



# Eyes are Light Receptors.

Current Optometric practice misses the opportunity to Improve Health through the inability to integrate the impact eyesight and glasses have on Emotional and Spiritual Awareness.

***The biggest omission from vision care as it is currently practiced is the fact that the eyes are LIGHT receptors*** – their job is to receive light and transpose the information into recognizable and understandable images.

“Millions of sensations and nerve impulses in your eye are sent into your brain. At this point there are complex interactions between your brain and your mind that produce images you recognize. ... Light shaped into these recognizable images, stimulates and interacts with your memories of past events. In this respect, vision is anything but passive. It’s important to understand that much of how we see is a learned process. We don’t simply come into life knowing instantly how to make sense of the light striking our retina. In early childhood what our minds see may mean little or nothing to us. The light-stimulated impulses racing from our retina to our brains are just sensations with no meaning beyond that. As we learn and mature, through childhood into adulthood, we start to interpret these sensations and begin to elaborate on what they mean. ... Our minds filter and interpret these sensations. They even make judgments that determine what is acceptable and unacceptable; that is, what we will allow ourselves to see and what we will reject or deny. Our minds decide on what incoming information they will permit to enter the deeper parts of ourselves.” ” (Kaplan, Roberto *Conscious Seeing; Transforming your Life Through Your Eyes*. Beyond Words Publishing Inc. 2003 p.2-3).

Electric and magnetic signals emanate from the brain, heart AND the eyes. The electric and magnetic signals emanating from the eyes can be measured with an electro-retinogram. According to Roberto Kaplan, O.D. the light reflex of the retina can also be observed with a retinoscope. Our eyes literally project our inner light and the mystics will say that clear vision comes from a healthy marriage or relationship of inner and outer light (sun).

*“The degree of reflex motion and colour differences I saw in the retina was dependent on the patients participation. If the person was trying to see, was unfocused, wasn’t concentrating or changed his or her thought sequences, then retinal reflex changed. From this depth I could see that the person’s thoughts and feelings were influencing the light presence in his or her eyes. The persons’ mind and brain interaction was literally dictating the amount of light that was to be projected through the eye”* (Kaplan, Roberto; *Conscious Seeing; Transforming your Life Through Your Eyes*. Beyond Words Publishing Inc. 2003 p.12.)

Light is an electromagnetic energy that has qualities of both particles and waves. As part of the spectrum of light we also project electromagnetic energy that possess these dual qualities. On a psychological and spiritual level, this has a profound effect on our lives. Physicist David Bohm added a psycho-spiritual dimension to quantum physics when he re-conceived quantum waves in terms of what he called pilot waves. Arnold Mindell connects Bohm’s concepts and its implications widely throughout his work as a

psychotherapist. He suggests that the wave function is a guiding force that informs particles where to go and with altered states of consciousness can emerge as an insight that may be connected to a physical symptom. Mindell states:

As the subtle experience arises, it flirts with your attention. It appears as a slight sensation, wiggle, thought or pulse-like form ... You can imagine how, if ignored, this essence experience of the (wave function) can become a perception, feeling or dream image. Finally, if this is ignored, it may eventually appear as a visible signal or noticeable symptom. (Mindell 2004, 51).

As James Maxwell's (physicist) work suggests, all forms of electromagnetic energy connect to other forms of electromagnetic energy through fields. I believe our pilot waves, rather than being simple individual fields or intentions are a composite of our individual intentions merged within the energetic field of human consciousness. Pilot waves are interactive energy systems, that interact with other electromagnetic fields.

This reminds me of John Cramer's description of the quantum world characterized by 'reflected waves' or what I call co-reflective impulses. At the deepest level, we can't tell if we are senders or receivers of signals and experiences. (Mindell 2004 62-63)

The word 'holon' means that the interrelations and interactions between the parts of the eye are more fundamental than the parts themselves. *Eyes as windows* conveys that the passage of light through the eye is a mutual interaction of the eye as a whole – each component cooperating and adjusting to the energetic needs of the person perceiving the world.

"When light enters a normal, healthy naked eye, a portion if it is focused on the fovea while a more diffuse portion of it bathes the retina. However when light enters the eye through eyeglasses, the artificial lenses focus it very sharply on the fovea. This sharply focused light stimulates the fovea and stimulates the particular part of the mind that is the home of thoughts - but with little light reaching the retina, that part of the brain where feelings reside remains dormant. In the presence of eyeglasses-focused light, retinal stimulation is suppressed, feelings are kept buried and thoughts reign supreme. (Roberto Kaplan OD. *Conscious Seeing* p. 46)

## **What is light?**

Light is a form of energy that comes from the sun and other stars. It is a form of both electric and magnetic energy, which means that photons of light travel through space with characteristics of both particles and waves. One of Einstein's great insights was to realize that matter and energy are really different forms of the same thing.

Light permeates every cell of our body. Both spiritually and literally, light is that which gives us life.

