



RELAX

letter

HANDWRITTEN FONT

Relaxation Letters

Clark Night, William H. Bates



Relaxation Letters:

The Relaxation Letters Audrey Burns Ross, 1993 **EFT -Emotional Freedom Technique and Acupressure, Color Breathing, Visualization for Healthy Mind, Body and Clear Eyesight** Clark Night, 2011-03-06

Color version EFT is an Easy Type of Chinese Acupressure Puncture without Needles or Hard Pressure EFT is applied by TAPPING activating energy points meridians on in the body with the fingertips Tapping removes energy blocks stuck stagnant energy orients polarizes corrects balances and strengthens the energy flow in the body through the Meridians Energy Pathways Energy Points Chakras Nervous System Electric Chi and other Energies Physical and Spiritual Tai Chi Qi Gong Karate Energy Control Methods are related to EFT EFT removes negative destructive emotions thoughts feelings stress from the mind brain system by correcting energy flow The body's energies flow correct and strengthen EFT balances and improves function of the left and right brain hemispheres This produces good health clear eyesight Neck chest shoulder eye muscle tension stiff infrequent eye shifting movements headaches strain in the mind brain negative unhappy past present thoughts emotions experiences blocked energy flow lowered liver kidney health staring squinting cause unclear eyesight Negative destructive thoughts emotions worry are a common cause of mental strain back chest shoulder neck eye muscle tension and unclear eyesight Lowered eyesight increases worry mental strain which then increases the body neck eye muscle tension Eye function is impaired Light rays focus incorrect in the eye Circulation to in the eye lowers Vision is more unclear EFT Nutrition Natural Eyesight Improvement corrects these conditions Blocked energy experienced during a stressful event happens first before the negative emotions occur and locks them into the mind body Negative thoughts emotions maintain blocked energy flow Removing blocked energy first results in removal of the negative emotions thoughts feelings and often brings instant clear eyesight As EFT Tapping removes energy blocks corrects the energy flow resulting in removal of negative emotions thoughts feelings the person can then place positive constructive thoughts into the mind system think feel in a positive constructive way about the past or present stressful event Positive thoughts emotions help to correct and strengthen the body's energy flow Correct energy flow is now maintained Mental and physical health improve eye function returns to normal eyesight is 20/20 and clearer at all distances close and far Health of body organs systems improve as energy flows correct throughout the body EFT improves the function of the brain visual cortex left and right brain hemisphere activation integration This improves function of the brain with the eyes retina eye muscles and body Eyesight and mental physical health improve Memory imagination math science speech learning creativity art music skills all functions of the brain left and right hemispheres even the oldest deep survival areas of the brain improve This is a main treatment of Natural Eyesight Improvement 20 free PDF E Books Natural Eyesight Vision Improvement Training Do It Yourself Natural Eyesight Improvement Original and Modern Bates Method Better Eyesight Magazine by Ophthalmologist William H Bates Unedited Full Set 132 Magazine Issues 11 Years July 1919 to June 1930 Illustrated with 500 Pictures and additional up to

