

Smart Life Forum

www.smartlifeforum.org

NEXT MEETING: Thursday, February 17, 2011, at 7pm

Meir Schneider, PhD, LMT

on

From Blindness to Sight, a Journey of Self-Healing

**Short Presentation: “Get the Skinny on Fat”,
by Phil Jacklin, Ph.D. (philosophy, Yale); President of
OWL Coop, and Past President of SLF.**

Twenty years from now, Americans will have changed shape. They will have lost fifteen trillion pounds of fat – on average, about 50 pounds each. Why? Because of the research of Gary Taubes, Gerald Reaven and others. And you have already got the message at SLF for ten years. **“Don’t get fructed!”**

Twenty years from now there will be warning labels on sugar. Obesity, diabetes, heart disease and Alzheimer’s will be rare. The country will no longer believe that people get fat because they overeat and don’t exercise. Most will understand what now seems counter-intuitive: **people don’t get fat because they overeat, they overeat because they are getting fat.**

People get fat when what they eat is being directed by insulin to fat storage and not to energy production. They eat and eat and stay hungry. They sit because they are tired, they have no energy.

To the surprise of the public, it will be easy to lose weight. It will happen without counting calories and, best of all, without hunger and life in a constant state of ‘cell-level starvation’. People like us will understand that it is all about sugar and insulin, insulin resistance and the metabolic syndrome. It’s not about how much we eat but what we eat. We will all be eating like our Paleolithic ancestors, the cavemen and cave ladies.

This talk will review the basics of the science of fat metabolism. Get the skinny on fat.

<http://FMBR.org> **Foundation for Mind Being Research meetings:**
February 25: **Dr. Beverly Rubik:** “Your Blood on Processed Food”.
March 25: **Dr. Peter A. Sturrock,** Emeritus Prof., Applied Physics,
Stanford Univ.: “The world of science and science of the world”.

Presentation Location:

Cubberley Community Ctr.
Room H1
4000 Middlefield Rd.
Palo Alto, California

*For those who cannot attend
we will have live streaming at
<http://SmartLifeForum.org/live>*

In This Issue

Short Presentation info
..... page 1

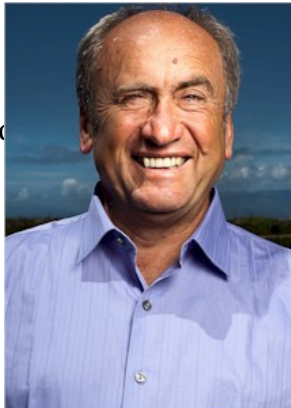
Meet Meir Schneider,
Main speaker
..... pages 2-3

Main Presentation:
Meir Schneider, PhD, LMT
“From blindness to sight, a
journey of self-healing”
..... page 3-6

Meet Meir Schneider, PhD, LMT

Founder of [The School for Self-Healing](#)

Meir Schneider, PhD, LMT, founder of the School for Self-Healing, is an international author, holistic mind-body educator, pioneer therapist, and inspiring speaker. His current publications include *Movement for Self-Healing*, *The Natural Vision Improvement Kit*, and *Yoga for Your Eyes*.



Meir Schneider was born with cataracts and other serious vision problems, to deaf parents. After five unsuccessful surgeries as a child on the lenses of his eyes, which left them shattered and filled with scar tissue, doctors pronounced his condition hopeless and he was certified permanently legally blind. The boy performed his reading and schoolwork in Braille. Inside, he never relinquished his dream of gaining sight. At age 17, he began a rigorous regimen of the Bates Method of eye exercises. Meir practiced up to 13 hours a day, undeterred by the opposition and skepticism of family and physicians. He created and added his own system of self-massage and movement.

Within six months, he could recognize visual objects for the first time in his life; within 18 months, he could read print without glasses, holding the paper a few inches from his nose. His vision continued to improve, and today he holds a current unrestricted California driver's license. From 20/2000 (the ability to see from one foot what a normally sighted person can see from a hundred feet) to 20/60 (70 percent of normal)! Meir's lenses were scarred and shattered, but a small part was functional: he could see shadows and light. Utilizing this portion, he worked to develop sight.

During his healing process he began to understand the connection between the tensions in his body with the level of progress he experienced in his vision. Recovery was only possible by integrating specific eye exercises with self-massage and movement. While still a teenager, Meir began to successfully help others with a wide range of degenerative conditions, such as polio, muscular dystrophy and multiple sclerosis. He found that the same principles which enabled him to gain functional eyesight could be applied to the entire body. His discoveries led to the creation of the Meir Schneider Method of Self-Healing through Bodywork and Movement.

Future Speakers:

March 17:

"The Bad News About Fish Oils for Health", by Brian Peskin

April 21:

"Energy Solutions", by Richard Gordon

About Smart Life Forum

Smart Life Forum, Inc. is a 501(c)(3) California nonprofit corporation whose primary mission is to provide credible health education to the public with an emphasis on optimal wellness, anti-aging medicine, and longevity.

Annual memberships in Smart Life Forum, Inc. and charitable donations are tax deductible to the extent allowed by law. For information on how to join or make a donation, please visit our website:

www.smartlifeforum.org.

For questions, please contact Mike Korek at (650) 941-3058.

Dr. Schneider is the founder of the San Francisco nonprofit School for Self-Healing, offering educational programs for the public and health professionals, and has mentored international Self-Healing Associations in Brazil, Israel, and the United Kingdom. Dr. Schneider teaches around the world, dedicated to training others to attain optimal wellness for the body and eyes.

