

Vision News

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

I am enclosing a flyer for the Introductory Vision classes and also one for Meir Schneider's April workshops. I would appreciate it if you would pass on the information or post the flyers at work or in your neighbourhood. Thanks.

As you will see from the enclosed schedule, I am offering a new series of classes to teach a process called **Focusing**. I have been using this body-centred technique for a number of years and have found it an extremely valuable way to access the emotional issues that often underlie vision problems.

My very best wishes for the holiday season! May the New Year bring joy and clear vision to us all.

Elizabeth

Elizabeth Abraham

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'The mind is a non-material awareness which inhabits every part of the body. For any change to take place in the body, it must first be accepted by the mind. It is not possible to heal the body without engaging the mind's support.

Unfortunately, the mind's tendency is to repeat already familiar patterns and not experiment with new ideas. This 'rigidity' is manifested throughout the body.

In order to change the way we function, we must understand the premise that allows our bodies to function incorrectly in the first place: that incorrect functioning, or illness, is natural...In order to attain better health we must envision the desired improvement and practice the appropriate movement or exercise which instructs the body in the new way. We must work simultaneously with the mind and the body. Most health care professionals work almost entirely with the body, overlooking the fundamental importance of the mind-body connection."

Meir Schneider *Self-Healing: My Life and Vision*

MEIR RETURNS TO TORONTO THIS SPRING

Meir Schneider will be speaking at **Total Health '98** on the weekend of 7 & 8 March at the Metro Convention Centre (the date has changed since the last newsletter). He will return on 16 April for a lecture at OISE and to give a workshop and a day for body workers on 18, 19 and 20 April (see enclosed flyer). I urge you to register early. Space is limited, and Meir's work is invaluable for vision students.

After the workshop last year there were a number of people who were so inspired by Meir's Self-Healing work that they wanted to take his professional training. Jodi Hill is sponsoring Part 1 of the training in 1998 in Toronto. It will be held in two segments. The first will be 16 - 23 June inclusive, and the second 13 - 20 October. Please contact Jodi at 905-940-1038 for more information.

VISION EDUCATION ON CBC

CBC's **The Health Show** is doing a piece on Vision Education! The airing date is uncertain at this point, but it could be as early as 8 January (this date is tentative, so please check it out if you are interested). Thanks to everybody who generously participated - Vera Ketter, Jason and Matthew Smythe, Leslie Greene, Paula Garshowitz and my grandson Oren.

FOCUSING

'Focusing is a process of bringing attention to your body in a gentle, accepting way and becoming aware of the subtle level of knowing called the 'felt sense'. When you pay attention to this body knowing with interested curiosity, this leads to insight, physical release, and positive life change.' **Ann Weiser Cornell** from *The Power of Focusing*

Focusing is a broad-based skill that can help in all areas of life. Recently, Judith Blackman and I (both Certified Focusing Trainers), have been using it with some of the vision-related issues that come up in our personal work. I have also been using it with students in private lessons. Judith and I would like to share this skill with more people, and have decided to teach a

series of four beginner classes.

Some of the issues we have been working on ourselves might be familiar to you. For instance, we have both found that we go through periods when we have the very best intentions to palm every day, but don't get around to making time for it. Is it laziness, some subtle form of resistance or self-sabotage? What is going on inside? Another time I discovered to my dismay that part of me wanted to have better vision but another part was really more comfortable with the blur. I find it impossible to 'figure out' in my head what the problem is when this type of conflict arises, but I can often discover the answers when I listen to what my body knows about the issue.

The form of Focusing that Judith and I will be teaching is Interactive Focusing. You learn to listen to your partner with an attitude that encourages open communication and eventually, to listen to yourself with acceptance and understanding.

See the enclosed schedule for dates and times.

CENTRAL FIXATION IN BUSINESS - THE BATES CONNECTION

Or, in the optimal situation - Central Fixation in Blissness. Hi there. My name is Nathan, and since January 1997 I have been doing art full-time. Before that I was consulting in productivity.

I had been noticing a difference between winners and losers in business. Success defined as getting what you always wanted out of your business. You support your business and eventually it supports you.

I would see gifted individuals with every advantage fail to achieve, and others with no advantages emerge triumphant. The difference is what I now call Central Fixation in Business.

The minds of the winners I observed through the years seemed to be operating at a higher level. While not paying much attention to the matters in front of them, they seemed to quickly resolve every situation in a way that consistently added up to positive results. The losers, (scattered as opposed to focused) would concentrate on using all their abilities to do the finest job on what was in front of them at the moment, and inevitably mess up the larger issues involved - like making money.

I would tell people to establish a goal, keep it in mind at all times, and to relate absolutely everything to that one goal. I called it a Focus Goal.

What if the goal was not the right one? The funny thing was that it didn't matter so much what the goal was, as the fact that the mind was centred. I found that any goal was better than no goal because being focused

instead of scattered allows the mind to move up to a higher state.

So what does all this have to do with the wonderful William H. Bates? Well, I was recently reading his words on central fixation. He says that not only is the eye at rest and functions perfectly when it sees one area better than all others and moves quickly and easily all over the object of attention, but that this applies to the mind as well. The mind is at rest and functions properly when, and only when, one thing is remembered better than all others. Not only is it necessary that one thing be remembered well, but all others must be remembered less well.

I was thunderstruck. This explained everything.

I thought back to learning to drive. At first my attention was on keeping the car aligned to the side of the road so that it would stay on track. Someone said to just look ahead and the car would go straight. It didn't seem likely, but it worked. All the little adjustments required seemed to happen properly only when I was not paying attention to them and was focused on where I wanted to go.

It's just like that. And it is the primary factor in the success of any endeavour.

Note from Elizabeth

Thank you for your thoughts Nathan. There will be more on central fixation in other issues. In the meantime, I found a passage I thought would interest all of you in a book called *See Without Glasses* by Ralph MacFadyen.

'Central fixation, on which correct vision depends, is regained through mental relaxation. This does not mean a passive, lethargic, sleepy kind of relaxation, but a mental control based on *thinking of one thing best - not one thing only*, as is the case with concentration which itself is a form of strain. The mind is at its highest efficiency when it acquires this form of control.'

Aldous Huxley, in his book *The Art of Seeing*, calls this state of alert mental and physical relaxation 'dynamic relaxation'. How about making dynamic relaxation our Focus Goal for 1998?

THANKS

Thanks to all of you who have called to let me know of your change of address. Please keep calling. If you no longer wish to be on my mailing list, just call my voice mail (599-9202) and let me know. I hate to think of all this paper going to waste unnecessarily.