

VisionNews

Newsletter published by **The Vision Education Centre**

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Issue #33 ♦ April 2006

Dear friends,

Exciting news! I am very pleased to announce that the dates have been set for the next Vision Educator Training in Toronto starting in March 2007. Since there is a pre-requisite that those who are accepted for the training are engaged in improving their own vision, this gives anyone who is interested, time to start the process.

In some parts of the world there are enough Vision Educators to really raise public awareness of the fact that if we take proper care of our eyes they can learn to function better and to see more clearly.

In Canada and other parts of the world, the majority of the population does not even know that this is a possibility.

There is a tremendous need for teachers of holistic vision improvement. It is important that parents and teachers be made aware that it is possible to improve vision naturally so that they can actively work to prevent children's vision difficulties. It is important for people who are working in front of computers all day and for older people, to learn what their eyes need and how to use them well so that their vision does not deteriorate. It is important for people who are already wearing glasses to know that their vision can get better with natural means. Of course, not everyone will choose this route, but it would be wonderful if everyone at least knew that it is an option.

If you are interested in the training or know someone who might be, please see details of the Vision Educator Training in this newsletter.

Whether you are interested in the training or not, I hope to see all of you soon for classes or private lessons. In the meantime, happy seeing!

Elizabeth Abraham

'The question is not what you look at - but how you look and whether you see.'

Thoreau

CAN YOU IMAGINE?

Can you imagine that when your vision is blurry, you remember that it is probably a sign that your eyes are stressed and in need of attention?

Can you imagine taking time to learn what your eyes need in order to function better and then using that knowledge every day of your life?

Is it possible for you to imagine that whenever you notice your eyes are tired, you stop to rest them?

Is it possible for you to imagine seeing comfortably and clearly again?

SEEING FROM THE INSIDE

Jacques Lusseyran lost his sight in an accident when he was eight years old. At the age of sixteen, he formed a resistance group with his school friends in Nazi-occupied France. In a fascinating scene from his book, *And There Was Light*, he tells of interviewing prospective underground recruits, 'seeing' them by means of their voices and in this way weeding out early the weak and the traitorous.

Eventually Jacques and his comrades were betrayed. After a fifteen-month incarceration in Buchenwald, Jacques was one of thirty to survive from an initial shipment of two thousand.

Jacques Lusseyran later became a university professor in the United States. He died in a car accident in 1971.

Here is a quote from the Epilogue, in which he speaks about two truths he learned in his life:

'The first is that joy does not come from outside, for whatever happens to us, it is within. The second is that light does not come to us from without. Light is in us, even if we have no eyes.'

This book can be ordered through the Books and Other Resources page of our website: www.visioneducators.com.

COMMENTS FROM STUDENTS

'My original prescription was -1.25 in high school, then it improved on its own after a period of not wearing any glasses to -1.00. Ten months ago I lost my glasses and haven't been wearing any ever since. It was during this period that I met with you for the introductory course and I started reading some books. I had an eye exam today and my prescription is now -0.50 and I'm now legal to drive without glasses. Pretty exciting stuff.... I'm going to finish reading "The Art of Seeing" and the other books I have and practice the techniques. Hopefully I can improve my vision even more.'

D. P., Toronto

Please send any comments that you think might inspire others to continue on their journey toward clarity. It is easy to feel isolated when you are the only one in your family and circle of friends who is interested in the subject of holistic vision improvement. In fact, there are many others like you. If you have taken vision classes, I encourage you to keep in touch with your classmates.

VISION EDUCATOR TRAINING

The training, offered by the Vision Educator Training Institute, is being taught by Rosemary Gaddum Gordon and myself. Rosemary currently teaches in Cambridge, Mass and Eliot, Maine. To find out more about us and the training, please see our website: www.visioneducators.com.

The training is held during six 4-day weekends over the course of the year, starting in March 2007. There is a training weekend in Toronto every second month, and in the intervening 2 months, students work at home on completing reading assignments, practice teaching with friends and family, and on projects to supplement their classroom learning.

This schedule is designed so that students can continue to work while they are in the process of training. If you have a full-time job, it might be possible to arrange to take a few days of your vacation every two months, or if you are in private practice already, you can schedule clients around the training dates.

When I began my Vision Educator training in 1990, I already had a full-time practice as a Trager Practitioner and was used to working for myself. While I was building up my practice as a Vision Educator, I continued seeing clients for Trager, and then gradually the balance shifted until I had a full-time practice as a Vision Educator.

Holistic vision improvement is a form of re-training of the mind and visual system. It is necessary to develop awareness of our existing habits of use, and then learn new habits that encourage health and clarity rather than deterioration and blur.

For holistic practitioners already engaged in a form of mind/body awareness such as the Alexander Technique, Feldenkrais, Focusing, Rosenwork etc, adding Vision Education to their existing skills is a natural fit.

For massage therapists who already have a busy practice but who are finding that massage is a physically demanding occupation, being able to also see students for vision improvement might add a needed variety to their work life.

For those looking for a fascinating new career on the leading edge of holistic health care, the field of Vision Education is waiting for you.

More in the next newsletter....In the meantime, I invite you to visit our website for more details.

INTRODUCTORY CLASS AND INFORMATION SESSION IN JUNE

On Sunday, 25 June from 2 - 4pm in my office at 339 Bloor Street West #215, there will be a 2-hour Introductory Class followed by an hour-long Information Session for those interested in the training. The cost of the Class is \$30. There is no charge for the Information Session.

If you are new to Vision Education and think that you might be interested in the training, the class will give you a practical introduction to the work. You can then stay for the Information Session.

If you are new to Vision Education but not interested in the training, you can come to the Introductory Class only.

If you have come to classes previously, are already engaged in improving your own vision, and would like to learn about how you can help others to do the same, you can attend the Information Session only.

Please call or email to register:

Elizabeth Abraham 416-599-9202 or elizabeth@visioneducators.com.