Eyes – a vision within…

Dr. Ajit Kulkarni

Resume: Body as a repository of wonder…Eye as the window of the soul and the mirror of the heart… the symbol of higher consciousness… the most revealing focal point of the body… the function of seeing the true image… the relation between face, brain and mind… glances, stairs and eye movements reflect mental state such as fears, anxiety, greed, anger, jealousy, love, valor, and sadness… eyes and body language… dreams of eyes… homoeopathic perspective… need of holistic thinking.

“Life lives, life dies. Life laughs, life cries. Life gives up and life tries. But life looks different through everyone’s eyes.”

1. A. Introduction

Humans are the best of the creations in the process of evolution. Before you finish reading this sentence, approximately one hundred billion (100,000,000,000) operations will have been completed inside your eyes. However fantastic it may seem, you have the privileged possession of the Universe's ultimate technology. No scientist has ever come close to fully grasping it, let alone inventing anything remotely similar.

Whatever you have in your life is meaningful through your senses—vision and others. Your family, your house, your office, your friends and everything else in your surroundings, you quickly identify thanks to your vision. Without eyes, you could never get a quick, complete sense of everything that's happening around you. Without them, you could never imagine colors, forms, scenes, human faces, or what the word beauty means. But you do have eyes, and thanks to them, you can now read these printed words before you.

Our body is a repository of wonder. It encompasses an unimaginable set of complex abilities in its limited dimensions. From whistling a tune to the thought of splitting of an atom, we are wonderfully created. Yet, the greatest wonder of all is the creation of an eye. It is so wonderful that it makes our existence fascinating. The body is an intelligent tool that surpasses all species on earth! It genuinely reflects the innermost of our being—our emotions, attitudes, appetites, feelings, imaginations and above all our true image through the signals and cues of the body language.

The core elements of body language are gestures, postures, facial expressions, appearance, eye expressions, modulations of voice and the use of space and distancing. Although each element has its own place in the study of kinesics, facial and specially the
eye expressions have their outstanding fields of observation, perception, interpretation and operation.

Verbal communication, which includes rhythm, pitch and tone as well as the actual words, only accounts for 35% of total communication. This leaves a pretty hefty chunk of the communication up to body language. More interesting is the fact that people make eye contact only about 20% of the time. So what are our eyes doing for the remaining 80%? The answer: a volley of movement as we switch in and out of different modes of information recall (recalling past experiences) and construction (creating new information from previous experiences).

The eyes give the most revealing and accurate of all the human communication signals because they are a focal point of the body and the pupils work independently. A blink. A wink. A sidelong glance. Your eyes speak volumes to the others around you - and every time, a raised brow or wide stare at you is a valuable clue to the other’s unspoken words.

Why to say that eyes are powerful? Gaze at someone’s eyes and see what happens. It arouses strong emotions in others, either you may become a soul mate or you may get a slap on your face!

1. B. Eye: a symbol of consciousness

The eye identifies universal physical perspectives of the terrain. The act of seeing is regarded as a sign of life. Power of eye represents the power of the whole person. Eye is considered to be a symbol of higher consciousness. It represents in-sight; it represents physical, psychic and spiritual awareness. It is a symbol of wisdom and of clear perception. All things are viewed through an eye of conscious creation in the alchemy of time. It is the center of the spiral of creation. The Eye is the Eclipse of consciousness at the end of time. Everything sweeps forth from the 'eye' - experience consciously - then return to the eye as the patterns of virtual reality.

The opening of the eye is basically Iris - Isis - I. It is symbolic of time of awakening, the evolution of consciousness. Hence Eye represents I.

The eye has a pupil. We are pupils in this universe (i.e. university) experiencing consciously through the lens of time.

It is believed that we have a third eye just above eyebrows in the center of forehead. This is related in the realm of mysticism as the spiritual center which can perceive extrasensory dimensions and spiritual realities. Directly in line with this center, in the middle of the brain, lies pineal gland, this releases the chemical that controls high consciousness. It is believed that this was once an eye that over the centuries became buried in the center of the brain. In the Hindu pantheon of Gods, Siva is endowed with three eyes and Indra has eyes all over his body. Some deities are described as having thousand eyes. Many Buddhist Temples exhibit all-seeing eye on their towers. In the case
of Siva, having three eyes signifies power; it also signifies knowledge of everything around. Vishnu's eyes are half-closed in the sleeping posture, but they are wide awake within, aware of and regulating every object and phenomenon in the entire universe.

