

DR. LYNN F. HELLERSTEIN

EXPAND
YOUR

Vision

BEYOND
SIGHT

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HICLEAR PUBLISHING



www.HiClearPublishing.com
Centennial, Colorado

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Books may be purchased for sales promotion and for volume pricing by contacting the publisher:

HiClear Publishing, LLC, Centennial, CO
Tel: 303-850-9499 • Fax: 303-850-7032
Info@HiClearPublishing.com

Cover design and illustrations: Annie Harmon, HarmonyD.com
Interior design: Annie Harmon and Rebecca Finkel, FPGD.com
Book Consultant: Judith Briles, TheBookShepherd.com

ISBN paperback: 978-0-9841779-6-7
ISBN eBook: 978-0-9841779-7-4

LCCN 2017950842


Inspiration | Personal Growth | Vision Therapy

*To my children, Annie and Becky
and for my grandchildren,
Edina, Eliana, Sierra, and Kenton*

*Watching you grow and
expanding your vision
is truly a gift.
May your lights continue
to brighten the world.*

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*Everything you want
is on the other side of fear.*

—Jack Canfield

Leading expert in peak performance solutions,
co-creator of *Chicken Soup for the Soul*,
expert at warming hearts and changing lives

MY HEALING JOURNEY

I am now making choices on my life's journey from a totally different perspective.

This is who I was: a workaholic who thought I was perfect and quite proficient at balancing the stresses of a successful optometry/vision therapy practice and raising a family. That changed when my life took a dramatic turn in 2002 when I encountered a medical crisis that threatened my physical and emotional stability.

I couldn't think clearly, work or be productive. I crashed and succumbed to a spiraling burn out. All the accolades, successes, and labels as a doctor, award-winning author, international speaker, mother, and wife—which

defined who I was—were no longer priorities. My confidence plummeted and I lost the sense of who I was. It was a very scary time in my life—trying to

I crashed and succumbed to a spiraling burnout.

reconnect to who I was, physically, emotionally and spiritually.

Little did I realize at that time that those medical events would deliver a gift from the universe.

The first gift forced me to stop the busy work and be quiet, to really look within myself.

The second gift gave me the opportunity to “reevaluate” or “review” myself and my life.

My healing journey took me through traditional surgeries and nontraditional medical and healing resources.

And my experiences, especially through Landmark Worldwide Education¹ (a personal and professional growth, training and development company focusing on people achieving success, fulfillment and relationships.); RIM²—Regenerating Images in Memory (a body-centered, transformational technique that frees you of negative thoughts, feelings and memories, so you are empowered to live your best life); and utilizing visualization strategies from my own vision therapy practice, were major components in

my healing. I discovered how vast and powerful their potential was in expanding one's life—even in the midst of trauma, pain, and instability.

Through all those treatment modalities, I was able to learn, heal, and rebuild my life. It forced me to find an operating system that worked for my physical, emotional and spiritual success.

Eight months later, I finally returned to work. My body was working and it was accompanied by a new attitude and passion. None of it would have been possible without the wonderful support of my community: family, doctors, friends, and therapists.

What developed out of this life lesson was the creation of the *See It. Say It. Do It!* model: visualize, declare and take action—a method to and for success and happiness.

I am now making choices on my life's journey from a totally different perspective ... trusting my visualization and intuition. I have been given another chance in life, and want to make the most of it personally and professionally! This gift is not only to myself, it's to the thousands of individuals I work with and speak to each year.

I am now making choices on my life's journey from a totally different perspective ... trusting my visualization and intuition.

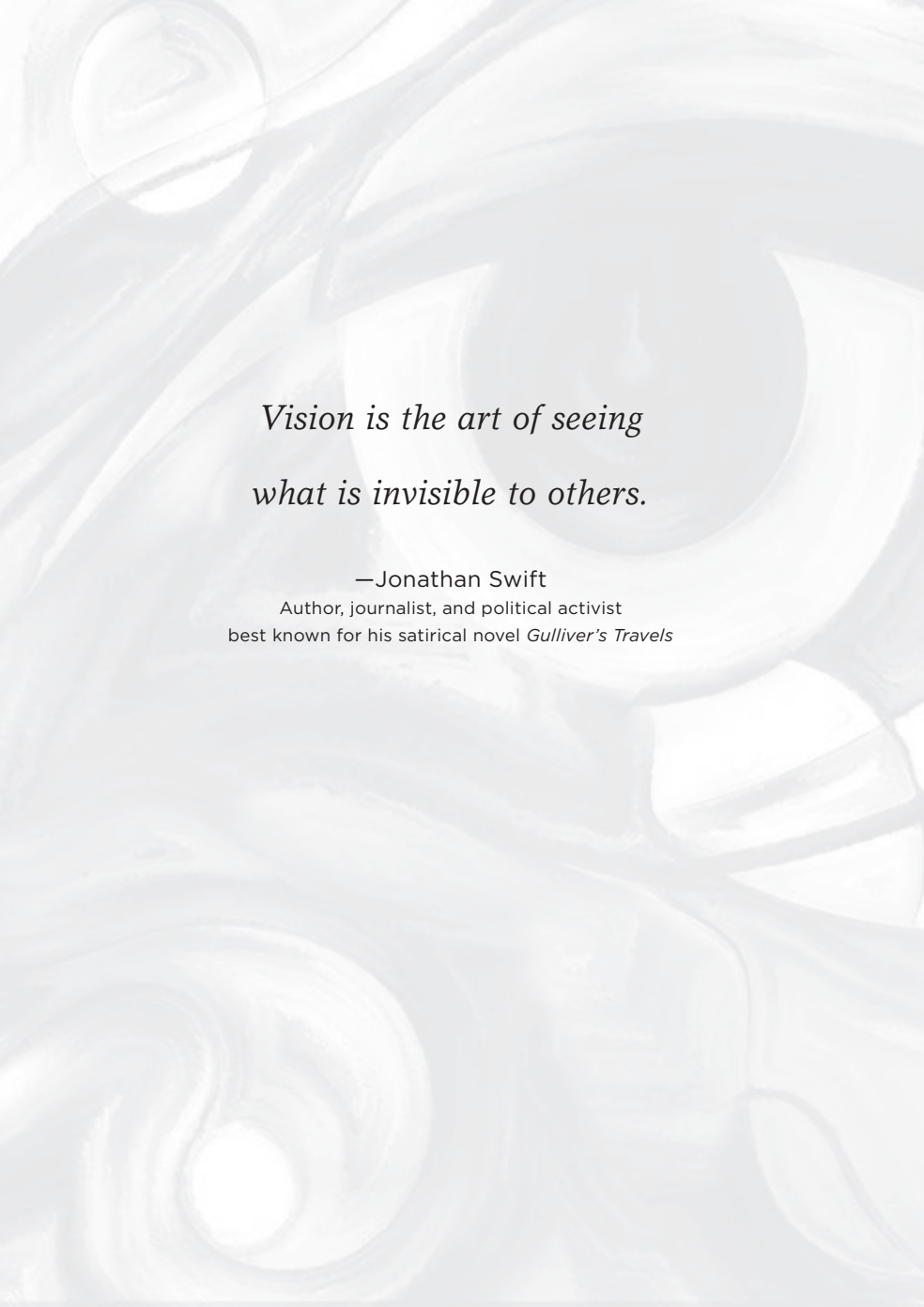
Within *Expand Your Vision Beyond Sight*, you will meet individuals who have experienced the miracles of

