

VisionNews

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

As August comes to a close and you start thinking about your fall schedule, you might want to plan some vision improvement classes into your life. The dates of classes and workshops are on the back of this newsletter, and the introductory class flyer is enclosed. Please post it, or pass on the information.

I have just returned from co-teaching the third of four segments of the Vision Educator Training course in North Carolina. We have a group of people who will soon make excellent teachers, so it is very exciting. You will find details about the Toronto training in this newsletter if you are interested in a new, wonderfully rewarding career. Best wishes to you all,

Elizabeth

Elizabeth Abraham

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'When you cannot see what is happening in a group, do not stare harder. Relax and look gently with your inner eye.

When you do not understand what a person is saying, do not grasp for every word. Give up your efforts. Become silent inside and listen with your deepest self.

When you are puzzled by what you see or hear, do not strive to figure things out. Stand back for a moment and become calm. When a person is calm, complex events appear simple.

To know what is happening, push less, open out and be aware. See without staring. Listen quietly rather than listening hard. Use intuition and reflection rather than trying to figure things out.

The more you can let go of trying, and the more open and receptive you become, the more easily you will know that is happening.

Also, stay in the present. The present is more available than either memories of the past or fantasies of the future.

So attend to what is happening now.'

John Heider: *The Tao of Leadership*

'CAN YOU HELP ME?'

As a Vision Educator, I am asked every day whether I can help people see better. Here is some information that might be helpful to you in thinking about your vision.

Vision happens largely in the mind.

The eyes are organs that sense light, but seeing actually happens in the brain, where the images are interpreted. Doesn't it make sense that if you are stressed, anxious, or over tired, your mind will be preoccupied and not as available to interpret the information coming in from your eyes? Whether you are having difficulty seeing clearly in the distance or up close, whether you have an eye disease or are experiencing eye strain, resting the mind is helpful for the eyes. Palming, breathing deeply and imagining being in a beautiful place with your eyes feeling refreshed and seeing clearly, can help all vision conditions.

The eyes are designed to move.

When we are tired, bored or upset, we often escape into a daydream and leave our eyes behind, staring blankly. When we are trying very hard to concentrate, rushing to finish something on the computer, or listen to every word someone is saying, we often fall into an intense stare. If you can remember to take a deep breath, change your focus, let your eyes move rapidly and easily all over whatever you are looking at instead of staring, your eyes will thank you.

Vision is a learned skill.

Babies initially see the world as a blur, and gradually learn to focus. Vision usually stabilizes by around 7 years of age. If a child or an adult is having difficulty it is often because the eyes aren't working efficiently together and the brain is confused by the messages from the eyes. Sometimes people who test 20/20 still need visual training. Good vision skills can be learned at any age.

Take care of your eyes & they will take care of you!

VISION EDUCATOR TRAINING COURSE

It's such an exciting time! The very successful training that my colleagues and I at the Institute for Vision Educator Training have been teaching in North Carolina over the last few months, is coming to Toronto starting in November. This is the first time that this program will be taught in Canada.

Would you like to learn how to teach people to care for their visual health and to prevent as well as alleviate vision difficulties? If so, you no longer have to go to California or Europe to be trained!

Vision education is a natural adjunct to many other holistic health practices. You can learn how to teach people to care for their visual health as part of your existing practice, or start a satisfying new career. This course will qualify you to teach both groups and individuals.

During the Teacher Training, students also get help with their own vision. You cannot teach something you have never practised. This transformational training happens from inside, out.

The Vision Educator certification course consists of 120 hours of in-class training in four, four-day segments over the course of 8 months. The curriculum includes: The Bates Method, Visual Integration Techniques, specific programs for nearsightedness, farsightedness, presbyopia, working with children, and self-help for eye diseases.

The emphasis on practice-teaching as well as the classroom time make this a dynamic course. Students are expected to complete assignments between segments, are given support in getting started in their own practice, and experience in the art of teaching.

Toronto dates:

15-18 November 2001

7-10 February 2002

4-7 April 2002

6-9 June 2002

Tuition: \$3,600Cdn

Once you have been accepted into the program, you are welcome to attend classes at the Vision Education Centre free of charge whenever there is space. Participating in classes and workshops is an excellent way to learn.

Please call the Vision Education Centre at 416-599-9202 for an information package and application form. You can also take a look at our website: www.visioneducators.com.

VISION EDUCATION CENTRE SCHEDULE OF CLASSES

Introductory Classes \$30 each (at the door)

Tuesday 11 September from 2-4pm or 7-9pm

Wednesday 12 September from 7-9pm

Saturday 15 September from 2-4pm

Please call to reserve your place, as space is limited.

8-week Relax and See Series \$298

Tuesdays 25 September to 13 November inclusive.

An afternoon class from 2-4pm and an evening class on the same dates, from 7-9pm.

Prerequisite: Introductory class or private lesson.

The Art of Seeing Clearly Level One \$240

Saturday 29 September and Sunday 30 September from 10am-5pm both days. Prerequisite: as above.

PLEASE NOTE: Both the **Relax and See** classes and **The Art of Seeing Clearly Level One** workshop are designed to teach you techniques to improve your vision and the health of your eyes. You learn healthy seeing habits you can apply for the rest of your life, whether your vision is not clear in the distance, to read, or both. The material covered in each is similar, although there is more teaching time in the series of 8 classes. It depends which format best suits your schedule and your learning style.

Please call to reserve your place for the **Relax and See** classes and for **The Art of Seeing Clearly** workshop, as space is limited. After you have made sure there is space, you can register by sending a cheque made payable to Vision Education Centre.

Private lessons are available by appointment, at \$60 an hour. I see adults for one and a half hour appointments and children for one hour.

**All classes and workshops are held at the
Vision Education Centre
339 Bloor St West #212 Toronto M5S 1W7.
Please call 416-599-9202 to reserve.**