The eyes are described as the windows of the soul…and the mirrors of the heart. Emerson precisely puts up the importance of eyes, “The eye can threaten like a loaded and leveled gun, or can insult like hissing and kicking; or in its altered mood, by beams of kindness, makes the heart dance with joy.”

A variety of metaphoric expressions are used for the kind of look and attitude the eyes convey. A major function of the eye is to retrieve the implicit meaning in a communicative event. The eyes can be steely, knowing, mocking, cunning, piercing, shifty, wise, inviting, scary, disinterested, appreciative, pitiful, disappointed, depressed, cruel, emotionless or blank.

1. C. Brain and Eyes

To see an object, all you have to do is to turn your gaze at it. You don't need to bother giving "project, capture, and analyze" orders to your eyes, the components inside them, the optical nerves running to the back of your brain, nor to the brain itself. You need only look, just like the rest of the billions of creatures who have ever lived on our planet. Without having to work out the optical measurements, your eye's lens can focus onto distant objects. Without needing to accurately compute the precise contractions of various muscles surrounding the lens, you only desire to see, and within a fraction of a second, that process is carried out for you. Like many people, you may never have realized what a miracle it is that thousands of independent processes can operate in a perfect harmony to enable you to see.

The sense organs are the portals of our awareness. It is through the sense organs that every one of us is connected to the outer world. Eye is singular in being a facial and a sense organ par excellence, but essentially it is an extension of the brain. To limit this reality only to anatomical region where the eye as an organ is located is an injustice to the potential, to the visual field and to the perception the eye renders to each of us under the reign of brain. I was not struck with the statement the eye being an extension of brain. In our college life, no professor gave us such thinking. We learnt that brain and eyes are the separate organs, although connected. I wonder at the Almighty’s creation of the human body. The brain extended its region as it wanted to look at the world through the eyes. Open the eyes to see the outer world and close it to look within. The journey of both is complex, deep and enlightening. The statement ‘The eyes are the window to the soul’ is worth recalling in the context of spiritualism.

Researchers Arendt and Wittbrodt while elucidating on the evolutionary origin of the human eye, writes, “It is not surprising that cells of human eyes come from the brain. We still have light-sensitive cells in our brains which detect light and influence our daily rhythms of activity.” “Quite possibly, the human eye has originated from light sensitive
cells in the brain. Only later in evolution would such brain cells have relocated into an eye and gained the potential of conferring the vision.”

Neuroscientists have concluded that it is the eye that scans when our brain is processing information about other people’s emotions. The amygdala are found in each site of brain in medial temporal lobe and are known to process information about facial expressions.

1. D. Face and Eyes

Face is, truly, the mirror of life. A face is often called as an organ of emotions. Our face is exquisitely expressive. It defines our identity. It speaks for itself. One can categorically make a statement that the face is mightier than the word.

Facial expressions are clearly related to expressions via eye. Face is the most important part of "face to face" bodily encounters. The expressions on face are retrieved and comprehended via eye, and the facial expressions depend on the support of the expression via eye. Smile is among many expressions that depend not only on facial parts, such as lips, mouth and cheeks, but also on the expression given out by eye.

Areas of face involved in emotions indicate that fear and sadness are best produced by and nudged from the eyes and eyelids area. A combination of cheeks, mouth, eyes, and eyelids reveals happiness. Surprise is identified in brows and forehead more clearly. Surprise is identified also in eyes and eyelids as well as the combination of cheeks and lip movements.

1. E. The function of seeing the ‘true’ image

The eye might be a window to the outside world, but in our sense of sight it plays only the role of an instrument. The spot where vision is established is deep inside the brain.

To recap the steps of seeing: Beams of light enter the eye and pass through the cornea, the pupil and lens. The cornea's convex structure and the lens break up the light beams and, after turning the picture or image of the scene upside down, direct it to the retina. The job of the lens is to focus light rays on the back of the eyeball - the retina. The lens works much like the lens of a movie projector. If you sit in the dark theater and look behind at the stream of light coming from the projection booth, you will notice that light goes through a powerful lens, which is focusing the images onto the screen, so you can see the movie clearly. In the eye's case, however, the film screen is the retina. Light-sensitive receptor cells—the cones and rods—then convert the light into electrical signals, to be sent to the brain. The image that comes from the retina is an upside-down picture of the world. But the brain reverses this accordingly, letting these electrical impulses provide it with information about the object—its type, size, color, and distance. This entire process takes place in less than a tenth of a second.
During the assembly of a visual image, a staggering number of processes take place in less than a second. No computer in the world has yet been able to match this speed. But equally as staggering is the fact that the brain's optic nerves invariably restore reversed images from the retina back to their original state.

