PR KIT

Meir Schneider

School for Self-Healing

SFSH School For Self-Healing

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From blindness to driving a car

Meir Schneider

Pioneer, Author, Educator, Therapist,
Founder of the School for Self-Healing

Meir Schneider overcame congenital blindness and developed an original self-healing approach of exercises to improve vision and increase brain flexibility.

Meir was born with congenital cataracts to deaf parents. He underwent five unsuccessful surgeries that left him with massive scar tissue. He was raised reading Braille until he discovered eye exercises at the age of 16. That helped him to develop vision. From a vision of 1%, his vision is now in the normal range, 70%. **Now he can write, read and drive**. Despite the great damage from the surgeries and poor development of his visual brain, because of his diligent work on his eyes and on his body with many exercises, at the age of 28, he was able to obtain a California drivers license.

Through his own healing journey, developing his vision exercises, Meir discovered that the same principles, by which he gained functional vision, could also be applied to the entire body and to other people. Therefore, he developed his own regimen of bodywork and movement to complement the visual exercises and a new pathway to overall health.

"The first step toward making the world a better place must be to improve everyone's health. The only way to rid humanity of disease is for each person to become healthy. That process involves becoming our own healers. When we are free from preoccupation with painful or ailing bodies, we can focus our attention on deepening the awareness of our own strength, from this foundation of inner knowledge of learning to care for one's."

Meir Schneider

Meir Schneider Method of Self-Healing

This practice became the basis for the **Meir Schneider Method of Self-Healing through Bodywork and Movement**: a non-medical, holistic health rehabilitation and prevention system. It trains us to use muscles and joints in a balanced way by isolating muscle groups, relaxing chronically overused muscles, stimulating brain-body neural connections, and—most importantly— enhancing circulation.

Palming

Meir Schneider Self-Healing Method combines **breathing, bodywork, movement, and visualization techniques** that can help anyone to become more aware of their own body and be empowered to take charge of their own healing. These teaching are valuable for anyone who works as a therapist, for anyone who seeks to overcome the limitations of an illness, and for everyone who seeks to cultivate and maintain good health.

Meir applied his Method of Self-Healing to help others who suffered from a wide range of degenerative conditions such as polio, muscular dystrophy, and multiple sclerosis. He now holds a PhD in the Healing Arts for his work with muscular dystrophy.

Looking at distance

The School for Self-Healing

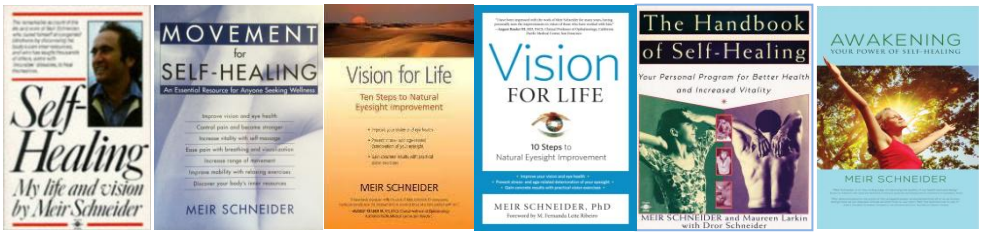
In 1980, Meir founded the School for Self-Healing, a non-profit center in San Francisco, California, that offers educational programs, teaches people to realize their potential, to improve their health and overcome their disabilities. The demand for this teaching has grown and became worldwide and schools were formed in Brazil and Israel and classes were taught in many other countries.

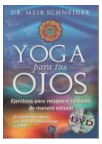
During more than 120,000 clinical hours over the past forty-five years, Meir has helped countless people with back problems, with arthritis, joint problems, neurological problems and many others to see better and helped people to see well without their glasses as well as people with pathologies like glaucoma, cataracts, macular degeneration, retinitis pigmentosa, corneal disease and many others. Through ongoing lectures, Meir teaches the complex interconnectedness of the body's systems and how the forces exerted on our internal system via movement, relaxation, and exercise can heal us.

