

### **A Greater Vision is Born by Sensei Devin Fernandez**



Sensei Devin Fernandez is a Long Island chapter member who has studied martial arts for the last ten years and achieved a Shodan Degree Black Belt in Ninpo Ninjutsu. He has lived a life committed to training and discipline in martial arts and meditation. Diagnosed with retinitis pigmentosa over eight years ago, Sensei Devin found himself wondering “why me?”, “what is this experience trying to teach me”, and “how can I share my knowledge with others?”

It was at this point in his life, while fully entrenched in martial arts studies, that he made a determination to keep training despite the challenges his failing eyesight presented. A vision for a full fitness center came to him during one of his meditations and, hence, the birth of Third Eye Insight which provides martial arts/self defense, yoga and meditation programs for the blind and visually impaired.

Sensei Devin now knows that his martial arts studies have provided him with the foundation for understanding the importance of developing not only his body, but his mind and soul as well. He is thankful for this experience as it has deepened his spiritual practice; and together with his daily ritual of meditation and prayer, he has found acceptance.

Our own chapter leaders Frann Glick and Sally Braman have attended classes at the Long Island Ninjutsu Center in West Islip and said:

“I am truly enjoying the whole experience of Devin's vision. Each interaction has been amazing - from arriving at the first class to hitting and knocking down volunteer instructors at the second! There is such personal attention given to each participant. Devin's family and fellow dojo members have all been so welcoming and kind. I have been to two classes and feel as if I am going to see old friends and family. If nothing else, everyone should come to learn the lesson of “can” vs. “try”. It is so simple and logical! The martial arts class is right up my alley! I love the physical exertion and focus! It is an amazing feeling to "master" a move! There simply are not enough great things to say about this wonderful program!

– Sally Braman

“It has been an absolute pleasure getting involved with Devin and his wonderful family. They are sincere, genuine, and caring people. I especially enjoy the meditation classes. "Attitude with gratitude" is a quote I have taken away with me. Also, never say you will "try"; say "I can do it!" My husband, Gary, has shown a great deal of interest, and his encouragement has been outstanding. Being sighted, Gary is blindfolded as he experiences the challenges of temporary blindness combined with his permanent hearing loss. Talk about walking in another person's shoes! I encourage all to attend and give it a try. I feel something very special and positive in the making!

– Frann Glick

Individuals with visual impairments are very capable of experiencing active lifestyles and greater independence. The goal of Third Eye Insight's classes is to empower students by helping them grow stronger mentally, physically and spiritually. For more information, please contact Sensei Devin at 631-445-3464 or by e-mail at: [senseidevin.thirdeyeinsight@gmail.com](mailto:senseidevin.thirdeyeinsight@gmail.com).

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June, 2010

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