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William H. Bates, Emily C. Lierman, 2021-01-16 Dr Bates 1st Original book in the Antique 1920 Print Color Edition Includes
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book chapters Dr Bates discovered the natural principles true function of the eyes and applied relaxation natural methods to return the eyes eye muscles nerves mind brain thought patterns body entire visual system to normal function with healthy eyes and clear vision The Bates Method of Natural Eyesight Improvement Dr Bates Better Eyesight Magazine stories articles describe how Dr Bates Emily Lierman Bates other Doctors School Teachers Bates Method Students Teachers Children and Parents used Natural Treatments to remove correct prevent many different eye problems without use of eyeglasses surgery drugs The natural treatments they applied removed prevented unclear close and distant vision astigmatism cataracts glaucoma conical cornea cornea scars wandering crossed eyes strabismus and other conditions Hundreds of Natural Treatments are listed The magazines contain True Life Stories of the doctors assistants patients treatments Interesting entertaining fun to read A History book life in the early 1900 s Vision improvement based Fairy Stories and other articles for children are included The stories produce a positive relaxed state of mind This state improves the eyesight Dr Bates worked his entire life treating people successfully with Natural Eyesight Improvement When he cured the eyes vision of many patients and other doctors in the hospital where he worked with natural treatments without use of eyeglasses surgery drugs and proved his method is fact and that some of the old theories of eye function are incorrect only theories the doctors surgeons that preferred to sell eyeglasses surgery drugs expelled him Dr Bates then opened his own office a Clinic in Harlem New York City He treated thousands of people by natural methods including many of the poor people that had little money He kept his price for medical treatment low and also provided free assistance to people that could not afford to pay for a visit to an Ophthalmologist His treatments were successful He cured the young and old people of all ages nationalities The Bates Method is so simple and effective that many of his cured patients often children then went on to cure their parents teachers and other children of defective vision including crossed wandering eyes Read the true story of the two little girls that restored a blind mans eyesight in the Oct 1925 Magazine Issue Read Dr Bates full story in Better Eyesight Magazine Dr Bates recorded 11 years of work in his clinic his patients and their varied treatments in his Better Eyesight Magazines Books and Medical Articles Dr Bates discovered Natural Eyesight Improvement The Bates Method He discovered the natural normal function of the eyes and applied natural methods to return the eyes eye muscles brain visual system to natural normal function relaxation with clear vision healthy eyes Extra Eyecharts in the PDF E Book See William H Bates Amazon com Author s Page for Dr Bates true Life Story History Videos of internal book pages full description of the Paperback and 12 E books Free Natural Eyesight Improvement Audio Training as you move through the book pages treatments activities in the video *Better Eyesight Magazine - July, 1919 to June, 1930 -132 Monthly Issues by Ophthalmologist William Horatio Bates M.D.* Ophthalmologist William Horatio Bates, M.D.,Emily C. Lierman,2011-06-15 Better Eyesight Magazine by William H Bates M D Ophthalmologist Central Fixation Publishing Co New York City New York USA July 1919 to June 1930 132 Magazine Issues Unedited Black Dr Bates Books Medical Articles a scan photo copy of the 132 Original Antique Magazine

Issues a Modern text copy with 500 pictures and Clark Night s books including Do It Yourself Natural Eyesight Improvement Original and Modern Bates Method All our Amazon com books in 20 E Books Dr Bates discovered the natural principles true function of the eyes and applied relaxation natural methods to return the eyes eye muscles nerves mind brain thought patterns body entire visual system to normal function with healthy eyes and clear vision The Bates Method of Natural Eyesight Improvement Dr Bates Better Eyesight Magazine stories articles describe how Dr Bates Emily Lierman Bates other Doctors School Teachers Bates Method Students Teachers Children and Parents used Natural Treatments to remove correct prevent many different eye problems without use of eyeglasses surgery drugs The natural treatments they applied removed prevented unclear close and distant vision astigmatism cataracts glaucoma conical cornea cornea scars wandering crossed eyes strabismus and other conditions Hundreds of Natural Treatments are listed The magazines contain True Life Stories of the doctors assistants patients treatments Interesting entertaining fun to read A History book life in the early 1900 s Vision improvement based Fairy Stories and other articles for children are included The stories produce a positive relaxed state of mind This state improves the eyesight Dr Bates worked his entire life treating people successfully with Natural Eyesight Improvement When he cured the eyes vision of many patients and other doctors in the hospital where he worked with natural treatments without use of eyeglasses surgery drugs and proved his method is fact and that some of the old theories of eye function are incorrect only theories the doctors surgeons that preferred to sell eyeglasses surgery drugs expelled him Dr Bates then opened his own office a Clinic in Harlem New York City He treated thousands of people by natural methods including many of the poor people that had little money He kept his price for medical treatment low and also provided free assistance to people that could not afford to pay for a visit to an Ophthalmologist His treatments were successful He cured the young and old people of all ages nationalities The Bates Method is so simple and effective that many of his cured patients often children then went on to cure their parents teachers and other children of defective vision including crossed wandering eyes Read the true story of the two little girls that restored a blind mans eyesight in the Oct 1925 Magazine Issue Read Dr Bates full story in Better Eyesight Magazine Dr Bates recorded 11 years of work in his clinic his patients and their varied treatments in his Better Eyesight Magazines Books and Medical Articles Dr Bates discovered Natural Eyesight Improvement The Bates Method He discovered the natural normal function of the eyes and applied natural methods to return the eyes eye muscles brain visual system to natural normal function relaxation with clear vision healthy eyes This black and white version is identical in pages content to the color paperback book version Created for a low price printing cost Eyecharts included See William H Bates Author s Page for Video of internal book pages full description of the Paperback 20 E books <https://cleareyesightbatesmethod.info> **Better Eyesight Magazine - Original Antique Pages By Ophthalmologist William H. Bates - Vol. 2 - 53 Issues-September, 1924 to January, 1929** Ophthalmologist William H. Bates,Emily C. Lierman,2011-10-19 This book is Volume 2 of 3 volumes Better Eyesight Magazine by William H Bates September 1924 to

