

VisionNews

Vision Education Centre

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Dear friends,

I am pleased to announce that I will be teaching workshops in BC in April, and in Musselman's Lake ON, in May and June. If you would like to have flyers to post or pass on to friends for any of these workshops, please let me know and I'll send some in the mail.

On Saturday 10 April there is a workshop in Victoria, on Vancouver Island, and one on Sunday 18 April in Roberts Creek, on the Sunshine Coast. Both places are beautiful and interesting in very different ways. I envision those from out-of-town coming for a workshop and making a relaxing weekend of it. There are many excellent places to stay in each location.

The first issue of Vision News came out in November 1996. This issue is #48. I have decided that I will produce 2 more issues this year, and that #50 will be the last one. If there is anything you would like to contribute to the next two newsletters, please let me know.

Many of you have told me that you have saved every issue from the beginning. Thank you for your enthusiasm. I imagine you will not be happy to hear about the demise of VisionNews. This year I'll be 65, and it seems to me time for a few changes. Also, I'm working on a book which is taking a lot of my time. For those who are connected to the internet, there is lots of good information on natural vision improvement on my website: www.visioneducators.com.
With love and best wishes,

Elizabeth Abraham

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'No matter where you go or where you sit, remember the sacred call: 'Look at all beings with the eyes of compassion'. From: *The Miracle of Mindfulness* by Thich Nhat Hanh

Oprah: What is happiness?

Thich Nhat Hanh: Happiness is the cessation of suffering. Well-being. For instance, when I practice this exercise of breathing in, I'm aware of my eyes; breathing out, I smile to my eyes and realize that they are still in good condition. There is a paradise of form and colors in the world. And because you have eyes still in good condition, you can get in touch with the paradise. So when I become aware of my eyes, I touch one of the conditions of happiness. And when I touch it, happiness comes.

Discovering Nearsighted Habits #1

She checks her email first thing in the morning. There is a message from the manager of an organization of which she is a member of the Board of Directors, informing her of a decision that has been made at a meeting she could not attend. At the last Board meeting it was understood that she and several others would not be able to attend, and the agreement was that the manager would send a report from the meeting so that they could still vote on the issue at hand.

When she reads that the decision was made by the manager and only two people from the Board and that none of those who were not in attendance had been contacted, she feels an agitated feeling arising in her stomach. At first she feels slighted and angry. Then she is more concerned about the principle of the matter. She and the rest of the Board are legally responsible for making decisions on behalf of the organization. It was just not right that the manager went ahead without a vote from the Board. She types a response and is just about to send it off, when something stops her. She remembers other emails she 'fired off' in the heat of an emotional reaction and then regretted later. She puts this one on hold and goes back to the book she was reading earlier, waiting for her agitation to settle down.

She had been reading about nearsightedness and about how our vision is very often a metaphor for the way we see the world. Now she reads that people who are nearsighted are often more focused emotionally on what is inside themselves than on what is outside. That in learning to return to clarity, it is helpful for them to choose to see themselves as others see them, and to develop the ability to have a view from the inside looking out and at the same time, from the outside looking in. She stops in her tracks.

Even though her vision is getting clearer, she knows that she is often trapped in a nearsighted point of view. She feels very relieved that she did not send that email. Realizing that she had composed the email from what she was feeling inside rather than taking into consideration what might be going on for the others involved, she feels humbled.

Returning to the computer, she re-writes the email. She thanks the members who did attend the meeting. She says she realizes it was urgent for a decision to be made, but that she was expecting to be informed since that was what had been agreed upon. She reminds those who were in attendance that the whole Board is legally responsible for what happens once the decision is made. Her tone is friendly yet professional. Before long she receives a copy of the report and an apology from the manager. She feels encouraged that she has been able to catch herself before she once again played out one of her nearsighted patterns.

Taking Time to Release Muscle Tension

A week ago she hurt her back while she was dancing. The pain was excruciating when she breathed deeply and when she moved into certain positions. At first she was upset with herself for not being aware enough of what she was doing while she was dancing, but she soon realized that being annoyed was not doing anything to help the pain. Instead, she decided to take the time to heal the pulled muscles.