vision transformation. Ranging from age seven to seventy-four, you will read and hear their stories in the print and audio versions. Through my vision program, a variety of techniques and methods were engaged including prescriptions of glasses, prisms, vision therapy and visualization strategies. Each transformed his or her vision to a new way of “seeing his or her world.”

Contrary to what most believe, your vision does not limit you. In reality, you (and others) limit your vision by attitude, behavior and practice. Look at your world in a new way: discover and look at your life with a new *pair of glasses*. You will enhance your vision beyond what is predictable the—20/20—and expand the world of possibilities through vision training.

Yes, you are hearing this perspective from an eye doctor.

My Mission and Promise is to: Empower millions of people by teaching them to explore and expand their vision inside and out. The result is increased success; higher levels of performance; and enhanced confidence. Their futures will be brighter and richer!



*Vision is the art of seeing
what is invisible to others.*

—Jonathan Swift

Author, journalist, and political activist
best known for his satirical novel *Gulliver's Travels*

MEET BETTY ... Legally Blind, Yet an Artist Seeing Beyond What's Clear

Do you have perfect eyesight yet are blind to the world around you?

Vision is a learned process based on how you experience and interact with the environment. Vision is your dominant sense of learning and gathering sensory information. Yet most believe that 20/20 is *perfect vision*. It's not—20/20 basically means that you can see a letter approximately one-third inch in size at 20 feet.

Let's start with two important facts to understand regarding vision:

- 1, You see with your brain, not your eyes.³
2. 20% of nerve fibers go to the lower brainstem for balance.

After treating thousands of patients with vision problems for more than 35 years, it is clear how different each patient utilizes his or her visual skills. An estimated 17 visual skills are necessary for good visual performance. These skills include visual acuity, focusing, eye teaming, depth perception, peripheral awareness, etc., per the College of Optometrists in Vision Development (COVD).⁴

Betty's Story

When I first started practicing optometry, my patient Betty, taught me a very insightful lesson. She was vibrant at 74, and an exceptional artist. In fact, I have purchased several of her beautiful paintings for my home.

After completing a comprehensive vision examination, including dilated eyes health check, refraction, and visual fields, Betty said she needed to "fess up." She said,

I appreciate that you've given me such a thorough exam and consultation, but I don't want my new glasses prescription. I NEVER wear my glasses when I paint!

What! I thought. *This doesn't make sense.*

I was classically trained as an optometrist and my job was to make sure the patient could see as well as possible. Betty had a very high astigmatism prescription. Without glasses, her vision was 20/100.

I see TOO clearly with those glasses. It seems to constrict my peripheral vision. I need to see the whole picture while I paint. Without seeing as clearly as the glasses create, I am much more open to the beauty of my surrounds. Thanks anyways for the prescription. See you next year!

I was both amused and intrigued as she waved good-bye and left. Lesson learned ... Betty wears her glasses only when she needs to see clearly, like driving, or watching television. With her insight, she revealed that there was more to vision than 20/20 eyesight.

Why Peripheral Vision Is Essential

Peripheral vision is the foundation for understanding time, size, and spatial relations. It helps a person integrate movement and balance. Peripheral vision gives information on where we have been, where we are now and where we are going—orientation in the world.

Do you have perfect eyesight yet are blind to the world around you?

Dr. Sam Berne, a pioneer in Behavioral/Neurodevelopmental Optometry and Vision Therapy, integrative health, and subtle energy therapies, stated in his book, *Creating Your Own Personal Vision*,

When peripheral vision is constricted or not open, a person can be accident prone, lose his place when reading, have difficulty copying written material, unsure about moving through the world.


If you wear glasses, what would happen if I decreased your glasses prescription a little ... or give you stress-relieving lenses?

- You might just feel relaxation in your eyes and your body.
- Your peripheral awareness might begin to expand.

Do you have perfect eyesight yet are blind to the world around you? Try opening your peripheral vision. The "harder" you try, the more stress you feel and the less you see. The less effort you use to see, the more aware you become.



Look at Betty's beautiful painting. Notice the calmness portrayed in her angelic, young ballerina. Betty was insightful, knowing that she saw the world differently when it wasn't so detailed and clear.



*Write about your pictures ...
tap into your visualization
and creativity.*

—Dr. Lynn F. Hellerstein
Pioneer in vision therapy,
award-winning author and
international speaker

MEET JOEY ...

A Frustrated 7 Year Old

My writer was crammed in me and squished.

Did you know that 80% of learning is visual? Yet one out of four children in the U.S. has an undiagnosed visual problem that impact his or her learning? Many of these kids are diagnosed or misdiagnosed as having learning disabilities, Attention Deficit Disorder, dyslexia, or poor motivation. In addition, 70% of patients who have suffered concussions have visual problems, and typically, they are never treated. Can you imagine how those undiagnosed, non-treated, and mistreated situations can alter young lives?

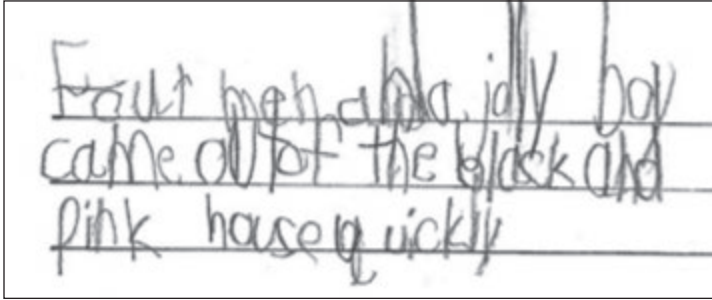
I am tired of hearing the stories of frustration, anger, and poor self-esteem that so many children struggle

with—and unnecessarily so. My own experience of having vision/reading problems inspired me to learn more about vision therapy. I knew how to read, could read for about ten minutes and then I quickly fell asleep. I avoided reading, despite going to college and graduate school. Now after vision therapy, I love to read and am trying to make up for all the years I avoided reading.

