

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,

Those of you who receive this newsletter regularly have probably been wondering why you have not heard from me for so long. My father died in early December, and I needed to take time off for a while.

I am back working with private students now, and plan to offer The Art of Seeing Clearly workshop in April (please see the schedule for details). I also enclose a flyer for the Introductory classes as usual, and would appreciate it if you would post the flyer or pass it on, and help spread the word. It would be great to see you at a class or a private lesson this spring, or maybe at the Conference in San Francisco!

As you will see from the schedule, I am teaching workshops in London Ontario and Duncan BC this year. If you would like to host a workshop in your area, please contact me.
My very best wishes to you,

Elizabeth

Elizabeth Abraham

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'Use the light that is within you to regain your natural clearness of sight.' Lao-tze

'In order to see, I have to be willing to be seen.'
Hugh Prather

'You'll see it when you believe it.' Wayne Dyer

'To see clearly, stay in touch, have fun, and love what's closest to you! Lisette Scholl

'This benefit of seeing...can come only if you pause a while, extricate yourself from the maddening mob of quick impressions ceaselessly battering our lives, and look thoughtfully at a quiet image...the viewer must be willing to pause, to look again, to meditate.' Dorothea Lange

Do not take life too seriously. You will never get out of it alive. Elbert Hubbard

CONFERENCE ON NATURAL VISION IMPROVEMENT IN SAN FRANCISCO

The Association of Vision Educators is organizing the second North American conference on natural vision improvement in San Francisco from 26-27 April, and you are all invited! Many experienced teachers are presenting, and I am sure you will benefit enormously from coming in contact with a variety of different holistic approaches to vision improvement.

Come and meet: Meir and Dror Schneider, Rosemary Gordon, Thomas Quackenbush, Martin Sussman, Kate Keilman, Sena Karamazov, Raymond Francis, August Reader MD, Blase Harris MD, Ray Gottlieb OD, Marc Grossman OD, Samuel Berne OD, Jacob Liberman OD, and Aileen Whiteford (who practices in Scotland), and learn from their experiences in this fascinating field.

There are also a series of post-conference workshops being presented from 27 - 30 April. If you have not received a brochure and would like one, please contact The School for Self-Healing at 415-665-9574 or school@self-healing.org.

KEEPING IN TOUCH

Since it is not possible for me to contact each of you personally on a regular basis, this newsletter is my way of keeping in touch. Many of you have been on my mailing list for many years. Some come for regular lessons, some I hear from occasionally, and some not at all. It is important to me to know how you are doing, whether the work we have done together has been helpful, if so, in what ways, if not, what you think might make a difference. If you have a moment, please call or write and let me know what's happening with you and your vision. I'd like to hear from you even if nothing has changed and you have given up!

I'd also like to hear of any thoughts you might have about classes you would find useful in the future, or ways we can support each other in our continual search for more clarity.

STRABISMUS

Strabismus, crossed eyes or squint, is the inability of both eyes to look in the same direction at the same time and produce a single image from what they see. In her book *Do You Really Need Eyeglasses*, Marilyn Rosanes-Berrett says that it results from a combination of neurological and muscular malfunctioning.

She goes on to say that some babies are born with strabismus, but all children lack proper fusion until they are about 18 months old. 'Doctors often recommend surgery to correct strabismus, but surgery has only a cosmetic effect. After surgery, the eyes may appear straight, but they continue to malfunction internally.'

This is, in fact, what happened to me. A squint developed in my right eye when I was four years old. The 'good' eye was patched for a period of time, but the only effect of the patching was to make me painfully self-conscious. Surgery was performed in order to bring the right eye in to align with the left. This was successful, and cosmetically my eyes were straight. It was only at 44 years of age, when I started attempting to improve my near-sightedness, that my vision teacher and I realized that my eyes were not working together. I switched back and forth between using the right and the left. My eyes were straight, but my brain still needed to learn to fuse the images from both eyes.

Sometimes strabismus develops in adults, usually after a period of extreme stress, an accident, or prolonged illness.

Mrs Rosanes-Berrett says: 'The approach of sight training to strabismus is to induce nerves and muscles to function properly, so that both eyes will work with equal effectiveness. In strabismus, an eye that turns inward, outward, or in other directions does not do its full share of the job: in some cases, eyes diverge in alternation.' Whether you have had an operation or not, it is possible to restore healthy fusion through specific vision techniques.

The first step however, before beginning any corrective measures, is relaxation. Doing the Long Swing, Palming and Lazy Eights daily is an important step. These are beneficial for everybody, not only those with strabismus!

Long Swing

If you wear glasses, remove them. Stand with your spine straight but not rigid, facing a window. Your feet should be shoulder width apart. Let your arms hang loosely at your sides. Keep your nose and eyes pointed ahead of you. Swing your body to the right putting your weight on your right foot and letting your left heel rise from the floor. When you are facing the wall to your right, swing back to the left and transfer your weight to your left foot as you raise

your right heel. Swing back and forth in a relaxed, rhythmic way. This is a relaxation technique, not an exercise. Let your eyes point in the same direction as your nose all the time, and sweep over whatever is in front of you just below eye level. Keep your mind on what you are doing, noticing things as they go by. Blink regularly and let your breathing be relaxed and full. Continue this easy, relaxed swing for 10 minutes at a time.

Palming

Rub your hands until they are warm. Sit with your spine erect, on a comfortable straight-backed chair. Place a large pillow on your lap, or sit at a table so that your elbows are supported at shoulder height. Close your eyes. Cup your palms and cover your eyes with your cupped hands, overlapping your fingers on your forehead. There should be no pressure on your eyes, and the light should be blocked out. Bring your awareness to the sensations in your body, to your breath flowing in and out, to the sounds around you, without trying to do anything. Rest your eyes and mind with Palming as long as it is comfortable and enjoyable. Repeat this often during the day and last thing at night.

Lazy Eights

Lazy Eights loosen the back of the neck, calm the nervous system and loosen the tiny muscles in the eyes. They can be done anywhere at anytime.

Close your eyes and draw Eights with your nose - horizontal Eights, vertical Eights, diagonal Eights, tiny Eights and large Eights. Move your head slowly and smoothly, and keep your mind on what you are doing.

I suggest you practice the above for a while, then, if you want to continue learning more about how to improve your vision, find a teacher to work with.

www.visioneducators.org is the website for the Association of Vision Educators in North America. It includes a list of the teachers who are members of the Association. www.seeing.org is the website for the Bates Association of Great Britain. It also has a list of teachers.

VISION EDUCATOR TRAINING

The next certification training will be held in Toronto by the Vision Educator Training Institute starting in September 2004. There will be 6, four-day training weekends during the year: September, November, January, March, May and July. In between sessions students are expected to study, practice with family and friends, and complete research projects. For more information please contact me at 416-599-9202, CJ Wilson at 828-281-3230 or visit www.visioneducators.com.