

VisionNews

Vision Education Centre

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Dear friends,

You will find in this newsletter a few stories of how various people remember their eyes and incorporate vision activities into their daily lives. If there are things you do that you would like to share with others, please let me know and I'll include some of them in the next issue.

I am pleased to announce that I will be teaching a workshop in downtown Montréal on 24, 25 and 26 April. Over the years I have had many inquiries from people in Montréal wanting help with their vision, and now Morel D'Amour has offered to sponsor a Level One workshop there. If you know anyone who might be interested, please give them my email or phone number, or Morel's: 514-261-2181. Thank you.

And on 29, 30 and 31 May I will be teaching a workshop in Musselman's Lake, near Stouffville. It is being held at beautiful Linden on the Lake B & B, which has a fabulous lake view and wonderful walks nearby. If you are interested in a mini-vacation with a purpose, I hope you will join us. Please contact me for information about the workshop and to register. To book rooms at the B & B, contact Linda Leenders at 905-640-6667.

My very best wishes to you all!

Elizabeth

Elizabeth Abraham

.....
**'Who can open the door who does not reach for the latch?
Who can travel the miles who does not put one foot in front of the other, all attentive to what presents itself continually?
Who will behold the inner chamber who has not observed
with admiration, even with rapture, the outer stone?**

**Well, there is time left -
fields everywhere invite you into them.**

**And who will care, who will chide you if you wander
away from wherever you are, to look for your soul?**

Excerpt from the poem 'Have You Ever Tried to Enter the Long Black Branches' in *West Wind: Poems and Prose Poems* by Mary Oliver

TIPS TO KEEP YOUR EYES HAPPY ALL DAY LONG

1. **Palm**, yawn and stretch even before getting out of bed.
2. Include in your morning routine some time to **move** your whole body while you dance or exercise to music.
3. During your shower or morning bath make **silly faces** and let the warm water relax your face.
4. As you dress and prepare for the day let thoughts of your **ideal day** run through your mind like a movie, and look lovingly at yourself in the mirror as you tell yourself what a great day you are planning.
5. While walking or driving from place to place during the day **breathe** deeply, yawn often, and **notice** the colours and details of things around you.
6. Bathe your closed eyes in the **sun** whenever possible.
7. Take brief **breaks** at least once an hour during your regular activities. Stretch your body. Palm for 10 breaths. Shift your eyes into the distance after looking close, or move them in all directions while breathing deeply.
8. When you read, remember to breathe, blink, and let your eyes relax along the white of the paper rather than straining on the print - notice the **contrast**. Remember to **vary** the distance at which you hold your reading material. Take a **break** every 2 to 3 pages to look into the distance, and then **shift** rapidly from distance to close half a dozen times. If your eyes feel tired, Palm them or massage your whole face.
9. If you notice yourself tensing up, take a few deep breaths, look into a mirror and **laugh** uproariously at yourself, take a **walk**, give yourself a facial **massage**, or go to the washroom and alternately **splash** hot and cold water on your face.
10. Choose healthy, **fresh foods**, and drink a glass of **water** every hour or so.
11. At the end of your work day, take some time to **rejuvenate** mentally, physically and visually with some deep breathing, the Long Swing, Palming and a facial massage.
12. Palm before bed in order to **rest** your mind and eyes from the day's activities.

To see more clearly stay in touch with yourself, move, try new things, have fun, and love what's closest to you.

MORE TIPS FOR HAPPY EYES & CLEARER VISION

1. Vision Games on the Way to Work

The young woman stands on the platform waiting for the train. In front of her is a tiled wall, and on the wall is a large poster. She begins to sway gently from foot to foot as she waits, and notices that the poster looks as if it's moving as she moves. The swaying motion is soothing, and the illusion of movement so interesting that she doesn't notice the time pass. The train comes into the station and she looks straight ahead as if she were still looking at the poster. The windows and doors flash by as the train pulls in, and she knows that the movement of the train is stimulating the saccadic movement in her eyes.

She enters the train, chooses a seat facing sideways, and gets comfortable. She closes her eyes for a few moments and imagines the internal muscles surrounding her eyes and the muscles of her face and scalp softening and letting go of their tension as she breathes deeply.

