

Seeing with the Whole Eye

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Look at an object in front of you. Try to see it with only the top portion of your eyes. Try to see it with only the middle portion of your eyes. Try to see it with only the bottom portion of your eyes.

Notice how your visual placement changes how you perceive the object. Also notice how the shifts in your visual placement change where you experience yourself in your body.

Now feel that you are inside your whole body all at once. Perceive the object with your whole eyes. Experience that you are seeing the object with your whole body and mind.

You can also observe the visual placement of the people around you. The part of their eyes that they are looking through will tell you where they most experience themselves in their body.

Often when two people have difficulty making contact with each other, it is because they are looking at each other from different portions of their eyes—they literally do not see eye to eye.