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## **HEALING: Cure from Consciousness Chap. 7/1**

*When we look at people with only one eye, what is done unconsciously, we are dividing them in two parts.*

Exercise: We look with our two eyes to the left eye of the other person and feel him/her, then to the right eye and feel him/her. After that, we look at both eyes simultaneously and try to experience the difference. We can notice that our left eye is too different from our right eye, because they represent two visions of the world, two very different energies. Let's repeat the exercise and check to see what is felt; there is a difference between both eyes.

Practically all of you have experienced this difference. You can notice that if you look at me, you would see that I have one eye that embraces you, loves you and is affectionate, and another eye which looks at you as an owl, it observes and scrutinizes you, because we have a right and a left hemisphere: one of them masculine and the other feminine. One of them is Budhi's eye and the other eye is Manas' eye. We will go deep later on, because the healer has to learn to use both eyes in a therapeutic way.

We can see that both eyes have laterality, that there are energies which move through the eyes. Eyes do not only receive energy but they are also powerful energy providers. With a look we can love and embrace, or we can criticize and strike down. Eyes are the mirror of our body and our Soul. If we say "I love you" but saying something totally different with our eyes, people will realize. The same happens to a patient with his/her therapist. The patient knows where the therapist has his/her consciousness; if it is in his/her heart, his/her intellect or in his/her pocket. Patients know it and recognize it. The therapist is naked in front of his/her patient because his/her look talks. There is a language in the eyes. Police men of the world know that language better than all therapists. I hope we could go to the

F.B.I. to learn how to read eyes! They know how to recognize in the look dissociation, which appears when there is not coherence between the feelings of your heart and your word. They can recognize that. Then we have a right eye and a left eye which look differently; therefore, we should begin to be more conscious about our look. When we look at people with only one eye, what is done unconsciously, we are dividing them in two parts. This makes the image we have from people incomplete and we begin a schizophrenic relationship. That is, we have a relationship only with the part of the person we like best. With our looking we deny the other part, and we look for shelter in the eye we like best. We escape from the other. In that way, we build relationships which are not a whole. Escaping from the other eye, we are escaping from a hemisphere and we are creating a problem in our relationship. We deny what is masculine or feminine in the other; we are not relating to his/her integrity. We act the same with ourselves. We look at ourselves in the mirror of others in order to recognize us. The same happens in a therapeutic framework.

Exercise: Let's practice two types of vision to see the meaning of distance. We will look at each other quickly and as owls. We have to look at all details, what makes our look uncomfortable. We look at our nose, our eyes, our moles, everything. Let's look at each other like that, for a moment, as if we were looking at ourselves from the outside observant. As doctors we look like that, with a stethoscope, with something behind our glasses; we look at details not at life. It is awful to feel observed, scrutinized and looked. I call this a pornographic look. Now you should look at the other and take an impression of his/her face as if were taking a picture. Imagine you are a photographic camera. This is the etheric field; it is a photographic camera. You look at the other, keep his/her image, close your eyes and take this image to your heart; feel it in your heart and smile to it from your heart. Say to him/her with all your heart: "You can count on me, I am your friend. Now open your eyes and, if you wish, you can hug each other. (In fact, you do not have to ask permission for hugging, because the look itself is embracing).

(PREVIOUS) (NEXT)

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