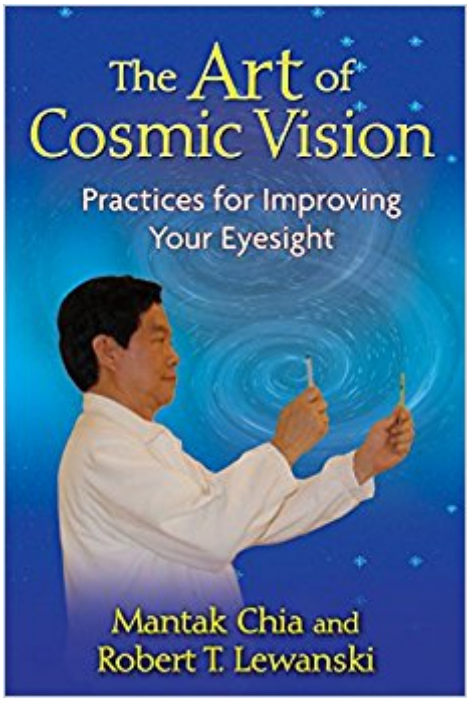
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The Art Of Cosmic Vision: Practices For Improving Your Eyesight



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Synopsis

How to achieve perfect vision naturally through proven eye-training methods Ã¢â ¬Â¢ Explains how vision problems are related to imbalances in the internal organs Ã¢â ¬Â¢ 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

". . . Chia and Lewanski have a system that may work for our Western society. Combined with their

methods and the desire to correct our vision, The Art of Cosmic Vision is a tool that does make the change." (Irene Watson, Reader Views, August 2010)Ã¢â ¬Å“The Art of Cosmic Vision: Practices for Improving Your Eyesight by Mantak Chia and Robert T. Lewanski, is a comprehensive collection of eye improvement exercises and therapies from various traditions.Ã¢â ¬Â• (Reg Little, New Dawn Magazine, July 2011)"For me, I was most attracted to the exercises and sections that could help reduce eyestrain and relax my tired eyes. The Art of Cosmic Vision provides an ample variety of choices." (Tami Brady, TCM Reviews, May 2010)

HEALTH / TAOISM 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. MANTAK CHIA, world-famous Inner Alchemy and Chi Kung master, founded the Universal Healing Tao System in 1979. He has taught and certified tens of thousands of students and instructors from all over the world. He is the director of the Tao Garden Integrative Medicine Health Spa and Resort training center in northern Thailand and the author of 35 books including Taoist Cosmic Healing. ROBERT T. LEWANSKI is a certified Ayurvedic counselor in nutrition and health. He has studied Sun Do meditation, Chinese Five Element nutritional body typing, and Taoist Chi Kung Yoga from Korean master Hyunoong Sunim. He lives in Michigan.

I like it and would recommend it.

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.

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 truely a master at healing the human body of its ills. You will not be disappointed with this book. Great read!

Mantak Chia is an excellent author clearly explaining the concepts.

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

I have much respect for Master Chia's good intention of doing thorough research on everything and anything concerning the natural healing process for eyes in this new book of his. It can act as a good reference to people researching on this particular topic. Though I hold some different views as to usage:1. The objective of the book is to cure short-sightedness and long-sightedness. With the improvement of lens and contact lens, plus the advance in laser treatment for a more determined cure, there leave little room for any natural healing exercise to compete, bearing in mind that by its very nature, natural healing process is not highly targeted with lengthy training period and uncertain prognosis (otherwise, DL and many monks, Taoists or yogis won't need to wear glasses).2. Filtering the book, there are actually three types of process that work better: firstly (warm) hand cupping of the eyes, secondly point-gazing, thirdly eye-muscle relaxation. All of these can be done alternatively through good advice from an ophthalmologist. Hand cupping is useful, but similar results can be achieved by covering one's tired eyes with a warm towel (op's adivce). Point-gazing can stimulate tears for cleansing (an important technique for Taoist and Yogis), but similar results can be achieved using artificial tear drops (hm, I have to say gazing is more natural). Eye-muscle relaxations like Tai-chi rocking or long-swing are beneficial, yet similar old technique like looking at far-distant green is within most folks' learned knowledge base (being also op's advice).Having said

that I do believe a training on chi-generation (say Chia's Iron Shirt practice or standing-like-a-tree [Zhan Zhuang]) can have a transfer effect on some eye exercises. For example, during zhan zhuang practice, a practitioner who want to train his eyes (because of some eye-ailments) can look far at the greens for the best results. In other words, to better benefit the eyes using natural healing method, my suggestion is to incorporate it into one's regular chi-kung practice. Not practicing chi-kung? Take advice from your ophthalmologist, my suggestion.

Over all this book is extremely good! But i have some problem about the book, it should of have talk about how the sun is dangerous to look at. It seems like this book talks about how healthy the sun is, but it never talks about how you can damage your retina by directly looking at the sun! It also never warn you about the sunning technique, to never open your eyes and don't wear glasses when your doing the sunning exercise. But over all i find that this book has a lot of helpful exercise like the yoga and the chi kung! This book is good but it all depends what exercise you do or choose to do. So for anyone who got this book, just be very aware about what exercise you do. NEVER LOOK AT THE SOLAR ECLIPSE!

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