Meir Schneider has devoted his life to teaching people how to heal themselves by addressing every aspect of their being. He teaches his techniques in his School and also holds workshops throughout the United States and all over the world.

Several books

Meir Schneider is the author of several books, including Vision For Life, Movement for Self-Healing, Yoga for Your Eyes, and Awakening your Power of Self- Healing. His books are translated to fifteen different languages: Hungarian, Chinese, Czech, French, Italian, Portuguese, Spanish, Russian, German, Lithuanian, Hebrew…





Awards

He has been recognized locally and internationally for his work.

- Named one of the **Top Ten Most Inspirational Israelis worldwide**, 2007
- **Certificate of honor** by the City of San Francisco, for his tireless efforts dedicated to improving the quality of life for individuals with physical limitations, Mayor Gavin Newsom (now the governor of California), 2010
- **Proclamation of the county of San Francisco** for the Vision Awareness Weeks in San Francisco, Willie Lewis Brown, Mayor of San Francisco (who was Speaker of the California Assembly), 2003
- Jew of the week – American Jews, March 2013

Meir Schneider was featured in 2016 in Neuroscientist Norman Doidge's book The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity (Doidge's 2nd book), Chap. 6: A blind Man Learns to See, Penguin Books, p. 206

Through individual therapy, educational programs and publications, Meir's innovative holistic approach to optimal wellness for the body and eyes continues to improve the lives of millions on a worldwide scale.

Testimonies

"I have read your book and I would like to thank you for "Vision for Life". This book has changed my life. My eyesight is improved. Now I can see properly without my heavy glasses. This is really a great experience of my life. I have recommended your book to other people who were suffering from weak eyesight and other problem related to eyes. They find these workouts are very useful. They also feel improvement in their eyes." Krishan, from India

"I was diagnosed with AION (Anterior ischemic optic neuropathy, lack of blood flow to the optic nerve which destroy nerve cells and create blindness partial or complete) and the medical doctors had advised me to apply for a Seeing Eye dog before I met you and took 9 double-sessions. There are a few eye exercises I do every night which seemed to have improved my eyesight. I regained much of my peripheral vision and I have been driving these past four years around 10,000 miles a year. Try to not drive more than an hour at a time and minimize my night time driving in major rainstorms. Every night without fail I use battery strobe lights and an eye patch with a small hole in it to wake up my eye sensors. With reading glasses I can read just about anything and work on contracts for my profession. I can read most street signs without glasses… Every few days I go on a 20-30 min walk with an eye patch covering my stronger eye to build up the weaker eye. My goal this year is to ski down an intermediate slope with the patch covering my strong eye. The past few years I have gone back to snow skiing, doing the expert runs, not fast, but in control on very steep ski slopes. I have been riding my road bike up Mt. Diablo, and take it at 20 miles an hour coming down the mountain. Feel very safe. I also bowled a 180 a few games ago… an amazing recovery." Jeffrey

"I am a former student of Meir's. Last time I spoke with Meir I was just starting school. I have not touched corrective lenses the entire time during my 4-year doctoral program!" Laura

"I have just completed the set of five webinars. I have also previously read Meir Schneider's book on vision improvement. They are inspirational and have inspired me to take improving my eyesight seriously. David

What Professionals Say About the MEIR SCHNEIDER METHOD OF SELF-HEALING

Meanwhile, some conventional doctors who have great credibility have praised his techniques because they saw results that far exceeded their expectations.

"I've had eye problems since age seven, and decided after all this time (I'm 34 now) to change the situation. I heard about Meir Schneider, PhD's method and I decided to travel to San Francisco all the way from Ottawa, Canada to take the Level One course. I greatly enjoyed the Segment A and B classes, improving my knowledge as a physician and as a teacher. My sense of touch greatly improved; I healed my chronic back pain; I see more clearly; and I've become better able to appreciate the joy and beauty of life. I recommend this course to anyone who is involved with the healing process."

—Jean Marc Benoit, M.D., Certificant in Canadian College of Family Practice

"Meir's method is effective as a complementary physical therapy for the eyes."

