

# VisionNews

Vision Education Centre

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**Dear friends,**

I very much hope you are enjoying the warmer weather and the glorious colours of spring. This is a wonderful time of year to look around us with interest, and to stimulate our vision.

You will notice on the class schedule that I am offering a Level One workshop in July. I don't usually teach workshops in the summer, but several people asked specifically if I would teach this summer since they have more time than they do in the school year. I hope the dates suit you.

I invite you to share this newsletter with your friends, family and colleagues, and to let them know about the Introductory classes in natural vision improvement.

My very best wishes to you all!

*Elizabeth*

Elizabeth Abraham

.....  
**'When relationships are harmonious, things feel good. When they are not, the result is stress. Stress creates symptoms. Harmony releases them, and allows a return to balance on all levels.**

**If your Self were another person, consider how you would describe your relationship with your Self. To live free from stress, your relationship with your Self must be harmonious. Some people fight with themselves. Some are afraid to be alone with themselves. Some punish themselves, being hard on themselves.**

**Some people are happy with themselves. They appreciate themselves. They talk to themselves in a positive way, and find ways to please themselves. They let themselves play. They like to let themselves have fun. They accept themselves. If they are hurt, they decide to heal themselves.**

**...What would you say about your relationship with yourself? How has it been?'**

*Improve Your Vision* by Martin Brofman

## **NEARSIGHTEDNESS (MYOPIA) PART TWO**

Nearsightedness is often a stress response, and results in our being in flight, fight or freeze mode much of the time. When we are stressed we tend to hold our breath and to stare and strain our eyes.

In order to reverse this tendency we can encourage ourselves to relax and move through our stress instead. What helps you feel more relaxed? Do you enjoy walking in nature, spending time with friends, playing sports, lying in a hammock or comfortable chair listening to music, dancing? Can you imagine learning to relax and move through your stress?

When we are stressed we tend to try to see instead of allowing images to come to us. Would it be possible for you to find a safe place, take off your glasses if you wear them, and enjoy the colours and shapes around you without even attempting to see details? When we include the big picture instead of concentrating on trying to see the details, our vision often relaxes and we end up seeing better. Is that true for you?

Many of us have learned to push ourselves regardless of our tension. Perhaps, as part of our return to clarity, we could learn to take the signals of stress as a reminder to stop and rest for a while, to do something different, to approach the task with a different attitude? What are the signals of stress in your body and your life?

Sometimes we become critical of ourselves when things don't go well. Can you imagine treating yourself with acceptance and empathy as you would your very best friend? We connect with ourselves and the world around us by means of our vision, and developing a positive connection with ourselves is an important first step.

Can you remember or imagine seeing clearly without glasses or contact lenses? For most of us there was a time, however brief, during which we could see clearly. Recalling that time or imagining the state of clarity can help the mind remember that clear vision is our natural state - a state to which we can return.

## COMMENTS FROM STUDENTS

### An Eye for the Right Life

Wednesday, January 17 2007

Thousand Oaks, California

*I'm sitting in the car, rain streaking down the windshield. The building in front of me houses my optometrist (chosen largely because he calls his clinic "Agape"). I've just completed an eye checkup that has left me stunned...and pleased.*

*Some ten years ago when I was living in Toronto, I embarked on a personal campaign to improve my physical vision. With one eye conventionally uncorrectable and the other severely myopic, I was determined to take off my glasses and see, to borrow the title of optometrist Jacob Liberman's powerful primer on vision improvement, *Take Off Your Glasses and See*.*

*Over the years, first by working with Toronto vision educator Elizabeth Abraham and later on my own, I have steadily improved my vision and been able to weaken my prescription.*



*Last year, for the first time in nearly a decade, my eyes weakened. And this past year, having experienced frequent eye strain, I expected to need another strengthening of my prescription.*

*Although disappointed, I wasn't surprised. I've spent so much time behind a wheel or in front of a computer screen over the past two years that my eyes could easily have suffered. Besides, it's been quite some time since I maintained a regular regime of eye exercises.*

*So imagine my surprise when the doctor said, "Your eye strain isn't because your glasses are too weak. It's because they're too strong."*

*They had improved! But how?*

*As I sit in the car pondering that question, I'm*

*reminded of the philosophies I try to live and model. Call them Mark David's 10 Rules for Living:*

*Rule #1: There are no rules*

*Rule #2: What works today may not work tomorrow*

*Rule #3: Listen to your heart; it speaks with the voice of God*

*Rules #4: Treat yourself as you would your best friend: with love and respect*

*Rule #5: It's not what you do, it's how you live*

*Rule #6: It's not how often you meditate, it's whether you live your life as a meditation*

*Rule #7: It's not what you shed, it's what you embrace*

*Rule #8: It's not how hard you push, it's how fully you surrender*

*Rule #9: It's not about being perfect, it's about being human*

*Rule #10: There are no rules*

*Through all the stresses and strains of the past two years, I have done little exercise, taken few supplements and eaten pretty much anything -- a function of life on the road. Yet I'm healthier than I've been in a long time. I even look better (and younger), according to many.*

*I'm not advocating a couch-potato, fast-food lifestyle. What I am saying is that activity, meditation and diet -- what you do -- will always be secondary to what you are.*

*If, ultimately, everything is vibration, then it's the vibration you live that is the ultimate arbiter of your health. The highest vibration is the one closest to your divinity, your passion, your light...the one that loves your humanity while living your divinity.*

*I haven't done it perfectly, but it's not about being perfect. It's about being human.*

Drawing by Mark David Gerson: Freeing the Voice of Your Vision

## FREQUENTLY ASKED QUESTIONS

**Q:** Do I have to throw away my glasses to improve my vision?

**A:** A rule of thumb with lenses is to use the weakest lens you can to do what you need to do safely, without strain. If going without lenses leads you to strain, it is better to wear a weak lens. It is always important to use the appropriate lenses for safety-related situations, such as driving. Those who have worn glasses for many years may need to step down their prescription, using a lens that gives less than 20/20 vision (20/40 is a good guideline for many people). If one always wears a full compensating lens, there is no stimulus to improve. The eyes will adjust to whatever lens is in front of them.