After the retina converts beams of light into electrical signals, they are sent to the brain via the optic nerves in a thousandth of a second. Signals received from each eye contain all the visual information about the object one perceives. The brain combines the two images received from each eye to create the single three-dimensional image you see. It also chooses out the shapes and colors that are of interest in that image and determines the distance involved. In other words, it is the brain—not the eye—that sees.

Optic nerve is the great messenger in the back of the eye. The rods and cones of the retina change the colors and shapes that we see into millions of nerve messages. Then, the optic nerve carries those messages from the eye to the brain! The optic nerve serves as a high-speed telephone line connecting the eye to the brain. When we see an image, our eye "telephones" our brain with a report on what we are seeing so the brain can translate that report into "building," "banana," "sky," or "tree," or whatever the form of an image.

2. A. The eyes and mind: synthesis through body language

The eye is not just an organ for letting things in, but can also let out what is inside us (the ear on the other hand let the things only in). Watering of eyes, a peripheral expression reflects the inner state of mind like grief and sadness. We cannot hide our emotions consciously. Our eyes reflect every minute change in our mental state, unknowingly and unconsciously. The retina imprints a true image as it is reflected. You stand before the mirror and you will find that the mirror doesn’t add anything of its own. The eye doesn’t add anything of its own in reflection. It sees as it is - a virtual reality. But it is the perception of the mind that rules over the eye.

Remember that awareness consists in taking full account of the truth. “The eye sees only what the mind is prepared to comprehend.” The eye reflects the true portrait of the mental state.

The eye conveys, receives, and interprets nonverbal information. This process has several levels:

1. The level of anatomical facilitation and constraints.
2. The physical perspectives more or less universal (Gibson, 1950), and seen through the human eye.
3. The social, cultural and linguistic regulation of the process of seeing by the eye.
4. The interpersonal norms and interpretation of nonverbal communication through the eye.
Glances, stares and eye movements are believed to reflect mental state such as anxiety, anger and sadness. When a person has his eyes closed, rapid eye movements (REM) can be observed visually through the eyelids and slow eye movements are also noted at the time of sleepiness.

An old saying goes, ‘look a patient in the eye when you talk to him.’ Looking into the eyes reflects emotions, convictions and moods. It also reflects the hidden facets of personality, the intent and the motive.

2. B. How the eyes communicate

There are three ways in which eyes communicate

- Dominance versus submission
- Involvement versus detachment
- Positive versus negative attitude

There are three levels of consciousness and control

- Conscious use of eyes to communicate, such as the flirting blink and the intimate nose-wrinkling.
- The very extensive category of unconscious but learned behavior governing where the eyes are directed.
- The response of the eye itself which is completely outside both awareness and control—changes in the sparkle of the eye and the pupillary reflexes.

2. C. Eye contact

Eye contact is one of the most important aspects of nonverbal communication and is critical in making the right impression when the people meet on the very first time. Believe it or not, the first impression of others is established within the first few seconds of meeting.

Normally, human beings maintain eye contact for around 60-70% of the time. A visual connection is made as one person gazes into the eyes of another. Highly emotional link is established as two people simultaneously observe each other’s eyes. Gazing at other’s eyes arouses strong emotions. Thus eye contact rarely last longer than few seconds before one or both viewers experience a powerful urge to glance away. Any longer eye contact runs the risk of making the other person feel self-conscious or uncomfortable.

We generally begin a conversation by looking away and end it by looking back at the listener; we alternate between gazing at and gazing away. If we study the body language of eyes we find that there is more direct gaze when people like each other and co-operate. On the other hand people make less eye contact when they dislike each other or disagree.
A point of note is that in primates the unwavering gaze evolved as a sign of dominance and threats, while gaze avoidance originated as a submissive cue.

Confident people usually make more frequent eye contact when communicating. Nervous and surprised people can be wide eyed while untrustworthy and defensive people will often squint and dart their eyes from left to right. Open and warm communicators may also appear to be wide eyed which can also be a sign of intelligence or attentive listening. Open communicators will also make use of smiling eyes. In contrast an angry person may stare with squinted eyes for an uncomfortable length of time.

Autistic children fail to use socially normal patterns of eye contact. In adults, eye contact shows personal involvement and creates intimate bonds. Mutual gaze narrows the physical gap. It's not the quantity of eye contact, but the quality that matters!