Joey's Story

Joey was a bright second-grade student who struggled in school. He had vision/visual motor problems, and had three eye muscle surgeries for crossed eyes known as strabismus. He wore bifocal lenses for farsightedness and focusing problems. Joey's ophthalmologist said that he did not need more eye surgery and that his eyes were "fine" ... in other words, his eyes looked straight.

For a kid who wanted and tried to do better, all he felt was frustration. Joey had great difficulty completing his written work and he dreaded handwriting tasks. His handwriting was sloppy and not well spaced, as seen in the first copying sample below, which was obtained as part of my initial assessment. Below is a Pre-Vision Therapy writing sample that was discontinued after four minutes:

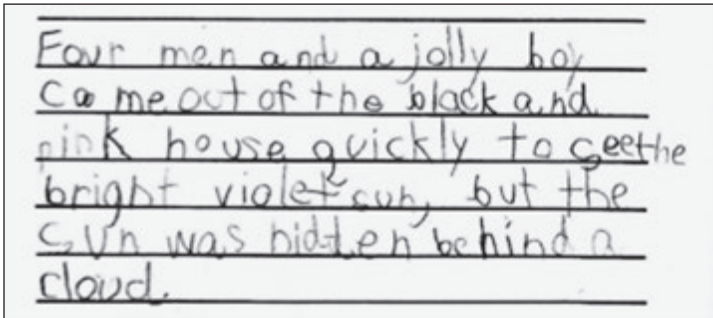


After an extensive vision/visual information processing evaluation was given at my office, a vision therapy program was initiated. The therapy emphasized improving his visual efficiency (tracking, focusing, eye teaming skills) and visual information processing (VIP) skills.

He practiced his home vision therapy activities diligently. After six months of vision therapy, Joey's school experience shifted dramatically. All visual skills had improved, which improved his ability to read and write. At the end of his therapy, Joey was a happier child who no longer avoided writing.

For a kid who wanted and tried to do better, all he felt was frustration.

Post-Vision Therapy sample



Note the vast improvement in his letter formation, spacing, legibility, and speed of completion. It took him less than two minutes to complete the sentence and did not seem to be at all the torturous task it had been just six months ago.

Joy's perception of his writing dramatically changed as well. In his words,

My writer was crammed in me and squished. Now it's gotten much bigger and I can write better.

Joy transformed his vision, even though he had a complicated vision problem and three surgeries on his eyes.

Vision therapy is a treatment process used to improve vision processing and function.

Vision therapy is a treatment process used to improve vision function.

It is prescribed and supervised by a developmental or behavioral optometrist. Vision therapy can involve the use of lenses, prisms, filters, patching, computer programs, and specialized 3D stereo equipment. Most vision therapy programs are provided through optometrists who are Fellows of the College of Optometrists in Vision Development (FCOVD) and Certified in Vision Development and Vision Therapy.⁵

The American Optometric Association recommends that your child have his first vision examination by an optometrist by age one, then again by age three, before starting kindergarten and then every year thereafter.

Use the checklist on the following page to see if your child may have vision problems.

Vision Checklist

Carefully observe your child. Look for some of the more common signs of vision problems. If you check off several items, take your child for a thorough vision examination testing visual efficiency skills. Don't send your child to school without all the appropriate tools for learning success, especially visual skills!

Physical Observations:

- One eye drifts or points "in" or "out," in a direction different than the other
- Turns head to see
- Head is frequently tilted to one side
- Squinting, closing of one eye, or covering an eye
- Excessive blinking
- Poor eye-hand coordination
- Frequently bumps into things
- Fatigues easily


When Reading or Doing Homework:

- Holds the book unusually close
- Frequently loses place
- Uses finger or marker when reading (after 2nd grade)
- Rubs eyes during or after short periods of reading
- Unable to read for long periods of time
- Difficulty concentrating
- Avoids homework

Behavioral Signs:

- Headaches or eyestrain
- Dizziness
- Motion or car sickness
- Visual complaints (blur, double vision ...)

For decades, I have had the privilege of watching my patients move beyond their "limiting eyesight" and expand their vision, resulting in increased success, performance, and confidence.



*Change the way you look at things
and the things you look at change.*

—Dr. Wayne Dyer

Internationally renowned author and speaker
in the fields of self-development and spiritual growth

MEET LYNN ...

Does Your Inner Vision Match Your Outer Vision?

Those little voices in my head were very clear and strong: "You're NOT a marathoner."

Motivational speaker and author Wayne Dyer shares, "Change the way you look at things and the things you look at change." When I first heard that quote, I thought that Wayne Dyer must be an eye doctor! I realized that he was referring to changing your inner vision that impacts your seeing the world differently.

It was during my health healing time when I created the *See It. Say It. Do It!* model. I was greatly inspired by spiritual leaders including Wayne Dyer, Dr. Deb Sandella,

Jack Canfield, Dr. Deepak Chopra, Tolle Eckhart, and many others. The greatest inspiration came from the thousands of courageous patients I had treated in vision therapy.

The Marathon: Utilizing the *See It. Say It. Do It!* model, Becky, my youngest daughter, invited me to walk a marathon. She thought it would be a great idea for the two of us to do the Seattle Rock n' Roll Marathon in June 2009. Now, I'm always grateful for the opportunity to spend time with my adult kids. When she proposed we do it, I immediately said "yes" to her without even knowing much about a marathon.

Did I know how far a marathon is? ... 26.2 miles!

Did I know how long it takes to walk a marathon? ... 7.5 hours!

What did I just say yes to? ... I've never even walked 10 miles in a day!

So I started the process of preparing for the marathon—all 26.2 miles of it. At the same time, I was writing my first book, *See It. Say It. Do It!*⁶ I quickly found a picture on the internet of successful marathon participants, holding their hands up with smiles on their faces as they crossed the finish line.

I had the vision of a successful marathon run, but my training was not going well.

That picture became my **See It**. I made a "to-do" list that included new athletic shoes, visit to the podiatrist, workout schedule, etc. This became my **Do It**.

I had the vision of a successful marathon run, but my training was not going well. It was February in Colorado where I live and cold and icy. I resorted to using the treadmill at the gym. Did I mention how much I hate using the treadmill? After finally finding some great personal development CDs to listen to, my treadmill time started increasing to about 45 minutes/day.

But those little voices in my head were very clear and strong:

You're NOT a marathoner.

Your arthritic knee will flare up.

You're not in shape.

Why did you ever say "yes"?

What were you thinking?

With the frustration of lack of building my training time, compounded with those voices in my head, I was frustrated and ready to quit.

I was in the midst of writing the *See It. Say It. Do It!* book,

working on the "Say It" chapter, when I realized that I had done the "see it" and "do it" training pieces, but never the "say it." I needed to declare it.

