

VisionNews

Newsletter published by **The Vision Education Centre** 339 Bloor St W #212 Toronto M5S 1W7 416-599-9202
Issue #12 December 1999

Dear friends,

Welcome to the last **Vision News** of the century!

The schedule for next year's winter term classes is enclosed. If the dates are not convenient for you, or if you want some individual help, just call to set up a private lesson.

I would appreciate it if you would post the enclosed introductory class flyer or give it to a friend. If you would like more flyers for distribution, please let me know. I want to get the word out to as many people as possible that vision does not have to deteriorate - in fact, it can improve.

Thanks to all of you who have written or called to express your gratitude for this newsletter. I am delighted to hear that it is helpful. Thanks also to those who have sent donations. I received several cheques and even a donation of stamps after the last mailing. Your support means a great deal to me and helps a lot.

And once again, a reminder to send me copies of your prescriptions as your vision improves. New students are always inspired by proof that this method really does work.

Best wishes for a joyful holiday season and a happy New Year.

Love,

Elizabeth

Elizabeth Abraham

.....
'It is as natural for the eye to see as it is for the mind to acquire knowledge, and any effort in either case is not only useless, but defeats the end in view.....The eye with normal sight never tries to see. If, for any reason, such as the dimness of the light, or the distance of the object, it cannot see a particular point, it shifts to another. It never tries to bring out the point by staring at it, as the eye with imperfect sight is constantly doing.'

Dr William H. Bates - *The Cure of Imperfect Sight by Treatment Without Glasses*

NATURAL VISION SYMPOSIUM

As I mentioned in the last newsletter, the first Natural Vision Symposium to be held in North America happened in Virginia Beach last week. It was well attended both by Vision Educators and the public, and was a thoroughly successful event. Buoyed by this success, we formed the Association of Vision Educators, and are setting up a website.

The four keynote speakers presented different aspects of Vision Education. Meir Schneider talked about how necessary it is for the whole body to be free and healthy in order for the eyes to be healthy, and gave some exercises which resulted in immediate vision improvement for some of the audience. Peter Mansfield gave a fascinating talk and slide show explaining the principles of the Bates Method and how to apply them in everyday life. Grace Halloran told the story of her struggle with retinitis pigmentosa (RP) and the program of nutritional support and exercises she has developed to help people with low vision due to macular degeneration, RP and other eye disorders. Roberto Kaplan talked about the opportunities for emotional growth presented by various vision conditions and how crucial it is to be open to change.

A number of Vision Educators gave one hour presentations on nutrition, healthy vision at the computer, children's vision, presbyopia, psycho-emotional aspects of vision, and colour therapy, to name just a few. I gave a mini-workshop on Focusing and the way I use it to help vision improvement. It was a full program, and the main difficulty people had was in choosing between events. The Symposium was held in a hotel right on the beach. It was wonderful to take long walks, to look out over the ocean and to do our sunning and swinging in such a beautiful setting.

I was delighted that several of my students attended. We all got a great deal from the experience and feel inspired to continue the work with renewed enthusiasm. The next Symposium is scheduled for March 2001. I will keep you informed.

PINHOLE GLASSES

Several people have asked me about how pinhole glasses help vision. Here is my answer.

Looking through a pinhole focuses the light right onto the part of the retina that sees best, avoiding the distortions caused by refractive errors such as astigmatism, near and farsightedness. The lenses of pinhole glasses are made up of a series of tiny holes. People with nearsightedness can usually see objects in the distance more sharply when looking through them, and people who have difficulty reading can usually see the print more clearly.

At first, the multiple holes are distracting, but the eyes and mind soon get used to them. In order to see through the pinhole glasses the eyes have to move more than they do when looking through prescription lenses. This is beneficial. Prescription lenses increase the tendency strained eyes have to fixate and stare, whereas the pinholes encourage movement. For this reason I suggest that you wear your pinholes for short periods at first and gradually build up the wearing time to prevent your eyes from becoming tired. When you wear pinholes keep blinking and breathing regularly. Stay relaxed and alert.

You can use them as an alternative to prescription lenses whenever you feel comfortable doing so. Use them for TV and movies, computer work, reading as long as you are in good light, bouncing on a rebounder, or outside when you need to bring something into focus. Do not use them for driving, as they cut down on peripheral vision.

If there is a difference between your eyes, you might put black paper or tape over the lens of your 'stronger' eye. As you use your other eye it will be stimulated by the pinholes and will also be encouraged to work because it will be able to see more clearly than usual. You can increase the stimulation by alternately looking out through the pinholes at an object in the distance and looking at the holes themselves. Relax, breathe and blink.

To encourage your eyes to work together you can take out the lens (the lenses pop out quite easily in some designs) on the side of the 'stronger' eye and use the pinhole to help the 'weaker' eye to participate. When you see the pinhole grid, you know that the 'weaker' eye is indeed working.

Have fun experimenting. I still have some pinhole glasses if you would like a pair.

TOTAL HEALTH CONVENTION

The Convention will be held 18 & 19 March 2000 at the Metro Convention Centre in Toronto. I will be a speaker. It would be great to see some familiar faces. I hope you can come - and bring your friends! Call the Consumer Health Organization at 416-490-0986.

LOOKING FOR A NEW HOME

I have been in my current office for 5 years now, and am ready for a change.

In my practice as a Vision Education teacher there is a strong connection between my work and the rest of my life. What I want now is to live and work in the same place - to centre my energy. I want the Vision Education Centre to be more of a centre.

I thought that if I let you know what I need, you might have some ideas. I am looking for a place:

- legal for living and working
- on the subway line
- big enough for me to have a studio 20 feet long and approximately 15 feet wide and another small room for office, massage and palming
- beautiful, light, airy and in a safe, quiet neighbourhood
- with a kitchen, bathroom and bedroom
- with a garden or deck or some access to outside
- affordable
- and oh yes, a fireplace would be nice!

Please call me if you know of anything suitable. 416-599-9202.

MYOPIA STUDY NEEDS SUBJECTS

Daryl Hochman, a Podiatrist I know who has also studied with Meir Schneider, is in the process of graduating from the Canadian College of Osteopathy. His graduating thesis will assess the benefits of osteopathic treatment in cases of myopia. He is looking for volunteers for free osteopathic treatment. If you meet the following conditions and are interested in participating, please contact him at 416-590-1215 or 416-590-1218(fax)

- Are you between the ages of 20-35 years old?
- Do you wear corrective lenses?
- Never had any eye surgery?
- Never had a severe whiplash or concussion injury?
- Do not suffer from any neurological disorder?

'FOCUSING' FOR VISION IMPROVEMENT

Do you want to improve your vision but find you are just not making time to practice the new habits you are learning? Is it as if you are sabotaging your own process? Or are you practicing and feeling frustrated by your lack of progress?

'Focusing', as developed by Eugene Gendlin, is a skill that can help you uncover and release blocks to change - including improving your vision. I am planning to teach a series of classes in the New Year. See the enclosed schedule for dates and times.