

VisionNews

Vision Education Centre

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Dear friends,

Perhaps we can all take some time to open our eyes to the wonders of nature, and to bathe them in the healing colours of this glorious season. Green and blue are healing for our whole being. See the information in this newsletter on our Toronto Island Vision Walk in August. I hope you can join us.

I am going to Québec in July to study French. People ask me 'why?' First of all, French is music to my ears! Also, I feel it will be very useful for me, as a teacher, to become a student again for a period of time and to practice the art of effortless learning. I will be back in my office on 31 July.

I wish you all a very happy summer!

Elizabeth Abraham

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Questioner: *I have been coming here for a long time, but today I came across a part of the garden I had never noticed before.*

JG Bennett: *It is just a helpful indication. It reminds you that you can sit right next to something and not see it. It may help you to believe that what you want is nearer to you than you think and that not being able to see is the obstacle rather than the remoteness of what you are looking for. When you really come to understand, truly and completely, that this Truth we are looking for is closer than anything can possibly be, and it is simply that the capacity to see it is not yet formed in us, then, by that realization, it already begins to form. But as long as we think that it is somewhere else, that there are some external conditions that have first to be fulfilled, or that one day somebody will come along and tell us, then we have still much to learn. When you are really convinced that the truth is very, very close and that all that has to happen is that you have to have your eyes open, then it is a big step.*

Sunday Talks at Coombe Springs by J.G.Bennett

HOLISTIC VISION EDUCATOR TRAINING

As Robert Frost said:

My object in living is to unite

My avocation and my vocation

As my two eyes make one in sight.

To work at a career at which you can support yourself financially and at the same time contribute to your own well-being and the well-being of others, is a tremendous pleasure. To have a career in which you are continually learning and practicing what you need to learn is a blessing. Being a Holistic Vision Educator can be such a career.

People usually become interested in natural vision improvement because they are fed up with wearing glasses, or are worried about deteriorating vision and want to prevent future difficulties. During the process of training to be a Vision Educator you need to practice for yourself everything you are going to be teaching others, so your own vision improves as you are preparing for your new career.

If you are interested in the training being offered in Toronto beginning in March 2007, please contact me as soon as possible. You will need to have some personal experience with the process of vision improvement before beginning the training, and can start by taking private lessons or by joining the fall classes at the Vision Education Centre. If you are from out-of-town, please contact me for a reference to a teacher in your area, or perhaps you can arrange to come to Toronto for some private lessons. The training is held in Toronto during six 4-day weekends over the course of the year.

This training is taught by Rosemary Gaddum Gordon and me. Rosemary currently teaches in Cambridge, Mass and Eliot, Maine. To find out more about us and the training, and to download an application form, please see our website: www.visioneducators.com or phone me at 416-599-9202 or Rosemary at 617-354-8360x20 or 207-439-9821.

DR BATES TALKS ABOUT STRAIN

This is an excerpt from Dr W.H.Bates' book *The Cure of Imperfect Sight by Treatment Without Glasses* first published in 1920.

"The health of the eye depends upon the blood, and circulation is very largely influenced by thought. When thought is normal - that is, not attended by any excitement or strain - the circulation in the brain is normal, the supply of blood to the optic nerve and the visual centers is normal, and the vision is perfect. When thought is abnormal the circulation is disturbed, the supply of blood to the optic nerve and visual centers is altered, and the vision lowered. We can consciously think thoughts which disturb the circulation and lower the visual power; we can also consciously think thoughts that will restore normal circulation, and thereby cure, not only all errors of refraction, but many other abnormal conditions of the eyes. We cannot by any amount of effort make ourselves see, but by learning to control our thoughts we can accomplish that end indirectly.

You can teach people how to produce any error of refraction, how to produce a squint, how to see two images of an object, one above another, or side by side, or at any desired angle from one another, simply by teaching them how to think in a particular way. When the disturbing thought is replaced by one that relaxes, the squint disappears, the double vision and the errors of refraction are corrected; and this is as true of abnormalities of long standing as of those produced voluntarily.

In a fraction of a second the highest degrees of refractive error may be corrected, a squint may disappear, or the blindness of amblyopia may be relieved. If the relaxation is only momentary, the correction is momentary. When it becomes permanent, the correction is permanent.

This relaxation cannot, however, be obtained by any sort of effort. It is fundamental that patients should understand this; for so long as they think, consciously or unconsciously, that relief from strain may be obtained by another strain their cure will be delayed.'

Editor's note: This is my suggestion for an experiment: that we begin to notice the stressful thoughts that might be causing strain in our mind and eyes. It is easy to think that the stress is being caused by another person or a situation outside ourselves, but perhaps, if we were to pay attention we might find that it is our internal perception or reaction to the person or situation that is causing our mind and eyes to tighten and contract. Is this true for you? Please let me know what you discover.

DARKNESS CALLS

By Laine Bergeson, Utne magazine
May/June 2006 Issue

Stephen Parks and Nelson Zink think people should get out in nature - in the dark. The Taos, New Mexico, residents are avid "nightwalkers" who believe hiking after twilight is a transcendent experience.

By keeping your eyes focused on a point in the distance and letting your attention absorb the surroundings, Zink and Parks say, you begin to see in a new way and move through the darkest night as if by magic.

The science behind the phenomenon involves the rods in our eyes, which function at peak levels in low light and are active when we utilize peripheral vision. The almost otherworldly visceral experience, though, results from letting yourself become one with the night. Being in darkness "can be the most relaxing yet exhilarating experience," says Parks in *Backpacker* (Sept. 2003). "You feel like you belong - like you have the same powers as other creatures of the night."

ANNUAL VISION WALK ON THE ISLAND

One way for our community of people interested in the fascinating subject of vision improvement to stay loosely connected, is through our traditional Vision Walks. It is a treat to meet in the beauty of a natural setting, to take the opportunity to look far into the distance, to exercise in an enjoyable way as we walk in the sand - to give ourselves the gift of a day of leisure and pleasure.

The plan is to **meet at the ferry docks (in the waiting area past the ticket booths) at the foot of Bay Street at 10am on Saturday 12 August.** We will take the 10:15 ferry to Hanlan's Point and walk to Ward's Island, where we can have lunch at the café if we choose. We walk along the beach whenever possible, with frequent stops to sun and palm, swing and play. We usually end up at the café by early afternoon.

Bring water with you and a snack or lunch if you wish. I'll be there rain or shine. Please join me. No need to call ahead. You're all welcome.