How could a 26.2 mile walk with my daughter stop me?

I confess, I really *never* believed that I could walk the marathon. I tried stating an affirmation, "I am a marathoner." That just didn't inspire me. I was getting frustrated, ready to quit. One day, on a brisk walk, a thought just popped into my mind. I realized that I am truly a marathoner. A marathon isn't necessarily a 26.2 mile walk—it's so much more.

With my new perspective, my definition of a marathon took on an entirely new meaning. The medical ordeal I went through was a marathon; raising two children was a marathon; building a successful business and practice was a marathon; and writing a book and becoming a best-selling author was a marathon. How could a 26.2 mile walk with my daughter stop me?

My training attitude changed immediately. As the marathon coaches say, "The good news is that 50% of doing a marathon is mental. The bad news is that the other 50% is mental."

Fast forward, Becky and I completed the marathon in 7.5 hours.

What's your marathon? Waking up and going to work every morning? Taking care of the kids? Committing to and learning a new skill? When I transformed my internal vision of what a marathon was, I could honestly state, "**I'm a marathoner**" and be inspired by that. Because it is true, I am a marathoner, as you are.

My marathon story became the highlighted story in the "Say It" chapter of my book. Just another example of how we limit our vision. By seeing the world differently and inspirationally declaring your new way of seeing, then the actions you take may go beyond what is expected.

Action plans are excellent organizational tools to follow through on for small or enormous projects. Without a plan, accountability, and empowerment, a project has no foundation. The action plan needs to include the vision (See It) and declaration (Say It). Otherwise, the action plan is just a "to-do" list that often is disregarded and not useful to most.

On the following page is a sample of an action plan that I created for my first marathon, completed at the age of 57.

Lynn's Action Plan for Marathon

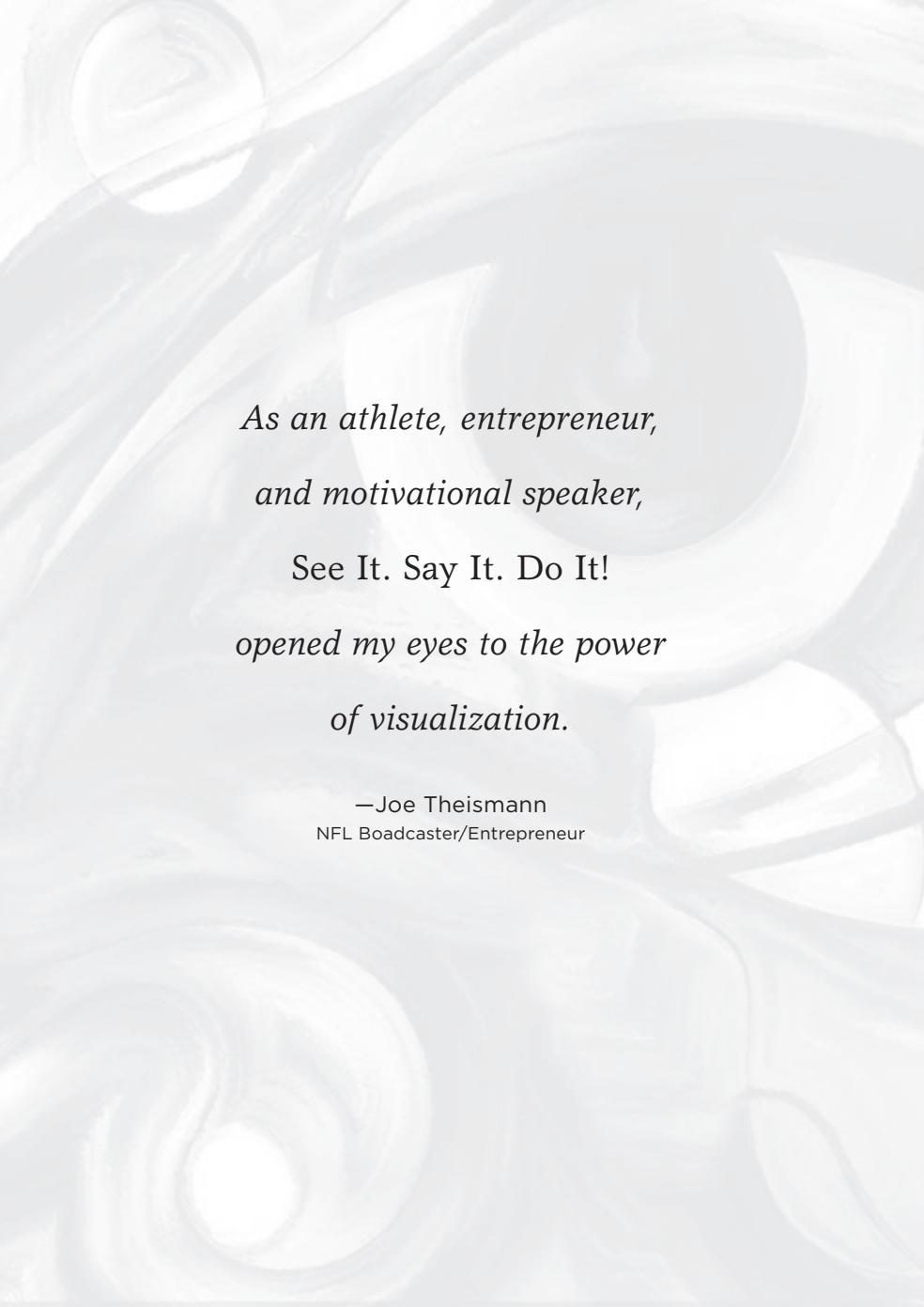
Visualization: Seeing myself cross the finish line, with my hands raised high, my body feeling good, a big smile on my face, hugging my daughter at the end. Gratitude and relief!

Declaration: I AM a marathoner!

| | |
|---|------------------|
| Visualize and state declaration daily..... | 2/15 |
| Healthy diet, sleep | 2/15 |
| Buy new running shoes | 3/1 |
| Start workouts in gym | 3/1 |
| Yoga 1/week..... | 3/1 |
| Weekly massage | 3/1 |
| Treadmill 3-4 miles on TWF | March- April 3/2 |
| Sundays- 7-10 mile walk | 3/2 |
| Appointment with podiatrist for orthotics | 3/8 |
| Increase walking 4-6 miles TWF May-June | 4/15 |
| Register for ½ marathon in Denver..... | 4/15 |
| Walk ½ marathon in Denver | 5/15 |
| Walk Seattle marathon | 6/27 |
| Celebrate! | 6/27 |
| Massage..... | 6/28 |

No matter your age or what you do, there are several marathons ahead. Some you are aware of; others haven't surfaced. But they are there. With a visualization of whatever the task is accompanied by a completion and woven with an Action Plan to move you toward success, you will do it.





