

## Practise 'Palming'

*Written by Ann Perry*

Taken from one of our previous group newsletters

Nowadays, palming features in the health and beauty pages of a variety of magazines as well as various other media programmes, and palming is something with which Maurice Bluck, co-founder and honorary life member of our group, is very familiar. It's a simple exercise to ease tired eyes, but it's well worth adding to a relaxation routine. Here are his directions :-

Place your elbows on a table top which allows you to comfortably cup your hands over your eyes so as to exclude all light. The heels of your palms should be resting on your cheekbones and the fingers crossed on your brow above your nose. Do not touch or put any sort of pressure on the eyes. Then, in that warm soothing darkness let go all stress and tension, breathe slowly, and mentally relax. With your eyes open or closed, without making any effort, imagine the blackness getting blacker. Let thinking stop, or otherwise allow only gentle pleasant thoughts to occupy the background of your mind. Increase the benefit of the exercise by relaxing your brow and jaw and your neck and shoulders.

Many people have made their eyes feel better using palming, and in some cases it has improved their sight. It can be used for just 5 minutes or for up to 30 minutes, two or three times a day.

*Palming was conceived as a 'self-help' technique in the 1920's by  
Dr.W.H.Bates, an American ophthalmologist*