

Brain Bites - Vision...a learned skill or perception? - May 2009

Category – Vision Training

“Vision, a learned skill of perception, gives us a vital entrée to our physical world. Our visual experience is 90 percent mental and subjective, structured by the awareness we give to light and color, shape, texture, form and movement.” Vision is distinct from the sense of sight, in that it is based on habituated preferences regarding where we place our attention.”

Paul Dennison, Founder of Educational Kinesiology & Brain Gym® International.

How many people do you know who have been told by a friend, relative or Optician that as they move towards mid life, they'll start having difficulty seeing close up? Perhaps you've experienced this yourself?

Initially we think we can remedy the problem with a pair of reading glasses; however, this may be a band-aid solution to a deeper issue. Based on the quote above, by Dr. Paul Dennison, if we are having issues with our vision, what is the likeliness of it correlating with our life perspective i.e. beliefs, attitudes, behaviours and habits.

Could reading glasses mask a great opportunity for growth?

We have far more influence over the state of our vision than we've been led to believe.

When addressing current life issues, many of us look for quick and topical answers that don't address the root cause of the issue. While it may seem tedious or time consuming, it is transformative to dig deeper, as the past affects the present.

For example, our childhood experiences directly impact our vision today. Many children require glasses simply because they are forced to read when they are not physically or developmentally ready. The expectation to read begins in kindergarten, without taking into consideration that each child's timing and readiness is unique.

Performing a skill before we are physically ready causes an incredible amount of strain on the brain which becomes hard wired in the system. Healthy or not, this new pathway is created as a coping mechanism and then used as the survival default strategy.

Here's a fact from a Vision workshop, 5% of our vision happens in "the eye", whereas, 95% of our vision occurs in the brain. ***Simply stated, how our brain is wired affects how we see the world.***

For many years, Dr. Paul Dennison wore thick glasses, yet today he does not wear glasses of any kind. Thanks to Brain Gym®, Vision Gym and Repatterning, he does not wear glasses anymore and continues to maintain and improve his sight daily.

This is cause for pause.

Our vision is an area where we can experience significant improvements in short amounts of time "if" we are willing to "see" what is going on, and address the causal level.

According to Elizabeth Abraham of The Vision Education Centre in Toronto, on the emotional level, the lack of ability to see what's close to us relates to "not loving what is near us".

Whereas, the lack of ability to see clearly in the distance is associated with the fear of what's 'out there'.

Evidently, our vision is far more than a physical occurrence; it is reflective of who we are, how we perceive and experience life and the world around us. Brain Gym® addresses our inner wiring enhances our lives in a safe and natural way to improve our vision.

Jill Hewlett and Sharon Todd are both Educational Kinesiologists and Licensed Brain Gym® Trainers. Their company, Brain Works Global Inc., trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide keynotes, in house training, and sponsored events to a wide range of organizations, schools and the community. For more information go to www.brainworksglobal.com or call 905.830.6902.