

HEALING: Cure from Consciousness Chap.7

When we can keep our mind firm in the light of the space between the eyebrows, we can light up affairs from Soul, from our feeling and from meaning.

Healer's conditions

1. **To Clearly See**: In order to clearly see, you have to look yourself clear, and for that reason you have to look yourself in all dimensions and in all perspectives, what is only possible from the centre. If we look ourselves from the periphery, we would only recognize an aspect, because all radiuses, all possible visions, the zenith, past, future, up, down, and all cardinal points are in our centre.

What happens if we learn to develop a centered vision or a centrally situated vision? Let's do an exercise to see that our vision is not either double or multiple, but one, unique and simple. Our vision does not dissociate itself. We form an eye when we see, because even we look at the other with both eyes, we only see one person. If we take the glance out of focus, obviously we would see two people. But if we focus correctly, we would see one person. If we learned to see the unity, we would form the third eye; it is so simple. The third eye is the spiritual eye. It is not either a bunch of nonsense or a reptile as the "toatara" at New Zealand. It is really the eye of your true consciousness. When we can observe from the centre and we develop the habit of looking integrity, wholeness and unity, something special emerge, and it is what we can keep our mind firm in light. When we can keep our mind firm in the light of the space between the eyebrows, we can light up affairs from Soul, from our feeling and from the meaning. We can also leave the world of appearance, in which all is dissociated. On the other hand, in the world of quality, world is knitted, it is not separated; one thing leads to another, and so on until the infinite. When we become absorbed in that world of integrity and we see a whole world, we can talk with that whole world. Then, if we are not talking with the world of symptoms, we will be prescribing analgesics or anesthetics, or putting acupuncture needles to relieve pain, but we will not see the sense of pain. Or we

will prescribe a homeopathic medicament for the symptom, that is, it is possible to practice an allopathic medicine with homeopathy, with acupuncture, with massages, in different ways, when we do not see sense, meaning, and consciousness behind the symptom or when behind our body, we do not surmount ourselves to the emotional field, to the mental field, and to the friction that Soul can produce on its instrument.

Exercise: Let's close our eyes for a moment and imagine a person with whom we have a difficult relationship. We will put him/her in front of us, as if we could see him/her with our eyes closed. We move him/her further away until he/she becomes small - too small; we feel him/her. Then we bring him/her near until he/she is big - really big - very close to our skin; we feel him/her. Now we put that person at a distance in which we can perceive him/her completely. Not only his/her face, his/her hands, but his/her entire body and feel what sensation that vision evokes on us. We repeat again the exercise feeling the sensation of that vision, too distant, too close and in that middle point in which we can perceive him/her entirely. That person with whom we have difficulties is me. We do this exercise very easy with others, but let's see what happens if we do it with ourselves. As if we would have our image in front of us, let's take that image further away until we perceive ourselves very little, so little in the distance. Let's experience the sensation that produces in us. Now, we will bring it near until we are in contact with it and try to look at that image. We feel suffocated with that image, as if we could not perceive it entirely in its details. And now we place ourselves in a place where we can contemplate our wholeness.

Now we open our eyes, some people can watch that it produces different kinds of sensations. Sometimes we have difficulties because we are not experts in listening to our sensations. Maybe it seems the same if we repeat the exercise and we would feel again that the sensation of nearness is a sensation of asphyxiation, of fire and heat, of suffocation. We experience cold and contraction in the sensation of distance. However, the sensation of seeing things to the right distance is a

sensation of peace, tranquility, confidence and affectionate opening. The affectionate opening is cordiality. We cannot look at anyone with affection if that person is too far away, neither can we look at anyone if that person is too close. However, if the person is at the right distance, we can look at him/her with affection and communication becomes possible. If there is not affection, there is not empathy, compatibility, agreement or communication. Life is communication; connectivity is made of communication. Communication is made of agreement, which is a central resonance in terms of human relationships. When we can resound from the centre, from the heart, and perceive the wholeness, then we will have a right vision.

Exercise: we can imagine that we are in front of a mirror looking at ourselves, looking at our image. We take one hand to our right eye, as if we will cover our right eye and we will imagine, we are looking at ourselves with our left eye. Let's simply imagine that. We have a mirror in front of us; we visualize our image and look at ourselves with our left eye. How would we see ourselves, when looking with our left eye? Now we take our left hand to our left eye and cover it, then we imagine that we can look at ourselves only with our right eye. Does the image change when we look at it with our right eye? Now we open our both eyes and look at the image, the whole image. Now we turn around and choose the partner in front of us to do the same exercise. We look at him/her with our left eye and perceive him/her, then with our right eye and perceive him/her and at the end, we look at him/her with our both eyes. If someone is alone because there is an even number, he/she can make the exercise with an imaginary figure, either the figure of his/her mother, wife or father; but it has to be someone significant for him/her. Let's see only with one side and perceive. Now we look with the other side and perceive. We uncover our both eyes, then look facing forward and perceive. And quickly we repeat the exercise to feel it. We look with our left eye, with our right eye and then with our both eyes; with a binocular vision. We should simply notice the difference. You do not have to describe the experience intellectually, only to know that the

look from one hemisphere is not the same as to the look from the other hemisphere.

(PREVIOUS) (NEXT)

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