

Emotions and Your Eyes

Excerpted from



a Total Fitness seminar.

Annette Noontil, author of *The Body Is the Barometer of the Soul* correlates the eyes with the pituitary gland in the brain.

Her observations on the eyes:

- 👁️ Your third eye has to do with your inner visions of your soul. It shows you the direction your soul wants to go. When you do not understand these visions, you go against the soul's plan.
- 👁️ Your eyes are to see what you already know. You see it so you can recall what you need to do. Your eyes are your abundance.
- 👁️ Your eyesight deteriorates because you do not want to see how you waste time when all your outflow is concentrated on everything but the present.
- 👁️ To live in the present – See your direction with your third eye. Organize your time so you can be relaxed and in your feelings to just be yourself, then you will outflow with humility from your feelings.
- 👁️ Color Blindness: Not seeing things as they are.
- 👁️ Eyes: Not organizing your time so that you can live in the present always.

Left Eye:

- 👁️ Not saying what you feel.
- 👁️ Being fragmented and not concentrating on your needs.
- 👁️ Not relaxed when outflowing.
- 👁️ Not seeing good in things and criticizing as though you are better.
- 👁️ Not seeing the big picture.
- 👁️ Closing yourself from seeing the big picture.
- 👁️ Closing yourself from seeing the future.
- 👁️ Showing weakness when outflowing.

Right Eye:

- 👁️ Not liking the way you do things.
- 👁️ You are being a perfectionist.
- 👁️ Not doing things in time.
- 👁️ Saying you cannot perform what needs to be done.
- 👁️ Not out flowing what you know.
- 👁️ Seeing what needs to be done but you cannot see how to do it.
- 👁️ Thinking that good things do not happen to me.
- 👁️ Knowing your ability and not doing anything with it.

Bags Under Your Eyes:

- 👁️ Holding on to old concepts because you are not regrouping what you have done and learning from it all and then giving out that knowledge. When you give out your knowledge, you make it wisdom for yourself.
- 👁️ Holding on to the concept of not sharing what you know because you are waiting for people to come to you and ask for what you know.
- 👁️ Holding on to the concept of not sharing because others will know more than you.

Blinking Too Much:

- 👁️ You run out of time and you do not want to see what you have not done. Because you were being racy, you have not planned and visualized your organization.
- 👁️ Wasting time in between opportunities.

Cataracts:

- 👁️ You are not seeing any future for yourself.
- 👁️ You are not sharing your knowledge or skills which enables you to take in more new things.

Conjunctivitis:

- 👁️ Stirred up emotions from seeing bad in things stops you from seeing the reality in things.

Grey or Black Underneath Eyes:

- 👁 Not wanting to share your wisdom because you are afraid of what others will think of you.

Itching Eyes:

Recurring problems of:

- 👁 Not being militant with your timing to achieve more.
- 👁 Not thinking you are doing the things that are best for you.
- 👁 Not seeing what needs to be done.
- 👁 Not thinking you are doing a good job.

Sty in Eyes:

- 👁 Stagnating – you are keeping thoughts of resentment for too long!

Tic in Eyes, left eyelid:

- 👁 You are seeing bad in lots of things. This irritation is telling you that you think you are superior to others.

Tic in Eyes, under left eye:

- 👁 You are telling yourself that what you have done is superior to others.

Tic, right eyelid:

- 👁 You want to be perfect, so you are cross with yourself because you have not done something perfectly. You tell yourself that you are inferior.

Tic, under right eye:

- 👁 Scared that what you have done is not perfect or up to the standard required. Thinking other people's work will show up as being inferior.

Watering Eyes:

- 👁 Not able to say what you want to say.

Flakey skin on Eyelids:

- 👁 Not able to say what you feel because you think you are inadequate or unworthy.

Protruding Lower Eyelids:

- 👁 You are resenting change. You do not want to say what you feel.

Red Eyelids:

- 👁 The eye sees and you need to say the feeling of what you see and if you do not, the eyelid is put under pressure by some resentment which stops you from saying the feelings of what you see.

Karol Kuhn Truman, author of *Feelings Buried Alive Never Die*, has these observations about the eyes:

Circles Under Eyes:

- 👁 Bitterness
- 👁 Remorse/regret
- 👁 Self-condemnation
- 👁 Deep-seated grief
- 👁 Feeling unfulfilled
- 👁 Resentment/hurt

Glaucoma:

- 👁 Protracted hostility

Watery Eyes:

- 👁 Unable to express an inner grief
- 👁 Not wanting to understand what you are seeing
- 👁 Not seeing the truth
- 👁 Fearing the future
- 👁 Not wanting to see life as it is
- 👁 Life is weak and out of focus
- 👁 Not seeing eye to eye with another
- 👁 Not forgiving
- 👁 Inability to see one's self-worth

Dr. Robert-Michael Kaplan, author of *Seeing Beyond 20-20* has these observations about various sight challenges:

Astigmatism:

Disorientation of one part of your reality. Nearsightedness in one particular thread or part of your life. Restriction or fear in one of the ways you see.

Lesson: Open up to the future in one area of your life. Stretch yourself beyond believes of what's possible in a particular part of your seeing.

Cataract:

Clouding or blocking out of life. You avoid seeing what there is to look at in your life.

Lesson: Issues need to be looked at. Clean up the aspects of life that are clouding your view of what's important.

Corneal Conditions:

Blocking off power. Fear of loss of power. Seeing again.

Lesson: Reclaim personal power and vision.

Eye Turning:

Blocking of energy. Can't cope mechanism. Life's too much, too complicated for you to deal with.

Lesson: Learn cooperation and partnership between self and the world. Accept and love self and others.

Eye Turning Inward:

Overcompensation or excessive focusing.

Lesson: Relax and look out.

Eye Turning Outward:

Spacing out. Drifting away.

Lesson: Stay centered. Focus on details.

Farsightedness:

Fear of seeing the present. "I have to see out in the future." Anger towards self or others. Pushing space and people away. Wanting to break out and be independent.

Lesson: Career or relationship changes may be important. Learn about commitment. Be connected to the present.

Glaucoma:

Feeling filled with internal pressure, like you are exploding. You're rushed. You're overly inside yourself. You're closed off.

Lesson: Let go. Be free and flowing.

Lazy Eye:

Laziness to receive or express vision. Turning off of energy. An avoidance of truth, unacceptance.

Lesson: Strive for balance. Open up to your blocks to learning in life.

Macular Degeneration:

Loss of the central theme of life. Not seeing the point of living. "Spacing out is what life's about."

Lesson: Reconnect to the central focus of life.

Nearsightedness:

Fear of seeing the future, pulling inward to self. "I am afraid to see what's out there."

Lesson: Reach for your dream. Push outward. Learn about creating space. Confront your power.

Retinal Detachment:

Feeling separate, unloved. Losing touch with the outside. Not wishing to see outside your immediate line of vision.

Lesson: Stay connected with others, particularly outside your immediate sphere of activity.