MAIN PRESENTATION

From blindness to sight, a journey of self-healing

By Meir Schneider, PhD, LMT

Dr. Schneider was born blind to deaf parents during a politically chaotic time in the Soviet Union, under unusually stressful family circumstances. He read by Braille for seventeen years and developed a healing process that gave him sight, and thus his understanding of the visual system is quite unique. Today, he is licensed to drive in California without corrective lenses.

Dr. Schneider's progression from blindness to sight might seem miraculous, but he contends that the change was actually quite logical and methodical, and the same resources that worked for him can help others improve their vision. He has been teaching internationally for thirty-seven years and the results he has seen with his clients prove that anyone can improve their vision. In fact, when a client comes in with a doubt about his or her potential to improve and heal due to what he or she deems as a weakness—whether it be severe myopia, muscular dystrophy, or trauma—it is not unusual that this very weakness is the foundation from which we begin healing. From weakness he found strength; from darkness he found light. His own healing process from blindness to sight began with visualizing darkness.

The first exercise he was taught is called “palming”, a method for seeing darkness. From a physiological standpoint, palming relaxes the eye muscles and nerves. Only when the eyes are resting can they improve. Dr. Schneider was taught palming by a dear friend, Isaac, who discovered palming from reading a book by Doctor William Bates. Dr. Bates was an American ophthalmologist practicing at the turn of the last century who

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found through extensive and highly original research that the mind plays a major role in vision. He developed The Bates Method for “better eyesight”, a method completely forgotten by the West today.

Isaac instructed him to sit at a table with his elbows comfortably supported by a firm pillow, and Dr. Schneider gently covered closed eyes with palms to prevent light from coming through. He imagined something in motion, and then visualized someone digging a hole. He found it difficult to visualize things he'd never seen. He then asked him to visualize total blackness, also difficult.

Within a year of beginning to practice the Bates Method, he was able to see letters on paper. He vividly remembers the first time this happened. He was on a rooftop alternating between palming and an exercise called “sunning”. Sunning teaches the eyes to adjust to light. It encourages the pupil to do its job of contracting and dilating. Alternating between palming and sunning trains the eyes to adjust between darkness and lightness; with each cycle of palming and sunning, the eyes are capable of seeing deeper blackness and absorbing more light. He put a paper with written letters on it at the tip of his nose. Unexpectedly, a letter came into focus. He could see, for the first time, without the aid of a microscope or amplified magnification, a single letter on paper!

Unfortunately, the rush of enthusiasm broke his concentration and the letter disappeared from his vision field. This angered him, but no matter how hard he tried to see the letter, he could not bring it back into focus. His mind had jumped to an elated high and fallen to a deep low in a matter of seconds, and it is to this instability of mind he attributes losing focus of the letter. With such emotional extremes in such a short period of time, his body reacted; after all, the body and mind are deeply connected. He became sick. His physical and mental tension was not released until he vomited over the edge of the rooftop.

After this release of tension, his mind and body calmed and he continued palming and sunning. Concentrating in this state of mind allowed him to see not only one letter, but several letters. This experience of the interrelation of mind, body, and visual improvement enhanced his working process. And within three months, he could see letters by putting print at the tip of his nose. He was seventeen years old, and he had learned how to maintain seeing letters for extended periods of time.

From that point on, he continued to work at improving his vision. His work, however, was met by much resistance by the people around him. Not only was he challenging the visual habits of his eyes, he was challenging the thoughts and beliefs ingrained in the people around him. All of this friction had an effect on the well-being of his mind; but it is this friction that challenged him to find a deeper strength and thus allow him to work on a deeper level. A well-respected meditation teacher, Sally Kempton, once wrote, “Where does your strength come from? Hard times are often hard precisely because the support you normally count on has fallen away. That's when you need to find your deepest source of strength.” The resistance of the world made it necessary for him to find deep strength. People were offended that he could see the road when he walked and neighbors were upset that he could recognize them. It was as though he had stripped them of their comfort of knowing how the world functions. To them, he was supposed to be this blind kid—but he was looking at them and seeing them!

He continued practicing diligently, always looking from detail to detail. This vision improvement technique he called “shifting”. Shifting vision from detail to detail is a visual exercise that teaches relaxed

focusing skills and restores the natural movement of the macula, enabling the eye to see details more clearly. In school, he looked from one clock to the other, back and forth. In music class, he sat with his hands over his eye orbits, palming. His music teacher complained that he palmed throughout the whole class, but after he explained the exercises to him and told him that he understood the music better when he palmed, he stopped complaining.

Finally, people accepted that he was seeing—that he was looking at details—and his status changed from one who was nearly blind to one who was nearly sighted! His work on his vision began changing the ingrained thoughts and beliefs of the people around him – that yes, a blind boy can learn to see—and it fueled him with encouragement to continue improving his vision. Years later, he is now not only driving with an unrestricted California Driver's License, but he is also helping clients worldwide with visual disorders out of his non-profit organization, the School for Self-Healing.

Miriam, an older Russian woman who was one of his most influential mentors early in life, taught him something that helped him to improve even more: movement must always be round. Balance of the eyes, balance of the mind, and balance in the way we move are all inter-related and inter-dependent on each other in improving the human system as a whole. Miriam said that cells are round and that our movements need to imitate the way cells move. The exercises and movements we do have an impact on both the macro and cellular levels. Movement is life. Whenever the body resists improvement, there are other possibilities that can help you to move forward. In fact, the body can improve quite a bit.

The eyes—he already knew their potential. We must not forget that we have incredible potential to improve our eyes. Sit back, pause, and take a look. Accepting what you do see—maybe it's a blur—brings balance to your mind. This is the optimal place to begin natural vision improvement exercises. The world has become conditioned to believe that eyes cannot improve, especially in a case like his, but this is simply not true. He is no different than anyone, and vision can improve.

Website: <http://www.self-healing.org/>