

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,

Thanks to all of you who called or wrote in response to the first newsletter. I really appreciated your comments. Please let me know if there is anything you would like to see in future issues, and remember that I am always happy to include anything about your vision that you would like to share with others.

Thanks also to all of you who came to the Open House. I plan to have other such gatherings as it seems that it is important for us to have time to chat and share experiences in a social setting.

This issue will be primarily devoted to Meir Schneider. As I mentioned in the last issue, he is coming to Toronto this spring, and I would like to encourage you to take the opportunity to experience him and his work. His story is truly an inspiration, and confirmation of the profound healing that's possible when body, mind and spirit are aligned to one purpose. I wrote the following article after the first workshop I took with him. I hope you find it of interest.

Enclosed are flyers for Meir's workshop and my next Introductory Vision classes. I would very much appreciate it if you would take the time to post them or pass them on to someone who might be interested. I want as many people as possible to know that Self-Healing *is* possible!

Again, my best wishes to you all and remember - Spring is just around the corner!

Elizabeth Abraham

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'Our power of healing exists in every muscle of our bodies, in every brain cell, every nerve fibre, and every blood vessel. We are born with the power of healing ourselves, and we only need to rediscover it. Finding this power is like opening a closet and locating what you've been looking for everywhere. It was there all the time, but you just didn't see it.' -
Meir Schneider, from *Self-Healing: My Life and Vision*.

Self-Healing

I first met Meir Schneider in June 1990 when he was in Toronto for a weekend workshop. I had been waiting to meet him since reading his book the year before. It was his story that had inspired me to give up wearing the contact lenses and glasses I had been so dependent on for over 30 years and to really get started on healing my eyesight. I figured that if he could go from being blind to being able to see well enough to get an unrestricted driver's licence then surely I could improve my 20/400 vision! And I was right. My vision, after 2 years is now 20/100 and continues to improve. (*Please Note: This was written in 1992, by 1994 my vision was measured at 20/50.*)

The workshop was an important step for me. I am a Trager practitioner by profession and have been involved in movement and body awareness for many years, but in this workshop I learned to look at myself in a whole new way. I learned to access more of myself. Meir claims that most of us use only 50% of the 600 muscles in our bodies, 20% of our joint mobility, 10% of our brain capacity, and that we breathe an average of 200 millilitres of air when we are capable of breathing 6,000 millilitres. Most of us are alienated from our bodies and have lost our kinesthetic awareness. We need to get back in touch with ourselves in order to recover our lost functions.

And that's what we did in the workshop. We used muscles we didn't even know existed. We examined and challenged our physical boundaries and the boundaries of our thinking about ourselves because as Meir says in his book: *'Every part of the human body is a reflection of the mind. For any change to take place in the body, it must first be accepted by the mind. It is not possible to heal the body without engaging the mind's support. Unfortunately, the mind's tendency is to repeat already familiar patterns and not experiment with new ideas. This 'rigidity' is manifested throughout the body.'* So we learned about some of our fixed patterns of movement and thinking, and how to do things differently. Some of us were basically healthy and just feeling the usual aches and pains of daily stress, and some were suffering from

such ailments as muscular dystrophy, multiple sclerosis, arthritis, vision problems, back pain, hearing loss and asthma. But Meir's concept of Self-Healing works with all difficulties. The idea is that once our bodies are relaxed, our breathing deeper and our joints flexible, it is hard for any disease to take hold. Another quote from *Self-Healing: My Life and Vision*: 'As we are now, we cannot even imagine the possibility of perfect health. In order to attain better health we must envision the desired improvement and practice the appropriate movement or exercise which instructs the body in the way to do it. We must work simultaneously with the mind and the body.'

I wanted to learn more about this work, so in the fall of 1990 I went to San Francisco to take Meir's practitioner training course and to apprentice with him at the Center for Self-Healing. In the classes we worked on ourselves and our own boundaries and we worked on each other. One of the extraordinary things about Meir is that since he has personally done the 'impossible', that word does not exist in his dictionary. He is an inspiration to his students and also to the many clients who come from all over the world to seek his help. Many of us more readily feel our limitations than our possibilities. Our habits of movement and thought limit us so completely that we cannot even see the possibility of another way. And that's where a guide is necessary, especially a guide who is continually challenging himself to be more. This man who is now an internationally known lecturer, teacher, therapist and author, was once a child born blind to deaf parents. Meir's story is indeed an inspiration.

Meir will be speaking at Total Health '97 at the Metro Convention Centre 22 & 23 March. Call Consumers' Health for details 222-6517.

On Thursday 10 April from 6:30 - 9:30pm Meir will be speaking at the Learning Annex. Call 964-0011 for details.

Please note: Workshop discount for Vision Students. Meir's Weekend Workshop - Self-Healing Through Movement on 12 & 13 April will be \$200 instead of \$250 if paid before 1 March, and \$300 instead of \$350 for all 3 days if paid before 1 March. The deadline is extended from 15 February because this mailing is later than I had planned.

News and Views

Jim Taylor phoned me a few weeks ago with some exciting news. He and his wife Bonnie came to the Vision Support Retreat last fall in which I suggested that it is helpful for night vision to spend as much time in the dark as possible. The Retreat was in the country, and some of us enjoyed walks in the dark at night. Since the Retreat Jim and Bonnie have been turning on their lights only when necessary. They do as much as they can at home in the mornings before putting on the lights, and walk in the dark at night. After a few months of this they are delighted to report that their night vision for driving has dramatically improved.

The rod cells in the retina are stimulated by darkness and by peripheral movement. When we are under artificial light during most of our waking hours and our eyes are behind glasses, these cells do not get enough stimulation to be fully activated. Remember, we need the light and the dark for healthy eyes. I encourage you all to experiment with seeing in the dark.

I also got a note from Leslie Hunter recently. Leslie is a mountain bike racer who has almost reached 20/20 vision without correction. She says:
'There is something I would like to share with people who wear glasses. The way I see without glasses is: with more depth, clearer, exciting, lively.

'There are no words to describe how much better I see now. My vision is my most important asset when I am racing my mountain bike. Thank you for the knowledge you provided me with so that I could correct my vision. No more astigmatism! Awesome!'

Congratulations to you all, and thanks for letting me know your news. It helps us all when one of us moves towards clearer vision.

I seem to have run out of space. Please keep in touch. I'll look forward to seeing some of you either at Meir's workshop or at Total Health '97 if not before.