

The I of the Eye Exercise

This exercise is to help awaken the feeling of love for yourself that has been buried inside. This feeling of love is covered up by the many energy cysts that we acquire during life, along with feelings of denial. Therefore, we have found a way to illuminate this emotion at the core of our being.

Our pupils (have been said by many) are the windows to our souls, so we will use our dominate eye as our access point.

Take your dominate hand and hold your arm straight out. With your index finger, point at something that is across the room or further away. Close one eye, then the other. Your dominate eye is the eye that when opened aligns the object with your fingertip. Most right handed people are right eye dominate and vice versa, but there are always exceptions so make sure to check.

Next, find a mirror and a timer. Look into your dominate eye in the mirror and repeat out loud, "I am loving me as I am", for at least 60 seconds. Speaking out loud helps move the other energy and feelings so that eventually you can start to feel the love that is underneath.

You may feel odd at first, or even silly or angry. The ego will try to stop you from doing this exercise, which is a good sign. What I mean by this is if you are on your way to changing how you feel about yourself you will meet some resistance.

In fact, the greater the resistance the closer you usually are to change. For the first few hours that you do this, I suggest that you perform this exercise every 15 minutes. After that, for the next few days, if you can do it hourly you will be on your way to feeling love for yourself.

Continuing on with this at least 6 times per day for four weeks will help shift other deep feelings inside and start to build a growing sense of well-being.



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