2. D. Konopacki's interpretation of four basic eye movements

- **Eyes focused straight ahead**: It means the listener is receiving your words passively and may be daydreaming.

- **Eyes positioned upward to right**: The listener is paying attention -- either relating your words to a recent experience or analyzing the logic of your statements.

- **Eyes positioned upward to left**: A listener looking to the left is analyzing information using the right side of the brain -- the emotional side -- relating your words to a more distant experience.

- **Eyes cast downward**: It means the listener is concentrating -- either in a positive or a negative way. On the negative side, the listener may be thinking about how to end the conversation.

2. E. Gaze

Gazing means looking intentionally.

**Types of Gaze**

* a) **Mutual gaze**: Give a feeling of intimacy, mutual attraction, and attentiveness.

b) **Business gaze**: When we direct our gaze at this area, we have a look of seriousness; hence the other person realizes that we mean business. As long as we keep to this label of gazing we will be in control of the interaction.

c) **Social gaze**: To create a social atmosphere, the gaze must drop below the other person’s eye level; the triangle is located between the eyes and the mouth.
d) **Intimate gaze:** The gaze area ascribed to intimacy ‘extends across the eyes and below the chin to other parts of the person’s body’. The triangle of greater intimacy covers the area between the eyes down to the crotch. Those who use this gaze are indicating their interest in each other.

e) **Natural gaze:** This gaze can last from 5 to 10 seconds. We use it when we talk to another person in an excited, enthusiastic and confident manner. It is natural in one-to-one conversation. The 5-second period makes listeners feel comfortable.

2. **F. The brows, lids and the eyes**

Primarily, the brows have two major movements, brows up/down and squeeze. The brows up/down alone does not convey the whole meaning of emotions; they are used in conjunction with the brows squeeze and different combinations of the lids. Generally, brows squeeze is in every emotion; regardless of type of emotion, it denotes thought.

The upper lids tell us the alertness of a character, and the lower lids intensify emotions. The eyeballs mainly just communicate where a character is looking. The subtext of that can lead to some powerful emotion, but the eyeballs themselves don't say a whole lot; it's the entire eye area acting together that creates a feeling. Hence it is necessary to study the eye as a unit. It is the cluster of movements to be studied in totality.

3. **A. Examples of Body-language of eyes:**

- Eyebrows raised = surprise
- Raised eyebrows with deep breathing and redness in eye = anger
- Winking = humorous, not believing what you say
- Closing both eyes = reflective thinking
- Closing both eyes while you are talking and nodding = negative opinion
- Looking with eyes half closed = doubting
- Frequent blinking = sadness, suspicion
- Looking to other side when you are talking = ignoring, suggesting to leave
- Looking into eyes and half smiling = love
- Bright eyes = intelligence, insight, psychic awareness
- Green eyes = jealousy

3. **B. Decoding eye messages: some examples**

a. **Blinking:** A rapid closing and opening of the eyes. The normal, resting blink rate of a human is 20 closures per minute. Significantly faster rates reflect emotional stress.

Blinking denote suspicion, aggression, egoism and stranger anxiety.

b. **Eyes as lie detectors:** When we recall visual information we look diagonally up to the left. On the other hand, when we look up to the right we are constructing visual information. Both visual and auditory construction has often been mislabeled as lying;
this is only half true. Looking up to the right indicates they're making things up but does not mean lying necessarily as they may be guessing or confused and not actually intending to deceive. Looking directly right means possibly constructing sentences – i.e. telling the truth but not sure how to frame into words.

There is also a small percentage of people with what is called the thousand-mile stare. These people look like they are looking right through you when communicating but actually require very little eye movement when retrieving or constructing information.

c. The dilating pupils: The size of the pupils may reveal a great deal about a person's current state. The pupils dilate and contract as the attitude and mood change from positive to negative and vice versa. Strong emotions, convictions, and moods often stimulate the sympathetic nervous system and cause dilation of the pupils. Conversely negative mood causes the pupils to contract-commonly known as ‘beady little eyes’ or ‘snake eyes’.

It is found that women’s pupils dilate faster than men’s to create rapport with what their brain sees as another person’s eyes. Studies have shown that humans (especially females) are judged as more attractive if their pupils are wide open and more dilated than is normal. Centuries ago, prostitutes used to put drops of belladonna (atropine) into their eyes to dilate their pupils and to appear more desirable.

Romantic encounters mostly take place in dim light as that causes the pupils to dilate.

