

VisionNews

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Dear friends,

I wish you all good health, happiness and success in the New Year!

I expect you are ready to pursue your interest in seeing more clearly in 2005, and enclose the schedule of classes for your information. I hope to see you this term. If not, please keep in touch. As always, I am very grateful for any way you can spread the word about natural vision improvement.
Happy seeing!

Elizabeth

Elizabeth Abraham

.....
'... let your eyes fall on whatever happens to be in front of you...Close your eyes for the next five minutes.

Now, open your eyes and focus on whatever you observed before. Look it in the eye until you feel it looking back at you. Feel that you are alone with it on Earth! That it is the most important thing in the universe, that it contains all the riddles of life and death. It does! You are no longer looking, you are SEEING...'

'Looking and seeing both start with sense perception, but there the similarity ends. When I 'look' at the world and label its phenomena, I make immediate choices, instant appraisals - I like or I dislike, I accept or reject what I look at according to its usefulness to the 'Me'...

When, on the other hand I SEE - suddenly I am all eyes, I forget this Me, am liberated from it and dive into the reality of what confronts me, become part of it, participate in it. I no longer label, no longer choose...

It is in order to really SEE, to SEE ever deeper, ever more intensely, hence to be fully aware and alive, that I draw what the Chinese call 'The Ten Thousand Things' around me.'

Frederick Franck from *The Zen of Seeing: Seeing and Drawing as Meditation*.

SEEING MORE CLEARLY ALL DAY LONG Help Your Vision While Playing With the Kids

- **Ball Games** - If you wear glasses, see how it would be to play ball games without them on. If the kids are very young, sit opposite each other on the floor with your legs spread wide, and roll balls of different sizes and colors back and forth between you. The kids will love it, and your eyes will be stimulated by the moving balls. With older children, practice throwing colorful balls back and forth, or bounce them against the wall and catch them. Learning to juggle is also fun for all and, at the same time, great for your eyes!

- **Colouring** - Take time to color, draw or paint with your children and you will be doing your eyes a service as well as keeping your children company. While you draw or paint, watch the tip of the pencil or brush as it moves. This stimulates your eyes to move and helps your ability to track moving objects.

- **I Spy** - 'I spy' is a great game to play with your children - especially if you are nearsighted. One person says: 'I spy with my little eye' something yellow (or, if the child is older, you can use the first letter of the object instead of its color). The other person then gets to search the environment until the correct object is guessed. If you are farsighted, you can join your children in looking for objects in books like 'I Spy' or 'Where's Waldo' - without the help of glasses!

- **Story time** - Make bedtime a special story time. Lie or sit comfortably with your hands gently cupped over your closed eyes. Take turns telling a story while you both imagine the story in your mind as it unfolds. You can also play Pass the Story. One person starts a story then stops in the middle of a sentence, or right at an interesting part, and the other person continues with whatever comes to mind. Activating the visual imagination is a tremendous aid in clearing vision. These are just a few ideas to get you started. Please let me know if you come up with others. I'd love to know what you discover!

MORNING ROUTINE

This routine is designed to be done before getting out of bed in the morning, but of course, can also be repeated at any time of day or evening. If your eyes are slow to start focusing when you first get up, I'm sure you'll find this very beneficial.

1. **Stretching** - Stretch every part of your body like a cat does on waking up after a luxurious nap.
2. a) **Love pats** - Be aware of the tips of your fingers. Place them on your chin and, with loose wrists, tap up the sides of your face, over your jaw and temples, up to your forehead, around your eyes, down behind your ears and back to your chin. Repeat 10 times. b) **Breathe, blink and blow bubbles** - Roll your head to one side while blinking rapidly and inhaling. Then close your eyes, exhale and imagine blowing bubbles out to the horizon as you roll your head to the other side. Repeat for 5 minutes. c) **Brow wagging** - Move your eyebrows up and down loosely and rapidly for several minutes. d) **Acupressure massage for your eyes** - Press gently, or make circular movements on all the little indentations you feel on the bones around your eyes.
3. **Nose drawing** - Imagine drawing an infinity sign (or figure 8 on its side) with an imaginary pencil on the end of your nose. Move up through the centre then make a loop to the right, up through the centre and a loop to the left. Repeat over and over for several minutes. Extend your imaginary nose pencil out to the horizon if you are nearsighted, or imagine drawing the infinity sign on a piece of paper in front of you if you are farsighted.
4. **Swinging** - Put your index finger in front of your eyes. Roll your head from side to side and see the illusion that your finger appears to move in the opposite direction to the direction in which you are rolling your head. Alternate with closed and open eyes for 5 minutes, breathing deeply.
5. **Palming** - Cup your hands and put them gently over your closed eyes. Breathe deeply and imagine that your body is like a balloon that inflates as you breathe in and goes limp as you breathe out. Imagine that expansion and release also happening in your eyes.

When you have finished, get up and continue your day with relaxed, vibrant eyes!

ASPECTS OF HEALTHY VISION

Healthy vision is relaxed, dynamic, alive. Healthy eyes move freely and are connected to a curious, interested mind. What do we need in order to encourage this type of sparkling health?

- **Good vision habits.** Eyes that stare and strain do not see as well as eyes that are relaxed and moving. We need to practice using our eyes well during all our waking hours and to bring balance to our visual system - balance between 'looking' and 'seeing', between our two eyes, between near and far.....

- **Good nutrition.** When our body is well hydrated, and fed with fresh, life-enhancing foods full of nutrients, our eyes can function much better than when we are eating a diet of refined sugars, starches, carbohydrates and proteins washed down with caffeinated beverages!

- **Good circulation.** When we are getting the right balance of exercise and relaxation, circulation improves in the whole body - including the eyes. Some people like dancing, some walking, running, jumping on a rebounder, playing sports, swimming, fencing, doing T'ai chi or Yoga. Exercise that is enjoyable for you is the best kind. Massage is also an excellent, enjoyable way to improve circulation.

- **A relaxed, open mind.** Dr William Bates talked a lot about 'mental strain' and said that all vision difficulties start with strain in the mind. The mind/body connection is no secret any more. It is true that 'we are what we eat'. It is also true that 'we are what we think'. Anxiety and stressful thoughts play havoc with the body by upsetting the chemical balance and disturbing natural functioning. As part of the journey of vision improvement, we need to find ways to calm ourselves down in this stressful world, to ground ourselves and settle into ourselves instead of constantly running to and from stimulation. Again, each person needs to find what works best. For some it is spending time in nature, for others the key is in listening to music, singing, dancing, reading inspirational literature, doing yoga, meditation, palming, swinging, and other vision activities to encourage dynamic relaxation.

With all these aspects, it takes some time to discover what works for you, then dedication to continue consistently with what you have chosen. Sometimes we can do that on our own or with the help of books. Sometimes we need help from friends or other like-minded individuals. My goal is to help facilitate your process in any way I can through the classes, workshops and private lessons I offer. Please let me know if there's anything else I can do.