

VisionNews

Newsletter published by the **Vision Education Centre** 339 Bloor St W #215 Toronto M5S 1W7 416-599-9202 email:visioned@interlog.com
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Dear friends,

I hope you are enjoying the warmer weather, the green of the trees and the beauty all around us in this wonderful season. I wish you a rejuvenating summer filled with fun and joy.

Thanks to all of you who called, emailed or wrote to offer your condolences on the loss of my father. I really appreciate your care and support.

I am planning a couple of Vision Walks on the Island this summer. It would be great if you could come. The details are in this newsletter.

Once again I include a copy of the Introductory class flyer with this mailing. I would very much appreciate it if you would post it or pass it on so that as many people as possible have an opportunity to attend.

You will also see the schedule for summer and fall classes. Hope to see you soon.
My very best wishes to you,

Elizabeth Abraham

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‘People with imperfect sight have a constant strain and tension in all the nerves and muscles of the body. By practicing the body swings properly, fatigue is relieved as are pain, dizziness and other symptoms because the body swings bring about relief from the effort of trying to see or staring.’
William H. Bates, M.D.

‘Tension originates in the mind. The body reflects the degree of tension that exists in the mind. Maintaining excess tension consumes a lot of energy that could be used for other normal bodily functions. Respiration, circulation and sleeping patterns are all diminished and affected by surplus stress.’
Milton Trager, M.D.

‘Thought is the twin of impulse, a delicate combination of habit and impulse being necessary for memory, judgment and sight.’
John Dewey

THANK YOU FOR KEEPING IN TOUCH

It was a pleasure to hear from everyone who responded to my request for news. As I said in the last newsletter, it is important to me that we keep in touch. Even if you are not currently coming for classes or private lessons, our paths have crossed, our lives have touched, and I care about how you are doing. This is a thank you to those who responded last time, and an encouragement to all of you to keep it coming!

VISION WALK ON THE ISLAND

One way for our little community of people interested in the fascinating subject of vision improvement to stay loosely connected, is through our traditional Vision Walks.

This year I suggest we have our lunch on the Island first, and then go for our walk. You can either buy lunch at the Rectory Café on Ward’s Island or bring your lunch and eat it there. There is a boat to Ward’s leaving at 11:30am on Saturdays from the ferry dock at the foot of Bay Street. My plan is for everyone who wants to come, to meet at 11:15 am at the ferry dock - inside the enclosure where you wait after buying your ticket.

After lunch we can walk along the boardwalk towards Centre Island, where we can stop to swing, sun, palm, and do whatever else takes our fancy. Those who want to head back to the city at that point can leave from the Centre Island dock, and those who wish to continue can walk along the beach and take the ferry from Hanlan’s Point.

I plan to be at the dock, rain or shine, on **Saturday 28 June** and on **Saturday 23 August** at 11:15am. I hope you can join me. If you intend to come in August please mark your calendar now, as there will not be another reminder before August. If you need more information, please call me.

This is a nice way to connect with each other in the beauty of a natural setting, to take the opportunity to look far into the distance, to exercise in an enjoyable way as we walk in the sand - to give ourselves the gift of a day of leisure and pleasure.

BLURRY IN THE DISTANCE?

It is important to sense the relationship between stress, tension, and poor vision. Vision often becomes blurry after a period of stress. If we recognize this and make an attempt to acknowledge and let go of the stress, we can often eliminate the need for glasses or use them only temporarily.

Once you use glasses for distance, see if you can use them **only** for distance. The optometrist prescribed glasses based on what you saw in his or her office from 20 feet away. That same prescription is too strong for reading and computer use and will only make your vision worse. Read without glasses if you can do so with relaxed eyes. If you find yourself straining, get a weaker prescription for close work.

Do your best to go without your glasses as much as possible, but never strain to see. Take some time each day to look in a relaxed way into the distance without glasses.

Make a habit both with and without glasses, of looking for small points of interest and shifting your gaze quickly and easily from detail to detail. At the same time, be aware of your periphery. The periphery will not be as clear as right where you are looking, but keep it in your awareness. This will help you break the habit of staring.

Be interested in, and enjoy what you see. Do your best to accept the level of your sight without judgement and self-criticism.

THE ART OF EFFORTLESS LIVING

For the last few months I have been working with Ingrid Bacci's book *The Art of Effortless Living*, and have found it extremely valuable. As you know, it is necessary to learn how to let go of effort and tension in order for vision to improve. We need to know when and how we are straining, and learn relaxed vision habits instead. The following is a quote from the book:

'Making Letting Go the Most Important Thing

In order to let go of the addictive effort or commitment to stress that characterizes our culture, we have to focus on one thing only: how we feel inside, the quality of our internal state. We have to focus on letting go of the tension response. We have to stop thinking so much about where we want to go and what we're going to accomplish. We also have to stop thinking about how other people see us and react to us, or about how we want to affect other people. We have to make our internal experience of ease and peace all-important.

We have to learn to make internal tranquility and relaxation the backdrop for anything we do in life. We have to cherish inner relaxation more highly than we cherish achieving a result. That doesn't mean that we become couch potatoes. It means that as we go about doing the things we do, we pay attention to how we are doing them. We pay attention to whether we are going into tension, and we learn how to inhibit that tendency. Instead of decreasing our achievement level, this practice actually improves our ability to achieve. We get further if we stop thinking so much about where we want to go and focus instead on releasing the addiction to effort.

The commitment to letting go of effort is the cornerstone of undoing the addiction to fear. It's a fun and pleasurable commitment. It is also fascinating because in the process of learning to let go of effort we learn many interesting lessons about ourselves and find surprisingly simple ways to release negative patterns.'

When you notice yourself working at the computer with tension in your hands, neck, back and eyes, or rushing down the street with tension in your eyes, or listening to a lecture and straining to pay attention, or reading with so much effort that it is as if you are gobbling up the words, how about bringing your awareness to your breath and asking yourself how you could do this task in a more relaxed way, with less effort and more pleasure?

The Art of Effortless Living is a practical book which explores many techniques for pursuing relaxed functioning. If you would like a copy you can order it through www.visioneducators.com.

VISION IMPROVEMENT CONFERENCE

The Association of Vision Educators and the Center for Self-Healing organized the second North American conference on Natural Vision Improvement in San Francisco from 26-27 April. It was an inspiring and informative conference both for the many Vision Educators who attended, and for the public.

The Conference itself was held in a beautiful setting, and as well as benefiting from learning from the experiences of some of the leading Vision Educators in the field, we also came in contact with the powerful and healing energy of the ocean.

Meir and Dror Schneider are considering hosting the conference again next year, so if you couldn't attend this year, you'll have another chance. Check with www.visioneducators.org.

If you would like a copy of the video of the presentations from this year's conference please contact the School for Self-Healing at 415-665-9574 or school@self-healing.org.