

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,

It has been an especially exciting and busy time at the Vision Education Centre this winter, with the Vision Educator Training program underway as well as regular classes, workshops and individual lessons.

You will find the spring schedule of classes and workshops included with this newsletter. I am also sending you a copy of the **Introductory** class flyer. If you don't need it yourself, please post it or pass it on to a friend to help get the word out.

The Emotional Freedom Technique (EFT) workshop was a great success. EFT can be very helpful for anyone working on vision issues. Please let me know if you are interested in learning it or if I can be of any other help in your quest for clarity. My very best wishes to you,

Elizabeth

Elizabeth Abraham

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'When the mind is able to remember perfectly any phenomenon of the senses, it is always perfectly relaxed...If you can remember the ticking of a watch, or an odour or a taste perfectly, your mind is perfectly at rest, and you will see a perfect black when your eyes are closed and covered. If your memory of a sensation of touch could be equal to the reality, you would see nothing but black when the light was excluded from your eyes. If you were to remember a bar of music perfectly when your eyes were closed and covered, you would see nothing but black...If the color is remembered perfectly, one is perfectly relaxed...An absolutely perfect memory is very rare, so much so that it need hardly be taken into consideration; but a practically perfect memory is attainable by everyone under certain conditions.'

The Cure of Imperfect Sight By Treatment Without Glasses by W.H. Bates (From the original edition published in 1920, reprinted by Health Research Books - www.healthresearchbooks.com.)

THE MIND AND THE EYES

I am often asked how long it takes for vision to improve. Unfortunately, much to my dissatisfaction and to the frustration of the student, I have to say that there is no way to tell. It is not possible to know how quickly an individual will re-learn good vision habits. In order for the eyes to relax, the mind has to relax, and how this will be accomplished is impossible to say without knowledge of the workings of the particular student's mind, and a certain amount of experimentation. Here is another quote from Bates:

'The fact is that when the mind is at rest nothing can tire the eyes, and when the mind is under a strain nothing can rest them. Anything that rests the mind will benefit the eyes. Almost everyone has observed that the eyes tire less quickly when reading an interesting book than when perusing something tiresome or difficult to comprehend. ...Sometimes the conditions which produce mental relaxation are very curious.'

When one is relaxed and fully engaged in the activity at hand, one is living in the moment – in present time – rather than being lost in thoughts of the past or future. But the same activity which one person finds engaging and relaxing, another person might find boring or irritating, so each of us has to discover what it is that produces a sense of relaxation in our own body/mind. There is no right or wrong. Other people can merely tell you what works for them, and make suggestions.

In order to help us enter into a state of present moment awareness when palming, we often attempt to relax the mind by focusing on a pleasant memory. It doesn't matter whether it is the memory of a certain smell, a piece of music, the softness of a kitten's fur, being in a beautiful place in nature, or the memory of complete blackness – if we can remember something so well that it is as if it is happening in present time, right there in front of us, the mind and eyes can relax. When palming it is often necessary to explore a variety of images and ideas in an attempt to find something that produces this complete sense of

relaxation. When we palm in this way, it becomes a form of meditation.

Being more mindful, more present, in everyday life, helps create the inner environment in which healing can take place. As we focus attention on sensations in the body, and on the activity at hand, the mind quiets. Eckert Tolle in *The Power of Now* talks about learning to quiet the mind and enter the 'field of being' by being present to one thing at a time. In this age of 'multi-tasking' this takes some practice!

I invite you to engage in an experiment. After reading this, put the newsletter down for a few moments, sit comfortably and let your hands rest in your lap. Bring your attention to your hands. Notice the way they are resting against each other and against your legs. Feel the points of contact. Notice each finger individually. Notice your palms. Notice the backs of your hands. Take your time with this, and then bring your awareness inside your hands. Be aware of any sensations of warmth or coolness, tingling, throbbing, pulsing, or lack of sensation, without criticizing what you find. Chances are that you will gradually feel more and more sensation of aliveness from the inside as you direct your consciousness to your hands, as if the molecules are dancing with energy.

Now notice other parts of your body and the places in which you feel contact with the surface underneath or behind you, any sensations of temperature or tingling, pulsing or throbbing. Allow your attention to wander over your body noticing whatever is there without any judgment of what you find. Let your attention come to your face and your eyes. If your eyes or any other parts of your body feel tense and tight, let your attention alternate between the areas that feel alive with energy and those that feel stuck and tight.

When you are in touch with the energy in your body, be aware of the sounds around you and the sense of space in the room. Then open your eyes and look around in the same non-judgmental way, gently noticing what you see without labeling it or wanting it to be any different, while staying in touch with the sensations inside you.

I recommend repeating this at first for 10 minutes or so at a time, several times a day. Whenever you notice your mind wandering onto thoughts of things you have to do or things you wish you had done, just bring it gently back to the present moment, to the level of physical sensations. Gradually your mind and eyes will relax and you will be able to spend more time in this state of being.

ALONG THE WAY

When people come for lessons they are very much looking forward to the day when they no longer need glasses. Often they are so focused on the goal of reading the 20/20 line on the chart without glasses that they do not even notice all the little changes that happen along the way. Here are a few things you might notice as your vision improves:

- Colours seem brighter
- Eyes feel less strained and dry
- More peripheral awareness
- More centred, calm and at ease
- Mentally more focused
- Spending more time comfortably without lenses
- More aware of movement in the environment

TORONTO VISION EDUCATOR TRAINING

The student teachers in training in Toronto with the **Vision Educator Training Institute** will be graduating in June. I am delighted that we will finally have more teachers in this country.

If you or anyone you know would like to train as a Vision Educator, please let me know. I am planning another training program in the spring of 2003, but it will depend on the level of interest. A prerequisite for the training is that you are engaged in improving your own vision or have already done so. You might want to start by taking classes this spring.

VOLUNTEERS NEEDED

Anyone like to help with the next newsletter? There's lots of folding, stuffing and stamping to be done and I would very much appreciate your help. I anticipate that it will happen in the week of 17 June, and the one after that toward the end of August.

I would also very much appreciate some help putting up flyers to announce classes. Any takers? Please call me at 416-599-9202 if you can spare some time. Thank you.

FOR SALE

Judy Southon is so enthusiastic about the benefits she has experienced from using her **Needak Rebounder**, that she is now offering them for sale. She first used the one in my office, and soon bought her own. She finds it helps the health of her whole body as well as her vision, and that rebounding is great fun.

Judy has also recently become a distributor for **Full-Spectrum Lights** and has the 150 watt reflector bulbs we use for sunning as well as fluorescents. Please call her at **416-265-5122** for details on both products.