January 1929 53 Monthly Magazine Issues Volume 1 2 3 combined each Vol purchased separately contain the entire 132 Issues of Dr Bates Magazines This set of 3 Volumes is in a larger page print size of 8 5 x 11 A Two Volume set has also been created containing all 132 Issues in a smaller page print size of 7 5 x 9 25 All books flip to be read like a calendar to enable optimum print size Magazines are unedited contain every page article Dr Bates Original Antique Magazine Pages from the 1900 s The origin true source of Natural Eyesight Improvement Learn directly from the eye doctor that discovered this safe effective method Dr Bates discovered the true principles of the eyes function and applied relaxation natural methods practice of normal eye function to return the eyes visual system to normal function with clear vision healthy eyes The Bates Method of Natural Eyesight Improvement Natural Treatments by Dr Bates correct prevent many different eye conditions without use of eyeglasses surgery drugs Treatments for unclear close and distant vision astigmatism cataracts glaucoma conical cornea cornea scars wandering crossed eyes and other conditions Dr Bates recorded 11 years of work in his Clinic his patients eye conditions and the natural treatments he applied to correct their eyesight in his Better Eyesight Magazine Hundreds of different Natural Treatments are listed The magazines contain True Life Stories of the Doctors Assistants Patients Entertaining A History book life in the early 1900 s The Bates Method was hidden from the public by Eye Surgeons Optometrists Optical Businesses for over 100 years because this method works is easy anyone can learn teach it including children When Dr Bates cured the eyes eyesight of many patients and other eye doctors in the hospital where he worked with natural treatment and proved his method is fact that some of the old theories of eye function are incorrect only theories the eye doctors that preferred to sell eyeglasses surgery drugs became angry and expelled him See Reason and Authority November 1919 April 1923 Dr Bates then opened his own office a Clinic New York City He treated thousands of people by natural methods He kept his price for medical treatment low and also provided no charge office visits Free Clinic Days for people that could not afford to pay for a visit to an Ophthalmologist His treatments were successful He cured a variety of eye conditions in the young and old people of all ages nationalities The Bates Method is so simple and effective that many of his cured patients often children went on to cure their friends family teachers and other children of defective vision including blindness crossed wandering eyes Read the True Story of The two Little Girls that Restored a Blind Mans Eyesight in the Oct 1925 Magazine Issue A PDF E Book version of this book color printable with all 132 Magazine Issues in one PDF Address is on the Thank You Page inside the book See William H Bates Authors Page for the entire description for the Paperback 20 E Books Magazines Dr Bates Bio Free Natural Eyesight Improvement Training Videos <https://cleareyesightbatesmethod.info>

Stories From The Clinic By Emily C. A. Lierman, Bates Emily Lierman, 2011-10-25 Dr Bates assistant wife records True Stories of their Patients Natural Eyesight Treatments in their Clinic over 11 years With Better Eyesight Magazine by Ophthalmologist William H Bates Emily C Lierman her eyesight cured by Ophthalmologist William H Bates worked as a nurse assistant with Dr Bates in his Clinic in New York City U S A for many years They married in 1928 Her name then changed to

