

VisionNews

Newsletter published by the **Vision Education Centre** 339 Bloor St W #215 Toronto M5S 1W7 416-599-9202
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Dear friends,

Hello again as we prepare for the fall. I hope you have all had a wonderfully restorative summer.

Enclosed is the **Fall Schedule of Classes**.

Please note that there are a number of one-day workshops to choose from this season, and a new series of 10 weekly classes. Also enclosed is a flyer for the Introductory classes. I would appreciate it if you would post the flyer and help spread the word!

On Saturday 16 November I will be teaching a one-day workshop in Edmonton for the Learning Annex, and on Sunday 17 November, a workshop in Calgary. If you are interested in details, please call the Learning Annex at 416-964-0011.

My very best wishes to you,

Elizabeth

Elizabeth Abraham

.....
'Exactly where you are at this very moment, there is a house that bears your name. You're its sole owner but, a very long time ago, you lost the keys. So you stay outside; you're familiar only with the façade. You don't live in it. That house, the hideaway of your most deeply buried, repressed memories, is your body.

'If walls could hear'...In the house of your body, they can. The walls which have heard everything and never forgotten anything are your muscles. In the stiffness and the tension, in the pains and deficiencies of the muscles of your back, your neck, your legs, your arms, your diaphragm, your heart, and also of your face and your sexual organs, your complete history is revealed, from your birth to the present day.

.....That's life, you say, you can't do anything about it. I say that you can, and that you alone can do something. It's not too late. It's never too late to free yourself from the programming of your past, to assume your responsibility for your body, to discover possibilities you don't even suspect.'

From: *The Body Has Its Reasons* by Thérèse Bertherat and Carol Bernstein.

THE BODY AND VISION

Many of us have reacted to childhood traumas, physical and emotional pain, family, social and moral pressures, by escaping into our heads rather than continuing to inhabit our bodies. It is often less painful to think about things than it is to feel them.

However, as those of you who have worked with me have heard me say time and again: 'Our eyes are part of our whole body', so if we want to clear our vision, it helps to learn to re-inhabit our bodies. As we do this, we provide a supportive environment for our eyes, and when they feel supported, they can relax and re-learn to see clearly.

This is why, both in private lessons and group classes, I always include something to increase body awareness. We 'listen' to our body's sensations, we jump on the rebounder, do various swinging, stretching and massage techniques - anything that will encourage a physical sense of movement, relaxation, and flow.

Thérèse Bertherat says:

'We are what we appear to be. The way we appear is the way we are. But we don't want to admit it, we don't dare look ourselves. We don't even know how to look at ourselves. We confuse the visible with the superficial. We're only interested in what we cannot see... Without stopping to understand our form - our body - we rush to interpret our content: our psychological, sociological, historical structures. All our life we juggle words so that they'll reveal the reasons for our behavior. And what if we were to seek, through our sensations, the reasons of our body?'

Our body is our only perceptible reality. It is not opposed to our intelligence, to our feelings, to our soul. It includes them and shelters them. By becoming aware of our body we give ourselves access to our entire being - body and spirit, mental and physical, and even strength and weakness, represent not our duality but our unity.'

Over the course of the last 16 years, I have explored many techniques in the process of learning to re-inhabit my own body and help my students do the

same. As I work with the Alexander Technique, Trager Psychophysical Integration, Meir Schneider's Self-Healing Method, Vipassana meditation, Reiki, Focusing, Hypnotherapy and, more recently, Continuum Movement, I sense how each technique gently helps bring me back to myself in a different and yet complementary way. As I connect more and more with myself I am able to connect more with the world around me, and since vision is about connection, to see more clearly.

In this issue I have invited Kim Brodey to tell you about Continuum Movement in her own words.

CONTINUUM MOVEMENT

Seventy percent of our bodies are water, give or take 10% depending on our age. We developed in water and it is the movement of water that has shaped us and continues to. Our health, our ability to move with ease, all of the information exchanges that take place in our body (from cellular communication to digestion to hormonal interactions) happens in water. Water is life.

We spend most of our time in a functional (linear) movement state, and, it is also necessary for us to join our consciousness with our wet body, allowing our tissues to hydrate and revitalize.

Continuum™ Movement includes aspects of meditation as well as physical fitness and encourages a shift of consciousness, which frees the body from being experienced as a bound (linear) form.

In Continuum™ Movement we play with twisting, spiralling, arching shapes becoming the movement of water. This movement encourages and helps the connective tissues to become more fluent and find their natural shape and adaptability.

We use a variety of breaths and sounds to create a complexity of vibrational textures and circumstances in which the cells have an opportunity to hydrate, reorganize, and reform showing their ability to adapt and function healthily.

We're part of an evolutionary process that has been going on for thirteen billion years. We are not separate from it. We carry the imprint of that process in our cells and fluids.

Inside my skin there is an ocean teeming with life of all shapes, movements, textures and rhythms. I create the shape of an "O" with my lips, inhale and exhale emitting sound, a tube shaped sound that reaches into the universe. An invocation. Turning my attention inward with a child-like curiosity, I begin to notice vibration. The tubular shapes that live within me are resonating. My spinal cord is spiraling, a snake, and the movement of water on land. The chair I sit on, made for linear structure, is no longer appropriate. I slither onto the beckoning floor, my

identity y as a human form dissolving. I track in felt sensation, along nerve, muscle, bone trails, each moment a new experience, feeling my way into the unknown. A dance of intelligent life inside me begins to stir. I sense that I've awakened some ancient ancestral connection as waves ripple through the waters of me.

Continuum™ Movement encourages creativity, vitality, healthy bones and resilient muscles, as well as adaptability, flexible strength and increased circulation in a non-repetitive interesting way. This work also facilitates labor and delivery in childbirth and combines beautifully with many healing modalities. Practitioners of Pilates, Rolfing, Cranial Sacral, Trager, Feldenkrais, and Yoga, are now integrating Continuum™ Movement into these fields.

Kim Brodey is a licensed Continuum™ Movement teacher leading Continuum™ Movement workshops in Europe and North America. In Toronto she teaches at home and the Breathing Space Movement Studio. She can be contacted at 416 690-8470.

FOR SALE

Available from Judy Southon at 416-226-5939:

Needak Rebounders: fabulous for improving circulation in the whole body, and therefore of course, in the visual system. These mini-trampolines are of top quality, and guaranteed for 10 years.

Full-Spectrum Lights: The 150 watt bulbs we use for sunning, and full-spectrum fluorescents bulbs. Please call Judy for details on both these products.

Available from the Vision Education Centre at 416-599-9202:

Pinhole glasses to relax and exercise your eyes as they help you see more clearly.

USEFUL WEBSITES: www.visioneducators.org
www.seeing.org and www.visioneducators.com.

NEWSLETTER BY EMAIL

I have had a number of requests from people who would prefer to receive this newsletter via email. If you are one of them, please send me your request along with your email address (even if you think I have it), and I will try to implement it for the next issue. If you no longer wish to receive the mailings, please let me know so that I can save paper and stamps. Thanks.