

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 hope you have had an opportunity to relax and enjoy the summer. Thoughts will soon turn to fall, so this newsletter comes to let you know what is scheduled at the Vision Education Centre. It would be great to see you at the classes or for individual sessions. I enclose a flyer for the introductory classes with a request to those of you who have taken it already, to post the flyer or pass it on to a friend. It is important to let as many people as possible know that there **is** a way to improve their vision.

There was a small square black cushion left at Meir's workshop. I have it in my office, so please give me a call if it belongs to you.

Please check the class schedule included with this newsletter if you are interested in a series of 4 classes in Meir's Self-Healing exercises. In order to improve your vision it is necessary to improve your general health, increase your kinaesthetic awareness, your breathing capacity and the flow of energy in your whole body. These classes will get you started in the right direction and are designed to help you continue on your own with the 'Handbook of Self-Healing' as your guide.

Best wishes to you all for a happy and productive fall.

Love,

Elizabeth

Elizabeth Abraham

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'The improvement of vision requires the elimination of influences causing or maintaining poor sight, including those of emotional distress, ill health and the wearing of glasses; and the re-education into proper habits of seeing, especially the normal relaxed use of eyes and mind, and the re-establishment of the normal operation of central fixation.'

Peter Mansfield: *The Bates Method*

FURTHERING THE WORK OF DR BATES

In July I went to England to attend a Summer School for Bates teachers and teachers-in-training run by my friend and colleague Peter Mansfield. Peter is the author of 'The Bates Method' and of 'Flower Remedies', Principal of the School of Vision Education and Secretary of the Bates Association of Great Britain. He is also a teacher of the Alexander Technique and a practising musician.

I have invited Peter to Toronto to teach a weekend Vision Improvement workshop on 20 & 21 February 1999. As those of you who have worked with me know, the basis of all vision education is the work of Dr William Bates, and then each teacher incorporates his own interests and experiences and makes the work his/her own. For the last two years I have had Meir Schneider come to Toronto with his particular form of the work, and now I would like to introduce you to Peter Mansfield's approach. Each of us is very different in our emphasis and teaching style and I am sure you will benefit from this workshop. I will include a flyer with the December **Vision News** giving all the details, but please reserve the date in your calendar if you are interested. I hope you will all be able to attend.

Peter and I have also been talking about his coming to work with me on teaching a training course later in the year. Several of you have asked me about training to be a Vision Education teacher. So far, there has been no training course available in this country and I have not had the time to organize one myself. The course Peter teaches at the School of Vision Education in England is one weekend a month for two years, but that is not very practical for our purposes. For the course in Canada the material will be put together and taught in five-day blocks in a modular format. I think this will work best for everybody. If you are interested in more information, please give me a call.

In the meantime, I hope you find a class to suit you listed in the enclosed Fall Schedule.

EYE EXAMINATIONS

As we all know, going to an optometrist or ophthalmologist is not a particularly relaxing experience. We are usually anxious that we will be told we have to wear glasses or that we need a stronger prescription. The examination itself is most often rushed and stressful, and we are given no time to wait for our vision to clear or even to make sure we are breathing deeply. The prescription we are then given is often too strong for normal use because our eyes are not able to see as clearly when we are stressed as when we are relaxed, and the measurements taken during the examination do not reflect the vision we have in normal everyday situations. When we wear a prescription that is too strong, our eyes can only get worse. What can we do about it?

First of all, if you have not yet come for a vision lesson I advise you to come **before** you go for your eye examination and I will help you prepare yourself. If you **have** worked with me, make sure you take time to do the long swing, to palm, to do your splashing, deep breathing and blinking exercises. Also, if you feel rushed during the examination, ask the doctor for more time.

Many of you have been going to see Dr Paula Garshowitz (363-7342 Tues and Thurs, 905-889-2940 Wed and Fri) on my recommendation. She is supportive and is willing to give a reduced prescription if you are working on improving your vision. If any of you knows of other optometrists or ophthalmologists who are open to holistic health and natural vision improvement I would very much appreciate it if you would let me know.

Dr Garshowitz has asked me to let you know that the OHIP regulations have now changed. Adults 20-64 years old are covered by OHIP for only one full eye examination every 2 years. If you want a full eye examination more often, it will cost you \$65. If you have had your full examination and want to go again in less than a year for a minor assessment for a prescription change, it will cost you \$30.

REQUEST FOR YOUR HELP

I have been asked several times for some testimonials from students who have improved their vision. Please either call me or send me a note if you have noticed any improvement either in acuity, in how your eyes feel, or in the way you are seeing or using your eyes. If you have a copy of your original prescription and a new one showing some reduction, please send it along. Just remember that we need to be comparing 20/20 prescriptions or a 20/40 to another 20/40 for it to make sense. Your help is greatly appreciated.

THE LONG SWING - SLOW & EASY STLYE

1. Stand with your heels together and your toes apart (like Charlie Chaplin!). Feel your spine long and straight and your head poised lightly on top.
2. Turn your body 90 degrees to the right, allowing your left heel to leave the floor and your toes to swivel around. All your weight is on the right leg. Make sure you are blinking and breathing normally throughout.
3. Keeping your body upright, return your left foot to its original position and turn to the left. This time lift your right heel, swivel onto your right toes and have your weight on the left foot.
4. Keep turning 180 degrees from one side to the other in a slow, rhythmical fashion. This movement alone will soothe your central nervous system, much like rocking a baby soothes and relaxes it.
5. As you swing from side to side, keep your eyes straight ahead. Do not allow your eyes to anticipate your movement and move first, or leave them behind. Your eyes, head and whole torso move as one from side to side.
6. As you continue swinging, notice everything as it moves past. You know that it is you that is moving, but it appears as if everything around you is moving in the opposite direction to you.
7. Now see if you can allow the world to go by without stopping on any detail, but at the same time feel connected to everything as it goes by. It is important to keep your eyes and mind relaxed and at the same time be interested in what you are seeing. Sometimes it helps to imagine your eyes are a searchlight sweeping the countryside, or a lighthouse, or that you have a long, magic feather on the end of your nose with which you can brush everything as it goes by. Imagine what it would feel like to contact the different things as they pass.
8. At this stage, you could ask someone to look at your eyes as you swing. If you are doing it correctly, your eyeballs will be making tiny jumping movements as they connect with the objects they are passing. This is an excellent way to relax and activate the saccadic movement in your eyes.

I recommend swinging in this way for at least 10 minutes at a time twice or more every day. If possible, do it outside so that you can connect with the expansiveness around you but if not, stand in front of the window. It feels good to notice things at different distances from you on the horizontal plane. Relax, breathe deeply and enjoy the movement!