*As an athlete, entrepreneur,
and motivational speaker,*

See It. Say It. Do It!

*opened my eyes to the power
of visualization.*

—Joe Theismann
NFL Broadcaster/Entrepreneur

MEET REYNOLD ...

Can an Ironman Be Limited by Vision?

Don't let your age, or your vision, hold you back

If you aren't familiar with the Ironman event, it includes a 2.4-mile swim, 112-mile bike ride and a 26.2 mile marathon. Mind you, each event is done consecutively—usually the swim; then the bike ride; and finally, the race is completed with the run. The Ironman is about athletic ability and endurance—something that the typical weekend athlete would not be doing.

The Ironman is quite a feat and I had never met anyone past 60 who had completed one. That is, not until Reynold, a 72-year-old athlete presented to my office.

Reynold's Story

His complaint: He was having great difficulty completing his Ironman events.

Ironman events take intensive training and Reynold was passionate about his personal training and competition.

Reynold was experiencing double vision.

What was his main challenge in competing? His vision ...

Reynold was experiencing double vision. He had difficulty finishing his swim and jumping onto his bike because of it.

Reynold's double vision was due to eye misalignment, medically identified as a strabismus, that had decompensated, causing him more symptoms.


Though he was 72, Reynold was ready to stop his Ironman quests. He began to feel that his athletic days were over. When I told him that I didn't think so, he enthusiastically participated in a vision therapy program and incorporated his vision therapy activities into his daily training regimen.

After only 10 vision therapy sessions, Reynold declared he was ready to compete again and entered the Ironman competition in New Zealand. The result: He took third place for his age group. And this time, no double vision! Ten vision therapy sessions is a very short time for treatment. Yet with Reynold, he was so motivated that he



worked more on transforming his vision in 10 weeks than most patients compete in 24!

Reynold illustrates how vision therapy, even as a mature adult, can be effective as long as the passion for expanding one's vision is strong.



*The only thing worse
than being blind
is having sight but no vision.*

—Helen Keller

American author, political activist, and lecturer.
She was the first deaf-blind person
to earn a bachelor of arts degree.

MEET TREVOR ...

Brain Injury and Concussion: Impact on Vision

His vision of being a physician was bigger than his visual limitations.

Trevor was involved in a serious trail bike accident when he was 13 years old. He suffered significant brain and physical injuries which required months of medical and therapeutic treatment.

Trevor did not "see" his visual problems as limitations.

He was a very bright young man who had to relearn how to walk, talk, and read. He suffered significant visual injuries which included visual field loss, strabismus, double vision and poor eye movement

control. These vision problems made it difficult for him to read, and impacted his independence—he was not able to drive. Trevor and his family worked diligently in rehabilitative vision therapy and he was able to return to school and sports. Because of his accident, he still had measureable visual field loss and double vision.

Yet Trevor did not “see” his visual problems as limitations. He found a way to transform his vision and move on in his life. He graduated from high school; graduated from a premier engineering school; and graduated top in his medical school class, landing a premier residency appointment. Trevor achieved all of this despite his “visual limitations.”

In September 2015, he was in a crosswalk, crossing with the green light. Suddenly, he was hit by a car driven by a young woman who was texting on her phone. Dr. Trevor suffered a brain bleed, and new injuries to his ear, vocal cords, hand and foot. His visual problems greatly increased leading to more double vision, light sensitivity and poor visual spatial skills.

Returning once again to our offices for an assessment, rehabilitative vision therapy commenced. With his pure passion and motivation, he found a way to return to his residency duties, even though he did not receive enough time for healing and rehabilitation. But he was suffering.

Dr. Trevor couldn't visually perform well enough for many of his duties that were required, especially those requiring computer tasks, such as electronic records.

With his facility's integration of adaptive computer technology, he was surviving.

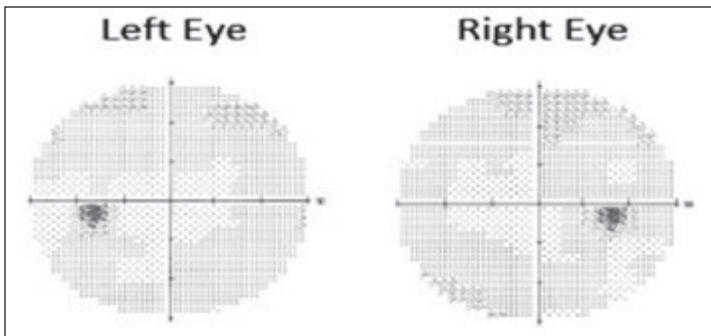
The only difference was the impact of the words spoken by this second doctor.

One of his other doctors decided to refer Dr. Trevor for a second opinion regarding his vision. Trevor returned to my office after the second opinion. When I greeted him, he wasn't the Trevor I knew, at least at the moment. He was very depressed. He shared what the other doctor had told him: "You've lost most of your vision. There's no way you can perform the duties of being a doctor."

No wonder he was depressed. He felt that his world was being yanked away, a world that he loved. Then, he showed me the new visual field he had brought with him that the other doctor had generated. I was grateful that he had brought them. Luckily, I happened to have a copy of his visual field from his previous brain injury more than 20 years ago. As we compared the two visual fields, we were both surprised. There was very little difference in his visual field loss. The only difference was the impact of the words spoken by this second doctor. That doctor tried to convince Dr. Trevor that he could not become a practicing M.D. due to his visual limitations—a doctor

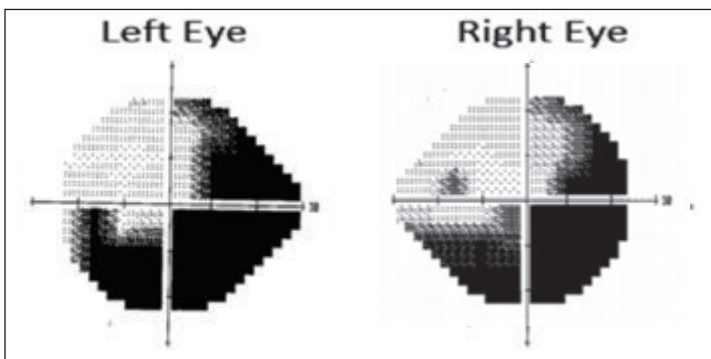
that obviously did not know his history and ability to overcome what most would declare *the impossible*.

Normal visual fields



Trevor's visual fields.

