

# Vision News

Newsletter published by **The Vision Education Centre** 339 Bloor St. W. #212 Toronto M5S 1W7 (416) 599-9202  
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## Dear friends,

Thanks to all of you who sent in your feedback on Meir Schneider's workshop. It was very valuable to hear your views. There are so many people who have said they would like to take the workshop again, that I have fixed the date for 18 - 20 April 1998. He will be a speaker at Total Health on 21 and 22 March as he was this year, then will return to Toronto for the workshop. We are planning to hold Part One of the professional training in Toronto next year as well. The dates will be announced in the next newsletter, but if you wish to know sooner, please call me in a week or so. I will be phoning those of you who indicated interest on the feedback sheet as soon as the date is fixed.

Thanks to all of you who phoned to let me know your new address and phone number. I really appreciate it. Please keep those calls coming.

I am enclosing a flyer for the introductory classes with this newsletter. It would be very helpful if you would pass on the information or post the flyer at work or in your neighbourhood. Thanks.

My very best wishes to you all,

*Elizabeth*

Elizabeth Abraham

.....  
**'By using the memory and imagination it is possible to combine, in the single act of palming, the beneficial features of both passive and dynamic relaxation - rest and natural functioning.**

**This, I believe, is one of the principal reasons why palming is better for the organs of vision than any form of wholly passive relaxation....Palming keeps the mental powers of attention and perception at work in the effortless, freely shifting way which is natural to them, at the same time as it rests the eyes.'**

**Aldous Huxley from *The Art of Seeing*.**

## PALMING STORIES

One student who regularly wakes up in the middle of the night and used to have great difficulty in falling back to sleep has found that if she palms, she falls asleep again in minutes!

My daughter teaches drama to students of all ages. She has discovered that when their attention is wandering it often works wonders to have them palm for a few minutes. They are much more focused and creative even after a short palming session.

I have recently hung an eye chart on the wall in front of my favourite palming spot. I am delighted to find how much blacker and clearer the letters are after palming.

If you want to let others know **your** experiences, please write in to **Vision News**.

## 'IS IT POSSIBLE TO IMPROVE MY VISION?'

This is the question I am asked most frequently. I thought it might be interesting to share with you some of the feedback I have received from students recently (with their permission of course).

**Balbir** sent me a copy of his prescription from 1996. The numbers were: R: -4 diopters L: -3.50. His previous prescription was: R: -4.75 L: -5.25. These prescriptions are both for a 20/20 correction. He also has a pair of weaker lenses and reports that he already sees much more clearly through them than he did when he got them. He feels that sunning and palming help him the most.

**Evangeline's** prescription in 1994 was R: -1.00 L: -2.00 and in 1996 R: -0.50 L: -1.00. She says her optometrist was very surprised!

**Frank** took the last series of **Relax and See** classes. When he started, his prescription was R: -4.75 L: -5.25, both with astigmatism correction. 2 months later it was: R: -3.00 L: -3.25 with no end of the summer maybe I won't need glasses at all. What an improvement! Yet it seems so natural, so normal, so nourishing....'

Frank says he finds sunning especially helpful. He says that the most important thing he has learned is to astigmatism correction. He says: 'Wow! Thank you for

helping me to discover something wonderful about myself - my eyes are a part of my body - flowing, dynamic, dancing organs. When I first came to see you I was just not connected with my eyes. By the bring energy to his eyes by palming.

**Karin**, who was visiting from Germany, also took the series of 8 classes. She says: '...You showed us so many different ways to relax our eyes and ourselves and you always stressed that we have to find out for ourselves what will work for us. After 7 weeks I had my "breakthrough". I found the key to working my eyes in a different way. Now, if I concentrate, I can see many things quite clearly which I couldn't see before. There is still a lot of work to do, but I feel so good now that I have gained a new awareness of myself...'

**Lesley** has passed her driver's test without glasses. She is delighted of course!

**Julia** has recently gone back to the optometrist and discovered that her 20/40 prescription is now 20/20. She says: 'I am so thrilled and thankful.'

**Shiv** works on the computer every day and when he came to the classes he was suffering from dreadful eyestrain. He says: 'My eye strain has gone down tremendously in just 8 weeks. Doing the exercises is becoming easy and fun.' His daughter, **Shama**, who also attended the classes, says she has noticed that she can see the blackboard much better.

**Maggie** has been: 'Sunning, palming, walking, noticing everything moving. Being aware of everything around me. Breathing, blinking. Doing bodywork, yoga, eating healthy food, seeing a naturopath and chiropractor. Relaxing, doing convergence and divergence, reading fine print and much more...' She goes on to say: 'Yes, my vision has improved, through becoming clearer in all areas of my life. Numbers don't tell the whole story of who I am and what I'm all about.'

Thanks to all of you for staying in touch. Please keep letting me know how you are doing. When you get a new prescription it would be a good idea to take a photocopy of it for your records and if you'd like to, send one to me.

## LOST AND FOUND

A beige and brown bag with tee-shirts and Uncle Bill's Savoury Soy Snacks in it, a stripped towel and a lilac cotton sweater were left behind after Meir's workshop. If any of them belong to you, please call.

## UPCOMING WORKSHOPS AND CLASSES

### Introductory Classes

Get started on the road to healthy vision by taking one of these classes. Please call to reserve your place. The cost is \$30 per class.

Tuesday 16 September 6:30 - 8:30pm or  
Wednesday 17 September 7 - 9pm or  
Saturday 20 September 1:30 - 3:30pm

### Relax and See Classes

If you have taken an introductory class or an individual lesson and would like to learn more about how to improve your vision you can join these classes. This year they will be held in two formats. A series of 8 weekly classes starts on Wednesday 1 October 6:30 - 8:30pm. The last class in the series will be held on 26 November. If you would prefer, the same material will be covered in a series of 3 Sunday workshops. The dates are 5 and 26 October, and 16 November from 10am - 4:30pm. The cost is \$240 both for the weekly classes and the workshops. You can pay in instalments if necessary. Please let me know you need to do that when you call to reserve your place.

### Vision Support Classes

If you have taken the Relax and See classes, a day long workshop or individual lessons and would like some support, please come to a class on Saturday 20 September 4 - 6pm. I will be unable to offer the Saturday support class every week this fall, but let's see what you need and how I can help. Those of you who said you would like a support group to follow up on Meir Schneider's workshop, please come on 20 September as well. We will relax, move and palm together and learn from each other's experiences. Cost: \$10.

All classes are held at 339 Bloor St W. #212.