

Meir Schneider, Ph.D., L.M.T.

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Meir Schneider was born with cataracts, glaucoma, astigmatism, and nystagmus. After five unsuccessful surgeries on the lenses of his eyes, which left them shattered and filled with scar tissue, doctors pronounced his condition hopeless and he was certified legally blind. Schneider performed his reading and schoolwork in Braille.

At age 17, Meir learned the Bates Method of eye exercises. He practiced them diligently, up to 13 hours a day, undeterred by the skepticism of family and friends. To this he added his own regimen of self-massage and movement. Within six months, he could recognize visual objects for the first time; within 18 months, he could read print without glasses. His vision continued to improve, and today is 20/80. He holds a current unrestricted California driver's license.

During Schneider's recovery process, while still a teenager, Meir began to 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*, helping tens of thousands of people with serious physical and visual conditions worldwide.

An internationally respected therapist and educator, Meir is the founder and director of the School for Self-Healing in San Francisco, the author of *The Natural Vision Improvement Kit*, *Movement for Self-Healing*, *Yoga for Your Eyes*, *Meir Schneider's Miracle Eyesight Method*, *Self-Healing: My Life and Vision* and the principal author of *The Handbook of Self-Healing*. He was awarded a PhD in the Healing Arts for his work with muscular dystrophy.



Meir Schneider, as a child with his grandmother, was legally blind and did his schoolwork in Braille.

These recent medical photos show:

Left, Meir Schneider's right eye (with maximum dilation): Less than 1% of the lens area admits light; the rest is scar tissue and membrane. Making the best possible use of badly damaged eyes, Meir sees about 20/80.

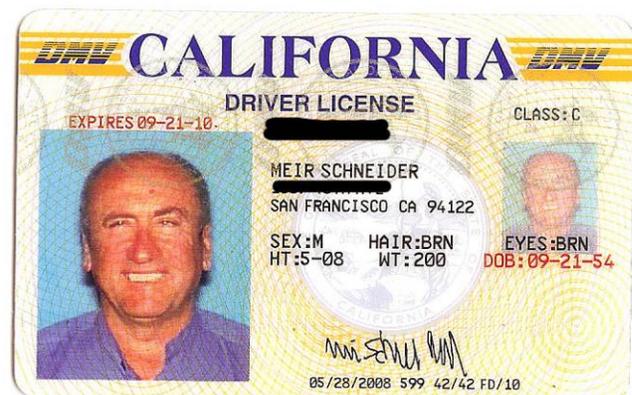
Right, a normal eye (dilated). The black area is the lens, all of which admits light.



Issued in 1970 in Tel Aviv, it is marked "Valid Permanently"



Meir Schneider's blindness certificate



Meir Schneider's driver's license