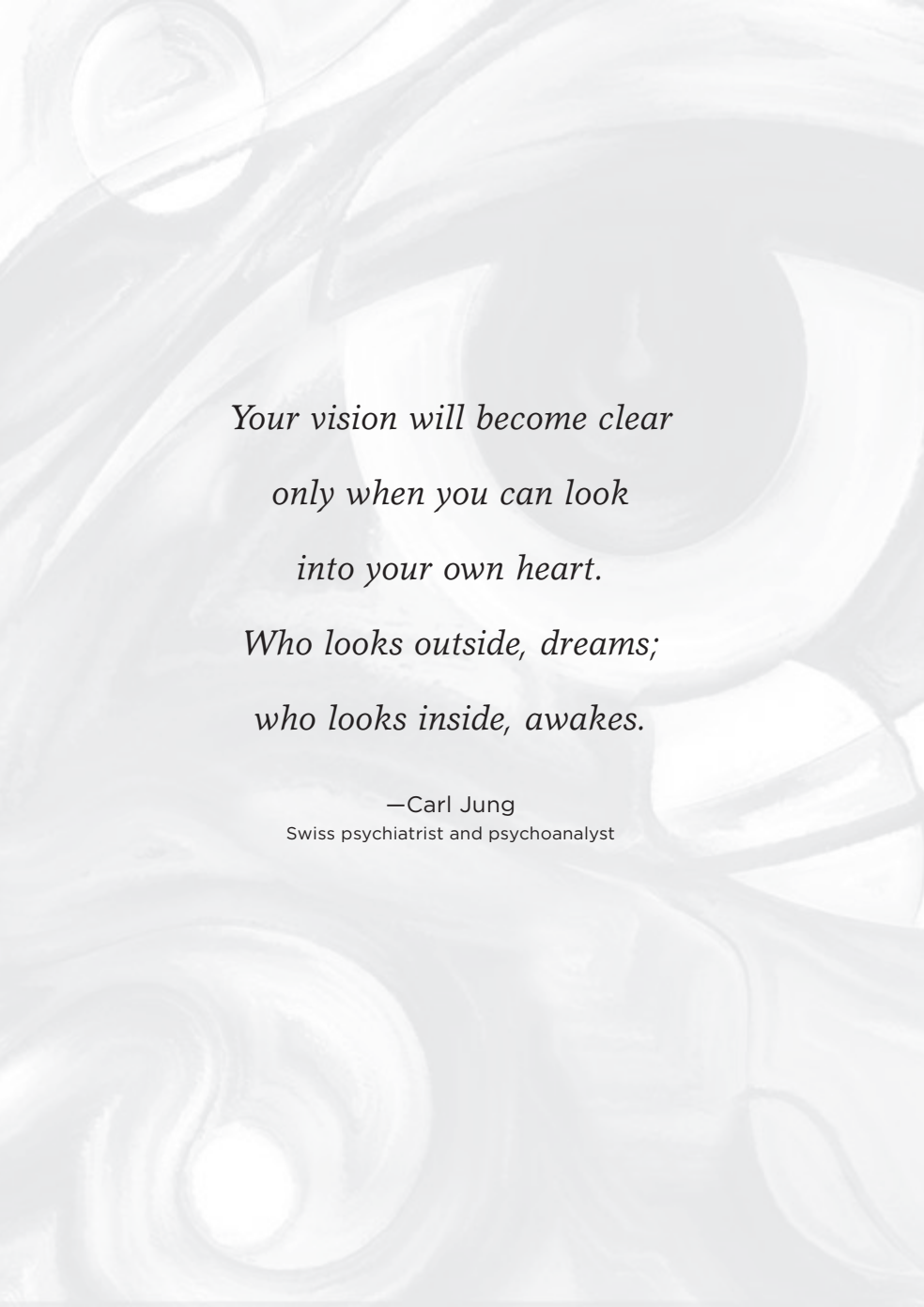
Note all the dark areas represent visual field loss.



Through all our many years of vision therapy, we always looked to grow and transform the vision he had, not to be limited by his loss.

After a long discussion, and the implementation of a rigorous vision therapy schedule, Dr. Trevor regained some of his vision function. What really shifted was his belief. His vision of being a physician was bigger than his visual limitations. Trevor learned to use what vision he had ... reinventing his life again when realizing that he could transform his inner vision and not live by his visual limitations. He could see the marathon he was in, no matter what others believed or said.

Dr. Trevor is continuing in his residency program.



*Your vision will become clear
only when you can look
into your own heart.*

*Who looks outside, dreams;
who looks inside, awakes.*

—Carl Jung
Swiss psychiatrist and psychoanalyst

MEET YOURSELF ... and Get Ready to Receive Visualizations for Miracles

*Take a few moments to enjoy
your own private space.*

I've had the pleasure of working with thousands of children and adults through the years. Imagine what their lives would have been like if they had been stopped by their visual limitations—ones imposed by themselves, and ones imposed by others. Instead, they were encouraged and taught how to picture what they wanted ... what they needed. They learned to open up their imaginations and to take them beyond any pre-existing beliefs that they had or had been imposed on them.

Get ready to meet yourself—to receive transformational visualizations that will lead to miracles. Shut the “door” to your noise distractions—your phone, tablet, computer, and television.

Start with:

Take a few deep breaths with me, allowing air to flow in through your nose and out through your mouth. Invite the air to flow naturally in and out. Notice your shoulders relaxing as tension melts away. With each new breath ... your attention settles deeper and deeper into the center of your body ... until it comes to rest in your belly.

As you begin to relax, let your attention shift from your outer world to your inner world. Now, invite your body, mind, feelings, even your spirit to continue to release any tension that doesn't need to be held right now. Simply invite the body or parts of the body to release any tension that you don't need to hold onto right now and observe what happens.

You may notice that some parts of your body release easily and quickly and that others take more time and that's perfectly okay. Re-invite those parts of your body to relax. Take a few moments to move your awareness from your toes, feet,

legs, hips, pelvis, to your abdomen, all the organs, your chest, heart, shoulders, arms, fingers, neck, head, eyes, ears, nose, mouth, to your brain.

And now, allow yourself to go to your special place—a place that is truly one for you, where you are the essence of life, where you are free and clear, totally safe and powerful. Go to a place where you sense your true spirit. It could be in the mountains, or in the ocean, or in your house, or wherever you would like it to be. It may be in a familiar place, or one that you've never seen before. And that is perfectly okay.

Take a few moments to enjoy your own private space. Continue to notice your breathing. Notice that on your in-breath, you are bringing in fresh energy, vitality, oxygen that flows to all parts of your body. And let every out-breath or exhalation, be a real letting go kind of a breath—a releasing.

Now, from this special place, allow an image or sense to arise of anything you'd like. Something you've always dreamt about, or wished you could accomplish or be. Just allow that image or sense come into your imagination. There is no need to judge it.