Emily A Bates Emily Lierman Bates is known for her kind gentle understanding way of treating teaching adults and children how to obtain clear eyesight healthy eyes naturally and her devotion to Dr Bates work She continued teaching The Bates Method of Natural Eyesight Improvement after Dr Bates death and preserved his books Better Eyesight Magazines This book describes the natural treatments that Dr Bates and Emily applied without use of eyeglasses surgery drugs to cure Unclear Close Do It Yourself Natural Eyesight Improvement Original and Modern Bates Method 100 Color Pictures Less reading Easy to learn steps quickly learn apply a treatment activity for Fast Vision Improvement Better Eyesight Magazine by Ophthalmologist William H Bates Unedited Full Set 132 Magazine Issues 11 Years July 1919 to June 1930 Illustrated with 500 Pictures and additional up to date Modern Natural Eyesight Improvement Training Original Better Eyesight Magazine by Ophthalmologist William H Bates Photo copy of all his Original Antique Magazine Pages in the 1900 s Print Unedited Full Set 132 Magazine Issues 11 Years July 1919 to June 1930 Learn Natural Eyesight Improvement directly from the Original Eye Doctor that discovered and practiced this effective natural method Magazines Method Hidden from the public by eye surgeons Optometrists optical businesses for over 100 years because this method works and frees the patient from the need to purchase eyeglasses drugs unnecessary eye surgery Yes it can and has reversed cataracts and other eye conditions The Cure of Imperfect Sight by Treatment Without Glasses by Dr Bates with Pictures Dr Bates First Original Book 2nd Printing Title Perfect Sight Without Glasses Medical Articles by Dr Bates with Pictures Stories From The Clinic by Emily C A Lierman Bates Dr Bates Clinic Assistant Wife Use Your Own Eyes by Dr William B MacCracken M D Trained with Dr Bates Normal Sight Without Glasses by Dr William B MacCracken M D Strengthening The Eyes by Bernarr MacFadden Dr Bates with Pictures and Modern Training Trained with Dr Bates One of the First Physical Fitness Teachers EFT Training Booklet with Acupressure Energy balance strengthening Positive Emotions Easy step by step directions with Pictures Seeing Reading Fine Print Clear Clear Close Vision Presbyopia Treatments with Videos Eight Correct Relaxed Vision Habits 10 Steps For Clear Eyesight A Quick Course in Natural Eyesight Improvement Astigmatism Removal Treatments Eyecharts 15 Large Small and Fine Print C E Charts for Close and Distant Vision Astigmatism Test and Removal Charts Eyechart Videos Audio Lessons in Every Chapter 100 Natural Eyesight Improvement Training Videos **Ten Steps For Clear Eyesight Without Glasses - A Quick Course** Clark Night, William H. Bates, This book is a short version of the large book Do It Yourself Natural Eyesight Improvement Original and Modern Bates Method for people that are busy prefer quick training Black and White 8 5x11 Book is written by a Bates Method Natural Eyesight Improvement Graduated Student that has kept her eyesight clear since my teen years to present age of 54 The practices in this book produce relaxation normal natural healthy eye function The large book contains in depth study of Natural Eyesight Improvement is included with the paperback by internet download PDF Contains 11 E books printable Includes Ophthalmologist William H Bates Better Eyesight Magazine collection teaching his many different natural treatments for clear eyesight healthy eyes Dr Bates discovered Natural Eyesight Improvement cured

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other doctors and patients eyesight using natural treatments without eyeglasses surgery drugs Treatments for Clear Distant Close and Reading Eyesight Astigmatism Cataract Glaucoma Crossed Wandering Eyes Conical Cornea and other conditions Hidden from the public by Opticians Eye Doctors Eye Surgeons for over 100 years because it works is safe and people can do It On Their own with basic training Many children cured of defective eyesight by Dr Bates then on to cure their friends parents teachers eyesight After a neck injury caused by a chiropractor in 2009 my eyes developed double triple vision strabismus dark and white out hazy vision astigmatism and low clarity Natural Eyesight Improvement Physical Therapy brought the eyes back to normal function clear eyesight Video of internal book pages free Natural Eyesight Improvement Training Dr Bates life story is on William H Bates Author s page <https://cleareyesight.com/batesmethod/info/20> E Books included Do It Yourself Natural Eyesight Improvement Original and Modern Bates Method Book with 100 Color Pictures Less reading Easy to learn steps Read the short directions on the pictures to quickly learn apply a treatment activity for Fast Vision Improvement Better Eyesight Magazine by Ophthalmologist William H Bates Unedited Full Set 132 Magazine Issues 11 Years July 1919 to June 1930 Illustrated with 500 Pictures and additional Modern Natural Eyesight Improvement Training Original Better Eyesight Magazine by Ophthalmologist William H Bates Photo copy of all the Antique Magazine Pages in the 1900 s Print Unedited Full Set 132 Magazine Issues 11 Years July 1919 to June 1930 A History Book Learn Natural Eyesight Improvement directly from the Original Eye Doctor that discovered and practiced this effective safe method Magazines Method Hidden from the public by eye surgeons optometrists optical business for over 100 years because this method works frees the patient from the need to purchase eyeglasses drugs unnecessary eye surgery Yes it can and has reversed cataracts and other eye conditions The Cure of Imperfect Sight by Treatment Without Glasses by Dr Bates with Pictures Dr Bates First Original Book Medical Articles by Dr Bates with Pictures Stories From The Clinic by Emily C A Lierman Bates Dr Bates Clinic Assistant Wife Use Your Own Eyes by Dr William B MacCracken M D Trained with Dr Bates Normal Sight Without Glasses by Dr William B MacCracken M D Strengthening The Eyes by Bernarr MacFadden Dr Bates with Pictures and Modern Training Trained with Dr Bates One of the First Physical Fitness Teachers EFT Training Booklet with Acupressure Energy balance strengthening Positive Emotions Seeing Reading Fine Print Clear Clear Close Vision Presbyopia Treatments Astigmatism Removal Treatments Eyecharts 15 Large Small and Fine Print Big C E Charts for Close and Distant Vision Astigmatism Test Removal Charts Eyechart Video Lessons Audio Lessons in Every Chapter 140 Natural Eyesight Videos