Spiritually, that which gives us life has a variety of names including God, Allah, Creator, The Source and many other ultimate terms. Indeed, it is no mistake that light is an enduring biblical symbol of God and the sun in many cultures, *is* God. "Light is an enduring and predominant symbol ... to describe the essence of God. It denotes ultimate yearnings and fulfillment" (O'Murchu 2004, 170). Sin is really only the separation from God, from the essence that we are – light. Our bodies and our spirits, the spark and the quickening that enlivens each body is made of this energy. Without it, we are inert and our bodies decay, but the energy, the divine essence at the heart of each of us, can never be changed. It is unalterable. It can never be created nor destroyed.

## What is Inner Light?

Like the sun, inner light or soul emits waves of electromagnetic energy that are a part of the spectrum of light. Where does it come from? Quite literally it comes from the heart. Our hearts are at the core of the electrical and magnetic fields that communicate with the world around us. Braden discusses the work of the scientists at the Institute of HeartMath, who are making groundbreaking discoveries. According to their work:

The electrical strength of the heart's signal, measured by an electrocardiogram (EKG), is up to 60 times as great as the electrical signal from the human brain, measured by an electroencephalogram (EEG), the heart's magnetic field is as much as 5,000 times stronger than that of the brain. ... When we form heart-centered beliefs within our bodies, ... we're creating the electrical and magnetic expression of them as waves of energy, which aren't confined to our hearts or limited by the physical barrier of our skin and bones. So clearly we're 'speaking' to the world around us in each moment of every day through a language that has no words: the belief-waves of our hearts. (Braden 2008, 59-60)

Thus our inner light, our soul, is an energy field and its eminence is governed by our beliefs. The waves of the heart are at the beginning of the energy string of creation, and these waves open the realm of possibilities that create form. The instant we form a belief, it sets in motion the wave function that brings it into being. Quantum physics and its experiments reveal:

“that we're bathed in a field of intelligent energy that fills what used to be thought of as empty space. Additional discoveries show beyond any reasonable doubt that this field responds to us – *it rearranges itself* – in the presence of our heart-based feelings and beliefs.” (Braden 2008, xi)

As Diarmuid O'Murchu explains: “We humans are participators in the co-creative process... Living systems are by their very nature neither subjects alone nor objects isolated, but both subjects and objects in a mutually communicating (and defining) universe of meaning” (O'Murchu 2004, 36).

By exploring and patiently navigating the layers of belief and feeling, we come to learn what we truly believe about our world, other people and ourselves. Braden calls the exploration of what we truly believe “The Great questions at the Core of Your Life... the honest answers to these questions open the door to our greatest realizations – and our deepest healing” (Braden 2008, 103). So the recovery of our inner light, the essence of what it means to see, requires that we ‘follow our heart.’ However, to see and reconnect to that from which we have been separated is both an exciting and disturbing experience. The French word for heart is *coeur* from which the English word courage is derived. Reconnecting on the level of life's essence requires courage, a complete re-building of our internal frame of reference down to our foundational beliefs and feelings about society and ourselves.

The inner light that emanates from the heart is comprised of beliefs that are both conscious or known and unconscious or unknown. Incongruent beliefs, discrepancies between our thoughts and the subtle inklings of our pilot waves cause the separation between inner and outer worlds. Inner light that we have frozen and systematically blocked from our awareness behind layers of fear-based beliefs falls into our *shadow*. The term shadow was first coined for use in psychology by Carl Jung and is the term for the unconscious, repressed, unlit or unknown parts of who we are. When speaking of our inner world, it is what has fallen into our shadow. However it is not the shadow itself, but the belief about what is in the shadow that makes it scary or frightening.

Because we are taught to avoid, mistrust and repress this information, most of our inner world is governed by our shadow – what we are unaware of, cannot see or don't want to see within ourselves. Our shadow is the absence of light, the absence of Divine Energy, the absence of soul. When we examine, honour and trust

what we truly believe, we come to understand what we have placed into our shadow and why, and by doing so, we expand our inner light.

Our shadow is only “evil” in the sense that it is the absence of Light, the absence of God and our soul qualities, but our shadow is not a separate entity from God.

What we call evil is the absence of Light, of love, in all cases. ... How we understand evil, therefore, is very significant. Evil needs to be understood for what it is: the dynamic of the absence of Light. ... Understanding evil as the absence of Light automatically requires that we reach for this thing called Light. ... The remedy for an absence is a presence. Evil is an absence and, therefore, it cannot be healed with an absence. By hating evil, or one who is engaged in evil, you contribute to the absence of Light and not to its presence. (Zukav 1989 69-70)

Ultimately when we make friends with our shadow, with our darkness, it is not scary. Rather, it is only a part of us seeking to become known, to be illuminated and to be loved. When we understand the shadow this way, it represents that to which we seek to connect and of which we seek to become aware.

