

VisionNews

Vision Education Centre

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Dear friends,

I hope you have had a great summer!

In the enclosed Class Schedule you will notice that I am offering a new series of lessons for a small group of students who have worked with me before, and who want to commit to learning to see more clearly. If this appeals to you I hope you will register early while there is still space.

I would very much appreciate it if those of you in the Toronto area would post or pass on the enclosed Introductory Class flyer and help spread the word that we can all learn to improve our vision.

I hope to see you soon for a class or private lesson. Best wishes and: Happy Seeing!

Elizabeth Abraham

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'Until 1983 I used to spend a great deal of time and effort explaining that vision could change for the better...Then I came across a study that eliminated the need for my lengthy dissertations.

A Chicago psychiatrist working with patients with multiple personalities took them to an optometrist. While under hypnosis they were able to change personalities when asked to. The eye doctor was astounded to discover that vision shifted right along with personality. For example, one nearsighted patient required a correction four times stronger in one identity than in another. Another patient had glaucoma in one personality but not in the others...Farsightedness, astigmatism, and color blindness also altered along with the personalities. These were not only emotional interpretations of what was seen, there were actual measurable changes in the shape of the eyes and the pressure within them. Since that time other psychiatrists have continued to document this phenomenon. These findings completely shatter the beliefs of the old school of vision. Not only is vision fluid and adaptable but also, under certain circumstances, changes can take place with lightning speed.'

From: *Hypnovision* by Lisette Scholl

THE USE OF PRESCRIPTION LENSES

Causes of Blurry Vision

Most of us started needing glasses after a period of stress, mental boredom, emotional disturbance, illness or prolonged reading and computer work. The decrease in vision was a message from our body that something was out of balance and needed attention. Unfortunately, we didn't know that. The only thing we knew was to get a pair of glasses.

Indeed, glasses do allow us to see more clearly, but they do nothing to address the original cause of the visual difficulty. As you learn to let go of the stress in your visual system, your world will open up and your need for glasses will lessen.

Vision is variable. At times we see more clearly and at times less clearly. The mind and eyes are intimately connected, and the mind plays a key role in how clearly we see. When we are relaxed, focused, and interested in what we are seeing, our vision is often clearer. When we are anxious, mentally unfocused or uninterested in our environment, we see less clearly.

Eye Examinations

Since our vision tends to be less clear when we are under stress, it is usually at its worst during an eye examination. Therefore, the prescription that worked for us in the doctor's office is often too strong when we are once again in our own natural environment.

Even though glasses are called 'corrective lenses' they usually do not 'correct' our vision at all. If they did, we would wear them for a few months and then be able to see clearly without them. In fact, the opposite is true. Most of us find that a year or so after starting to wear glasses, we need a stronger prescription to give us the same level of clarity. This is partly the result of wearing glasses that are stronger than we need. It is a good idea to practice some techniques to help relax your eyes, and to learn to look at an eye chart without strain, before going for the examination. It also helps to go to an optometrist who will give you a weaker prescription instead of one that is full strength.

The Correct Tool for the Job

We need to learn to use our prescription lenses as tools instead of as crutches. And, as with any tool, we need to use the appropriate one for each job.

If you were given glasses because you couldn't see the blackboard in school, or couldn't see the signs well enough to drive, then those glasses were designed to help you see clearly 20 feet away. Using the same glasses for reading at 14" or for the computer at 24" away will strain your eyes.

If you are nearsighted, it is best to get a reduced prescription for use at the computer if you need to, and for times when you do not need to see clearly in the distance. There are optometrists who will do this for you. (See the list on the back of the Class Schedule for those I know about in Canada.) If you wear your reduced prescription more of the time and your stronger one only for difficult seeing situations, you will probably find that you soon start seeing better with the reduced prescription more of the time. When you are relaxed and using your eyes well you will see more clearly, and when you are stressed you will see less clearly. This can be very useful biofeedback to keep you on track with your good vision habits.

If you need glasses for reading and can see fine in the distance, each time you pick up reading material check first to see whether you really need your glasses. Chances are that when you are relaxed and in good natural light, you will be able to read without them - or at least with a weaker pair. Remember - vision is variable. What are the variables that help and hinder your clarity?

If You Don't Use It, You Lose It

Once we have glasses, many of us wear them for everything except showering and sleeping. Use your glasses when you need to, but allow your natural vision to function whenever it's safe and you can stay relaxed.

It is better to use glasses than contacts when you are in the process of improving your vision, because you can easily take glasses off whenever you don't really need them.

When you integrate good vision habits into your life, you start to feel when your eyes are relaxed, and can catch yourself more and more often when you are straining and staring. Wear no glasses whenever you can stay relaxed without them. Look into the distance even though it is blurry, and hold the book a little closer or farther away to read if you need to. Use the vision you have. We usually compare our natural vision to the vision we have with our glasses on, and we find it seriously wanting. Instead, I invite you to close your eyes for a few minutes, then open them and compare what you see with your eyes open to what you saw with them closed. This little

experiment will help you feel grateful for the vision you do have!

When There Is a Difference Between Your Eyes

If you have an eye that turns in or out, if you see double images, or if one eye sees much better than the other and is very dominant, you will need to work with your Vision Educator on correcting those imbalances before you can comfortably go without glasses. If you just abandon your glasses without addressing the imbalance, you may make the situation worse.

PINHOLE GLASSES

Looking through a pinhole focuses the light rays onto the macula - the part of the retina that sees best - avoiding the distortions caused by refractive errors such as astigmatism, near and farsightedness. The lenses of pinhole glasses are made up of a series of tiny holes. They help nearsighted people see more clearly in the distance and farsighted people see more clearly to read.

At first, the multiple holes can be distracting, but the eyes and mind soon get used to them. In order to see through the pinhole glasses the eyes have to move more than they do when looking through prescription lenses. This is beneficial. Prescription lenses increase the tendency strained eyes have to fixate and stare, whereas pinholes encourage movement. For this reason I suggest that you wear your pinholes for short periods at first and gradually build up the wearing time to prevent your eyes from becoming tired. When you wear pinholes keep blinking and breathing regularly. Stay relaxed and alert.

You can use them as transition glasses and as an alternative to prescription lenses whenever you feel comfortable doing so. Use them for TV and movies, computer work, reading as long as you are in good light, or outside when you need to bring something into focus or reduce glare. Do not use them for driving, as they cut down on peripheral vision.

Pinhole glasses can be ordered over the internet from www.pinhole-glasses.com, or you can get them from me at the Vision Education Centre. I charge \$40 a pair.

VISION BUDDIES

Anson Kao, a 17 year old young man who has recently embarked on the journey of holistic vision improvement, asked me whether I knew of another vision student with whom he could correspond via email. He thought it would be very helpful if he could have someone with whom to share insights and experiences along the way. This is a great idea! Anson's email is: theoldmanansony@hotmail.com. Is anyone else looking for a Vision Buddy?