



The Art of Eye Gazing Meditation

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Eye gazing meditation is a simple yet profound practice. Something sacred and intimate awakens when you look in this way.

You would have likely heard the phrase, the eyes are the window to the soul. They are just that. Our eyes with their delicacy represent the heart chakra. The place of compassion, balance, understanding, clarity, kindness and acceptance. Being a place of such vulnerability we often avoid eye contact in fear of being accepted for all we are.

Comfortable eye contact requires a certain peace felt within yourself. To make eye contact is to be 'seen'. It takes vulnerability to really look and it takes vulnerability to allow yourself to be seen. How often do you truly feel 'seen' by work colleagues, health practitioners, loved ones, family, friends and the world? We often feel like we don't belong in the world because no one seems to be able to truly 'see' us.

To be seen we must find courage in the vulnerability to look.

Eye contact is an acknowledgement of connection. At the deepest level we yearn for connection. Feeling truly connected with those around you is symbolic of the connection and comfort you feel within yourself.

Did you make eye contact with the last person who served you in a shop?

THE PROCESS:

Sit quietly and comfortably in front of each other.

Close your eyes down for a few seconds then gently open to rest in the eyes of your partner.

Gaze softly but steadily into the others eyes. It is not a staring contest, you are allowed to blink and you will notice your eyes may move from one to the other. Don't let this distract you. Pick one side for now if it's easier. Sit for 5minutes.

When your mind wanders bring it back to the gaze of the other.

Notice any awkwardness arise within you.

Watch it. Sit with it.

Notice any urge to look away.

Notice any uncomfortable feeling and fidgeting in your body.

Notice yourself feel more comfortable as you allow yourself to open.

You may feel the giggles arise. You may cry.

Allow it to come through but keep your awareness with the gaze.

Notice how the other person can hold and support you simply with their gaze.

Notice if the line between you and your partner blurs.

Look into the depth.

What are the qualities you start to notice in the other? These qualities are what you are seeing in yourself. Your partner's eyes are a direct reflection of yourself if you are willing to see it.

As Osho says, "If you don't think, if you just stare into the eyes, soon the waves will disappear and the ocean will be revealed.... If you can look deep down into the eyes, you will feel that the man has disappeared, the person has disappeared. Some oceanic phenomenon is hidden behind, and this person was just a waving of a depth, a wave of something unknown, hidden."

*We don't see things as they are,
we see them as we are. Anais Nin*