

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,

Once again, I am enclosing a flyer for my upcoming Introductory Vision classes and also one for Meir Schneider's lecture and workshops in April. I would appreciate it if you would pass on the information or post the flyers at work or in your neighbourhood. Thanks.

My aim is to fill the lecture hall at OISE on Thursday 16 April so that as many people as possible get to experience Meir in person. As most of you know, he is one of my teachers and I have the greatest respect for him. As somebody who has worked with him extensively said to me recently: 'He is the real thing.' He has gone from being blind to being a sighted person - a profound inner experience! I talk a lot about the importance of being present as we explore vision improvement. Meir is present, enthusiastic, and has a contagious zest for life. If you cannot come to the workshop I urge you at least to hear him in person on 16 April as he speaks about his life and his work.

Best wishes to you all,

Elizabeth

Elizabeth Abraham

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'We believe that, in many people, illness is allowed to develop because kinesthetic awareness has been lost. It often begins with a small, seemingly trivial problem. Chronic eyestrain may develop into a real loss of measurable vision; contraction of the upper back and neck muscles may lead to migraines which will not respond to any painkiller; stiffness in unused joints can become an arthritic condition; shallow, infrequent breathing can even create circulatory difficulties, including high blood pressure. All of these and many other problems are preventable.

Meir Schneider, *The Handbook of Self-Healing*

MEIR SCHNEIDER WORKSHOPS

I am sponsoring Meir's workshops again this year because so many people had to be turned away last year due to lack of space. Please register early if you are considering it at all.

Here are some quotes from a few people who attended last year, in response to the question 'Was the workshop a valuable experience for you.':

- 'Yes, very valuable. To experience moving previously 'unmoved' muscles felt wonderful and to know that this supports the eyes was a big revelation for me.'
- 'Yes. It introduced me to so many new and valuable ideas. I intend to go further in understanding this work.'
- 'Yes. I enjoyed Meir's enthusiasm and wisdom related to healing in a holistic sense.'
- 'Yes, the workshop was valuable. The exercises proved themselves in how clearly I could see after doing them.'
- 'I was awed by the immediate response of my body to Meir's work and knowledge.'
- 'Vision was my priority. Besides vision, I learnt about massage, circulation, joints etc, which I find very useful.'
- 'Yes!!! I found the environment nurturing and conducive to absorbing the information offered.'
- 'Yes, I found it inspirational. If Meir could do it, why not me.'

MEIR'S PROFESSIONAL TRAINING

Part one of the training is divided into two segments. Segment A will be held 16 - 23 June 1998. The cost is approximately \$1,400 including tuition and texts.

Segment B will be held 13 - 20 October 1998. The cost is approximately \$1,200. Both segments will be held at the Metropolitan Community Church at 115 Simpson Street (Logan and Gerrard). Jodi Hill is sponsoring this training. Please contact her at 905-940-1038 for more information and to register.

SEVEN SIMPLE STEPS FOR RELAXED EYES

1. When you find yourself worried or upset or your eyes are tired, place your fingertips lightly on the frontal bones of your forehead half way between your eyebrows and hairline. Rest your fingers there while taking several deep breaths with closed eyes.
2. Learn to catch yourself when you are staring blankly into space or straining to see. Remind yourself to keep your eyes moving when they are open and to shift them from detail to detail over the object of attention. Close them when you daydream.
3. Change focus frequently. Look from a near object to a distant one and back rapidly and easily without strain. When reading, at the computer or engaged in any close work, remember to do this often.
4. Blink every few seconds in a relaxed manner, allowing the upper lids to gently lower and raise. This lubricates the eyes and gives a moment of rest.
5. Notice if you are breathing normally or holding your breath or breathing shallowly. Shallow breathing is an indication of tension in the whole body. Deep breathing encourages relaxation.
6. Spend time every day outside looking into the distance without glasses or contacts. Relax and allow your eyes to move without straining to see.
7. Splash water on your face and closed eyes every morning and evening. Alternate hot and cold splashes. This tones and relaxes the tissues around the eyes.

VOLUNTEERS NEEDED

If you can help at Meir's lecture on Thursday evening 16 April, please call me. I will need people to sell tickets, collect tickets and to help with book sales. I hope to have a supply of Meir's books and tapes by then. Several people have found it difficult to get them in the stores, so I am attempting to get some from the publisher.

If you are coming to the workshops and can lend a hand with logistics, please let me know. It would be great to have help with registration on Saturday morning, someone to make sure water is available and again, to help with book sales so that I can help Meir a little more than I was able to last year.

Note: Please let me know if you plan to change your address or phone number. Thanks.

VISION EDUCATION CENTRE 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. You can choose from 3 dates:

Saturday 4 April 1:30 - 3:30pm

Tuesday 7 April 6:30 - 8:30pm

Wednesday 8 April 6:30 - 8:30pm

Relax and See Classes and Workshops

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. They are held in two formats this spring. The same material is covered in each format. The cost is \$240 per series. Please call to reserve your place.

Series of 8 weekly classes Tuesday evenings from 6:30 - 8:30pm from 21 April until 9 June inclusive.

Series of 3 Sunday workshops. 3 May, 24 May and 7 June from 10am - 4:30pm each day.

Monthly Vision Support Classes

If you have taken the Relax and See series or individual lessons and would like to review, practise with others or share your experiences of your personal vision work, you are welcome to join these classes. The cost is \$10 per class.

Classes will be held on the following Saturdays:
28 March, 25 April, 23 May from 4 - 5.30pm.

Vision Walk on Toronto Island

Please join me for a special outing my vision students and I have enjoyed for several years in a row. This year it will be on Saturday 25 July. We will meet at the ferry docks at Bay and Queen's Quay in time to take the 10am ferry to Hanlan's Point. The plan is to walk over to Ward's Island for a late lunch, then catch the ferry back to the city from Ward's. You might want to bring some water for the journey. We meet rain or shine, and have never failed to have a great time. We enjoy looking out into the distance, walking in the sand, and we stop as the mood strikes for sunning, palming and swinging along the way. If you plan to join us, please call to let me know.

All classes, workshops and individual lessons take place at The Vision Education Centre, 339 Bloor Street West #212, unless otherwise specified.