When she opens her eyes she notices a young man on the seat opposite. He is looking down at the game in his hand. There is a bright red button on his black hat. She looks at the button, then at her nose, and shifts rhythmically back and forth. She remembers a time when it was a strain to look at her nose, and she had to use her finger as the close object instead. She also remembers when she could not see both sides of her nose at once, and feels pleased at the improvement in the way her eyes work together. As she looks at her nose she notices that her hands, in their red gloves, appear to double so that she sees four gloves instead of two. She smiles to herself, closes her eyes again, and lets them relax from the movement.

The train pulls into the station. As she walks toward the stairs she notices the tiles on the floor. She is interested in the illusion that the floor appears to move underneath her feet as she walks. Then she looks up into the distance at a sign at the end of the platform. Even though she cannot read the letters, she looks at the first and last shapes in the line as she walks, and just before taking the turn to the stairs she notices that a few of the letters are more distinct than they were.

She's pleased that she has figured out ways to take care of her eyes in the course of her daily activities. For a long time she thought she didn't have the time to help them feel better.

2. Vision Games While Waiting for an Appointment

For the last few months he had noticed that reading material was often blurry, and that he had begun holding it further away. Today, when he attempts to read fine print in a magazine while waiting in the dentist's office, it is particularly unclear. He notices his impatience and irritation. 'This is not supposed to be happening to me' he thinks. He is angry with his eyes for failing him, and worried that things will only get worse. He closes his eyes, takes a few deep breaths, sits with the impatient, irritated part of himself and acknowledges that it is indeed frustrating to see things blurry close up as well as in the distance! He takes a few minutes to remember the feeling he had when Palming before getting out of bed, when his eyes were much more relaxed. As he remembers the feeling, the tension around his eyes lets go a little. Then he opens his eyes and looks at the print again. It

is already sharper.

He remembers the importance of contrast, and looks at the white margins of the paper, the white between the words and within the letters. He then closes his eyes, remembers the white of the paper, and that the letters are printed in very black ink. When he opens his eyes again, the black looks darker and more distinct. He then points his nose and eyes at the first letter of a line and, moving his head slightly, glides his eyes over the letters. He notices that as he moves from left to right, the letters appear to move toward the left. He underlines the letters in this way for a few paragraphs, noticing the white of the paper and the black of the letters. He is not attempting to read, but as he moves along he notices that individual letters and words become clearer. He closes his eyes and remembers the increased clarity.

Next, he takes a break to look out of the window for a few moments, then plays with moving the magazine closer and further away as he continues to move his head along the lines. Suddenly the words are clear enough to read easily. He enjoyed playing with the print, and realizes that he feels much calmer than when he began. Even the upcoming dental work does not seem as daunting!

3. Vision Games in School

She is 10 years old, and sometimes finds it difficult to see the writing on the board. At first when she couldn't see clearly she used to strain her eyes. Now she finds that looking at a certain poster on the wall relaxes her, and that when she is more relaxed she sees more clearly.

The poster has been there since the beginning of school. It is brightly coloured, and has words in various sizes. She likes looking at it. Some of the words she can see very well, and some are blurry, but she knows what they say because she's seen them close up. Every day she looks at the smallest letters she can make out. First she covers one eye, then the other, then she looks with both eyes together. She gently moves her head from side to side while she is looking. The letters and the whole poster appear to move. This helps her feel calmer, and when she looks at the board again she can see more clearly.

She has noticed that most of the time when she can't see well she is tired, bored, or upset about something. When she looks away, takes a few breaths and calms down, it helps.

She has also discovered that if she puts 2 erasers on her desk and crosses her eyes, it looks as if there are 3. This is fun, and it relaxes her. She first found out about this game when there was a girl with 2 long braids sitting in front of her in the school auditorium one day. She was bored, and started crossing her eyes to look at her nose, then looking at the stage again. She noticed that as she did this the 2 braids turned into 3 like magic, and she could also see better when she looked at the stage again. She likes these experiments and vision games, and is always on the lookout for more!