She lay down on the floor and did some very gentle exploratory movements to discover exactly what she could and could not do. When she came to a painful place she breathed deeply into it, massaged it, and took the time to allow it to release. Over the week she spent an hour or two a day helping her back. She spent time on it before and after work, and also lay down on the floor of her office for a few minutes at a time during the day. She was aware of it while she was walking to and from work. Making sure not to carry anything heavy, she swung her arms loosely and turned her head as she walked. Gradually, over the course of the week, the tight muscles completely released and she was back to herself.

Today it occurs to her that she could be paying attention in the same way to releasing the tension in the muscles around her eyes. She is nearsighted. She can see well close up, but when she looks into the distance the muscles that are responsible for creating clear vision close up do not release. This means that the muscles that need to work in order for her vision to be clear in the distance cannot do the job they are designed to do, and everything looks blurry. She has known this for a long time, but until she healed her tight back muscles, had not thought of applying the same technique to her eye muscles.

She starts Palming often during the day in order to relax her eyes as much as possible. Once or twice a day, after Palming, she moves her eyes in each direction slowly and gently, while breathing deeply. She breathes in as she looks straight ahead and blinks a few times, and then breathes out as she moves her eyes. She notices that it is easier for them to move in some directions than in others. She is particularly gentle when there is any discomfort. As she pays attention to her eyes in this way, she notices that they feel more relaxed, moist, and open. She is very pleased.

Feeling encouraged by this success, she takes time to massage around her eyes more often, humming as she does so. She also finds it helpful to gently bounce up and down with her eyes closed for 15 minutes or so. When she stops, she feels a delicious flood of energy flowing from her feet to the top of her head. Everything is relaxed and in harmony. When she opens her eyes they feel vibrantly alive.

Vision Games in School

He is 10 years old, and sometimes finds it difficult to see the writing on the board. At first when he couldn't see clearly, he used to squint and strain his eyes. Now he finds that looking at a certain poster on the wall relaxes him, and that when he is more relaxed he sees more clearly.

The poster has been there since the beginning of school. It's brightly coloured, and has words in various sizes. He likes looking at it. Some of the words are clear and some are blurry, but he knows what they say because he's seen them close up. Every day he looks at the smallest letters he can make out. First he covers one eye, then the other, and then

looks with both eyes together. He gently moves his head from side to side while he's looking. The letters and the whole poster appear to move. This helps him feel calmer. When he looks at the board again he can see more clearly.

He's noticed that most of the time when he can't see well he's been staring because he's tired, bored, or upset about something. When he moves a little, looks away or takes a few breaths, he feels calmer and more interested in the things he is looking at.

CONTRIBUTION FROM A VISION STUDENT

Dear Elizabeth,

When I first came to see you over a year ago, I had some significant problems with my eyes. These included a lazy left eye, tightness in the eyes, floaters and poor vision in my left eye due to some scarring inside. With your natural vision techniques and support, I have noticed significant improvements in my vision. The lazy left has improved to the point where the two eyes are now working in unison. Recent vision tests by my optometrist confirmed that the vision in my left eye has improved. Furthermore, my eyes are now more relaxed and although I still have floaters, they seem to be less noticeable.

What has surprised me the most is the sharpness and depth of colours that I now see. My eyes seem to be drawn to the wonderful colours all around me, even at night when I am driving. With the natural vision techniques and your teachings, I have become more aware of my eyes and I take time to pay attention to them.

It has been a wonderful journey so far and I look forward to the day when I will no longer need to wear my glasses.

Regards, M.C.

FREQUENTLY ASKED QUESTIONS

Q: How long should I do my eye exercises every day?

Should I always remove my glasses when I'm doing my eye exercises?

A: It is very helpful to have a regular time every day to practice your vision activities. How long that time is depends on your schedule. In order for the practice to be of benefit, it is necessary to be relaxed and engaged with the activities. Doing a practice of a certain length mechanically, just to get it done, is not going to help.

The main idea, however, is to practice good vision habits all day long every day. It is best to do a regular practice so that you really know how your eyes feel when they are relaxed and vibrant. Then, when you are falling into bad habits again your eyes will no longer feel good and will tell you that it's time to do something to help them. Taking mini-breaks to do vision activities during the day is what your eyes need.

It is good to practice without glasses so that you can notice the effect on your eyes more easily. Also, it is usually more relaxing to be without glasses. But swinging, sketching, resting, whatever you do as an 'exercise' without glasses needs to be incorporated into your everyday life as a new habit - especially when you are wearing glasses.