Accept the image that comes to mind whether it makes sense or not; whether you expect it or not;

or whether it's a new image or a familiar image. Let it become clearer and clearer, and take some time to observe it carefully. In your imagination, you can explore this image from any angle and from as close or as far as you would like. Take the time to observe it from different perspectives and don't try to change it right now. Just let it be what it is and notice what draws your attention.

Where are you? How are you dressed? How do you look? How do you feel? Is there lightness or darkness? Is there anyone else with you? *Breathe into your image or sensation. Touch it. Welcome it. Talk to it. Listen to any insights it may bring to you.*

Now notice—is there any fear that surrounds your image? Any obstacles? Just be aware of what comes up.

In your imagination, allow any fears or blocks just to melt away. Let them move through your body and out, disappear. What remains is just you in your truest, most courageous essence.

You can invite anybody (a family member, mentor, spiritual guide, animal or anything at all) to be with you. Whatever you need to be safe, courageous, and powerful.

Take some time to focus clearly on the image and feeling as you are courageous and powerful.

And now, take a few moments to observe yourself taking the next step in your journey.

One step at a time ... as you see the image of your unlimited potential beginning to unfold—the image of your own greatness and creativity. Just notice and observe the image for a few moments.

*Invite a few words to declare your being—
I am _____ (powerful, loving, beautiful, courageous)—whatever words come to mind.*

When you are ready, allow this image to fade. Remember, you can return to this place any time you want—to rest, relax, and focus on living with courage and power.

Be aware of the space and the sounds around you.

Wiggle your toes and fingers, as you gently become more awake.

Let your body come back to the outer world relaxed and refreshed, more comfortable and alive.

Your mind is clearer and refreshed, your senses sharper and more distinct.

You are bringing back with you whatever you've chosen to bring back. Look at the miracles that are possible.

As your attention comes back to the outer world, let yourself feel good about learning to relax and to enhance your body's ability to transform in this way.

Now write down two things you plan to do—things to take each step along your journey, a path that is accompanied with courage and power.



See It. Say It. Do It!

Visualize, Declare, Take Action ...

Enjoy the Ta-Dahs in your life ...

the continual steps in your life journey.

—Dr. Lynn F. Hellerstein
Pioneer in vision therapy,
award-winning author and
international speaker

FINAL INSIGHTS ...

Welcome to the *Real Seeing World*

I'm living my dream by being here with you and sharing it.

We limit our vision; our vision does not limit us. Use this new way to look at your world ... look at your life with a new *pair of glasses*. Enhance your vision beyond what is the predictable (20/20). Expand the world of possibilities through vision training and discover what may be your true vision.

I am blessed with my health, family, business, love, and passion. I have such gratitude for being here today—thanks to my family, doctors, teachers, friends, therapists,

staff, and my patients ... countless people who all helped me along my journey.

And I have a deep gratitude for the thousands of patients who helped me create the *See It. Say It. Do It!* process.

I'm living my dream by being here with you and sharing it.

My promise is:

To empower millions of people by teaching them to explore and expand their vision—inside and out—resulting in increased success, performance, and confidence. I want their futures to be bright!

I am grateful for that opportunity and invite you all to take a moment, take a breath, and visualize your dream life. Are you living it? If not ...

See It. Say It. Do It!

Ta-Dah!

ENDNOTES

¹ **Landmark Education:** www.landmarkworldwide.com/

² **RIM:** www.riminstitute.com

³ **Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School.** John Medina. Pear Press, 2014.

⁴ **College of Optometrists in Vision Development (COVD):**
A non-profit, international membership association of eye care professionals including optometrists, optometry students, and vision therapists. Established in 1971, COVD provides board certification for eye doctors and vision therapists who are prepared to offer state-of-the-art services in:

- Behavioral and developmental vision care
- Vision therapy
- Visual rehabilitation
- http://www.COVD.org/?page=Visual_Skills

⁵ **Vision therapy:** aims to retrain the learned aspects of vision through the recently understood concept of *neuroplasticity*. The neurological aspect is very important because the eyes are a direct physical extension of the brain. We see with our brain and mind, not just our eyes. For more information on vision therapy, go to: www.COVD.org/page/vision_therapy and www.AOA.org

⁶ ***See It. Say It. Do It! A Parent's and Teacher's Action Guide to Creating Successful Students and Confident Kids.***
For a personalized, autographed copy of Dr. Lynn's books go to the web site and click on the shop tab to order your copy.
www.LynnHellerstein.com

ACKNOWLEDGMENTS

This book represents numerous years of experiences and opportunities with many people who have touched my heart. My deepest gratitude and thanks to:

My writing mentor, Dr. Judith Briles. Your work ethic, integrity, and professionalism took me to an entirely new level of writing. Thanks for your boundless energy, trail mix, and cherries.

I have been blessed with many teachers throughout my education and professional career. Dr. Deborah Sandella, my teacher, mentor, coach and friend, for guiding me to walk on the "RIM" and to trust my intuition. To all my healthcare providers who are part of my team in keeping my mind and body healthy: You have shared such beautiful wisdom. To my coaches and mentors Cathy Hawk, Cheryl Foster, and Betsy Wiersma, thank you for sharing your insights, beliefs, and gifts.

Hellerstein & Brenner Vision Center, P.C.: Thanks to my partner, Dr. Tricia Brenner, for her integrity, professionalism, and a laugh you can hear for miles. To my great staff, you're the best. I couldn't get through a day of work without you. And to my exceptional vision therapists: Dr. Amy Elsila, Meghan Hayes, Beth Fishman-McCaffrey, Jennifer Jennings, Stacie Ryman, Cindy Shephard, and Taylor Benton. Together we have built an amazing vision therapy program. Our sharing, teaching, and compassion have created one of the top programs in the country. Thanks for your patience, especially through all those planning meetings where I tried my new techniques and strategies with you.

My patients: You are my teachers. Your courage and trust to undertake and complete vision therapy inspired me to create this book and share our successes with others. My gratitude to every one of you.

My Optometric Study Group: Drs. Dru Grant, Celia Hinrichs, Sue Lowe, Carol Marusich, Marcy Rose, Jeri Schneebeck, Nancy Torgerson, and Terri Vashe. The many professional and life lessons from all of you are a gift. Your spirit and dedication to our field of developmental vision has made a difference in thousands of lives, including our own.

My beautiful family: Thanks for your love and support. Annie, your creativity and perseverance has always

inspired me to look beyond what's on the paper. Becky, your listening and insights have paved the way for growth and new visions. To brother, Jerry and my brother-in-law, Sariel: You two have been very instrumental in my personal transformation. You've always been there and supported me.