—Emília Ritsuko Yasuoka Assad, ophthalmologist and acupuncturist

"As an engineer I value knowledge that can be applied and is useful. Meir gave me just that kind of knowledge during his six day course on naturally improving the eyesight. My prescription at the start of the course was at -7.00 with a 0.75 adjustment for a slight case of astigmatism. By using this new found knowledge my prescription is now -3.50 and the astigmatism is gone, which took me 8 months to achieve. My plan is to be done with glasses completely in a year; if not sooner! Meir, thank you for helping me reclaim the gift of sight….for life!"

—Manny Muro, engineer, Oregon

"Meir Schneider has miraculously found his vision, and he can help you to find yours. His approach is transformative."

—Jacob Liberman, OD, PhD, author of Light: Medicine of the Future & Take off your Glasses and See

"The plasticity and potential of the visual system is continuously being explored and redefined. Old notions give way to new potentials. Meir Schneider addresses these issues in his clinical work with patients with various visual problems. His reflections and theories are worth consideration and critical review."

—Creig S. Hoyt, M.D., Professor and Chairman, Department of Ophthalmology, UCSF

"I have been impressed with the work of Meir Schneider for many years having personally seen improvements in patients' vision of those who have worked with him.
The ability of the visual system to adapt and regain function is still full of mysteries.
Through Meir's work, we are finding some of those mysteries to be realities."

—August L Reader III, M.D., F.A.C.S., Clinical 1 Professor of Ophthalmology California Pacific Medical Center

Articles

April 24, 2020	The Women's Millionnaire Magazine	Trust Yourself and Improve your Vision
March 2019	Experience L!fe - Mo Perry interviewed Meir Schneider	Exercises for Improve your vision
		A Closer look at Eye Health (collective)
2019		Carpal tunnel
Dec. 2018		Getting a Healthy Back
July 21 2017	Massage & Bodywork magazine	Moving out of Paralysis
May/June 2017	Massage & Bodywork magazine	Preservation – Back Pain Need Not Be an Occupational Hazard for MTs
		Preventing Back Strain
October 12, 2016	Ask John Eakes	Healing techniques for eyes and hands
May 2016	Sunset Beacon	School's Founder Creates Tools for Staying Healthy
April 23, 2014	SFNewsfeed	Bay Area School Launches "Movement for Self-Healing"
October 1, 2013	San Jose Mercury News (Pacifica Tribune)	Florey's book signing Once blind, author Meir Schneider teaches how to improve vision
September 10, 2013	Wellness Feed	Praise for the Work of Meir Schneider (8 parts)
December 2012	Positive Health	Self-Healing Around the Globe – Meir Schneider Courageous Pioneer
October 2010	Positive Health	Natural Vision Improvement for Children and Adults
June 1, 2010	Care2	Healing Your Eyes Naturally
May 10, 2010	Natural News	Look at Medicine and its Cross-Eyed View of Nearsightedness
August 28, 2007	Yoga Journal	Exercises for the Eyes
June 12, 2006	East Bay Times (Bay Area News Group) By Carry Caine	Self-Healer was blind, but now he teaches
June 15, 2003	SFGate By Joshunda Sanders, chronicle staff writer	Exercising your Eyes
Spring 1999	Kindred Spirit Magazine, issue 46	Wellness for the Eyes
	by Meir Schneider and Carol Gallup	
1997	Massage Magazine	Love of Movement
January/Feb. 1997	Massage Magazine	Moving Out of Back Problems
November/Dec. 1996	Massage Magazine, no 64	That Person in the Wheelchair Needs Your Touch
	by Meir Schneider and Carol Gallup	

Television appearances

Meir Schneider appeared to the television in diverse countries as Brazil, Canada, Greece, Israel, Italy and United Kingdom:

