

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,

In the last issue of Vision News, I asked for feedback from those of you who have been implementing the natural approach to vision improvement in your lives. I am happy to have heard from a few of you, so this issue focuses on your progress. Please keep writing and phoning.

In the summer some of us participated in a myopia study conducted by Dr Daryl Hochman and Bev Melunsky as part of their qualification as osteopathic doctors. Dr Hochman wrote me a report at the conclusion of the study. It is quite technical, so an excerpt is printed in this issue along with the subjective experiences of a few of the participants.

You will find the schedule for this term's classes on the back of the newsletter.

My very best wishes for clarity and joy in 2001,

Elizabeth

Elizabeth Abraham

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'At some time, everything we see about us now we saw for the first time. At that time, the world grabbed our attention...Our minds did not wander...Then familiarity set in. Like a film, it covered the windows of the soul, so that we saw with increasing dimness and then not at all. Instead we learned to see what we expected to see, what we had always seen; we saw our own projections.

To clean that film away, you must gaze again upon the world with attention. You must look fully, not partially, with part of you split off somewhere else. You must not be deceived by familiarity into thinking you need not be wholly present.

To cultivate this fresh seeing, go places or do things that are new for you. Recover the sense of wonderment, then keep it as part of your perception when you look at the things with which you are familiar. You will discover that even the most well-known person or place can hold surprises.'

David Spangler - *Everyday Miracles*

REPORTS FROM STUDENTS

Leslie had worn glasses for myopia and astigmatism since 1981. Her prescription was -1.5 in the right eye and -1.75 in the left. She says: 'As the years went by I got used to my glasses, my eyes got worse and there were many side effects. Then one day I came across a book called *Natural Vision Improvement* by Janet Goodrich. I read the book and tried the suggested exercises. In 1992 I started working with Elizabeth at the Vision Education Centre in semi-private and group lessons. The more I learned and practiced the stronger my eyes got.'

In 1996 Leslie had her eyes re-tested. The right eye was now $-.25$ and the left $-.25$. The astigmatism had also reduced by half in the right eye. Leslie continues: 'Wow! I was so excited. Only one more line on the chart and I would have the restriction off my driver's licence. Now I was motivated with my ultimate goal in sight.'

In the spring of 1997 Leslie went to the Ministry of Transportation to change the name on her licence to her married name. She tried the Eye Examination and passed it without glasses. She now has 20/20 vision and is delighted. She says: 'It was worth every minute I spent on my eyes to see in a way that is so incredibly clear and so much better than the vision that glasses provide. There is no comparison.'

Leslie inspired two of her friends in Calgary to work on improving their eyes. With the help of Dr Sonja Haagerman (a behavioural optometrist) one of them went from -5 in the right eye and -3 in the left, to -2.50 and $-.75$. The other went from -7.75 and -6.75 down to -4.25 and -2.5 ! Needless to say, they are both thrilled.

Valerie writes from Ottawa: 'I wanted you to know how much is working away inside me from the workshops I have taken with you in Ottawa. From being a tri-focal person who believed I couldn't even see enough to wash my face without first donning my glasses, I now have felt perfectly confident running my first marathon and running all through the winter on ice and snow without any thought of even carrying my glasses....My eyes may not be measurably better,

but they certainly feel better – as if they belong to me. I am inspired to be aware of them and to care for them.’

REPORT ON MYOPIA STUDY

This study consisted of a group which received osteopathic adjustments and did vision exercises for eight weeks, and another group who did only the vision exercises. Both groups were assessed by an optometrist and an osteopath before and after.

In his letter Dr Hochman thanks all of us who participated in the vision exercise part of the study. He says: ‘The findings indicate to the vision exercise group that when the vision exercises are completed on a regular basis it significantly affects vision. Beyond this we found that it will alter the attachments of the dural membrane, thereby affecting a critical element of the craniosacral mechanism. Bates said ‘We see largely with the mind and only partially with the eyes.’ The study did show that the exercises did alter certain anatomical elements of the cranium and cervical region. The authors deduced that it is important that the exercises be done on a regular basis in order to reduce eye strain, reduce neck tension as well as to alter the balance of the autonomic nervous system.’

If you would like a copy of the complete report, please send me a stamped self-addressed envelope.

Here are comments from a few of the participants: **Renee** says: ‘I sometimes have difficulty dedicating time for regular eye exercises, so it was a great opportunity for me to be part of the myopia study. I discovered it was very useful to keep a vision journal. By keeping track of what exercises I did and for how long, it helped me to keep them at the forefront of my mind and to use small snatches of time wisely to do some blinking or looking into the distance or shifting while at work.

After the eight-week period I found that I had improved one line on the vision chart. This was great news! And when I do fall off the vision improvement bandwagon every once in a while, I have the notes in my vision journal as a record of my progress.’

Kathleen writes: ‘I found the exercises therapeutic both physically and mentally. Sunning or Skying on my patio first thing in the morning is a lovely way to start the day, and palming is always a good way of de-stressing at any time of the day – particularly at the office (with the door closed!). After following the whole regime for 8 weeks, my vision definitely improved. I found that by spreading the exercises over the entire day for 10-minute durations, I was more likely to stick with the program.’

And **Rob** is delighted to report that his vision measured –3.5 in each eye before the study, and –2.75 after eight weeks of vision exercises.

Karen, who had worn glasses for over 30 years, wrote me a fascinating five-page letter about her experience of vision improvement. If you would like a copy, please send me a stamped self-addressed envelope. Here is the first paragraph: ‘So much has changed since that fateful evening at the beginning of July when my glasses flew over the side of the boat and disappeared into the waters of Georgian Bay. As you know, that ‘accident’ happened two days before I was to begin the exercises for Dr Hochman’s vision study. I decided to wait until the end of the study before replacing my glasses in case a miracle occurred and my prescription could be reduced. Since I still had my prescription sunglasses for driving, I knew I could continue to function in the world. By the end of the 8 weeks however, a miracle did occur. Not only did my vision improve, but I tossed my prescription sunglasses and have no intention of wearing glasses again.’

Sep said he found it good to have a daily routine to follow for the 8 weeks and that doing the exercises regularly changed his attitude toward them.

Thanks to all of you who responded to my request for your personal experiences of the study. Any other reports can be included in the next newsletter.

CLASS AND WORKSHOP SCHEDULE

Introductory Classes

Wednesday 7 February from 7-9pm \$30 or
Saturday 10 February from 2-4pm \$30

The Art of Seeing Clearly Level One

Saturday 17 February and Saturday 24 February from
10am-5pm \$240 for both days

The Art of Seeing Clearly Level Two

Part 1: Clearing Myopia

Saturday 10 March from 10am-5pm \$120

Part 2: Clearing Presbyopia (‘old age sight’)

Saturday 24 March from 10am-5pm \$120

Private lessons are available by appointment.

**All classes and workshops are held at the
Vision Education Centre
339 Bloor St West #212 Toronto M5S 1W7.
Please call 416-599-9202 to register.**