

# Using EFT for Vision Correction

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Vision problems affect a major segment of the world's population. As a result, glasses and contact lenses compete for being the #1 health aid on the planet. Fortunately, EFT can be a material boost for those seeking better vision and this detailed, well written article by Christine Wheeler, MA (from Canada) gives us creative approaches and insights into her personal pursuits in this regard.

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By Christine Wheeler, MA

In third grade, the school nurse conducted eye tests, which resulted in my first pair of glasses. I had 20/200 vision at age nine. That means that what most people see from 200 feet, I needed to be at 20 feet to see. It was considered normal in my family as everybody wore glasses. It was like a rite of passage to be fitted with my first pair of glasses just before my 10<sup>th</sup> birthday.

My vision continued to deteriorate and I had a new, stronger prescription nearly every year for the next 30 years. Finally, in 2004 my vision had been stabilized for a couple of years so I decided to have laser vision correction in June 2004. At this point, my vision was "off the charts" meaning that I couldn't see the biggest letter on the eye chart and my vision was estimated at about 20/400. My left eye was worse than my right eye at about 20/500.

The surgery was quite miraculous and within four days, my vision was 20/40 in my right eye and 20/50 in my left eye. I had regular checkups over the next 6 months, and in December 2004, both eyes were 20/20.

I was working on the computer about 10 hours a day and noticed my vision changing in about February of 2005. I put it down to eyestrain and tried to take longer breaks from working on the computer. By the next month, the change in my vision was so alarming that I thought I might have a serious problem and made an emergency appointment with a specialist in eye diseases. Fortunately, he found nothing abnormal so I went back to my laser surgeon to see what might be wrong.

The vision in my left eye had deteriorated from 20/20 to 20/50 in just a couple of months. The optometrist said that this was very unusual and that I needed to come back in six weeks to see "how much worse it gets" and that the only thing they could do was another surgery on that eye. He took an infrared image of the eye that mapped the shape of the cornea.

Well, the challenge was issued and I decided to immediately start using EFT to correct my vision and avoid another laser surgery. I had six weeks.

So the tapping started and I tapped every day for about three weeks. I would tap every night before I went to sleep and sometimes I would sit and tap for 30 minutes during the day in addition to the bedtime ritual. I never rated my intensity when doing the tapping as I imagined the intensity to be the 20/50 eye test score. I did some general tapping on the issue and these I used daily:

*Even though my vision keeps deteriorating, I deeply and completely accept myself.*

*Even though my left eye's vision is only 20/50, I choose to have perfect vision in both eyes.*

*Even though everyone in my family has poor eyesight and I thought that was my destiny as well, I choose to have perfect vision.*

*Even though I can't remember ever having perfect vision, I deeply and completely accept myself and forgive myself for any contribution that I might be making to my deteriorating vision.*

*Even though I can't remember ever having perfect vision, I DESERVE to have perfect vision.*

*Even though the doctor expects my vision to get worse, I choose to believe that my vision can improve – it improved with this miracle surgery, it can improve with EFT.*

Sometimes when the inclination to do so struck me, I did the entire EFT recipe including the 9 gamut and eye rolling. Sometimes I would rub the sore spot instead of the karate chop point, especially when I felt that I was tapping on issues that felt very deep rooted.

After a couple of days using the general statements, I thought about vision metaphorically and tapped on the following things:

*Even though there are things ahead that I just don't want to see....*

*Even though it is difficult for me to focus on a particular goal....*

*Even though it is hard for me to see something that is right in front of me....*

These statements reflected the fact that I was coming to the completion of a large writing project and I was avoiding planning for the next stage in my career.

While I was waiting until the end of the six weeks to test my vision, I was noticing that I started to see situations in my life more clearly and with more discernment. I was able to recognize more of those 'coincidences' that made life interesting.

After two weeks of tapping regularly, I sat down again for about an hour and thought about my eyes as entities separate from me. I had this huge realization that my eyes had been operating in a specific way for 75% of my life and they were in the habit of deteriorating – they didn't know any better. Furthermore, I interfered with their deterioration by getting laser surgery so while I corrected the results of the deterioration; I had not corrected the Reasons for the deterioration of my vision. The following tapping phrases evolved during that hour.

*Even though my eyes don't know that it is ok to be able to see, I deeply and completely accept myself and give my eyes permission to see perfectly.*

*Even though my eyes are in the habit of getting worse and worse, I forgive my eyes and give them permission to get better and better.*

*Even though my sisters and I competed to see who had the worst eyesight, I forgive myself for playing this stupid game and I choose to have the best eyesight.*

*Even though everyone in my family has bad eyesight, I can still be a Wheeler and have perfect vision.*

*Even though I was taught to believe that nobody's perfect, I deeply and completely accept myself and I choose to believe that I can have perfect vision.*

While tapping on these phrases, there was a lot of yawning on my part and I knew that I was shifting something. When I felt inclined to do so, I included the 9-gamut and eye rolling.

Yet another thing occurred to me: I got my first pair of glasses just before my 10<sup>th</sup> birthday and got new, stronger lenses almost annually for the next 30 years. My laser surgery was a few weeks after my 43<sup>rd</sup> birthday. Following the intuition that I have come to rely on when using EFT for clients, and myself I tapped:

*Even though my eyes always get worse for my birthday, I give my eyes permission to get better every year.*

*Even though one of the few things that I could always count on was that my eyes would get worse, I deeply and completely accept myself and forgive myself for being attached to deteriorating vision.*

I tapped regularly for about 3½ weeks and after that I tapped only when it occurred to me. At this point it no longer seemed very important to tap. A few days would go by and I realized that I had forgotten to tap. I was surprised to notice that the uncomfortable dryness that many people experience following laser surgery had subsided and despite the fact that I was still working on the computer for 8 hours a day, I was using eye drops twice a day instead of 5 or 6 times a day.

The six weeks finally passed and I had the infrared eye scan again to map the eye. The optometrist asked how my left eye vision seemed now. I told him that I thought that it was better about two weeks ago. He said that maybe I just got used to the lesser vision. He opened the eye chart to the last spot that I could read six weeks ago and with my left eye, I read the lines and kept reading, including the tiny letters at the side of the chart that said 20/20! He looked at the eye map and the shape of my cornea had changed slightly in six weeks. He had never seen that happen before.

In my six years of doing EFT, I have witnessed many remarkable shifts with clients, family, friends and myself. So, when I decided to do EFT for my vision, I did so with a sense of curiosity, hoping for the best. When I was told that my vision was 20/20 again, there was absolutely no doubt in my mind that it was because of my use of EFT. I had continued working on the computer and didn't change anything else. As Gary says, *"try it on everything"*.

Chris

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