Athens (Greece)	*Face to Face with Asimina Tzathas* https://www.youtube.com/watch?v=9-VlaXiNOj8&list=PLeQ3TUDNKxy0Vy_SI0x5elv82Qbh2aDVb&index=14&t=39s	2020
Telecolor (Italy)	*Speciale Laboratorio Salute TV Show la cura naturale degli occhi* with **Loretta Gregori** https://www.telecolor.net/2015/12/la-cura-naturale-degli-occhi-col-metodo-bates/	2015
Counscious TV (UK)	*My Life and Vision* interviewed by **Lain McNay** https://www.youtube.com/watch?v=OmwtKt5TwNs	2010
Vancouver (Canada)	*Beyond the Line* with **Laurier LaPierre** https://www.youtube.com/watch?v=5XXMARzBPgc&list=PLeQ3TUDNKxy0Vy_SI0x5elv82Qbh2–aDVb&index=10	
TV Thathi, Santos (Brazil)	PolemicaCom with Antonio Cassoni http://olhardequemcuida.blogspot.com/2009/06/materia-com-ana-maria-braga-exibida-na.html	2009
Rede Globo, Sao Paulo (Brazil)	*Mais Voce* with **Ana Maria Brago**	2002 2003 2009
Israel	Top Ten Most Inspirational Israelis worldwide https://www.youtube.com/watch?v=IeIklOfaz_w	2007

Radio interviews

Meir Schneider is regularly interviewed on Pacifica Radio:

- KPFA, Berkeley, CA *In Conversation* with Host Veronica Faisant (Renee Kemp) and *Your Own Health and Fitness* with Layna Berman
- WBAI, New York Cty, *Health Action*, Kathy Davis
- WPFW, Washington D.C.
    - Marsha Coleman Adebayo, *What's at stake* (latest interview on June 24 2020)
    - Dr. Ted Watkins, *The Sunyatta Amen Show* and *To Your Health* (latest on August 11 2020)
    - Joni Eisenberg, *To Heal DC*

Interviews on different radio station:

UK Health Radio	The Natural Healing Show with Catherine Carrigan How to Improve your Eyesight Naturally (June 2020) https://www.ukhealthradio.com/blog/episode/medical-intuitive-healer-catherine-carrigan-interviews-natural-vision-improvement-expert-meir-schneider-about-how-to-improve-your-eyesight-naturally-2/
104,3FM 820AM Rio Claro, Brazil	Rádio Aparecida, catholic - July 18 2018
KSCO 1080 AM Santa Cruz, Ca	Rockelle and MC
KKSF 910 AM Oakland, Ca	*Health Revolution Radio* with Dr. Abaci
KSTE 650 Sacramento, Ca	*The Wide World of Health* with Cary Nosler
KECG 88.1 San Francisco, Ca	Interview with Lauretta Cook
KEST 1450 AM San Francisco, Ca	Interview with Dr. Len Saputo
KLGO 98.5 Austin, TX	*The Good News Health Show* with Bill Swail
KLBJ 590 AM Austin, TX	*Healthy Choices* with Ray Solano
WBNR 910 AM New York	*When Health Matters* with Dr. Richard Huntoon

Some interviews in Community Radio

KPFZ 88.1 Lakeport, Ca	*Earth Wise Radio* with Chloe Karl, Lake County Community Radio
KVMR 89.5 Nevada City, Ca	Interview with Helena McDaniels
KKUP 91.5 San Jose, Ca	*Tazz and Paula Show* with Tazz Powers and Paula Nunes
	The New Medicine Show with Adam Atman

Meir was interviewed in several blog talk, for example :

- *A Quest of Wellbeing* with Valeria Teles
- *Insights* with host Al Diaz, *Living La Vida Healthy* with host Lydia Proschinger
- *America Meditating Radio* with Sister Jenna
- *HealthMediaNoq* with host Denise Messenger
- *Living and Thriving* with host Rustie MacDonald
- *Peoples RX Radio* with host Bill Swail
- Interview with host Alicia for RawSynergy TV
- Interview with Dr. Saputo on DoctorSaputo.com
- *BBS Radio Conscious Thought* hosted by Magdalena Winkler