

Astigmatic Mirror

So now you have a picture of what looks like the iris of the eye. Place it on a window at eye height, and get back far enough so you can still make out most of the lines with your glasses/contacts off.

Okay. Look at the lines near the center. What do you notice? If you are astigmatic you will notice that some of the lines are darker in some directions than others. Get used to the wheel for a little while and experiment with it. Try tilting your head or looking at it sideways.

Try looking around the inner or outer circle. Try just staring blankly past the wheel. Notice what happens in each case. Try blinking or yawning. Try palming for a minute or two. Try covering each eye with a hand quickly to see what the difference is between your eyes.

If you are a "typical" astigmatic, you may see the lines near the horizontal are clearer and darker than the lines vertically. You may also find the lines near the horizontal are spaced further apart and the vertical spaced closer together. You might also find the inner circle is not quite round.

Try looking at it with your glasses on. If your glasses fully correct astigmatism, then all the lines should be the same darkness and distance apart. If your glasses do not correct the astigmatism properly then you will still see some lines darker than others.

Using the Astigmatic Mirror to Reduce Astigmatism

The astigmatic mirror gives you a direct and accurate record of your condition. You can use it as a direct feedback device, a mirror in which any changes you can make and learn to make will be instantly displayed.

Say you find the lines that are horizontal to be darker. Your aim is to make the vertical lines darker. So begin by removing any glasses/contacts, relaxing and taking a few deep breaths. Blinking naturally and breathing normally, find the line which is the faintest, and move your eye slowly and deliberately up and down that line, imagining it to be getting darker and darker. Tell your self to relax, relax. And imagine that line to be getting darker and darker.

The key is to relax your eye as much as you can. You may want to start by massaging around the eye, and maybe doing a couple of minutes of palming. With a bit of practice you will be able to make the lines in any orientation darker than the rest, but your goal is to make them all equally dark.

If you are myopic it's worthwhile to place your wheel on a window, as you get a lot of contrast between the black and fluoro colours of your wheel, and also you can check out the window to see what effect playing with the wheel is having on your vision. It's also very worthwhile putting one up at work and at home and whenever you get a break you can play with it and see what happens.

The astigmatic mirror allows you to leverage your own visual distortion to work for your benefit.