

## OPEN YOUR EYES AND LET IN THE LIGHT

By Karen L French

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K L French writes and speaks on sacred geometry. 'Gateway to the Heavens: How simple shapes mould reality and the fabric of your being' is her first book in a series of four providing a comprehensive, highly illustrated and insightful look at the meaning and purpose of sacred geometry.

Geometry is fundamental to your reality. Underneath the apparent chaos surrounding you are simple numeric patterns and shapes orchestrating your lives at every level imaginable. Not surprisingly, it is possible to get overwhelmed by the complexity and lose sight of the profoundness to be found in the simplest of things. By looking at the form and purpose of simple individual geometric shapes and principles you can gain a fascinating insight into various facets of your reality.

Let's take the Triangle. Simple in its form, yet vital in its role in allowing you to think and be, 'I am'.

### ***'All seeing eye' inscribed in stone***



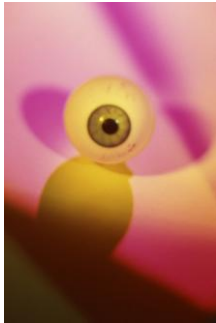
How often do you see triangles, or triangular pyramids, with an eye in the centre or at the top? This is commonly known as the All Seeing Eye. The mountain and pyramid are similar archetypes. At their base you look up and see a distant pinnacle. Moving around the base, the journey is meandering, wide in girth and expends little energy. As you travel up the sides along a spiral path, or by taking steps, your journey becomes harder, since the incline is steeper and more energy

is used. So it is with spiritual growth and learning through your journey of self discovery. As you get closer to the apex it gets tougher, rather than easier. But at the top the view is breathtaking! Here is your central Self, a point of view where you can *look out* and see your surroundings from a loftier perspective. Now you can *see* the interconnection of yourself with everyone and everything else. You can look back at events that took place along your journey and see how they have contributed to making you the person you are. From this vantage point it is possible to weigh up your choices and make balanced, better informed decisions as you can see their context in the whole more clearly.



Note that the words 'eye' and 'I' are pronounced in the same way. You have three eyes forming a triangle; your left and right

physical eyes, and the your third inner eye, which is located in the centre of your forehead just above your physical eyes. An interesting insight can be gained by looking at how your eye triangle is formed.



Firstly, an individual eye is a sphere with a single hole at its centre letting in the light. It is exactly same as the symbolic meaning of a circle with a dot in the centre, the sun symbol. The centre is a flame that radiates out light as concentric circles to fill the Universe. And, it is by letting in the light, spiritual and physical, that you allow knowledge to enter your consciousness.

***The orb of a single eye***

What about your two physical eyes? These represent the concept of duality, or opposite principles under tension. Male/female, up/down, yin/yang are examples of duality where one is passive and the other active. Each has an element of the other within and they are in



subtle balance, nourishing and supporting each other. Such is the case with our two eyes of intellect and imagination. Two ways of looking at the world, so different in their characteristics and nature, but both are necessary and neither way is better than the other.

***Two eyes of intellectual logic and creative imagination***

*'One engenders the Two, the Two engenders the Three and the Three engenders all things.'*

**Toa te Ch'ing**

1 + 2 = 3 The union of 1 (the sun) and 2 (intellect and imagination) give birth to the third. This third has the characteristics of its parents within it and the parents are united by their off-spring. 3 is the number of creation and there are numerous physical and spiritual examples that reinforce the 3-fold nature of what it is 'to be', such as liquid/solid/gas, carbon can form 3 types of bond and only 3 elements are capable of forming these bonds, Father/Christ/Holy Spirit and the Three Bodies of Buddha.

Your Third Eye is the eye of inner knowing. Like your physical eyes it can be opened and closed. It is located in your pre-frontal cortex, lying mainly behind the forehead and taking up nearly a third of the cortical area. This is the most evolved part of your brain, the part associated with self-awareness, self-will, personal responsibility, making choices, purposefulness and finding meaning to your life. Without the Third Eye you would not be able to interpret the information provided by the physical eyes in a way that allows you to 'see behind the scenes'. When you close your physical eyes, as in meditation, you stop physical sensory input and focus your inner eye to gain deeper insights. In the Chinese text, **The Secret of the Golden Flower**, it is written that between the sun and the moon (the two

eyes), 'there is a field of one inch square which is the heavenly heart, the dwelling of the light, the golden flower.' It is here that thoughts are gathered and light circulated throughout the spiritual body.

