

VisionNews

Newsletter published by the **Vision Education Centre** 339 Bloor St W #215 Toronto M5S 1W7 416-599-9202
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Dear friends,

There's lots of exciting news to share with you in this issue, as the field of Vision Education expands.

The schedule for classes and workshops at the Vision Education Centre is included with this newsletter. As usual, I am sending you a copy of the **introductory flyer**. I would very much appreciate it if you would post it or pass it on to a friend to help get the word out. You will also find information on an exciting new **EFT** workshop.

The Vision Education Centre is moving in a few weeks to an office along the hall. You will find us in #215 after 15 December.

The quote in this issue is from a new book by Marc Grossman, which I highly recommend.

Best wishes to you all in the upcoming holiday season. May we see worldwide peace in the new year!

Elizabeth

Elizabeth Abraham

.....
'Whereas sight is a passive system, the flow of images and light into our brains, vision is dynamic. It is that image put into context, infused with meaning. It is more than observation; it is judgment.

Vision is our ability to take meaning from our environment...

Because vision is dynamic, it involves change. We change by viewing new things and by putting those new images into the context of what we have viewed previously.

More, vision involves a dynamic relationship between the being that sees and the being that is seen. That which we view changes by having been seen. Modern physics has proven that even the smallest particles of matter actually change their patterns of behaviour when they are being observed. The act of being observed elicits a change in all things. Thus, everything shifts by the act of seeing.'

Greater Vision by Marc Grossman O.D.

NEWS FROM THE INSTITUTE FOR VISION EDUCATOR TRAINING

We graduated our first class of new Vision Educators in North Carolina in October – a wonderfully exciting event for us all!

These creative new teachers have much to offer the field of vision education. One is also a yoga teacher with degrees in mind/body psychology, another a macrobiotics consultant with a background in small business start-up, another a retired minister with a background in hypnosis and Science of Mind, and, last but not least, an optometrist from Puerto Rico who stated at the end of the training that he learned more about 'vision' in this course than in all his years of optometry school!

Congratulations to all of you! The aim of the Institute for Vision Educator Training is to have a Vision Educator in every community. We are off to a good start with these new teachers.

TORONTO VISION EDUCATOR TRAINING

We have just completed our first weekend of training in Toronto, and are delighted at how well it went. My colleague CJ Wilson came from North Carolina to help me teach, and for the next three weekends Rosemary Gordon, an experienced teacher from the Boston area will join us.

Again, we have some very talented students. One is a management consultant who also has many years of experience in running a small business, another is a Pilates teacher, and the third is studying herbology and taking the Feldenkrais training at the same time as studying this work.

We will be offering another training starting in September of 2002. Please let me know if you are interested in receiving an information package.

HOLISTIC VISION CONFERENCE

The **Association of Vision Educators** held an excellent conference in Portland, Oregon, in October. It was a chance for Vision Educators to meet, share ideas, participate in workshops, and generally have a

good time.

The next conference will be in San Francisco in the spring of 2003. It will be open to the public, so I'll let you know the details closer to the time.

TESTIMONIALS

Anna Shannette took **The Art of Seeing Clearly** workshops in Ottawa last year. She is a nurse and had been experiencing a great deal of difficulty in her job and in the rest of her life as a result of her poor vision. She wrote a letter recently to let me know how much she has improved, and I thought I would share excerpts with you.

'I am so relieved and pleased to have better vision. My biggest treat is that now I can cut my Mom's toenails without hurting her. As I could not move her foot to where I could see best, the job was difficult and took a few evenings. Now I whip through it and she hardly notices.

It had become more and more difficult to read the newspaper until the struggle was no longer worth it and I quit. I have recently been able to pick up a paper and read it without squinting and squeezing my head and the paper under a bright light.

My nursing job involves scrubbing for surgery and handling the surgeon's instruments and very tiny needles. I could easily have a hundred needles on the table that must be accounted for. . . . I continually annoyed the other nurses by making them help me count the needles many times during the operation. Now I count them at the beginning and end like the other nurses.

Over the last few years I developed the habit of keeping my eyes on the floor, fearing that people could look into my eyes and tell that I couldn't see well. Now I look up and enjoy looking into my friends' eyes.

I do palming, sunning, bouncing, rocking, framing, and I use my card and string daily. I also take supplements. None of this takes much time and I am getting better at incorporating all these enjoyable practices into my day. With only this, I can see noticeable improvement, which encourages me to do more. I find it exciting that there is so much possibility for further improvement.'

Thank you so much for taking the time to write, Anna. If anyone else would like to share their experience through this newsletter, please let me know. It warms my heart to hear your stories.

RELEASING TENSION

As those of you who have taken on the challenge of reducing the tension in your visual system know,

there are often layers and layers of tension that need to be addressed. Over the years, this newsletter has offered many suggestions you might have tried, including activities to teach your eyes a more relaxed way of working, increasing relaxation and circulation through regular exercise, cultivating an attitude of dynamic relaxation through palming, swinging and meditation. I have also written little articles on Focusing and EFT – techniques designed to promote emotional release of tension.

Recently, I have been exploring Integrative Manual Therapy with David Pinto, and Continuum with Kim Brodey. I find them both very helpful, and would like to let you know a little about one of them in this issue and the other next time.

David Pinto was already an established practitioner of Trager Psychophysical Integration when I met him in 1986, at the outset of my own Trager training, so he is a long time friend and colleague. Over the years he has developed expertise and become qualified in other types of bodywork as well: Polarity, Craniosacral Biodynamics, Somatic Experiencing (for trauma release), and EFT (Emotional Freedom Technique).

For the last 2 years, he has been training intensively in **Integrative Manual Therapy**, a comprehensive approach to rehabilitation and healing developed primarily by Sharon Weiselfish-Giammatteo, P.T. PhD. What drew him to IMT was that it could assess and address every body system from a structural standpoint: muscle, connective tissue, bone, joint, fluid (blood, lymph, craniosacral), organ, nerve, and the energetic system as well, including the emotional/cognitive/spiritual realms. Through a gentle and non-invasive process, the work seeks to uncover and alleviate the deeper dysfunctions that underlie the body/mind's need to create unconscious holding patterns.

If you have been unsuccessful in improving your vision in spite of making every attempt to change your vision habits, introduce more relaxation and movement into your visual system, improve your diet and your general health, you might want to investigate IMT as a way of helping you change unconscious patterns of tension.

David Pinto can be reached at 416-488-2024.

I have asked David to teach a workshop in **EFT (Emotional Freedom Technique)** for us on Sunday 3 March from 9:30am-5:30pm. Please see the enclosed flyer for details, and spread the word. I have been doing EFT both personally and with my vision students during the past year, and it works wonders!