

Expand Your Range of Eye Movement exercise

This guided exercise will help you expand your range of eye movement to create safety in your body and mind....

Find a safe space where you're able to sit or stand comfortably.

Focus on your two pointer fingers, extend your arms directly out in front of you, keeping your head straight forward and your eyes focused on your fingertips.

Focus your eyes on your left fingertip.

Keeping your head straight and immobile, move your left finger in a diagonal motion up to the left and back to center, following it with your eyes only.

Repeat this practice (head straight, following your left finger with your eyes) as you now move it directly out to the left (middle) and back to center.

Repeat once more, now following your left finger as you move it in a diagonal motion down to the left and back to center.

Now switch to your right hand and repeat steps 4–6 on the right side, moving your finger up to right (diagonal), out to the right (middle), and down to the right (diagonal).

Notice how your body feels. Do you feel calmer or more at peace?