Body, spirit and Mind. These are the 3 parts of the human condition. You are essentially a dualistic being, struggling to unite your body and spirit to know unity once more. It is your Mind that has sentient awareness of existence and straddles the physical and spiritual. Only with your Mind can you assume an identity, 'I', in space:time to form and experience your reality. Your Mind uses geometric shapes and principles, like the triangle, as codes out of which concepts such as 'to be' can literally become real. So it is not a surprise then that the 3 eyes form a triangular window that lets you to look out at reality from your own vantage point, or your centre, at events playing out in space:time. They are the tools of your Mind



that it uses to facilitate the forming of your identity. When you open your 3 eyes you literally let in the light, to allow you to gather intellectual, imaginative and insightful information and form your *image* of whom and what you are in your reality; 'I am...'.

Your eyes mirror the human condition:  
 Right eye – solar eye – intellect – male - body  
 Left eye – lunar eye – imagination – female – spirit  
 Third eye – Mind – insight and intuition

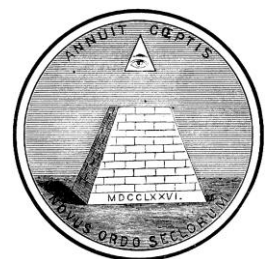
***The lunar and solar eyes of Horus and the third inner eye***

Like physical windows your eyes also allow others to look in and see your soul, or your true Self. You may be able to disguise your actual intentions of your ego self with false smiles and body language, but your Third Eye sees truth as it can be seen in a person's eyes.

To really know yourself and to facilitate your physical and spiritual growth you need to open all 3 of your eyes to look at events in your daily life from as many vantage points as possible – intellectual, imaginative and insightful. As you grow spiritually through your journey, along the path up the mountain, you gain wisdom through learning about yourself. Your journey gets tougher because your lessons get harder. As your lessons get harder you start to strip away the complexity and see the profound simplicity. Ego based identity is stripped away, emotions are managed, the connection of all is experienced as unconditional love and you become more centred.

The All Seeing Eye of unity observes reality from the top of the triangle, just as your Third Eye can. Ultimate wisdom is at the pinnacle of knowledge, where you just are, 'I' and the union of 'I am...that I am'.

***Taken from an American Dollar bill***





## MEDITATION – *ANIMAL SIGHT*

Triangles and pyramids can be used in meditations to do with expanding your conscious awareness of different forms of being. *Animal Insight* is taken from my *The Gateway Series* Newsletter: Issue 1 (Autumn/Winter 2008). The objective is to open your eyes, your consciousness, to experience more intimately the elements of water, air or earth. This is done from the vantage point of other sentient beings, also with eyes, that live in these elements. In this way you can share their perspective on reality. Some shamans mind-share with animals. However, in this case you are using the animal's eyes to see what they see, rather than directing their consciousness, or using their body, to do your will.

After the meditation, look up your animal to see what further insight it might give you as an animal totem.

Before you start the meditation sit or lie comfortably in a quiet place and close your eyes.

*Relax by breathing in and out deeply, three times*

*Sense pink energy entering the base of your feet and moving up through the rest of your body*

*A ball of white light forms at the top of your head*

*A beam leaves the ball and enters your crown*

*White light spreads through your body, mixing with the pink energy of the Earth*

*A golden orb forms around you as a protective shield*

*Imagine a door in front of you*

*Go through the door into a glass cube floating in space*

*Sit in the middle of a triangle drawn out on its floor*

*At each corner of the triangle is an animal that lives in the element of air, water and on the earth*

*Look carefully at each animal and choose one*

*Ask it if you may see through its eyes — allow yourself to be drawn into its world*

*Experience their element of water, air or earth for a few minutes*

*The animal will indicate when it is time for you to return*

*Bring yourself back to the glass cube*

*Stand up, go back through the door and close it behind you*

*Feel sensation returning to your body*

*Wiggle your fingers and toes*

*Ground yourself by imagining roots extending from your feet into the Earth*

*Open your eyes and sip water*