

VisionNews

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

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Dear friends,

What an exciting time of year, with spring just around the corner!

The schedule for the spring term is enclosed and, as usual, a flyer for the Introductory classes. It would be very helpful if you would post the flyer or give it to a friend.

My practice is to teach private lessons in the summer, but not classes and workshops. If you are a student or teacher with more time in the summer and would like to take group lessons, please call me. If there is enough interest I will organize it.

Would you like to attend a series of **Relax & See** classes in the daytime instead of after work? If so please let me know and I will offer it next term.

Thanks to those who responded to my plea for help in finding a new office/home location. I am still looking.

Total Health 2000 is being held at the Metro Convention Centre on 18 & 19 March. Phone the Consumer Health Organization at 416-490-0986 for more information and tickets. I will be speaking, and it would be wonderful to see familiar faces. It is a great opportunity to find out the latest in alternative and complementary medicine.

My very best wishes to you all,

Elizabeth

Elizabeth Abraham

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'Vision is a process of mental interpretation of the retinal images. In the act of seeing there is a close association between the mind and eyes. The eye without the mind will mechanically photograph the image but will not interpret it. The mind without the eye can imagine the images previously seen but will not tell you what is being photographed now. Correct seeing must be a perfectly co-ordinated action between mind and eye through Relax and See.'

Dr R. S. Agarwal - Yoga of Perfect Sight

TIPS FOR HEALTHY VISION

- If you are in the habit of wearing glasses all the time, experiment with what you can do without them. Get into the habit of asking yourself many times a day: 'Do I really need my glasses right now.' If you do need them, by all means put them on, but you might be surprised by the number of things you can do without them.
- Start a Vision Journal in which you record the activities you engage in to help your eyes and your response to them. Write down how your eyes feel from day to day, and record any observations you have about yourself and your environment which might impact on your vision.
- Notice if your eyes fixate and stare. If so, does it happen when you are tired, bored or overwhelmed? Keep your eyes moving by watching things moving around you and by moving yourself. Explore ways to prevent and alleviate staring.
- Notice if there are times when you hold your breath and stop blinking. Congratulate yourself for noticing. Does your blinking and breathing pattern have anything to do with your stress level and with what you are doing or thinking at the time?
- Practice breathing deeply and blinking regularly when you are not in a stressful situation so that your body and mind can be reminded of how it feels.
- Experiment with your eating habits. If you are in the habit of eating quickly, try slowing down. If you usually read or watch TV while you eat, try watching your food instead. Notice how this feels. Do you eat primarily to give your body the nutrients it needs, or do you also eat for other reasons? Notice if there is any correlation between what you eat and how your eyes feel and see.
- Remember to shift your focus into the distance every 15 minutes when you are reading or using a computer, and to take frequent breaks.
- Massage your face, scalp, neck and shoulders

- often to improve the circulation to your eyes.
- Spend time outside every day without glasses.
- Laughter and fun is good for whatever ails you!
What makes you laugh?

WEEKLY CLASSES, WORKSHOPS OR PRIVATE LESSONS?

Since the Vision Education Centre offers several different ways to learn, new students often ask which works best?

Often the decision is made on the basis of schedule or cost. If the class or workshop times are not convenient, private lessons are the only option. But of course group lessons are always less expensive than private.

Some people prefer the privacy and flexibility of individual lessons, and others learn best when they can share experiences with classmates.

Between both private lessons and weekly classes there is time to integrate and practice what you have learned. On the other hand, some people prefer the more intense experience of weekend workshops.

All things being equal, the decision should be made on the basis of your knowledge of your own learning style.

What is Covered?

The Bates Method of Better Eyesight. When vision is good at all distances, the visual system is functioning as it should. When vision is disturbed in any way, the individual needs to understand how the system is supposed to work, how it is being interfered with, and how to re-establish healthy seeing habits. Learning these habits takes up the majority of time in each course. Techniques are taught to help relax the visual system and ease eye strain, encourage both eyes to work together in the case of 'lazy' eyes, improve both distance and near vision, improve night vision and light sensitivity, and much more.

Self-Healing Massage and Movement. In order for vision to improve it is necessary to have good circulation. Whether you choose classes, workshops or private lessons, time is always spent learning to let go of tension in the whole body - particularly in the neck, shoulders, face and around the eyes. Emphasis is also placed on learning to breathe more fully and deeply to increase the oxygen supply, release toxins and encourage relaxation. If physical tension seems to be a major contributing factor, it is best to arrange a private appointment or to seek help from a therapist of your own choosing.

Nutrition. It is important that your diet include the proper nutrients to support the health of your visual system. Some people need more assistance than

others in this area. The needs of the individual students determine how much time is given to the subject in private or group lessons.

Focusing. The word 'Focusing' is somewhat confusing when used in discussing the subject of vision, since the same word is used to describe the mechanism of two eyes focusing on a target. But here I am referring to a listening skill developed by Eugene Gendlin when he was a professor at the University of Chicago in the 1960s. This skill has been taught for many years to help people listen to their own inner voice, to make decisions, communicate more effectively with friends, family and co-workers, help with parenting issues, and for many other purposes. It can also be used to help vision improve.

There is an intimate connection between the eyes, the rest of the body and the mind. As Shakespeare said: 'The eyes are the windows to the soul.' Pardon the pun, but there is a lot more to vision than meets the eye! Sometimes people find that they have improved their circulation, nutrition and the way their eyes function and still there is not an appreciable improvement in their vision. Upon exploring more deeply, they might find that they really don't believe they can change. Or they might discover that although part of them wants to see clearly, another part is afraid of seeing and/or of being seen. There are as many emotional causes for poor vision as there are physical. If there are emotional blocks, they need to be cleared before vision can improve.

If you want to learn this valuable skill that can be applied to all areas of your life, you can join the **Focusing** classes (see schedule for dates and times), or book a private lesson to work on your own issues.

ITEMS FOR SALE

- Pinhole glasses - \$40 a pair. For a good article on pinhole glasses see: www.seeing.org
- *Handbook of Self-Healing* by Meir Schneider - \$29.99
- 150 watt full-spectrum bulbs for sunning - \$30
- Colour therapy kits - \$35

Please note:

The monthly Vision Support Classes have been cancelled until further notice. If you are interested in regular support classes in the future, please let me know. When there are enough people interested I will be happy to arrange classes again.

In the meantime, you might want to come for a private lesson or repeat the **Relax and See** series of classes or **The Art of Seeing Clearly** workshop.