

VisionNews

Vision Education Centre

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Dear friends,

Now that September is here, classes at the **Vision Education Centre** are resuming. Please see the Class Schedule for dates and times. I do hope to see you at a class or for private lessons this term, and please feel free to pass on this information to anyone you think might be interested in learning to see themselves and the world around them more clearly.

I am pleased to let you know that people are now registering for the **Vision Educator Training** that starts in March. I very much look forward to having these new Vision Educators in Toronto and in other Ontario cities. We also have someone coming from Alberta! If you know of anyone who might be interested in an exciting new career on the forefront of the holistic health field, please ask them to look on the Vision Educator Training page of the website: www.visioneducators.com, or to contact me by phone or email so that I can send out information and an application form.

You will see that once again in this newsletter I am asking for your **contributions**. It would be great to hear from you if you would like to share what you are learning about yourself and your vision with other vision students. I also welcome your comments and questions about any frustrations and difficulties you might be experiencing during the process of improving your vision.

My very best wishes to you all!

Elizabeth Abraham

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'We know ourselves through our tension patterns. It's as if the mind says: 'I'm tense therefore I am. If I didn't feel this way, I wouldn't be me'. Because of this, real and lasting self-improvement is difficult to achieve. Changing unhealthy habits of posture, diet, social behavior, motivation, pain, coordination and vision requires abandoning a part of one's primal self-image. People defend themselves against threats to the integrity or wholeness of who they think they are.' Ray Gottlieb, OD.

EYE CARE

Over the last seventeen years I have learned what it means to take care of my eyes. Unfortunately, I was not taught this skill in childhood, but had to wait until I had had an operation on one of my eyes, was forty-four years old and had been wearing glasses and contact lenses for thirty-two years. Why is it that we are taught that if we brush and floss our teeth we can prevent cavities, but that there is nothing we can do to prevent our vision from deteriorating? For most of the population, the fact that there are many ways in which we can help ourselves is a well kept secret.

What is involved in caring for our eyes? Our eyes, like the rest of our body, need the right balance of stimulation and rest. Our eyes are both 'windows to the soul' and a way in which we connect to the world around us. Vision Educators - those who are dedicated to empowering people to take charge of their own vision - teach activities which develop healthy vision habits. In Canada there are only a handful of Vision Educators, so the work they do is not yet well known.

Many of our poor vision habits begin in childhood. How it could be different? What if parents and teachers knew that the eyes need to change focus often and encouraged children to look into the distance frequently when reading? What if, when children were given a prescription for the blackboard they were told not to use their glasses for reading? What if we were taught to pay attention to the messages from our body and told that when our eyes feel tired it is fine to close and rest them for a few moments? What if we were taught from childhood that it is natural for the body to rebel when asked to sit still for long periods? What if regular exercise breaks were built into our day as the norm?

What if we were trained from a very young age to drink lots of water, to eat fresh fruits and vegetables every day, and to consciously give our eyes and the rest of our body the nourishment they need? What if we were taught to put our cupped hands over our

closed eyes to rest them before bed just as we are taught to put on our pajamas and brush our teeth?

If all these good habits were developed in childhood, then by the time we reached high school, college, or university, we would be used to caring for our eyes and giving them what they needed. And if we happened to get a job that kept us in front of a computer for hours every day we would already know how to compensate for the stresses inherent in the job rather than letting the stresses of the job compromise our health.

If fixating our eyes at one focal distance, staring and overusing them were not a habit we developed when reading and doing close work, then perhaps by mid-life we would not need reading glasses either.

What if all those who know that it is possible to help the eyes function better through increased awareness and the regular practice of good vision habits were to get together to effect a change in the current paradigm of vision care? Can you imagine it?

Elizabeth Abraham, founder of the Vision Education Centre in Toronto and co-founder of the Vision Educator Training Institute, has been teaching people to take care of their eyes since 1991. She uses a holistic approach which includes Movement Re-education and Focusing, as well as the Bates Method of Vision Education. Elizabeth and her colleague Rosemary Gaddum Gordon are teaching a Vision Educator Professional Training in Toronto beginning in March 2007. For more information see their website: www.visioneducators.com. Elizabeth can be reached at 416-599-9202 or elizabeth@visioneducators.com.

ACCOMMODATIONS NEEDED

The Vision Educator training starting in March 2007 will be held at The Centre, located near Dupont and Spadina. People who live outside Toronto will need accommodation for the training weekends. We have compiled a list of B&Bs, hotels and apartments, but those are often expensive. It occurred to me that some of you might have a **spare room** you would like to offer to someone from out of town for a reasonable rate. The training dates are: 1 - 4 March 2007, 3 - 6 May, 12 - 15 July, 6 - 9 September, 8 - 11 November, and 10 - 13 January 2008. If you have space and are interested in discussing this, please contact me.

CHILDREN NEEDED FOR RESEARCH STUDIES BY OSTEOPATHIC STUDENTS

Mary Margaret Heron and Nick Cipp, fifth year students with the Canadian College of Osteopathy, are doing research studies on the role of osteopathic treatments in myopia and hyperopia in children, and are looking for subjects.

If your child is between the ages of 8 - 12, has myopia (is nearsighted), and you would like to find out more about this research study, please contact Mary Margaret Heron at 416-351-0003.

If your child is between the ages of 8 - 12, has hyperopia (is farsighted), and you would like to find out more about this research study, please call Nick Cipp at 519-888-9968.

A few years ago some of my adult vision students participated in a study when Daryl Hochman was completing his research thesis on osteopathy and myopia. The participants found the osteopathic treatments helpful for their vision.

INVITATION TO TELL YOUR STORIES

Changing our habitual ways of seeing (or of doing anything for that matter!) in the midst of our already busy lives is often a challenge. We need motivation. We need to believe we can do it. We need to know that others have done it before us. We need to know that there are others who can keep us company on our path.

I invite you to tell me of your experiences on your path to clearer vision so that I can put them into the newsletter. Although everybody's experience is different, yours might benefit and inspire other students. I will print as many as space allows.

I have asked for contributions before over the years, and many of you have sent in information I have put in the newsletter under: **Comments from Students**. Others, I am sure, are intimidated by the request because they feel they could not express themselves in words, or because they just do not have the time to put it all down. Please call or email me if this is the case. Tell me your story verbally. I will take notes and put it onto paper for you. Does that sound more manageable?