

Vision News

Newsletter published by **The Vision Education Centre** 339 Bloor St.W.#212 Toronto M5S 1W7 (416) 599-9202
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Dear friends,

Greetings to all of you as we prepare for September and the opportunities of a new season.

I enclose a flyer for the next Introductory Vision Improvement classes, and a schedule of classes and workshops for the fall. I would appreciate it if you would post the flyer or give it to a friend. The introductory classes are an inexpensive way to begin learning how to take care of your eyes. And for those of you who have taken classes in the past, feel free to repeat them or come for a private lesson anytime you need inspiration or ideas on how to proceed with improving your vision. I am here to help you.

As well, I enclose a flyer with this mailing announcing the first Natural Vision Improvement Symposium to be held in the USA. It is open to everyone, and promises to be an excellent opportunity for you to meet other teachers and learn new things. I will be there as what they call a 'break-out speaker', and I hope you can come. Janet Goodrich, an exceptionally creative teacher was to attend, but unfortunately she died unexpectedly last month. This issue of Vision News is dedicated to her.

Love and best wishes to you all,

Elizabeth Abraham

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'Natural vision improvement stems more from experiencing the vital connectiveness of human life and human sight than from pursuing a rigid program of ritualised eye exercises.....The improvement you will find in your sight comes primarily from your increasing capacity for aliveness. Basic life energy will pulsate through your mind and body, resulting in sparkling expressive eyes and revived visual clarity.'

Janet Goodrich - *Natural Vision Improvement*

WHAT BRINGS YOU TO LIFE?

A while ago I was looking through one of my old vision journals. I had asked myself the question: How would my life change if I could see clearly?

I replied that I would see the beauty around me, would feel more alive and more connected to people, would be grateful for my vision and happy and free. I also wrote that I felt afraid that I would be overwhelmed by all the details I would see and worried that I might retreat again into the blur.

I remember mulling all this over for a few days, wistfully longing for the freedom of clarity and at the same time realizing that the blur was there to protect me. I felt at a standstill. Then, suddenly and unexpectedly an idea came to me. What if I turned the whole thing around? Maybe if I were to find ways to start feeling more alive, connected, grateful and happy, my vision would improve. The quote I have used from Janet Goodrich's book expresses this sentiment well.

So the next questions I asked myself were: What brings me to life? What makes my heart sing? Where does my passion lie? These were not difficult questions for me to answer - movement in all forms and particularly dancing, music, playing with children, reading, thinking, discussing with friends... Making time to include these things in my life took some planning and determination. It was so much easier to let the demands of everyday life take over. But once I started taking Argentine Tango lessons, rebounding daily and playing with my grandchildren more regularly, there was no turning back.

As I spent more time doing the things I was passionate about I felt more alive, more connected, grateful and happy, and as I felt more alive my vision improved and it was easier to concentrate and enjoy my work life. My fear of being overwhelmed gradually receded as I realized that my vision would improve only to the degree that I was ready to see more clearly.

Maybe you'd like to try asking yourself a few questions. Call me if you need help in this process.

REBOUNding FOR HEALTH AND CLARITY

Like many people I know, I had a rebounder (otherwise known as a mini-trampoline) for many years before I started really using it. I thought it was an extremely boring activity, and could never get myself to use it regularly. Then I started bouncing to music, which was much more fun. I had favourite pieces of music that kept me changing rhythms and trying different movements as I exercised my body.

Next, I learned how to exercise my mind and my eyes at the same time as the rest of my body, and I was hooked. I had been suffering from lack of concentration and poor memory, which was worrying and frustrating. After a few months of doing exercises on the rebounder I noticed a definite change in my vision and ability to focus my mind.

Here is an excerpt from a book by Dr Morton Walker - *Jumping for Health*: 'Rebounding exercise eliminates stress, which is a primary reason for people to wear eyeglasses.....

Becoming aware of the movement of your eyes as you bounce, just like a piano player becomes aware of his fingers, tends to give the eyes strength and clarity. You then learn how they can improve. The multiple combinations of all these aspects of seeing do provide the basis of better sight and vision.

Regardless of the condition of your eyes, unless they are sightless, they can be improved beyond the vision you currently have. The end result of your applying visual therapy in the form of rebounding aerobics is that better perception comes upon you. Perception is the way in which you look at life and act or react to it. Improved perception has you approach life in a more uplifted way so that you must become a happier person.'

I have found that doing specific exercises on the rebounder is beneficial for many of my vision students and for those with various types of learning difficulties. If you would like to try it out next time you come for a lesson, just let me know.

FOR SALE

As those of you who have taken lessons with me know, I particularly recommend Meir Schneider's: *The Handbook of Self-Healing*. Some people have had difficulty finding it in the stores, so I got copies directly from the publisher. If you would like to pick one up please call to arrange a time. It is \$29.99.

People have also had trouble getting pinhole glasses. I now have a supplier and sell them for \$40 a pair. They can be particularly useful for stimulating 'lazy' eyes to work in a more balanced way as well as for helping with other vision difficulties.

VISION EDUCATION CENTRE SCHEDULE

339 Bloor St W #212 Toronto M5S 1W7

(416) 599-9202 to register or for more information

Introductory Classes

Learn the basics of the Bates Method and some practical techniques to get you started on the road to healthy vision. Please call to reserve your place as space is limited. \$30 at the door.

Wednesday 15 September 6:30 - 8:30pm or

Thursday 16 September 6:30 - 8:30pm or

Saturday 18 September 10am - noon

Series of Eight Relax and See Classes

If you have taken an introductory class or an individual lesson and would like to learn more about how to improve your vision and the health of your eyes, these classes are for you. Space is limited, so call first. A cheque payable to the Vision Education Centre will reserve your place. \$295.

Wednesday evenings 6:30 - 8:30pm from

6 October - 24 November inclusive.

Monthly Vision Support Classes

These classes are a review and a chance for those of you who have taken workshops, Relax and See classes or individual lessons to practice and expand your knowledge. \$10 per class.

Saturdays 4 - 5:30pm: 18 September, 16 October, 13 November and 11 December.

The Art of Seeing Clearly: One-day Workshop

A follow-up to the introductory class designed to help you take the next step in improving your vision. Please call to make sure there is space. A cheque payable to the Vision Education Centre will reserve your place. \$90.

Sunday 7 November 10am - 5pm

Private Lessons are available by appointment.

OUT OF TOWN

Seeing Clearly - Naturally: One Day Workshop

Collingwood Ontario. Sunday 12 September 10am - 5pm. \$90. Call Angyline Millar (705) 445-5345.

The Art of Seeing Clearly: Level 1 Workshop

Ottawa Ontario. Saturday 25 September & Saturday 2 October 9:30am - 5pm. \$200. Evening talk on Friday 24 September 7:30 - 9:30pm. Donation.

The Art of Seeing More Clearly: Advanced Wksp

Ottawa. Sunday 26 September & Sunday 3 October 9:30am - 4:30pm. \$200. Call Dr Estelle Saunders (613) 823-0415 to register for Ottawa workshops.