Humans are the only primates with pronounced whites of the eyes.

d. The eye brow flash: This is a universal, unconscious, inborn and a long distance ‘hello’ greeting signal. The purpose is to draw attention to the face so that clear signals can be exchanged. Flash and smile help develop rapport. The golden rule is always eyebrow flash people you like or those who you want to like you.

e. The looking up cluster: Lowering the head and looking up is a submissive gesture. There is some childish tinge in this gesture, too.

f. Eye block gesture: Unconsciously used gesture, as a person becomes bored or uninterested in you or thinks that he is superior. In eye block gesture eyelids close or remain closed for a longer time. If accompanied by head-tilt-back gesture, a person gives an impression that he is ‘looking down his nose’. This eye block gesture emits negative vibes.

It has more recently been discovered that people close their eyes briefly before giving a false answer.

g. Flashbulb eyes: An involuntary and dramatic widening of the eyes, performed in situations of intense emotion, such as anger, surprise and fear. Flashbulb eyes are controlled by impulses from the nervous system’s fight-or-flight division.
h. Eyebrow raiser: It is performed by lifting the arch of short hair above the eye, and by elevating the eyebrow by contracting the occipito-frontalis muscle. It occurs in uncertainty, disbelief, surprise or exasperation. Women widen their eyes by raising their eyebrows and eyelids to create ‘baby face’ appearance. This has powerful effect on men by releasing hormones into the brain, which stimulate the desire to protect and defend females.

Eyebrow raiser adds intensity to a facial expression. It strengthens a dominant stare, exaggerate a submissive pout, or boost the energy of a smile and in association with head-tilt-back, it suggests disdain, haughtiness, or pride.

i. Eyebrow lower: Projected by frowning or scowling, as in anger, concentration, displeasure, or thought; depress, knit, pucker, or wrinkle the brow by contracting the corrugator, procerus, and orbicularis oculi muscles.

This is a sensitive indicator of disagreement, doubt, or uncertainty. Slightly lowered eyebrows may telegraph unvoiced disagreement among the group.

j. Staring: There is also a small percentage of people with what is called the thousand-mile stare. These people look like they are looking right through you when communicating but actually require very little eye movement when retrieving or constructing information.

4. A. Love and eyes

Love is a basic, complex, multi-faceted and mysterious emotion and the relation between love and eyes is eternal. The communication between mother and child soon after birth is chiefly through the eyes. It is the eye that leads one to fall in love and the same bears the brunt of suffering caused by separation - sleeplessness, crying, anxiety, depression, humiliation and anger. It is the eye that reveal one's suffering caused by broken love, in spite of his efforts to hide the grievances. It is the eye that gives hope to a lover. Eye communicate a lover’s physical state and mental distress caused by love. It is the eye that craves to see the lover and when this wish is fulfilled, all the agony becomes a remote event. Even the secret glance of a lover is enough to console. There is no sign more revealing than tears that expose the love locked in. The disappointment in love and consequent frozen emotions get a permanent place in eyes and such eyes can be caught by a discernible physician.

4. B. Tears in the eyes

For crying out loud, the eye has its own special bathing system - tears! Above the outer corner of each eye are the lachrymal glands, which make tears. Every time we blink the eye, a tiny bit of tear fluid comes out of the upper eyelid. It helps wash away germs, dust, or other particles. It also keeps the eye from drying out. Then the fluid drains out of the eye by going into the lachrymal duct.
And how about the last time you felt sad, scared, or upset? Your eyes got a message from your brain to make you cry, and the lachrymal glands made many, many tears.

4. C. Interpretation of Dreams of eyes
- Dreams of eyes reveal dreamer’s attitude to and understanding of the world.
- Clear, strong eyes = good insight, clear perception
- Eyes with little or no vision = inability to make a sense of the world
- Warm or smiling eyes = inner peace, contentment
- Worried or concerned eyes = isolation
- Cloudy eyes = financial problems
- Injured or diseased eyes = defamation
- Eyebrows = dignity, honor
- Hair shedding off from eyebrows = worried about status
- Eyelashes = secrets or secretive pursuits
- Wide and open eyes = excitement
- Narrow eyes = deceit or cheating
- Darker eyes = emotional disappointments

5. A. Homoeopathic perspectives

The holistic nature of homoeopathy ‘sees’ no boundary to incorporate the pearls of knowledge and significance from the universe into its domain which constitutes to make the concept of totality more meaningful.

Let us illustrate ‘revealing through the eyes’ with homoeopathic remedies.