ABOUT

Dr. Lynn Hellerstein



As a pioneer in vision therapy, Dr. Hellerstein's expertise and leadership in developmental optometry has inspired thousands of people to improve their vision and enhance their lives. She has extensively utilized vision therapy with children and adults with learning related vision problems, vision perception deficits and/or brain injuries, as well as enhancing visual performance for athletes.

She is known for her electrifying presentations and workshops for parents, educators, therapists, athletes, optometrists, and physicians and has presented in the USA and internationally, including the Philippines, Korea, Canada, Australia, Sweden, and Spain.

Dr. Hellerstein is the founder of Hellerstein & Brenner Vision Center, P.C., a full-scope optometric practice, located in the Denver Metro area of Colorado. Hellerstein & Brenner Vision Center, P.C. is dedicated to providing the highest quality vision care to patients of all ages. With a highly trained staff and state-of-the-art equipment, her practice strives to go beyond "20/20."

Hellerstein & Brenner Vision Center, P.C. is concerned with prevention, treatment, remediation, and enhancement of the visual system for children and adults to achieve optimal function.

A Fellow of the College of Optometrists in Vision Development (COVD) and American Academy of Optometry, Dr. Hellerstein is also past president of COVD. She serves as an adjunct professor at Illinois College of Optometry, Pacific University, University of Houston College of Optometry, and Southern California College of Optometry and graduated with honors from Pacific University College of Optometry in 1977.

She has published extensively on numerous vision related topics, including a five-year optometry/ophthalmology research study utilizing visual electro-diagnostic techniques in patients with traumatic brain injuries.

Dr. Hellerstein serves as a consultant to educational and parenting groups, rehabilitation facilities and sports

teams. She has also been involved in a school vision development research program in Aurora, Colorado.

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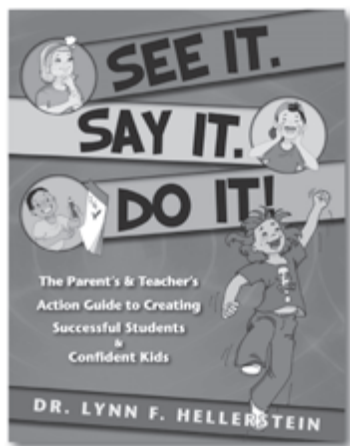


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Susan R. Barry, Ph.D.

Professor of Neurobiology, Mount Holyoke College
author of *Fixing My Gaze*

Dr. Hellerstein, one of America's top vision specialists, provides an insightful and wonderfully practical look at learning how to learn that will be a tremendous gift to parents, teachers, tutors, and students of all ages. We are thrilled to have it available to recommend to the children and families we work with!

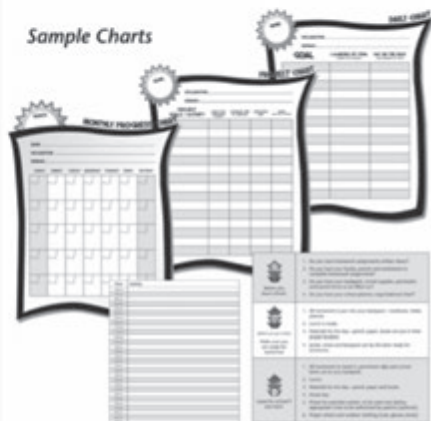
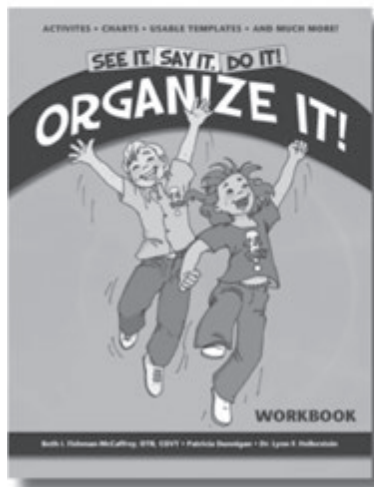
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This 8.5x11 workbook is full of tear-out organizational charts, calendars and motivational activities. It helps you organize your child's daily routines including chores, homework, and other activities. This eliminates those frustrations and arguing over doing and completing the tasks!

I can't give enough accolades for the organizational charts. They have made our lives so much better at home. No more arguing and having to deal with meltdowns. Our son is thriving with the structure and is now taking pride in initiating getting dressed, brushing teeth, etc. We all needed this and our home feels much happier!

—Wendy C.
Parent

SEE IT. SAY IT. DO IT!®

DR. LYNN F. HELLERSTEIN

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Soccer, football, baseball, hockey, basketball? Whatever the sport, *50 Tips to Improve Your Sports Performance* can help develop visual brain skills for improved athletic performance. Toss a copy of *50 Tips* in a sports bag, head out to the gym or field and put these gems to work:

- ✓ Enhance 15 vision-related skills key to optimal performance
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- ✓ Strengthen eye-mind-body coordination by using easy step-by-step activities
- ✓ Prevent injuries

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Larry Fitzgerald
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*"As an athlete, entrepreneur, and motivational speaker, *See It, Say It, Do It!* opened my eyes to the power of visualization. Great athletes use it ... you should too!"*

Joe Theismann
NFL Broadcaster/Entrepreneur,
NFL Pro-Bowl Quarterback



Dr. Lynn Hellerstein OD, FCOVD, FAOD

A pioneer in vision therapy and developmental optometry for more than 30 years, Dr. Hellerstein has helped thousands of children and adults improve their vision and transform their lives—at home, in the classroom and now on the playing field.

- Multi-award winning author of *See It, Say It, Do It!*: The Parent's & Teacher's Guide to Creating Successful Students & Confident Kids
- Co-owner/practice at Hellerstein & Brenner Vision Center, P.C., Denver, Colorado, offering full-scope vision care services
- International Speaker and past president of College of Optometrists in Vision Development (COVD)

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- Betty at 74 who refused to wear her glasses because they blocked her creativity and artistic skills;
- Reynold at 72 was ready to stop his Ironman feats and quickly discovered his athletic days were far from over; and
- Trevor who encountered more physical and visual injuries than most can imagine yet achieved his goal of becoming a medical doctor.

Expand Your Vision Beyond Sight illustrates that the impossible is possible. Most limit their vision. Your vision does not limit you. Use Dr. Hellerstein's new way to look at your world and life with a new *pair of glasses*. Get ready to meet yourself and receive visualizations for miracles to come.

Does your inner vision match your outer vision? Do you know what your purpose is and do you have it in your sight?

Lynn F. Hellerstein, OD, FCOVD, FAAO is a pioneer in vision therapy and has extensively utilized vision therapy with children and adults with learning related vision problems, vision perception deficits and/or brain injuries, as well as enhancing visual performance for athletes. Her expertise and leadership in developmental optometry has inspired thousands of people to improve their vision and enhance their lives.

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ISBN: 978-0-9841779-6-7

