

Read the summary of the Eyebody chapters (compiled by Jill Freeman):

Chapter 1: “A Personal Story: Letting go of glasses forever.”

The inspiring story of a young man who grew up from early childhood with severe vision problems, a serious stutter and slumped posture who, by the age of 27, no longer wore glasses, stopped stuttering and stood tall.

Three profound experiences signalled that his vision could be influenced by factors other than wearing glasses. He vowed to himself that he would rediscover his latent clear sight, a commitment that had to be renewed with every setback. Without glasses, he discovered a richness of experience in daily life that continues to inspire his unique exploration of the human visual system.

Chapter 2 – “How Vision works: The Eyebody Patterns”

An exciting chapter, revealing that more than clear sight arises from well-functioning vision. Peter describes the physiology of the visual system and conventional explanations of common visual problems. He introduces his pioneering discoveries of pathways through the brain that enable physical, emotional and spiritual integration in addition to enhanced visual abilities.

Peter outlines the Eyebody Patterns: how each part of the visual system is reflected in a part of the body and also in a region of the brain. The functioning of this wonderful tapestry of relationships can be transformed by conscious thought but impaired by conventional interventions such as glasses, contact lenses or refractive surgery.

Chapter 3 – “Fundamental types of Visual Brain Function”

Overextended or contracted?

Your upper visual cortex will tend to be one or other and is likely to have been so since before your birth. A crucial element in Eyebody work is discovering your upper visual cortex tendency. Depending on which type you have, you are likely to display particular linked patterns of physical health, emotional reactions and social behaviour.

Clear sight (the secondary function of the visual system) will be a struggle if the primary function (physical, emotional and mental integration) is impaired. To begin the process of change, look to your upper visual cortex: Overextended or contracted?

Chapter 4 - “The Eyebody Principles”

The four life-changing principles of the Eyebody Method. Applying these principles involves bringing conscious thought to neglected pathways through the brain, rediscovering the vital coordinating function of the upper visual cortex. Old trauma and restrictive patterns of behaviour and thinking will be released, launching you into ease of movement, feeling, seeing, thinking and relating.

The key to this process is conscious depth perception, a quality of awareness that you learn to weave into every activity, even a single thought. Activity without conscious depth perception merely repeats well-worn brain pathways, omitting the wonderful sense of being alive which Eyebody work puts in motion.

Chapter 5 - “The Eyebody Method and Case Histories”

Having described the limitations of conventional ophthalmic procedures, Peter outlines how he helps people with common vision problems such as short sight, long sight, middle-aged vision, squint, dry eyes, astigmatism and glaucoma. The Eyebody Method improves not only vision but also total physical and emotional well-being.

You need willingness to change and commitment to using visual directions and conscious depth perception, all guided by Peter’s ever-growing understanding of his work. Change is possible regardless of your starting point.

Chapter 6 - “The eye to body relationship”

You can hear better if you use your sense of sight! From fallen arches through cold hands, emotional problems and headaches to lower back pain, all aspects of your being can be influenced by applying the principles of the Eyebody Method.

Chapter 7- “Application to Life”

Many aspects of your life, at any age, will become easier and richer if the three parts of your brain (reptilian, limbic and neocortex) function harmoniously. This harmony flows when applying the principles of the Eyebody Method.

Driving, dancing or debating; sleep, sex or sport; reading, riding or relating; partying, painting or praying; golf, gardening or grating: the list is truly endless. Enliven your visual system and you will enliven your life.

Chapter 8 - “First Steps”

Ready to start? First of all, learn to choose consciously when and whether to wear your glasses or contact lens. Begin to explore panoramic vision, palming and sunning. Try using pinhole glasses.

This chapter gives you guidance and instructions for starting on your own, instructions which vary depending on whether you are contracted or overextended in your upper visual cortex.

Chapter 9 – “Future Possibilities”

The possibilities are limitless. You can be confident that applying conscious depth perception within the upper visual cortex will enhance your vision, your physical health, your sense of emotional comfort, your intellectual functioning and your spiritual awareness. Contact with others becomes easier and more satisfying with these tools and the quality of both the inner and outer life can improve.

It is an exciting and enriching journey into how you can be, as well as see, in any situation.