

# VisionNews

Vision Education Centre

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**Dear friends,**

This fall I am focusing on teaching private lessons and the Vision Educator training. Workshops will resume in the New Year.

In the January issue of **VisionNews** I will be announcing the contact information for the new Vision Educators. It is exciting that we will soon have some more teachers in Canada and who knows, you might find a teacher in your area!

Please feel free to share this newsletter with others you think might be interested.

Best wishes to each and every one of you!

Elizabeth Abraham

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**Questioner:** *I have been coming here for a long time, but today I came across a part of the garden I had never noticed before.*

**JG Bennett:** *It reminds you that you can sit right next to something and not see it. It may help you to believe that what you want is nearer to you than you think and that not being able to see is the obstacle rather than the remoteness of what you are looking for. When you really come to understand, truly and completely, that this Truth we are looking for is closer than anything can possibly be, and it is simply that the capacity to see it is not yet formed in us, then, by that realization, it already begins to form. But as long as we think that it is somewhere else, that there are some external conditions that have first to be fulfilled, or that one day somebody will come along and tell us, then we have still much to learn. When you are really convinced that the truth is very, very close and that all that has to happen is that you have to have your eyes open, then it is a big step.*

*Sunday Talks at Coombe Springs by J.G.Bennett*

## **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 it is safe and 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 Each Eye Sees Differently**

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.

### **COMMENTS FROM STUDENTS**

*In April, 2006, instead of having surgery, I chose holistic vision training with Elizabeth. Before I came to her, the surgeon told me that my right eye had 20/400 vision and my left eye 20/60 vision. To test my legally blind right eye in a layman's fashion, I sat in the last pew of the church, blocked out my left eye and looked with my right eye at the statue of the Street Madonna that was about 70 feet away. I could not see the heads of Our Lady and the infant Jesus. They were just black.*

*In September 2006, after 4 sessions with Elizabeth, I visited a holistic optometrist who was surprised to find that my right eye had now 20/80 vision and my left eye 20/30 vision. I did my layman's test again in the church. This time my right eye could see clearly the heads of Mother Mary and Jesus.*  
V.W-K.

### **FREQUENTLY ASKED QUESTIONS**

**Q:** I am in my forties and find that I have to hold reading material further and further away. Friends say that it is inevitable that I will need reading glasses at my age. Is this true?

**A:** It is possible to learn to see clearly again close up. The improvement is usually more rapid before you begin to use glasses than after you have been using them for a few years, but even then it is indeed possible to learn to read again without them.

**Q:** Do I have to throw away my glasses to improve my vision?

**A:** A rule of thumb with lenses is to use the weakest lens you can to do what you need to do safely, without strain. If going without lenses leads you to strain, it is better to wear a weak lens. It is always important to use the appropriate lenses for safety-related situations, such as driving. Those who have worn glasses for many years may need to step down their prescription, using a lens that gives less than 20/20 vision (20/40 is a good guideline for many people). If one always wears a full compensating lens, there is no stimulus to improve. The eyes will adjust to whatever lens is in front of them.