

Is There More to Vision Than Meets the Eye?

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What do The American Optometric Association News, the author of this article, and a group of spirits expressing themselves as a group through a human who channels them have in common? Probably nothing if it were not for their definition of vision! My definition of vision, which I am sure was greatly influenced by my many contacts with colleagues and mentors, is:

Vision is the response of an organism to an illuminated environment or to a state of mind which produces the same responses as an illuminated environment.

Abraham¹, a group of wise spirits channeled by Mrs. Hicks, says, "The universe does not know if the vibration you are offering is of what you are imagining, or because of what you are observing, in either case, it is responding."

The American Optometric Association News² under the title, "Study sheds light on mind's eye," reports research of the University of California at Los Angeles (UCLA) School of Medicine and the California Institute of Technology (Cal Tech). This research has uncovered evidence that single neurons, individual cells in the brain, are involved in recalling specific visual images to mind.

The firing rate of the neurons in the brain sharing vision and visual recall was similar, which indicates that the brain processes visual information and visual recall in a similar manner. I feel there is enough food for thought in all the previous information to ponder for many years! Some questions that come to mind are:

- What is reality?
- Does reality exist in us, in the outside or in both?
- Do we create reality (1) or does reality create us (2)?
- Are both questions (1) and (2) possible or can only one be correct?
- Is it possible that none of the above questions are correct? Of course, we have to define what we mean by correct!

This article started with the title in a form of a question and it continues with more questions. It looks like it tries to stimulate thought but may be just an indication of the author's ignorance.

In a book titled, *The User's Illusion Cutting Consciousness Down to Size*, it is stated that we are consciously receiving about ten to forty bits of information per second through our visual system, but we actually process about 10,000,000 bits of information per second, and from the rest of the body, a little more than 1,000,000 bits of information per second.³

It is estimated that the brain has the capacity to process ten billion bits of information per second. If the above figures are correct, then Sigmund Freud's work and his ideas on the unconscious are not only correct but conservative! Helmholtz asserted that consciousness is a result of unconscious processes. We can see that there is more to Helmholtz than theories of accommodations, color vision, hearing, etc. Maybe Helmholtz's understanding of the unconscious was his most important contribution, although it was not noticed.

Visual information accounts for 90% of all the unconscious information we receive from the outside world to our body. Conscious visual information is like a drop in the ocean if we accept the previous information. It is like saying all the information in the computer is on the screen.

Vision seems not only to be related to what we see but to what we visualize. At the same time what we may visualize may be something that we perceived unconsciously.

I think vision is related to who we are as a species because it is related to the majority of the information we have consciously or unconsciously stored. In syntonics we use colors to improve peripheral awareness, but can we increase peripheral awareness by visualizing these colors? After all, the brain responds the same if we see or visualize something according to previously mentioned research. When we increase peripheral awareness with syntonics, do we increase processing of only conscious information or mainly unconscious information, or both?

Another question comes to mind: When visual fields expand with syntonics and/or visual therapy, does also the ability to see more possibilities and choices also increase? Does intuition increase?

I had at least one patient who insisted he got "psychic" abilities after vision therapy and syntonics. He was so convinced that vision therapy and syntonics helped him with his newfound abilities that he had a television station call me to be a guest on a show of how to help people become psychic.

Of course, I declined, and I explained to them that this is not what I do, and that particular patient has a "personal" experience not necessarily shared by other patients. Did this patient experience increased intuition as a result of expanded visual fields? Does the ability to follow through on your thoughts with actions increase with visual therapy? At least some of my patients volunteered that after visual therapy, they follow through with action more often than before vision therapy and/or syntonics. Does that mean that after vision therapy, the visual image of the task is stronger now?

Gregg Braden in his book, *The Isaiah Effect*⁴, quotes the Essene gospel of peace. "And one day the eyes of your spirit

shall open and you shall know all things." Are the eyes of the spirit more likely to open with vision therapy and/or syntonics?

It is said that we use 10% of our brain. Does this mean that we don't use 90% of our brain, or do we use it in a way we cannot measure it? After all, why should we have something we don't use? Why should we have a visual system that has the capacity to process 100 billion bits of information per second while we are aware of only ten to forty bits per second?

The title of this paper is, "Is There More to Vision Than Meets the Eye?" I hope the reader will agree that we can at least answer this question with a, "Yes, indeed!"

¹ Abraham-Hicks Publications, P.O. Box 690070, San Antonio, TX, *The Science of Deliberate Creations*, Oct., Nov., Dec. 2000, vol. 14, p. 24.

² *The American Optometric Association News*, Dec. 18, 2000, Vol. 39.12, p. 5.

³ Norretranders, Tor, *The User's Illusion Cutting Consciousness Down to Size*, Penguin Group, 1998

⁴ Braden, Gregg, *The Isaiah Effect*, Harmony Books, 2000.