

# ATTENTIONAL ASPECTS OF LIGHT AND VISION TRAINING

by

John Searfoss, O.D.

An explanation for part of light's effect may be through the pathways of the attentional mechanism. Attention is found to be a controlling factor in most behaviors. Performance can be directly influenced by attention. Attention to the autonomic nervous system has been shown to regulate the heart and blood flow.

Focusing attention to desired effects can alleviate pain and change body temperature. Balances in biochemistry are also modulated by attention. Science is describing consciousness in terms of attention. The importance of attention is made known by the voluminous literature and research that has increased five fold in the last 20 years.

The premise that light effects attention that modulates most behavior, is basic. The idea that light enhances what controls attention is far-reaching and exciting to light workers. Science has described two main branches of attention. The first mechanism is stimulus-induced which captures attention involuntarily with any sudden or novel changes. The second is conscious or voluntary. This mechanism is commonly described as choosing what we "pay-attention" to. Choosing

may be directed toward sensory information or thought. There appears to be something within us that controls attention. We believe that light training assists us to be aware and develop that something.

Where attention is focused energy follows. When attention is withdrawn so does energy. This energy and its many patterns are modified by attention. Focusing attention creates excitation. Dropping an energy pattern from consciousness assists inhibition. Inhibition acts as a buffer to the demands on attention. An individual cannot "pay attention" to everything. Learning the process of dropping and filtering out frees up more attentional resources to direct available energy.

Different tools can be applied to bring the controller and its skills of attention into awareness. When we use an instructional set in the light training as part of vision training, we ask the patient to become aware of where their attention goes. This brings awareness of attention into the patient's consciousness. They become aware that something that they possess allows them to direct and allocate attention. The instructional set guides the

patient to become aware of the act of focusing attention. They can become aware of what they dropped. They can be aware of the ability to control and change attention from within the mind to things perceived outside.

By example, if one simply listens to the sounds around them, attention appears to have the skill to reach-grasp-release anything we chose to intensify in our awareness. This includes aspects of the mind-body-emotion-spirit.

Another advantage in working through the attentional mechanisms is that patterns are easier to change when they are brought into our consciousness. (When we pay attention to them. Technically called attention allocation.) If we have denied, suppressed, or the pattern is beyond our sensitivity, it is likely not available to alteration. Patterns can consist of beliefs, thinking, behavior and motor performance. Even disease can be considered as dysfunctional and disorganizing pattern.

This is essentially how traditional visual therapy is done. We isolate a pattern or skill so we can put attention on it, bringing it into conscious awareness so we can change it. This is generally a motor pattern

or a sequence of thinking directed toward a motor pattern.

In light work we go above the motor and most motor thinking

processes. In this place or state above, we can reexamine experience, attitudes, judgments and assessments that control our functions,

behaviors and thinking. To do this, the first developmental step in our light work is to learn how to control attention.

### **Further Reading:**

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