

VisionNews

Vision Education Centre

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Issue #40 January 2008

Dear friends,

I am proud and delighted to announce that five new Vision Educators have just graduated from the training that my colleague Rosemary Gaddum Gordon and I have been teaching over the last year. I hope you will find a teacher near you!

Please feel free to share this newsletter with anyone you think might be interested.

Best wishes to each and every one of you for clarity and happiness in 2008!

Elizabeth

Elizabeth Abraham

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Here are a few of the quotes we read at the graduation ceremony for the new Vision Educators. I hope you will find them inspiring:

The voyage of discovery lies not in finding new landscapes, but in having new eyes.

Marcel Proust

Only when one is connected to one's own core is one connected to others.

Anne Morrow Lindbergh

A mind that is stretched to a new idea never returns to its original dimensions.

Oliver Wendell Holmes

A knowledge of the path cannot be substituted for putting one foot in front of the other.

M. C. Richards

Only one thing has to change for us to know happiness in our lives: where we focus our attention.

Greg Anderson

Every man takes the limits of his own field of vision for the limits of the world.

Arthur Schopenhauer

CONGRATULATIONS TO OUR NEW VISION EDUCATORS!!!

Here is a list of our newly graduated Vision Educators, in alphabetical order:

Karen Alison

Karen teaches private lessons and classes in the Etobicoke area of Toronto.

416-239-0578

Connie Brander

Connie teaches private lessons and classes in Calgary Alberta.

413-288-0436

www.relaxedvision.com

Martha Cole

Martha teaches private lessons and classes in Guelph Ontario.

519-265-6505

Patricia Gomez

Patricia teaches in Woodbridge Ontario.

905-851-8364

Sheila Burr

Sheila teaches private lessons and classes in Kincardine and Goderich Ontario.

519-396-1357

I am also happy to let you know that Skydancer, a very skilled and creative teacher whom we trained a few years ago, is offering Introductory classes and a Workshop in my office in February. Please contact her at 416-923-3893 for information and to register.

It is very exciting for me to have these wonderful teachers to refer people to for Holistic Vision Improvement!

COMMENTS FROM A STUDENT

Thanks to J.K, for sending this article and for sharing her experience with improving her vision.

I've been living with seeing - and doing - in a new way. I started this latest adventure last spring, an inspiring time of year when I reconnect with nature and the powerful charge of the sun.

It all began when I had the great fortune to have been referred to Elizabeth Abraham by a trusted teacher and healer. My eyesight had been at the top of my worry list for most my adult life, so I threw myself into vision education with great zeal. And then pulled back again.

2007 had been a tumultuous year up until then, which included a difficult loss and learning some real hard lessons. At the same time, my life was increasingly gravitating toward all things simple, quiet and slow. This new movement felt like coming home after a long absence, without even knowing I had been away in the first place.

When I started seeing Elizabeth, I soon found myself with a varied set of activities geared toward restoring my vision and eye health. It wasn't long before I felt overwhelmed by all this new information and "to-do's" as I saw it. My homecoming to a simpler way of living was immediately frustrated by this new pressure trying to push its way in. In truth, this was a very old pressure I'd been living with attempting to re-establish itself at the centre of my being.

What to do? I desperately wanted to heal my eyes, but could not ignore the crowded, anxious sensations building. It just plain felt wrong to continue with practicing all these new techniques. I didn't understand it, but I knew I had to honour that reality. I explained this to Elizabeth who in turn supported me fully. She even helped me understand what this was all about and how trying too hard had a lot to do with the present condition of my eyesight.

And from that point, the focus shifted to relaxing and doing less. I let myself be guided by what felt good - self-massage when I sensed tightness or felt like a pause in my day, taking my glasses off more and more frequently, sitting in the sun for breakfast and so on. The pressure to do more crept in and retreated like a gentle tide while I did my best to stay firmly footed on dry land.

And that was it! The healing followed naturally. My astigmatism corrected itself and I soon achieved 20/20 vision with my first pair of reduced prescription glasses. Today (November 24), I am writing this with my second pair of reduced prescription glasses that I picked up last week. I might have bought these weeks or even months ago, as my vision seemed good enough back then, but what's the rush? I'm relaxing on the beach of slow

and tranquil living, careful not to lose my footing in the undertow.

FREQUENTLY ASKED QUESTIONS

Q: I am bothered by a dry, uncomfortable feeling in my eyes. Is there anything I can do?

A: Yes, there are a number of things you can do:

1. Drinking enough water and cutting down on caffeine and alcohol consumption can help, as both of these tend to dehydrate the body. Heating in the winter has a drying effect, and so does looking at the computer screen.

2. Blinking lubricates the eyes. The normal blink rate is every 2-5 seconds. When we are stressed we often interrupt the normal blinking reflex and hold our eyes open too long without blinking. It has been shown that the blink rate also slows down when people are in front of a computer screen. Remind yourself to allow your eyes to blink naturally.

3. Locate the small grooves at the outward corners of the eyes. Place a forefinger on each groove and gently massage toward the eye. This will stimulate the secretion to the eyes. Thank you to Vision Educator Sarah Cobb for this tip.

4. When your eyes feel dry try yawning. Yawning relaxes the jaw, brings more oxygen to the system, and moisture to the eyes. If you don't feel like yawning, then 'fake it 'till you make it'. Open your mouth wide, stretch your arms overhead and make yawning sounds until the yawns start coming.

5. Take the sensation of dryness as a sign that your eyes need a rest. Sit or lie comfortably with your elbows supported. Rub your hands, cup them, and put the cupped part of your palms over your closed eyes. Take 10 slow breaths. Listen to the sound of your breath and feel how your body expands on the in-breath and contracts on the out-breath.

6. If you are doing close work when you notice the sensations, take a few moments to shift your focus and look out of the window at something interesting in the distance.

AND A FINAL QUOTE:

'Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson and Albert Einstein.'

H. Jackson Brown from: *Life's Little Instruction Book*