

# VisionNews

Newsletter published by **The Vision Education Centre**

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## Dear friends,

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Thanks to all of you who helped make Peter Mansfield's Learning To See Workshop such a success. The feedback was enthusiastic. Everybody seemed to learn a lot and have a good time.

Several people expressed interest in training to become Vision Education teachers, so Peter and I are planning a Toronto training to start later this year. There is more information included with this newsletter.

Once again I am enclosing a flyer for my Introductory classes that start next month. Word-of-mouth is the very best way to let people know of upcoming events, so I hope you will encourage your friends to come or post the notice.

Every time I send out a newsletter I get several phone calls from people thanking me for keeping them on my mailing list. I also get quite a few returned envelopes, which is costly and frustrating. If you are moving, or if you no longer wish to receive mailings, please call and leave a message. Thanks.

Love and best wishes to you all,

Elizabeth Abraham

*Dr Bates' work was based on the premise that people with poor vision do not have 'bad eyes' - they use their eyes badly. The Bates Method is essentially a way of modelling the way that normal sighted people use their eyes....*

*Seeing is approached as a learned skill, like walking or talking. Learning requires persistence -the ability to make repeated attempts without becoming bored or frustrated as these states of mind lead to strenuous effort which is entirely counter-productive. A positive attitude is needed - one which is prepared to see the glass as half full rather than half empty. Explore vision in a spirit of playful discovery rather than solemnly 'doing exercises'.*

**Peter Mansfield.**

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## TAKE CARE OF YOUR EYES ALL DAY LONG

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Get into the habit of noticing what you can see without glasses or lenses rather than thinking of all the things you can't see.

Notice colours, shapes, textures and contrast in your environment rather than straining to see too much detail or to read everything that calls for your attention.

Walk as much as possible in the open air and notice that as you move forward everything on either side of you appears to move in the opposite direction.

Change focus frequently. When outside, look from a near to a distant object, tracing the outlines and noticing how each object looks. When you are reading or at the computer, take a break every 20 minutes or so to look at something farther away.

Rest your eyes frequently throughout the day. If you see less clearly than you used to, that is an indication that your eyes are under strain and need more rest than normal. Get into the habit of closing them often during the day for a few minutes, noticing how they are feeling without judgment or criticism.

When your eyes are open, keep them moving easily and naturally over whatever you are seeing. Do not stare fixatedly or allow yourself to daydream.

Blink every few seconds. When your eyes feel dry, squeeze the lids together then open again several times until they are moist.

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## SYMPATHETIC OPTOMETRIST IN OTTAWA

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Dr Estelle Saunders is an Ottawa optometrist who is very interested in holistic vision education. She will give you a reduced prescription if you need it, and will support your process of vision improvement. I highly recommend her. Call (613) 226-8446.

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## EYE MOVEMENTS USING THE STAR CHART

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This is a reduced version of a chart I got several years ago from my friend Ray Gottlieb, an optometrist and vision teacher in Rochester New York. I find it extremely useful. If you have taken lessons with me you might be familiar with it. If not and you would like a full-sized chart to play with just send me a request with a stamped self-addressed envelope and I will send you one.

The idea is to move your eyes rhythmically to the beat of a metronome or music with a solid beat, so that they land on each number exactly on the beat. Go from one number to the next in sequence repeating one through sixteen over and over for at least ten minutes at a time. The goal is to let yourself move into a state of dynamic relaxation as you meditate on the movement. Breathe, blink, and keep your whole body relaxed as you move your eyes. Gradually work to develop this relaxed awareness as you move your eyes at a variety of speeds.

Regular use of the Star Chart will increase the flexibility of your eye muscles and also teach you to use them in a more balanced way. According to Deepak Chopra and also a discipline called NLP, we access specific information from our brains largely by moving our eyes in certain directions. If we want to access our visual memory for instance, we look up to the left, in the process of creating new visual forms (eg artist), up to the right, for kinesthetic memory, down to the right, for auditory memory, horizontally to the left and also down to the left, and in the process of creating new sound forms (eg composer), horizontally to the right. Looking up to the centre tends to access our intuition and down to the centre, our olfactory and gustatory memory. The Star Chart assures that whatever our habitual tendencies, we look equally and evenly in all directions and hence stimulate balanced brain and eye function.

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## VISION EDUCATION CENTRE SCHEDULE

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Call (416) 599-9202 to register or for more info

### Introductory Classes

Learn the basis of the Bates Method and some practical tools to help you get started on the road to healthy vision. Choose from 3 dates. Please call to reserve your place. The cost is \$30 at the door.

- ❖ Tuesday 13 April 6:30 - 8:30pm
- ❖ Wednesday 14 April 6:30 - 8:30pm
- ❖ Saturday 17 April 11am - 1pm

### Relax and See Classes

If you have taken an introductory class or an individual lesson and would like to learn more about how to improve your vision, the balance between your eyes, the health of your eyes and

your state of relaxed awareness, these classes are for you. The cost is \$240. Call to reserve your place, and send a \$50 deposit payable to the Vision Education Centre.

Series of 8 Tuesday evening classes 6:30 - 8:30pm from 27 April - 15 June inclusive.

### Monthly Vision Support Classes

These classes are a review and a chance to practise for graduates of my workshops, the Relax and See series, and those who have taken individual lessons. The cost is \$10 per class.

- ❖ Saturdays 4 - 5:30pm on 20 March, 17 April, 15 May and 19 June.

### Monthly Self-Healing Movement Classes

Discover how increased flexibility in your whole body can improve your circulation and thereby help your vision. Wear comfortable clothes. The cost is \$40 for a series of four or \$15 per class. Please call to register as space is limited.

- ❖ Saturdays 2 - 3:30pm on the same dates as the Vision Support classes above.

### One-day Workshop

A follow-up to the introductory class, designed to help you take the next step to improving your vision. The cost is \$90. Please call to reserve your place and send a \$25 deposit to the Vision Education Centre.

- ❖ Sunday 5 June 10am - 5pm

Private Lessons are available by appointment.

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## OUT OF TOWN WORKSHOPS

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- ❖ Level 1 Weekend Workshop in Ottawa 9 - 11 April. Friday 7:30 - 9:30pm, Sat & Sun 9:30 - 4:30pm.
- ❖ Level 2 and 3: Sat & Sun 1 & 2 May: 9am - 5pm.

Call Dr Estelle Saunders for more information and to register (613) 823-0415.