

abc19. Visual Field Drill

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Visual Field Drill

This drill spans both the Rest & Relaxation pillar and the Attitude & Perspective pillar. The primary goal is to learn intense focus.

Start with eyes closed in bed at night and lights out.

- Assess your visual field patterns. That means look for patterns with your eyes closed.
- De-personify all patterns by removing any patterns reminiscent of human traits, either good or bad ones.
- Overlay any patterns you consider negative, with pure white undifferentiated patterns.

Drill Number Two

Pretend your white patterns are healing patterns and make them overlay all dark negative patterns. The goal with this drill is to train the mind to self heal.

If you fall asleep during these drills, okay, very good.