Better Eyesight Magazine - Original Antique Pages By Ophthalmologist William H. Bates - Vol. 3 - 17 Issues - February, 1929 to June, 1930 Ophthalmologist William H. Bates, Emily C. Lierman, 2011-10-19 This book is Volume 3 of a 3 volume set Better Eyesight Magazine by William H Bates February 1929 to June 1930 17 Monthly Magazine Issues Dr Bates Original First Book The Cure Of Imperfect Sight By Treatment Without Glasses included Volume 1 2 3 combined each Vol purchased separately contain the entire 132 Issues of Dr Bates Magazines This set of 3 Volumes is in a larger page print size of 8 5 x 11 A Two

Volume set has also been created containing all 132 Issues in a smaller page print size of 7 5 x 9 25 All books flip to be read like a calendar to enable optimum print size Magazines are unedited contain every page article Dr Bates Original Antique Magazine Pages from the 1900 s The origin true source of Natural Eyesight Improvement Learn directly from the eye doctor that discovered this safe effective method Dr Bates discovered the true principles of the eyes function and applied relaxation natural methods practice of normal eye function to return the eyes visual system to normal function with clear vision healthy eyes The Bates Method of Natural Eyesight Improvement Natural Treatments by Dr Bates correct prevent many different eye conditions without use of eyeglasses surgery drugs Treatments for unclear close and distant vision astigmatism cataracts glaucoma conical cornea cornea scars wandering crossed eyes and other conditions Dr Bates recorded 11 years of work in his Clinic his patients eye conditions and the natural treatments he applied to correct their eyesight in his Better Eyesight Magazine Hundreds of different Natural Treatments are listed The magazines contain True Life Stories of the Doctors Assistants Patients Entertaining A History book life in the early 1900 s The Bates Method was hidden from the public by Eye Surgeons Optometrists Optical Businesses for over 100 years because this method works is easy anyone can learn teach it including children When Dr Bates cured the eyes eyesight of many patients and other eye doctors in the hospital where he worked with natural treatment and proved his method is fact that some of the old theories of eye function are incorrect only theories the eye doctors that preferred to sell eyeglasses surgery drugs became angry and expelled him See Reason and Authority November 1919 April 1923 Dr Bates then opened his own office a Clinic New York City He treated thousands of people by natural methods He kept his price for medical treatment low and also provided no charge office visits Free Clinic Days for people that could not afford to pay for a visit to an Ophthalmologist His treatments were successful He cured a variety of eye conditions in the young and old people of all ages nationalities The Bates Method is so simple and effective that many of his cured patients often children went on to cure their friends family teachers and other children of defective vision including blindness crossed wandering eyes Read the True Story of The two Little Girls that Restored a Blind Mans Eyesight in the Oct 1925 Magazine Issue A PDF E Book version of this book color printable with all 132 Magazine Issues in one PDF Address is on the Thank You Page inside the book See William H Bates Authors Page for the entire description for Paperback 20 E Books Magazines Dr Bates Bio Free Natural Eyesight Improvement Training Videos <https://cleareyesightbatesmethod.info> **The Cure of Imperfect Sight by Treatment Without Glasses** W. Bates, W H Bates M D, 2011-07-03 Black July 1919 to December 1919 and Eyecharts attached in this Paperback book Ophthalmologist William H Bates discovered and perfected Natural Eyesight Improvement The Bates Method He discovered the natural principles true normal function of the eyes visual system and applied natural methods relaxation to return the eyes eye muscles to normal function with healthy eyes clear vision He cured unclear close and distant vision astigmatism crossed wandering eyes cataracts glaucoma Natural Eyesight Improvement Training Do It Yourself Natural Eyesight Improvement Original and Modern Bates Method 100 Color

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