

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,

I hope you have enjoyed the splendid summer weather as much as I have, and that you are approaching the fall refreshed and ready for all the new opportunities for learning and enjoyment that the season will bring.

Please let me know how you are doing with your vision explorations. If you have stories to tell, I would appreciate your sending them to me. It would be good to have some new 'testimonials' for the next newsletter. We are always inspired by others on the same path.

As usual, I include a copy of the Introductory Class flyer with this mailing. I would very much appreciate it if you would post it or pass it on so that as many people as possible have an opportunity to attend.

The schedule of fall classes is also included. I am teaching on Saturdays again this fall, but since several people have asked me to do a workshop on Sunday instead, I will schedule that for next term. My very best wishes to you,

Elizabeth

Elizabeth Abraham

.....
'Who looks outside, dreams.

Who looks inside, awakens.'

Carl Jung

'There is nothing either good or bad, but thinking makes it so.'

William Shakespeare

'If you always do what you've always done, you'll always get what you always got.'

Anonymous

'People who are suffering want to change, but they do not know how...they do not know that to bring about true healing they have to learn how to see themselves as they truly are.'

Mark Epstein from *Going On Being*

VISION WALK ON THE ISLAND

The two vision walks this summer were a real pleasure. The weather was glorious, the company enjoyable and, as usual, it was delightful to be on the Island in such beautiful surroundings.

As we walked we noticed the illusion of things moving in the periphery, watched the trees blowing in the summer breeze, allowed our eyes to be soothed by the greens and blues of nature, and to explore the shapes of everything from sailboats, fountains, ducks and sunbathers, to caterpillars.

We noticed what a challenge it is to continue to be aware of our surroundings at the same time as chatting to the person next to us, but we had lots of time to practice as we sauntered along at a leisurely pace. From time to time we stopped to do some swinging on the beach or palming in the shade. A day to remember during future palming sessions on cold winter days!

Maybe you would like to join us for the next one. And please remember - you can take yourself on a Vision Walk every day if you like!

SUPPORTIVE OPTOMETRISTS

As we engage in the process of improving our vision, it is important to find a supportive optometrist. Your optometrist should be willing to take time to discuss your vision with you, prescribe reduced prescriptions as you need them, and monitor your progress. Many optometrists do not believe that poor vision can be improved through relaxation and a return to healthy functioning, and so cannot support patients who want to learn to see more clearly without the aid of lenses.

I am in the process of compiling a list of optometrists who are supportive of our work. Unfortunately, since Paula Garshowitz has cut down her practice and is no longer taking new patients, I don't know anybody at present in the downtown Toronto area. If you know a supportive optometrist, please call or email and let me know so that I can recommend them to students who ask for a referral.

EXPLORATIONS IN LOOKING

Are you really looking where you think you are? When functioning as they were designed to, the eyes and mind see best exactly where they are looking, and see everything else less clearly.

Cover one eye with your hand and put your finger in front of the open eye at a distance at which you can see the tip of it clearly. Is everything beyond the finger less clear than the part of the finger you are looking at? Now look at an object in the distance. Is the finger less clear than the object you are looking at? If not, see if you can adjust the distance between your finger and the object until you see this phenomenon.

Try the same experiment with the other eye.

What happens when you have both eyes open? Do you see two of your finger when you look at the distant object and two of the distant object when you look at your finger? If so, this is because your eyes are separated by your nose and each has its own view of the world. At the same time, of course, there is a place where both eyes work together to see one image of whatever it is you are looking at.

EXPLORATIONS IN LISTENING

When people are talking to you are you really listening to the words they are saying? The sound waves are hitting our eardrums, but are we really listening? We are often so busy reacting to their tone of voice that the words hardly register. Or we are in our own thoughts, busy composing our reply before they have even stopped talking. Is it easier to listen to some people than to others, or at some times more than others?

Do you notice the sounds around you? Can you choose which sounds to attend to and which to ignore?

See if you can notice your own listening patterns.

BELIEFS

How do beliefs affect our vision? What are your beliefs about your vision? Do you really believe that your vision can improve? Do you believe that other people's vision can improve?

Do your beliefs about your vision serve you, or are they getting in your way? If they are getting in your way, would it help to explore how you have changed other outmoded beliefs you have held in the past?

VISION NEWS

If you are receiving this newsletter and would rather not, please call and leave a message or email me to that effect.

If you want to continue receiving this newsletter and are moving, please let me know. Many envelopes and stamps get wasted each time people move.

If you are receiving this newsletter by mail and would rather have it emailed, please send me an email with your address and a request to that effect.

Thanks.

ON A PERSONAL NOTE

It seems to me that in order to be happy and successful in life, it is necessary to spend as much time as possible doing what one loves to do. Among many other things, I love to inspire people to take charge of their own health, and help them find ways to do so. What do you love to do?

I do *not* love organizing workshops and working on the computer to create promotional materials. However, if I don't do some promotion, people don't get to know about my workshops, and I don't get to teach. So I've been pushing myself over the last 12 years or so, to do a number of things I *don't* love to do.

Is there someone out there who understands what vision work is all about and loves putting together workshops and creating promotional materials? If so, and you have the time, please let me know and we could discuss ways we might work together. I can offer you free classes, and a percentage of the revenue for the workshops you organize.

SOUND WORKSHOP IN LONDON ONTARIO

On Friday evening 19 September from 7:30-9pm at the Central Library in London - 'Dancing with Disorder: Finding Harmony in a Chaotic World'. This is a multimedia presentation by Jeff Volk, using Cymatics and other material to illustrate universal principles at play in our lives.

On Saturday 20 September from 10am-4pm in the same location, a workshop with Jeff Volk. This will be a more in-depth examination of how the universal principles play and how sound awareness can support transformation.

For more information, call Paul Doucette at 519-775-9956. To register, send a cheque made out to: The Sound Contact Education Centre, PO Box 44, Sparta, Ontario N0L 2H0.