We have a host of remedies for disappointed love. The chief ones are Nat-mur, Acid-phos, Aur-met etc. In Nat-mur eyes appear wet with tears. It is as if all disappointment and sadness has locked in the eyes. You open up the mind in the interview and you may note wet eyes but it is not heavy trickling down. The patient tries to control, he can’t cry (rubric: crying, difficult). Brooding as a triggering factor causes the eyes to be wetly. Nat-mur has ailments from suppressed tears also. The eyes of Nat-mur project a combination of love-sickness, anger, sadness and a defeated, hurt feeling.

Acid-phos has profound grief and consequent indifference. He develops apathy and emotional numbness. Prolonged chagrin exhausts the system and this is reflected in the eyes in 3 ways: eyes become lusterless, staring and sunken. He answers reluctantly, slowly and shortly. While answering there is minimal or no eye contact. The eyes show the utter feelings of despair and grief.

Aur-met has the emotional causative modalities of grief, anger, guilt, disappointed love etc. There is more gaze avoidance due to guilty feelings. I remember a case of ulcerative colitis where a patient spoke with me with hands on forehead, looking down and closing the eyes throughout the interview. Also remember Aurum met for violent anger where eyes become red and dilated. In a milestone movie of Sholay, Sanjivkumar vividly
depicts the state of the *Aurum met* eyes. Eyes of *Aurum met* reveal also forsakenness, hostility, guilt and despair.

*Calcarea, Barytas, Kalis, Silicates, Lithiums* etc. keep minimal eye contact out of shyness. Guilty conscience, however, refrains one from keeping eye contact. I remember during my childhood I ate 4 laddus when I was hungry. My father brought it from a temple to distribute to all family members. After realizing my mistake I had no courage to look at anybody.

No homoeopath can ever afford to overlook *Pulsatilla* eyes. It’s like a tank of tears. You turn the valve on and the stream of tears starts flowing. *Pulsatilla* can hardly narrate her symptoms without weeping. *Pulsatilla* eyes give a message that she is in need of sympathy and her watering eyes definitely takes it from you.

*Lachesis* sees through and through. It has penetrating eyes, angry and passionate eyes, wild and unsteady eyes and eyes full with envy and jealousy-green eyes. I remember a case of 13 years old boy who wanted to take revenge against the murderer of his father. When his father’s issue came up in the interview, his eyes turned fierce. *Lachesis* also exhibits sensual eyes and they could be torturing to the others. The eyes of *Lachesis* are so powerful that it has the ability to infect others.

I recall a schizophrenic with a typical stare, I desperately tried for totality but nothing came out and I prescribed *Helleborus nigra* with a good response. A young lady with fissure in ano was prescribed *Lachesis* successfully as she blinked innumerable times during interview and the prime cause of blinking was suspiciousness coupled with egoism.

While giving a workshop outside India, I was confronted with a case in a group. I interviewed a lady for 2 hours and she didn’t look at me at all. No eye contact for two hours! Amazing. This gave me the theme of ‘disconnected.’ Her life situation confirmed the theme. Non-aligned in the family she was, with a strong humiliated feeling and extreme hostility against husband, she was barking against husband in a filthy language. She was a victim of cancer which represents the theme of disconnectedness. I fished out *Lyssin* which considerably helped her. In the live subsequent follow-up in the workshop, the patient spoke with me with a good eye-contact. The language of the eyes gave me the central connecting thread running at disease process level, emotional level, life situation level and at system level.

Who can forget the eyes of *Phosphorus*? Catherine Coulter describes this well, “This sparkling element captures the attention, and the *Phosphorus* individual has a similar eye-catching appeal; he attracts by his looks and manner. Particularly arresting are the eyes: shining with a soft, luminous quality that draws another closer or with a captivating brightness, they are emblematic of the whole person.”

*Carcinocin* eyes reveal innocence, truth and diligence coupled with longing for true love and affection. The responsive eye contact eases a physician who can be sure that the
patient is cooperative. There is no malice in the eyes and eyes are full with sympathy and affection.

I close off your eyes, my readers, from this article, with the message of every patient ‘look me in the eyes...’

Is there anything eyes don’t reveal?

References:

1. The healing power of Illness: Thorwald dethlefsen
2. Nature and Human Personality Homoeopathic archetypes: Catherine Coulter
3. A Select Homoeopathic Materia Medica: P.I. Tarkas & Ajit Kulkarni
4. Center of Nonverbal Studies: David Givens
5. Body Language: Allan Pease
7. Communication via eye and face in Indian contexts: M. S. Thirumalai
8. Many internet sites