

# Vision News

Newsletter published by **The Vision Education Centre** 339 Bloor St. W. #212 Toronto M5S 1W7 (416) 599-9202  
Issue #7 May 1998

## Dear friends,

Thanks to all of you who helped make Meir Schneider's visit to Toronto such a resounding success. The lecture and workshops were well attended and I very much appreciated the hard work and enthusiasm of the volunteers. Thank you all for your help. I couldn't have done it without you.

There was a purple exercise mat and a small square black cushion left in the workshop space. I have them in my office. Please give me a call if they belong to you.

I am starting a monthly support group for those interested in Meir's Self-Healing work. Please check the class schedule with this newsletter for details.

I will be teaching in Ottawa 19, 20 and 21 June. There will be a talk on the Friday evening and then a weekend workshop. If you know anyone who might be interested, please let them know. The details are in the class schedule.

On 19 September I will be in Cobourg for a Saturday workshop sponsored by Tannice Goddard at Soul Oasis Networking. Again, check for details in the class schedule and please pass on the information to anyone you think might be interested.

Best wishes to you all for a wonderful spring and summer. I hope to see you at the Vision Walk in July. The next issue of **Vision News** will be sent out in August. All contributions are gratefully accepted and considered for publication.

Love,

*Elizabeth*

Elizabeth Abraham

.....  
**'Students who improve their vision only to a degree must continue their drills in relaxation to maintain their gain. Those who complete this normalization find that their improvement is permanent and that their eyes need no further attention. They have established good subconscious habits of normal sight - and habit is lasting.'**

Margaret Darst Corbett *Help Yourself to Better Sight*

## TRAINING IN MEIR'S SELF-HEALING WORK

The response to Meir's work has been so positive that a number of people want to take his training. Right now I am the only person in Toronto doing this work, and I am delighted that others are interested. Yes, there are thousands of massage therapists in this city as well as body workers from many different disciplines. But the thing that makes Meir's work unique is his emphasis on Self-healing - on teaching the client how to help him/herself with exercises and self-massage, and on the way he combines massage and movement in his sessions. The client is actively engaged in the process of healing.

In Part 1 you learn how your body functions and how to take care of it. Meir strongly believes that if you are going to work on others, your own body needs to be relaxed otherwise you will just transfer your tension to your clients.

I highly recommend Part 1 even if you have no intention of becoming a practitioner. You can learn to prevent degenerative diseases and functional difficulties from occurring as you get older, and help remedy problems you might already be experiencing. I learned to use muscles I didn't know I had, and to increase my kinaesthetic awareness. I had always been flexible, but had very little awareness of how it felt to move from the inside and how to move in the most effective, efficient way. This work has literally changed my life and I am even more enthusiastic about it now than I was when I took my first workshop with Meir in 1990. It is a wonderful gift to give yourself - an investment in your health and well being that will last a lifetime.

The flyer enclosed with this newsletter will give you more information. If you are not interested yourself but know someone who might be, please pass it on. Jodi Hill is sponsoring this training. Meir teaches all over the world, but this is the first time it has been offered in Toronto. Jodi can be reached at (905)940-1038. Please call her before 15 May if you are interested in attending.

## FLEXIBILITY AND FLUIDITY

The following is an excerpt from Meir Schneider's book *The Handbook of Self-Healing*.

'Movement is one of the most basic factors in good vision. Eyes that do not see well tend to be fixed or 'frozen' into a stare. Instead of making many tiny movements per second, myopic eyes, for example, tend to make large, infrequent and inaccurate jumps, or not to move at all. In their efforts to see, myopic people also forget to allow themselves to blink. Eventually the strain experienced within the eyes becomes reflected in the muscles surrounding the eyes. If you have ever been forced to stand motionless for hours at a time, you can imagine how tiring this is to your eyes, and what effect it has upon them....The following is an exercise for relaxing the face and eyes and relieving the strain of intensive eye-work.

Lie flat on your back with your arms stretched comfortably out to the sides and your knees bent so that the feet are flat on the floor. Let your head roll very slowly and gently from side to side, imagining that someone is holding your head and moving it for you. Let your head roll far enough to each side that you feel the stretch in the side neck muscles, the jaw and the shoulders.

After doing this until your neck begins to relax, begin to slowly open your mouth, letting it stretch as far as it can without strain, and then letting it fall closed as you continue to roll the head from side to side. Pay attention to which muscles are moved by this exercise: where, besides the jaw, can you feel the stretch?

Now, as you continue to roll the head and open and close your mouth, add a steady rhythmic blinking. This is also a great coordination exercise, because you will have your head, jaw and eyes all moving at the same time but at slightly different speeds. If it seems difficult, concentrate not on the difficulty but on the different sensations that each part is experiencing as it moves.

Do this for several minutes and see whether you experience a sense of relief from facial and eye tension. If not, see whether you at least experience the tension itself. Many people have this tension all the time but never really feel it, experiencing it only through its results, in the gradual loss of vision.'

(Note from Elizabeth : I hope you enjoy this exercise as much as I do!)

## RELAXATION FOR HEALTHIER EYES

These two techniques are reprinted from the book: *Yoga for Perfect Sight* by Dr Agarwal. Dr Agarwal started the School for Perfect Eyesight I attended in Pondicherry, India.

### 1. Circular Swing

'This is one of the best methods of obtaining complete relaxation of the eyes and mind.

Place the hand against an immovable surface or on the thigh. Place the ball of the thumb lightly in contact with the forefinger. Now move the end of the thumb in a circle of about one-quarter of an inch diameter. When the thumb moves in one direction, the forefinger should appear to move in the opposite direction, although in reality it is stationary, only the thumb is moving.

Sometimes just moving the thumb does not succeed in bringing good relaxation unless one can count one, three, five or more odd numbers when the motion is downwards, and an even number when the thumb moves upwards. It is not necessary to watch the movement of the thumb.

Many patients have been successfully treated for pain, headache and defective eyesight by the correct practice of circular swing.'

### 2. Candle Practice

'When reading of fine print in candle light is properly done, it proves extremely beneficial. It relieves the discomfort of the head and eyes and strain and improves the sight in cases of hypermetropia, astigmatism, presbyopia, myopia, early cataract and glaucoma and in cases of retinal diseases. The flame stimulates the retinal cells and improves the blood circulation and gives a feeling of comfort, rest and relaxation.

Concentration on a candle flame while counting 100 breaths is another way of helping the eyes and mind. The sight is on the flame, but the mind is absorbed in the respirations; then there is no strain. Staring at the flame is not good. It may cause strain and discomfort or headache. In such cases two candles may be used by keeping them 9 inches apart; then the sight is shifted from one candle to the other with the gentle rhythm of inhalation and exhalation.

After concentration palm and do the long swing. Concentration on a candle flame is very useful in hypermetropia (farsightedness) and presbyopia. It helps in dissolving the formation of early cataracts and relieves the tension in glaucoma.'