Congruency between our thoughts and our hearts heals dis-ease. The power of two interconnecting waves has been a symbol of medicine for centuries. The caduceus, used as a symbol of medicine, has two snakes wrapped in opposite directions on a staff or wand and carried by two wings. It is the symbol of the power to move between realities, between the waking consciousness, personality or ego that is bound by our material reality and our spiritual consciousness or soul that is unbounded by time and space. It is our spiritual consciousness that accesses the wave function and which has the power to create and initiate change. Until recently, our science has focused on the particle property of light or the material manifestation of the wave function. Focusing on the outer world, on our thoughts instead of our feelings, on outer clarity, instead of insight, on our bodies instead of our souls, on material reality over spirit, as our current society tends to do, creates duality and therefore separation.

“Dualisms are human fabrications of reality, designed to reinforce our human, addictive compulsion to conquer and control. ... They encourage thwarted growth and development, always tending to project the ‘negative’ onto an external scapegoat, and thus discouraging the integration of our personal, social, and cultural shadows. (O’Murchu 2004, 153)

Thus, the recovery of sight is, for those seeking an adventurous journey, wrought with personal peril, surprises and transformation. It involves sifting through layers of consciousness and energetic contraction, personal fears and belief systems unconsciously accepted and supported by general society. Reconciling this separation and conflict is no small undertaking. Ultimately, when we speak of our shadow, “we’re talking about what we’ve viewed historically ... (as) the struggle between light and dark forces – manifesting in our bodies and our world. For millennia, we’ve been conditioned to polarize these forces in our lives – to choose one and destroy the other (Braden 2008, 126).

We have two eyes, which are light receptors. The optic nerves are quite literally extensions of the right and left hemispheres of our brain and they have two distinct ways of processing our world; in wave (intuitive wisdom) or particle (logical) form. Our eyes and brain function reflect the wave-particle duality of light. When we can fluidly manage these perceptions of reality – left brain and right in a balanced way the result is described by a few explicit terms: Pure Effectiveness, Creative Quietude or what Optometrist Jacob Lieberman O.D. calls, Effortless Learning and Ray Gottlieb O.D. calls Flow State Learning. It is an integration of brain states, and a relaxation of the central nervous system. It is also in this state of mind that vision students attain their ‘clear flashes’ - moments of clear visual acuity.

“The moment you tend toward left-brained, central foveal looking, undue stress is created in the coordination of the eyes.” *Kaplan, Roberto, OD Conscious Seeing; Beyond Words Publishing Inc. p. 67 2003)*

The coherence between thought and feeling is the essence of the “Third Eye” or ‘Single Mind’, which is located between and slightly behind the two frontal eyes and is often referred to as the “Seat of the Soul”. Its’ physical name is the Pineal Gland and it contains light receptor cells; cones and rods, just like our two frontal eyes.

What kind of light and how we receive it through our two frontal, external eyes, affects our pineal gland, which is also called the “master regulator.” How we receive light affects how we sleep, our ability to assimilate vitamins and minerals, our emotions, our thoughts and therefore our actions and ultimately our spiritual evolution. Light is the highest form of nutrient that we take in – it creates the food we eat and serves the evolution of consciousness.

**LEFT BRAIN**

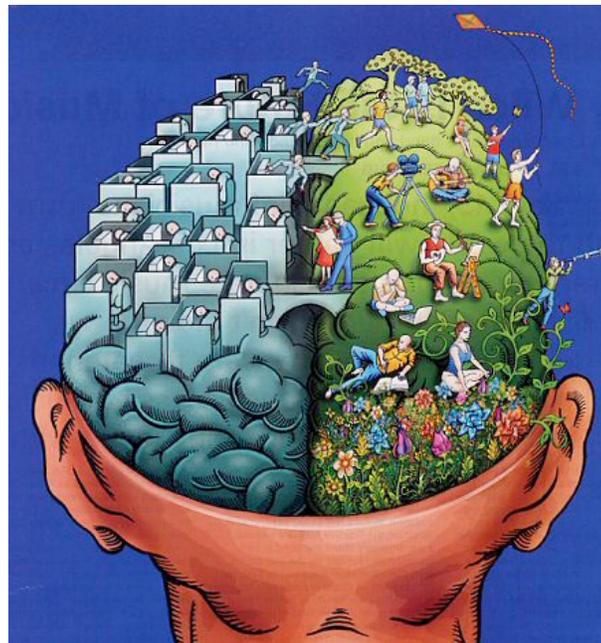
(Right Eye)

Awareness of  
Particle State of Light

SEPARATION  
THINKING  
LOGICAL  
ANAYLITCAL  
PRACTICAL  
SEQUENTIAL  
DUALITY  
WORDS  
FORCE  
MATERIAL  
LINEAR  
MATTER  
BODY  
DO

**The Wave-Particle Duality of Light**

is reflected in our hemispheric  
eye & brain functions



**RIGHT BRAIN**

(Left eye)

Awareness of the  
Wave Function  
of Light

CONNECTION  
CREATIVE  
FEELING  
INTUITIVE  
RANDOM  
ARTISTIC  
UNITY  
EMOTIONAL  
POWER  
IMAGES  
SPIRITUAL  
ABSTRACT  
ENERGY  
SOUL