

VisionNews

Newsletter published by **The Vision Education Centre** 339 Bloor St W #212 Toronto M5S 1W7 416-599-9202
Issue #17 June 2001

Dear friends,

What a treat for the eyes to feast on the soothing green and blue of the trees and sky, and to be gently stimulated by the variety of glorious colours of the flowers. I hope you are able to spend lots of time outside enjoying this beautiful summer season.

I usually only teach private lessons in the summer, but several people have asked for Introductory Classes, so I have some scheduled. The flyer is enclosed. Please post it or pass it along.

Everyone is welcome to join me for the annual Vision Walk on Toronto Island. See the back of this newsletter for details.

My very best wishes to you all,

Elizabeth

Elizabeth Abraham

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'Even when individuals with reading glasses of the same strength prescription do exactly the same exercises for identical lengths of time, the results are liable to vary widely, Of the wide variety of factors accounting for this, some are physical and some are mental. The physical ones are fairly straightforward, while the mental ones are more complex.

On the physical level, the issue is primarily about getting increased circulation back into the eyes. Once they are again bathed in oxygen and nutrient-rich moisture, the lenses can soften up and regain their flexibility. There are prescribed exercises and massages to boost circulation, but the effects can be hampered by poor nutrition, lifestyle habits – as well as physical ones – and what Bates called 'mental tension'.

Mental tension arises from a lot more than our specific problems and worries, or daily trials and tribulations. It's our reactions to these stresses that are the culprits, and these reactions are based on our expectations, beliefs, and attitudes towards ourselves, our vision, and life in general.'

Lisette Scholl, *28 Days to Reading Without Glasses*

'MY ARMS ARE TOO SHORT'

It is so common for people over 40 years old to have to hold reading material further and further away in order to see it, that many of us consider it 'normal'. We are told that the lenses of our eyes are stiff due to our age, and that there is nothing to be done except wear glasses.

What do we do when we find other parts of our body not moving as fluidly as we would like? Many of us start exercising, take up Yoga or T'ai chi, go for massage, Alexander Technique or Feldenkrais lessons. In short, we take action. Or even if we don't, we believe that we could do something about the condition if we had a mind to.

Why should it be different for our eyes? Aren't they parts of our body too? The answer is that we have not been taught how to take care of our eyes, but that it is possible to help them become more relaxed and flexible so that they can read without strain.

As Lisette Scholl says in the quote on this page, the way our eyes see is definitely influenced by how we use them, but also by our general health, our lifestyle and our thinking.

The first place to start is to realize this, and to take a close look at our selves and our lives. Many of us lose our ability to see clearly close-up at the same time that we are experiencing a mini or major mid-life crisis. We are evaluating our careers, relationships and habits in light of the realization that we will not live forever and that if we want a more fulfilling, meaningful life we will have to make some changes. As we face the difficulty of looking at ourselves, just coincidentally we find it difficult to see up close.

Since our thoughts, beliefs and expectations often determine how we live our lives, it might be helpful to make notes of your thoughts and beliefs about your vision. Do you get impatient when you can't immediately see the reading material? Do you get angry with your eyes for letting you down? Do you believe it's because you are 'getting old' and feel helpless to do anything about it? 'Watch your thoughts, for they become your reality.' - Buddha

TEACHER TRAINING PROGRAM CERTIFICATION COURSE

I am offering a Teacher Training Program in Toronto for the first time, starting this fall. If you are interested, please contact me and I will send you an information package and application form. CJ Wilson, a teacher from North Carolina, will be co-teaching with me. We are in the midst of a teacher training in North Carolina now, and it is proving to be very successful.

Even though Canada is such a vast country, we have a mere handful of Vision Educators, and most of them are on the West Coast. The field is well established in Europe where there are many teachers for students to choose from, but in Toronto I am the only one in practice so far!

There is a great need for more teachers. The number of people who are experiencing eyestrain and loss of clarity because of the stress of modern life is increasing. More and more people work at the computer, children experience strain from excess TV and video games and have vision difficulties at a young age. Vast numbers of people use glasses for reading. Many experience headaches because of the way their eyes are functioning, many have eyes that are crossed or turn out. All of these conditions can be helped with relaxation, movement, and specific techniques to improve the functioning of the visual system.

During the Teacher Training Program trainees also get help with their own vision. You cannot teach something you have never practised, so the training happens from the inside, out.

Vision education is a natural adjunct to many other holistic health practices. Would you like to learn how to teach people to care for their visual health as part of your existing practice and to share with your community what you are learning in your work on your own vision? This course will qualify you to teach both groups and individuals.

The teacher training certification course consists of 120 hours of in-class training in four, four-day segments over the course of 8 months. There is a lot of practice teaching as well as classroom time, assignments to complete between segments, and support in getting started in your own practice.

The dates are:

15-18 November, 7-10 February,
4-7 April, and 6-9 June. Tuition is \$3,600.

Once you have been accepted into the program, you are welcome to attend any classes at the Vision Education Centre free of charge. Participating in classes and workshops is an excellent way to learn.

VISION EDUCATION CENTRE SCHEDULE OF CLASSES

Introductory Classes \$30 each (at the door)

Saturday 17 July from 2-4pm or 7-9pm
Tuesday 11 September from 2-4pm or 7-9pm
Wednesday 12 September from 7-9pm
Saturday 15 September from 2-4pm

8-week Relax and See Series \$298

Tuesdays 25 September to 13 November inclusive.
An afternoon class from 2-4pm or an evening class on the same dates, from 7-9pm.
Prerequisite: Introductory class or private lesson.

The Art of Seeing Clearly Level One \$240

Saturday 29 September and Sunday 30 September from 10am-5pm both days. Prerequisite: as above.

Note: Both the **Relax and See** classes and **The Art of Seeing Clearly Level One** workshop are designed to teach you techniques to improve your vision and the health of your eyes. You learn healthy seeing habits you can apply for the rest of your life, whether your vision is not clear in the distance, to read, or both. The material covered in each is similar, although there is more teaching time in the series of 8 classes. It depends which format best suits your schedule and your learning style.

Please call to reserve your place for the **Relax and See** classes and for **The Art of Seeing Clearly** workshop, as space is limited. After you have made sure there is space, please register by sending a cheque made payable to Vision Education Centre.

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 reserve.**

ANNUAL VISION WALK ON THE ISLAND

The plan is to meet at the **ferry docks** at the foot of Bay Street at **10am on Saturday 14 July**. We take the ferry to Hanlan's Point and walk to Ward's Island, where we can have lunch at the café if we choose. We walk along the beach whenever possible, and stop to sun and palm, swing and play often. We usually end up at the café by early afternoon. Bring water with you and a snack if you want. Join me if you'd like to, rain or shine. No need to call ahead. You're all welcome.